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You put a bit of wax in the cloth and use it like a carpet sweeper—it's so easy. And then you polish with the same device, simply using a new cloth! A big improvement over a weighted floor brush, for it waxes as well as polishes. Nothing to wear out. A simple way to get the beautiful floors all your friends will admire.

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Polisher, $3.50

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"Our grocer sells the best griddle cake flour ever. It's called Gold Medal Buckwheat. The grocer also sells Gold Medal Pancake Flour. It makes the dandiest cakes you ever ate—all nice and brown and tender and light as can be.

Gold Medal Buckwheat Flour

It's fun to get up early mornings when mom's going to have cakes. It's necessary too, else you're apt to get left. Mom says she don't mind having griddle cakes with this wonderful flour It's no trouble, mom says, and the cakes always turn out right. You ought to see me eat 'em."

Give your family a real treat. Have griddle cakes for breakfast, but insist on Gold Medal Buckwheat or Pancake Flour. No other insures such wonderful results. At all grocers.

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Food, Health and Thrift

Furnishing the Bedroom.

Interesting Things One May Do With This Room When Making It Over.

If you had an opportunity—time and money—to refurnish one of your rooms, which one would you choose?

The practical housewifely woman would, if she considered only her own pleasure and convenience, doubtless say "the kitchen." And there is really much that could be done to most kitchens. It's a pleasurable undertaking, too, with many interesting excursions to the shops where kitchen equipment is kept and much figuring to see just how best to make our money go as far as it possibly can.

The woman whose spirit of hospitality looms largest when planning a bountiful dinner, dainty luncheon or tempting supper wouldn't take long to say that she would rather do over the dining room than any other room. And she doubtless would be able to tell you offhand just what sort of paper and woodwork she would want in that room, where she would have the new lights arranged and all about it.

But for the woman whose hospitality consists more in friendly afternoon chats, hours spent over the tea table or over afternoon coffee or morning chocolate before the hearth, then it is the living room or drawing room that would be suggested as the room to "do over," if only one could be done. Some women would go to all sorts of pains to have the formal drawing room or parlor done over and would let the family living room go, but with most of us now the family living room and the room where we entertain our friends are all one.

Why Not the Bedroom?

But don't let's forget the woman who, if she had a chance to do only one room over, would select her own bedroom, and don't let's be hard on her and accuse her of egotism and selfishness. She is simply showing that she is eminently and pre-eminently feminine. Her femininity is genuine, too. Her charming surroundings are not something that she needs only when her guests or friends are with her, as it the case with the woman who will content herself with an unattractive bedroom if she can only have interesting living rooms. She knows herself youthful, too, for every young girl craves a room of her own that is attractive, or that she thinks is attractive.

If you are planning to do a little refurnishing this spring perhaps you will be one of those women who will yearn to begin with your bedroom and you may console yourself with the thought that it is quite possible to do very interesting things at a not very large outlay in the bedroom.

Cover the Bed With Chintz.

Take the bed itself. If you do not like it as it is, it is quite possible that you may make it over to suit you, for, in these days of high prices, we have our furniture made over as well as our clothes. If it is a brass or iron bed and you are tired of it, why not equip it with a chintz or cretonne cover? This is not a difficult task. Make pieces to slip over the head and foot, with an extension to reach within two inches of the floor in the outside pieces, and then have ruffles of the same chintz to go the length of each side. Your bed may then be made up with white spread and bolster or with a white spread that spreads from the foot on up over the pillows to the top. There is always the danger of using too much of your chintz, especially if it is a bold design. To repeat it in bed, curtains and furniture upholstery is too much. If you use it on the bed, then use it again only for the chair cushions or only for the window drapery. Do not use it for all three.

Now for the windows. You will probably want glass curtains of some sort, and these are very attractive made simply of pure white or cream white scrim or muslin. Across the top and hanging at the sides you will probably want some other drapery, and if you do not want to use the chintz for this, use some single-toned or striped silk to go with the chintz.

About the Chairs.

For your bedroom chairs it may be that you have some wicker pieces that you may use. If you have you will be able to create an interesting effect by painting them some solid, harmonious color. A soft gray blue would go with some rooms, or you might select a brown or even green if that seems to go well with the general color scheme. If the chairs are such that you cannot produce the effect desired merely by painting them have covers made for them from the chintz. A satisfactory imitation of an upholstered chair may be made by arranging cushions on the back and seat of a comfortable chair and then having a chintz cover to slip on over the entire thing.

Some women do not like closet doors, and in some rooms the closet door is always getting into the way of the other doors or coming into contact with the furniture. Portieres may then be used instead, and there is always quite a decorative possibility in portieres. One woman made very effective portieres from heavy unbleached muslin with strips of the chintz used in the room and around the edge of the pieces for a border.

YOUR HOME AND YOU.

The Unframed Picture.

An interesting way to avoid the monotony which groups of framed pictures lend to our walls is to leave some of them unframed. Of course, not all pictures accept this treatment gracefully. Some of them would look raw and unfinished if their frames were lopped off. But certain kinds of pictures are actually more effective without the sharp, definite edge which a frame gives.

Take etchings, for example, with their square of design surrounded by a wide white mat. In exhibitions such pictures are placed against the wall and a glass the same size is cut and laid over them, secured at each corner by a small, unobtrusive tack or glass pushpin. We cannot do better than follow the method which artists have adopted for them. The line of the white or cream mat, blending un-

ONE WAY TO HANG THE UNFRAMED PICTURE.

noticeably with the wall paper, leaves the darker surface of the etching to stand out in clear relief, without a second rim of hard, deep framing to draw attention from it.

Large photographs mounted on mats of soft Japanese paper are especially effective when treated in this way. A brown or gray print on a wide panel or mat, covered with a glass the size of the mat and then fastened to the wall by brass-headed tacks, is three times more attractive than the same photograph placed in a rigid wooden frame. The glass protects the picture, yet the definite outlines of a frame are avoided.

It is easy to overdo this sort of thing, just as it is to overdo any form of decoration. One such unframed photograph, etching or Japanese print (for these prints are also interesting when placed merely under glass) placed among framed pictures, will give just the break desired in the set look of the walls.

Copyright, 1920.

Planked Fish.

There is no better way of cooking and serving any of the white-meated fishes than planked. It is a bit of trouble to plank a fish properly, of course, but the fish so cooked is well worth the trouble.

To begin with, of course, the plank is necessary—a hardwood plank, about one and one-half inches thick, and rounded at one end. It should be a little longer than the longest fish you ever wish to cook on it.

There should be grooves at the end of the board, and if possible a wire attachment to hold the fish in position, although, of course, the simpler method is to place nails to hold the fish where it belongs. But as the planks all ready to hold the fish may now be bought for a reasonable price—grooves, rounded end, wire frame and all—it is easier to buy one instead of trying to make one. The plank, of course, increases in value with age, and a well seasoned plank is quite a treasure. The true plank fish cook never washes the fish plank, but wipes it off carefully with a clean, dry cloth after each using and stores it away. A special place until it is needed again.

ONE ROOM AT A TIME.

There are a good many persons, you will find, who have neglected the upkeep and the refurnishing of their homes for several years. They stopped with the war and since then the high prices and the necessity for doing so many other things with one's money has kept attentions diverted from this big consideration of keeping houses in condition.

Now a very good way to go about it is to take one room at a time or two rooms at a time if they are rooms that open on to each other and are always seen together. If you do a little all over your house you will see very little good results, while if you really complete the job of refurnishing one room you will be cheered up and will see some tangible result that will make it easier to wait another year before going on.

This is an excellent time of the year to select new window curtains or draperies for the reason that there is almost always a decided reduction in the prices of curtain materials. Few women nowadays have this sort of thing put into the hands of the professional interior decorator. Lace curtains that must be made to fit the windows are rare in these days. With most persons it is a matter of selecting scrim or netting by the yard and then cutting it off as needed and making the curtains on the sewing machine. Sometimes for the new type of interior colored braid is used to finish off the window curtains or drapery, and all this may be done at home if you have any sort of notion of sewing.

Now before you decide to have our living room done over in just the same way it was done before, get about. Visit all the people you know who are known to have interesting taste in house furnishings. Take a few copies of the magazines devoted to the art of interior decorations and at the library spend a few hours browsing around among the books that deal with this subject.

Sometimes it is worth more than a trip abroad or to California to change the color scheme of one of your rooms. Perhaps you have always had a pale blue bedroom and you may have looked with a certain contempt on the old rose bedrooms of your friends. But there is someting cheerful about old rose window draperies and old rose shades on bedroom lights are certainly very becoming.

In your living room you may have always gone in for the autumnal browns in wall paper and drapery, cushions and everything else. That may be all very harmonious, but is it bracing? Why not introduce a little brilliant yellow and orange? Why avoid the decided contrast of black and white? Why stick to the plain, flat tone papers that have reigned supreme for so long? They are getting back to figured papers, and some of them are well worth getting back to.

Three Hungarian Reds Held.

VIENNA, January 21 (by the Associated Press).—The government has freed all the Hungarian communists interned at Karistein except Bela Kun, the former communist dictator; Joseph Pogany, former minister of war, and Deputy Bela Pakocsy.

LITTLE STORIES for BEDTIME

BY THORNTON W. BURGESS.

(Copyright, 1920, by T. W. Burgess.)

Billy Mink Is Discovered.

After the rats left the big barn Billy Mink found it less easy to get plenty to eat. There were mice in the big barn, and for several days Billy managed to catch enough of these to keep from going hungry. But mice can get into places too small for Billy to follow, and those that were left soon learned to keep out of his way.

Then, Billy's thoughts turned to the hens in the henhouse. He had not intended to kill any of those hens because he knew that as soon as he did the farmer who owned them would hunt for him, and then he would have to move on. He was so comfortably located that he was not anxious to move on. But one must eat, and now that the rats had disappeared and the mice had learned to keep out of his way, Billy's thoughts turned to those hens.

It was the very night after the fire which the rats had started in the back shed of the farmhouse that Billy made up his mind to have a chicken dinner. He slipped under the henhouse and up through a hole in the corner which he already knew about. All the hens were roosting high fast asleep, with their heads under their wings.

Had Reddy Fox been in Billy Mink's place he would have been somewhat puzzled as to how he should catch one of those hens. But Billy wasn't puzzled. Not a bit of it. You see, Billy can climb almost like a squirrel. Reddy Fox would have had to jump, and probably would have awakened and frightened the whole flock. Billy Mink simply climbed up to one of the roosts, stole along it to the nearest hen, and with one quick snap of his stout little jaws he killed that hen without even waking her.

Now, had Billy's cousin, Shadow the Weasel, been in his place, he would have gone right on killing those hens from sheer love of killing. But Billy Mink killed that hen simply because he must have something to eat, and one hen was more than enough to furnish him a dinner. When he had finished his dinner he went back to his snug bed under the big woodpile.

Of course, when the farmer came out to feed the hens in the morning he discovered what had happened. He didn't know who had killed that hen, but he knew that it must have been some one very small to have got in to the henhouse. He hunted about until he found

ALL THE HENS WERE ROOSTING HIGH.

the hole in the dark corner. He knew that that hole had been made by a rat, and at first he thought it must have been rats that killed that hen, and this increased his anger.

That afternoon he happened to look out of the barn door toward the woodpile and he was just in time to see a slim, brown form, whisk out of sight under the wood.

"Ha, ha!" exclaimed the farmer. "Now I know who the thief is. There is a mink in that woodpile. He is the fellow who killed that hen last night. I think, Mr. Mink, we'll make you pay for that hen with your brown coat."

Breakfast Dishes.

Cupped Eggs.—Put one tablespoon of brown gravy into each cup; set cups in a pan of boiling water, and when the gravy is hot drop a fresh egg into each cup; take pan from fire and cover close until eggs are tenderly cooked; dredge with nutmeg and salt. Serve them in a plate covered with a napkin.

Hamburg Steak.—After shaping in thin cakes, place in a broiler slightly greased and broil over a clear fire about eight minutes, or "pan" broil the steak in a piping-hot "spider" for about the same length of time. In this case simply wipe the bottom of the spider with a bit of suet—and dust lightly with salt, and the meat will not stick.

Baked Apples With Raisins.—Wash and core a sufficient number of apples and fill the cavities with chopped raisins mixed with a few chopped nuts. Place in a dish and sprinkle with granulated sugar. Half fill the pan with cold water and bake in a slow oven. The juice in the pan should be served as a sauce with the apples.

Oatmeal Muffins.—Scald a cup of milk and add to it a cup of uncooked oatmeal and two tablespoons of lard. Allow this to cool, then dissolve a half yeast cake in a quarter cup of lukewarm water and add a half cup of molasses. Add this to the oatmeal and then add two and a half cups of whole wheat flour into which a teaspoon of salt has been sifted. Knead and let rise. Knead down and shape in muffin shapes. Let them rise in the pan and then bake.

The old-fashioned crinoline effect is seen in old-fashioned dancing dresses.

Try ORANGE JELLY
Simple—Delicious

RECIPE
Soak ½ package CHALMERS GELATINE in ¾ pint cold water, pour 1 pint boiling water over soaked Gelatine, add ½ lb. sugar, juice of an orange, juice of 2 lemons. Pomegranate mangos grapes may be used to line mould. Set on ice to harden.

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"California Syrup of Figs"

For a Child's Liver and Bowels

Mother! Say "California," then you will get genuine "California Syrup of Figs." Full directions for babies and children of all ages who are constipated, bilious, feverish, tongue-coated, or full of cold, are plainly printed on the bottle. Children love this delicious laxative.

Two Beef Dishes.

Beef olives form a savory, nourishing and inexpensive dinner dish. There are several ways of making them, but this is one of the most satisfactory:

Cut in small slices one pound of lean beef from shoulder or shin. Mix a quarter pound of sausage meat with an equal quantity of stale crumbs and spread the slices of meat with the sausage mixture. Roll up in the form of olives, tie firmly, then season with salt and pepper, and dredge thickly with flour.

Put two tablespoons of dripping in a frying pan and brown olives in it. As fast as browned, lay the olives in an earthen dish with a few slices of carrot and onion. Add a little catsup to season, cover with boiling water or stock and cook slowly three or four hours.

Roast Beef Sandwiches.—Moisten a cup of cold roast beef, chopped fine, with stock or milk, and season well. Make a good biscuit dough and roll very thin. Cut out with a large biscuit cutter and on half of them put the meat. Moisten the edges and press on each a biscuit. Press the edges together and bake. Serve hot.

No one silhouette seems to be in evidence, but a variety of many kinds.

Eatmor

Cranberries make such delicious and economical desserts — pie, tarts, ice, jelly-roll, etc.

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