

A Quick Temper and Its Many Evils

By Ella Wheeler Wilcox

THE most stubborn fault to overcome, perhaps, in the list of human frailties is a quick temper. In every score of men and women taken at random, from the lowest to the highest classes, nineteen are proved to be easily irritated, enraged or made resentful in feelings by the daily trifles which are so much more difficult to bear with composure than great troubles.

You who read these words are saying to yourself, perhaps, that they do not apply to you; that you are never put out of temper even by serious matters. Yet, set a watch upon your mind for one day and discover the truth, and then you will be in a position to profit by this little discussion of an almost universal fault.

An erroneous impression has largely prevailed in the world that a quick temper is a mark of high qualities. I have heard parents speak of the tendency of a child to fly into a passion with a certain visible pride, which the child was not slow to perceive.

Our educational institutions do not seem to regard the fault as one to be treated seriously, and our religious teachers deal gently with it.

Culture leads us to control our exhibition of temper, but does not tell us how necessary it is to overcome the feeling within.

But in the philosophy of the ancient

philosophers we find valuable counsels which are based upon scientific facts regarding the emotion of anger. Here is a quotation from one of the teachers from the land which we call heaven—India:

"A man does evil to us and we instantly want to react evil, and this impulse uses up the fine material out of which the mind-stuff is made, and vitiates its power. Every reaction in the form of anger, hatred, or ill will, every evil thought or deed, is so much loss to the power of the mind. Each time we control such a thought, or feeling, it is as if a direct gain to the mind-power. Not only do we gain control of ourselves, but it is just so much good energy stored up in our favor; this piece of energy will be converted into the higher powers."

Still, again, the same teaching tells us: "We must have friendship for all, mercy to those in misfortune, happiness for the happy, and pity for the wicked."

Then we are instructed how to control the breath and the body in order to gain concentration and to obtain complete mastery of the mind.

All this is valuable and important knowledge to a human being anxious to make the best use of his life and to increase the happiness and goodness of the human family by becoming good and happy himself.

It does not matter to what creed you belong, or what belief is ours—this knowledge of a divine fact is worthy of our effort to obtain it.

In the present hurried, heated, and

excitable method of life, it is a most severe effort to keep amiable, kind, and full of good feeling to all human beings, as we push and crowd through the world in pursuit of what we think is success.

If any simple, healthful method is offered us, no matter from what source—century, let us be thankful. There are some things we know better today than anyone knew a thousand or fifty years ago.

Other things were known better a thousand and five thousand years ago than we know them.

Concentration was one of these things. The tendency of modern times is to scatter our mind forces—and to render us "irritable, resentful and ill-tempered." Here is a little formula which will help us all in our search for control, composure and concentration:

Sit in a quiet room in a comfortable chair, erect, with the hands resting lightly on the knees.

Close the eyes, inhale a deep breath through the nostrils until counting seven, hold the breath, while counting the same, and slowly exhale the same length of time. Think, as you inhale, that you are taking in from God's unlimited health, good will, success, happiness, and usefulness and making them your own. Do this for five minutes only, morning and night, and see if your nerves do not become more under your control and the task of keeping amiable less difficult.

Of course you will not become perfect in a day, week or year. You will have your ups and downs, your setbacks and your discouragements. But you will be helped and benefited by this simple exercise in a surprising degree.

Try it.

DAILY FASHION TALK

By Frances Carroll



WHATEVER the motor may be accountable for in the way of a destroyer of women's tresses, it cannot be gainsaid that the car has been the means of introducing an element of the picturesque into the outfit wear of the day.

The auto car bonnets must not alone be useful as a head covering, but they must work up into the composition of the picture and take their place as pieces of ornamental value as well as service pure and simple. The really modish folk who go in for the excess of smartness, indeed, have their automobile wear to harmonize or match the color of the body of their car. Whatever the faddy folk may or may not do those who go in for the comfort and enjoyment of a motor trip select their apparel with a view to presenting the best appearance possible while they at the same time enjoy the maximum of comfort. One does not wish to expose one's hair to the dust of the highways, therefore it is well to provide some sort of headgear such as I am illustrating today.

The material may be of dust brown serge, or taffetas, or any of the light weight silk which is simply shirred on wires and may be, therefore, adjusted cleverly to suit the individual face it is intended to frame.

Removed, all that is necessary to fit it for further service, is to dust it briskly with a good brush and to hang it in the breeze for a moment to air. When the bonnet must be packed away the problem is simple enough—just fold it, stretching the silk a bit to prevent its getting unnecessarily wrinkled, and your motor car bonnet is forgotten until you wish to use it again.

The House That Jill Built

By Frances Carroll

MY FRIENDS and readers evidently keep a very close tab on what goes on on the woman's page.

"My dear Miss Carroll," writes one of my correspondents, "I don't know just whether to tell you I wish the shirt-waist men were an accomplished fact in Washington or whether to say I am looking forward with much eagerness to the announcement of the completion of the fund for the house that Jill built."

"I will say that those Jill, one and all, young and old, rich and poor, are severely and particularly bricks. Good substantial stuff they must be made of to tackle a problem such as 'getting away with it.'"

"I wish I were well enough off to help along, but, unfortunately, I am a Government employe, with more than myself and my immediate family to look after. And, as for you, Miss Carroll, congratulate you on your catholicity of interest—the lone men and women in Washington, the house that Jill built, the shirt-waist men, etc. We will take off our hats to you and say 'peg away.' When we have the Woman's Page of The Times at hand, we surely do have a friend indeed."

Of course, it is up to me to say "thanks awfully," which I do with all the grace at my command.

Another writer wishes to know if the "house that Jill built" is to be a sectarian institution.

Jill House Not An Institution At All.

Now, I want to say right at the "start off," the house that Jill built

is NOT an institution at all—it is a jolly little summer home out on a picturesque hillside, where "any business woman of good moral character, whether she be a member of the Young Woman's Christian Association or not, and regardless of creed, will be eligible to apply for a room. Those first registering have precedence."

I hope you will notice that the latter part of this is quoted. As a matter of fact, the words are taken directly from an article written by one of the chief officers in the Y. W. C. A.

But to go on with the method of peopling and operating the summer home. The girls are to have the privilege of a two weeks' stay at rates of board as low as consistent with a simple bill of fare.

As some one else has said, the house that Jill built is not a "rest cure" for the down-and-outer; neither is it a charity, nor yet is it an enterprise demanding patronage.

Gifts Looked Upon As Co-operative Measures.

Everything that comes as a gift is looked upon as a practical expression of somebody's co-operation. Therefore, if any body wishes to co-operate to the extent of anything from a nickel to a thousand dollars, now is a very good time to begin the work. Money is needed just at this juncture. Meanwhile, in addition to what I have already acknowledged, I have forwarded the sum of \$1.45, which, in dimes and nickels, quarters, was given me the other day.

Again, let me ask my readers to lend a hand in this final effort to free Jill's summer home from debt.

TALKS WITH THE PUZZLERS

By Frances Carroll

THE diverse postmarks which appear on the backs of the envelopes containing the solutions to this week's puzzle tell the tale of vacation wanderings.

More than one of the regular contingent, it seems, has betaken herself to more comfortable summer quarters than the Washington and its sealed up streets.

My greetings to you all and many thanks for the postcards and the notes and the cheerful little messages from mountain lake and shore. Next to being off for a summertime jaunt nothing is more delightful than to be remembered by those who are off pleasure seeking.

Contrary View Of Recent Puzzle Chat.

But to get back to the matter of puzzles. Here is a diverse opinion from that registered in one of my recent puzzle chats.

I am going to let you read the entire letter so here goes:

282 N. Charles St., Baltimore, Md.

My dear Madam Editor: On my return from Virginia I was quite surprised to learn I had won a prize, as I feared my solution had been greatly delayed.

I am sending this week's. I do not agree with the lady who thinks pseudonyms are one of the things these have given me quite a chase. Before I landed them, and I think they are very instructive. And that of a literary puzzle suits me, but I choose for my next puzzle literary mysteries. No losses, please, for me.

Thanking you for all you have given us—all of which have been enjoyed, and thinking you for the prize of July I am hoping I may capture first this next time, I am, sincerely yours,

MARY C. D. JOHNSON.

I sent you from Norfolk a card all about wild flowers of our Southland. I hope it reached you.

Yes, indeed, the magazine came to hand—please accept my thanks, Miss Johnson.

Daily Horoscope

The stars incline, but do not compel. Sunday, July 17, 1910.

Now fortune favors thee. If hand and heart be free.

THE sun and Uranus in benefic aspect with the Moon this day make excellent influences for spiritual and mental affairs. All the tendencies of the period are for elevation, insight, perception, and great thoughts and good deeds.

The sun is most powerful today, and inspires with its best forces those who are firm yet generous, imperious yet magnanimous, confident, frank, and just.

As usual in this sign, mean and sordid actions are afflicted.

Those who have swift tempers and great passions must check their impulses continually today.

Coquetry is under evil signs. Married people must be on their guard against extravagance in some unnecessary family expenditure in these hours.

Whomever can grant favors or show kindnesses today should not let the opportunity slip by.

"Honor and esteem" are in the signs for those who aim for a great result.

There may be a tendency toward over-activity, impulsiveness, and lack of direction. Heavy affairs are likely to lead to forgetting or overlooking something essential.

Preparations for traveling or short journeys should be made with care and forethought today, so that there shall not be headlong hurry at the last moment.

Seek not this day for the weak points of others in order to mock.

The inventive and ingenious faculties are governed for benefit.

Persons of romantic temperament are in danger of being carried away today by some meretricious quality in a new acquaintance.

In this period there should be power for mending the mental attitude of children or young persons and finding out how to approach and treat them.

It is best to abstain that the sun in its present attitude tends to make magistrates and other powerful officials merciful and forbearing.

Herbalists hold this time is good for angelica, bay, vine, walnut, juniper, mustard, saffron, peony, and olive under the sun.

There is a good augury for fishing. Concentration and constructiveness are the qualities that will serve persons whose birth date is today.

Children are born under stars that are held to be a great energy, striving for high things, with much power of speech.

THE TIMES INQUIRY COLUMN

Answers to Questions Asked by Its Readers

For Itching Scalp.
J. W.—For your itching scalp, shampoo it first, then night and morning wet it thoroughly with a lotion made from three drachms of glycerine and four ounces of lime water. A soft brush is the best agent to use when applying this mixture. At the end of two weeks add half an ounce of tincture of cantharides to the original amount of lotion, and after another two weeks make the tonic stronger by adding an ounce of tincture of cantharides to the original amount.

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R. B.—Warts come from a condition of the blood, frequently, and it is usually necessary to take medicine internally. The application of caustic will burn the excrescence if the treatment is continued.

This caustic can be bought in the pencil, and the wart scratched until a drop of blood appears. In this place the caustic must be rubbed, repeating the application every few days until the wart is gone. Caustic turns the surface of the wart black. It is better to resort to the services of a professional, as amateur doctoring of such a sort sometimes has blood poisoning as an aftermath.

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WOMAN IN BUSINESS CAREER

What She Should Eat

OLD luncheons are excellent when the weather is hot.

To begin with, they are more appetizing, and when heat exhaustion makes any kind of food palatable upon the palate the more attractive nourishment can be made the better.

For summer is a hard strain on girls who work, and it becomes important that they shall eat enough to keep physically well. Certain is it that complexions will become sallow and muddy, and drawn lines will appear about the mouth.

In the middle of the day salads are excellent. A slice of cold meat, on which is French dressing, fills all requirements when bread and butter and lettuce or some other crisp green is combined. The dressing pliques the appetite and eating becomes less difficult.

Good mayonnaise is one of the most wholesome articles of diet that can be indulged in. The oil is extremely nourishing and the sauce is easily digested.

It is not a good idea to eat a salad dressed with it, and a vegetable salad dressed with mayonnaise is a meal in itself.

Potatoes, beets, beans, peas and any other vegetable having body, when seasoned with onion and garnished with

mayonnaise, is one of the best luncheons a girl can have.

There is this to be said, however, for mayonnaise is not a "rest cure" for the down-and-outer; neither is it a charity, nor yet is it an enterprise demanding patronage.

Cold boiled eggs should be on a luncheon dietary list, while cold boiled beef is invaluable. Cooked so that the grain is separate, put into a basin with some berries or other fruit, sugared and creamed, it becomes delectable, nourishing and not cloying for hot days.

Variety is had in it by changing fruits, and by doing this rice may be eaten daily, without satiety. Any of the prepared uncooked cereals may be served in the same way.

Evading large quantities of food liquids with luncheons is one of the serious errors of eating in warm weather, and is responsible for many an attack of indigestion. For with these drinks the stomach becomes chilled and cannot digest food.

If tea or coffee is wished at the midday meal, it may be taken cold, having been iced, and the pieces taken out a few moments before it is drunk. If one is extremely thirsty and there is disposition to intestinal trouble outside of water, lemonade is a good drink. This is made by pouring fresh cold water over one of the steam-cooked preparations, extracting soothing qualities from the fruit.

This kept cool, but not iced, is harmless and thirst quenching.

PRIZES OFFERED PUZZLE SOLVERS

Weekly prizes of five, three, and two dollars, respectively, are given to the contestants for the puzzle printed on the Woman's Page of the Sunday evening edition of The Times each week for the three solutions adjudged worthy.

The contest, which closes at 3 p. m. on Friday of each week, is open to all who care to solve the puzzles. The awards are based, primarily, on correctness, timeliness, and neatness. Originality in presentation also receives consideration in awarding the prizes.

Something Different May Be Given Place.

I suppose you are all looking for an announcement of what is to come tomorrow. As a matter of fact, I'm thinking very seriously of giving you a puzzle so entirely different from anything you have ever had that it might be considered "revolutionary" by the safe and sane contingent. However, tomorrow is the day for announcements of all sorts, and as usual these will be found in their accepted places.

WATERMELONS HERE, AND FAR FROM DEAR

Farmers to the City So Many Haul That the Prices Surfer a Fall.

The watermelon season is on in earnest.

Every incoming truck farmer's wagon contained melons today, and the supply was greatly increased by shipments from many points in Virginia, Maryland, and North Carolina.

Not only was the quantity large, but the quality of the melons was better than the average for the early melon season.

In prices the melons ranged today from 10 cents to 20 cents each. There is every indication that the good supply will continue throughout the regular melon season. The prices of melons during the week kept up from 15 cents to 25 cents, but this morning so many came in that they dropped to the rhythmic price of "10 cents apiece."

GIRLS MARRY LATE IN LIFE JUST NOW

Our Great Grandmothers Became Brides At Sixteen and Often Younger.

Our great-grandmothers, who thought nothing of marrying at sixteen, would be greatly astonished at the age of the bride of today. Now a girl is often at school until seventeen or eighteen, and after that she travels or takes up a business or profession.

Perhaps she will marry at twenty-five, but often she puts it off until she has reached an age when, had she lived in the time of "grandmother dear," she would have been considered a confirmed old maid.

Marriages such as these, when the bride is any age from twenty-eight onward, and the man certainly not less than thirty and usually quite thirty-five, there is every chance of happiness. They are more deliberate, more considered, than the matches of very young people; bride and bridegroom know the world, and have learned to adapt themselves to circumstances. They are skilled in the art of give-and-take, and realize the value of compromise.

Many women do not really "blossom out" until they have passed the bouquet age of youth. Often a girl who is inspired at twenty is a churning woman at thirty.

There is, however, a dark side to these late marriages. Bead bride and bridegroom be two widely separate pasts, with, perhaps, episodes in them too painful to be touched upon, and those ghosts of early loves which the young people escape only too often haunt the married peace of older couples.

THE BEDTIME STORY

Published for the thoughtful mothers who wish to read to the little folk while they are being tucked into their beds for the night.

THE PICNIC.

By FARMER SMITH.

"WHY, where's Jack Frog?" asked Dr. Bullfrog, peering over his glasses.

Little Willie Treetoad raised his hand.

"Please, sir, Jack Frog's sick this morning," said Willie.

"Well, well, well," said Dr. Bullfrog, taking off his glasses and wiping them carefully. "I'm sorry to hear that, because I have changed my mind about the examinations today."

"Won't we have any examinations?" asked Jill Frog.

"Not today," said Dr. Bullfrog. "I thought I would take you boys out for a picnic, and have the examinations tomorrow."

My, what a great time those boys and girls did have. Dr. Bullfrog took them away over in the woods. They had running and jumping matches, they played leapfrog and hide-and-seek and every kind of game they could think of.

Then the boys all went swimming,

while the girls played house and another.

About noon Dr. Bullfrog brought forth a big basket filled with lots of good things to eat, cake and chicken and pickles and candy. Then the boys went for the water, and the girls made lemonade.

"It's too hot that Jack has to miss all this," said kind old Dr. Bullfrog. "That evening when Willie Treetoad and Jill Frog reached home tired and happy, Jack met them at the door."

"Did you get through with your examinations?" asked Jack, smiling broadly when he thought how cleverly he had gotten out of them.

"We didn't have any examinations today," said Willie.

"What?" shouted Jack in dismay.

"No," said Jill. "Dr. Bullfrog took us all on a picnic, and we had the dandiest time ever."

"You bet we did," agreed Willie. "And all of the good things we had for lunch."

"But how about the examinations?" asked Jack.

"We are going to have them tomorrow," said Jill.

Jack had nothing to say. He was very, very sorry that he had played sick.

POTATO FRITTERS MADE IN OLD WAY

For old-fashioned potato fritters take two pounds white potatoes boiled, peeled, and mashed; half cup granulated sugar, one teaspoonful baking powder, half pint milk. Beat the potatoes, sugar, baking powder, and sufficient salt to taste, together. Slowly add the milk, stirring meanwhile until the whole is a smooth white mass. Then add enough flour to make a thick batter and fry in deep, hot lard. When the cakes are golden brown place on a hot platter and serve at once. The above recipe is sufficient for a family of four, but may be increased or diminished in proportion.

BABY'S FIRST CAP MADE OF FINE LACE

The infants' first caps are made of finest lace, sewed together with narrowest heading, threaded with white ribbon, the whole lined with the soft silk.

The correct veil for accompanying the bonnet is one of fine plain Brussels net bordered with an applique of Renaissance lace. There are pretty caps of this lace, fine as a cobweb, and lined with soft silk.

The lingerie sack for infants is new and is dainty, being of lawn edged with a narrow frill trimmed with lace, the whole lined with soft pink or blue silk.

LOCAL MENTION

Satisfaction Is Sure When Conger CLEANS FLOOR COVERINGS. Special process that moprooms as well as thoroughly cleans. Storage when desired. Phone W. 427 for wagon. 22d & N. Y. ave.

Try Murine Eye Remedy For Red, Weak, Watery Eyes. Cecily's Plumbing 121 G St. N. W.

EXTRA HEELS MAKE WOMEN LOOK TALLER

The woman who wishes to look tall should wear an extra heel in her boot or shoe, and she will have her desire.

It is only a shaped piece of cork half an inch high at the back and tapering down to nothing.

It may be fastened in or one pair of shoes, it is perfectly comfortable to wear, and cannot in anyway hurt the foot.

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APOSTLE SPOONS FOR CHRISTENINGS

Dates, Emblems, and Gems of Each Saint Are Set Forth.

The old-time custom of giving apostle spoons as christening tokens has been revived in Europe, and some beautiful copies of these unique articles may be had.

Those who can afford it sometimes have appropriate jewels set in the handles, each saint having a special gem peculiar to himself.

The following list gives the dates, emblems, and gems of each saint:

St. Peter, January 25, emblem a sword, stone a Jasper.

St. Andrew, November 30, a saltire cross, sapphire.

St. James, July 25, a pilgrim's staff or gourd, bottle, script, or escalloped shell, chalcedony.

St. James the Less, May 1, a fuller's bat, topaz.

St. John, December 27, a cup with serpent, sometimes an emerald, emerald.

St. Philip, May 1, a long staff, with a cross in the "T," sardonyx.

St. Bartholomew, August 24, a butcher's knife, carnelian.

St. Matthew, September 21, a wallet, an spear, sometimes an angel, chrysolite.

St. Thomas, December 21, a spear, beryl.

St. Jude, October 28, a cross, club or carpenter's square, chrysopease.

St. Simon, October 28, a long saw, hyacinth.

St. Matthias, February 24, ax or halberd, amethyst.

PALATABLE DISHES FOR THE SUMMER

Asparagus Loaf, Curried Eggs, and Almond Croquettes Are Good.

Here are some suggestions for palatable and seasonable weather dishes.

A luncheon dish—At a vegetarian luncheon given recently, a delicious asparagus loaf was served. The loaf was piping hot, and was served on a large platter, garnished with quarters of tomato, slices of lemon, and an abundance of watercress. We all declared it looked almost too pretty to eat. For it was served on a platter of asparagus tips, and over it were piled three-quarters of a teaspoonful of salt, one tablespoonful of butter, one cupful of cracked crummi-rolled fine and three or four drops of onion juice. These ingredients were mixed together and baked. If the fresh asparagus cannot be obtained, the canned will do as well.

Curried eggs—Try an onion in butter and over it make a sauce of milk and flour and a teaspoonful of curry powder. Cut hard-boiled eggs into halves, arrange them on a deep dish, pour the curry mixture over them and arrange a circle of boiled rice around them. Garnish with parsley.

Almond croquettes—Mix together equal parts of chopped almond meats and hot mashed potato seasoned for the table. Shape into croquettes. Dip in beaten egg yolk, dredge with grated breadcrumbs, and fry in deep hot fat. Drain well, then serve on a napkin with garnish of cress or parsley.

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And you'll never go back to the old time manner of baking your own bread.

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(With Simple Accompaniment) Regular Price, 50 cents. FOR ONE WEEK ONLY 29c (Present this Coupon.) E. F. Droop & Sons Co. 1300 G STREET.

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Lansburgh & Bro. Dry Goods and Ready-to-Wear Articles 420 to 426 7th Street "through to Eighth."