THE TIMES DAILY MAGAZINE PAGE

Impenetrable Mysteries of Daily Life

The Weary Housekeeper Comes Back Strong With a Lot of Nice, Printable Mysteries Which We Cannot Solve, and Wouldn't If We Could—It Isn't Everybody Who Can Get Through Experiences Clear Enough to Write About Them!

Impenetrable Mysteries.

How to oil a typewriter.

* * *

What all of the straps on riding clothes are for.

* * *

Why men can't talk better when they smoke.

* * *

How your husband will find his collars after you have gone away for your vacation.

* * *

Why the bobbin always runs out just as you begin to get enthusiastic about sewing up those torn sheets.

* * *

Why typewriter ribbons always come to the end of their allotted length and balk just as one reaches the height of that burning, immortal thought.

* * *

Why you always meet your friend who has St. Vitus dance and who stutters, on the evening of the same day on which you have entertained two sets of mothers and babies, answered fifty telephone calls, put up two crates of strawberries, drowned the third set of darling little kittens which you simply adored, but couldn't keep because you had three cats already, and planned the way to make the daughter's graduating dress.

* * *

How some women can go through life uncaring that their hats ride on the backs of their heads; their dresses gape open in the back; their shoes are run over at the heel their gloves are always soiled, etc., etc., etc.

* * *

How to get all the fancy fixings on the sewing machine.

* * *

How to get ditto on the chocolate colored light running domestic when guests come to dinner.

* * *

What the people across the street find to laugh about every night at twelve-thirty.

* * *

Why Senator Jones or somebody else nice can't have a law passed forbidding people from treating housewives as if they didn't have jobs and knew "nothing about business."

THE WEARY HOUSEKEEPER.

Great surprise and pleasant one, too, to have the Weary Housekeeper stand up for herself like that. Nothing like a little dash of criticism to bring out the bear-cat in some of us.

Yes, of course, it is just a matter of gossip, but somebody made fun of the Weary Housekeeper for suggesting that the everlastingness of soiled towels and such like was worthy of a poem. Intimated that she would be in better business getting them clean instead of writing poems about them!

And the funny part of it all 's that the Weary Housekeeper from all evidences to the affirmative was really at her best when writing. The Critic's dope about washing up being more appropriate was entirely wrong. She couldn't wash towels any better than she writes. Contrawise, the Critic whose name is even forgot, wrote so badly that we couldn't print a word.

* * *

By the same line of reasoning perhaps He might try washing the towels!

* * *

I hate to dance with the clinging girl,
Who hangs like a wild grape vine
On your outstretched arm till it's paralyzed.
And thinks that SHE dances fine
—POLKA.

* * *

Poor Polka! But how about the other side of the question?

I hate to dance with the stubborn man
Who drags you about like a sack;
And whose dampened palm on your brand new gown
Leaves a tell-tale smear at your back!
THE CONDUCTOR.

RECIPES

Deviled Crabs.

12 hard crabs.
Yolks of 3 hard-boiled eggs.
1 ounce of butter.
1 tablespoon of dry mustard.
1 teaspoon of salt.
Dash of cayenne.
2 tablespoons of flour.
1 pint of cream or milk.
1 tablespoon of chopped parsley.
Bread crumbs.

Carefully pick the meat from one dozen boiled hard crabs; scrub the shells thoroughly. Place in a saucepan the yolks of three hard-boiled eggs, one ounce of butter, one tablespoonful of dry mustard, one teaspoonful of salt, a dash of cayenne pepper, two tablespoonfuls of flour; rub smooth with a wooden spoon, then place over fire; add one pint of cream or milk and cook to the consistency of boiled custard. Put the crab meat into a bowl, sprinkle one over the meat, then add the sauce; mix well with the crabs, season with salt and pepper to taste, fill the shells, sprinkle fine bread crumbs over them, then sprinkle with melted butter and brown in a very hot oven or, better, under gas flames.

Fruit Conserve.

2 quarts of pitted cherries.
2 quarts of gooseberries.
2 quarts of currants.
1 quart of red raspberries.
1 pound of seeded raisins.
3 oranges cut in pieces, leaving rind on.
1 lemon juice only.
¾ of a pound of granulated sugar to each pound of fruit.

Boil half an hour or more and put in tumblers. Prepare the fruit and sugar over night. By morning the sugar is dissolved.

Brains Should Aid Hands

By ISOBEL BRANDS.

"WHEN a task is too much much for your hands set your head to work," was a favorite maxim of an old-fashioned housekeeper who was a pattern for many young beginners.

So, when your work gets to the point that it seems to govern you—when you work and work every day and seem never to get finished with the day's tasks, it's time to put your head to work on a solution, rather than attempt to finish the impossible by speeding up on sheer physical effort. There are two ways to make work easier and more quickly done—one is the better planning of work, the making of a "schedule," and the other is the use of machinery. Let us consider first the "schedule" as a labor-saver, for every home-maker, no matter how tiny her income, can have a little schedule in her home.

What is the difference between working on schedule and working under the ordinary conditions? Ordinary conditions means the working according to habit, without any definite plan. It may mean doing the family washing on Monday, year in year out, not because it is the most convenient day, but because it's a habit—it's a tradition that "Monday is wash day," just as the old rhyme has it, and wash we will, regardless of wind, weather or personal convenience.

Now, the object of a household "schedule" is to get all the work of the home done in good time, and with the convenience of the home-maker in consideration. If it's a hardship to wash on Monday (because of the extra cleaning that must be done after Sunday, owing to all the family being at home, entertaining guests, etc.), why, then the schedule is planned to fit the housekeeper instead of the housekeeper inconveniencing herself to fit a custom! Here is a typical "schedule" for a week which made housework very much easier for one young mother.

Monday—Light cleaning of house. Marketing for two days. Meals prepared, including food for Tuesday. Clothes sorted, mended, and soaked.

Tuesday—Wash day. Kitchen scrubbed.

Wednesday—Ironing. Marketing for two days.

Thursday—Sewing for self and children. Bedrooms cleaned.

Friday—Weekly baking.

Saturday—Thorough cleaning of living rooms.

In the actual work of the day the schedule is important, for it is a constant guide in that great problem of the overly busy housewife, "I've so much to do, what shall I do next?"

If you sit down and quietly think out the work for the day you will be astonished how much easier and quicker the tasks are finished. Group some tasks together as a time-saver. It takes very little more time to wash dishes from breakfast and lunch at one time than only to wash the lunch dishes. And it saves a great deal more time and work than to spend fifteen minutes washing dishes after breakfast and another fifteen minutes after luncheon. Time yourself, and see if this ain't so. If you plan your meals so that you can do some of the cooking for the evening meal at the same time that you prepare your food for luncheon it saves that much of the time and effort that you would otherwise have to spend in the afternoon—probably interrupting a needed time of rest.

Housework necessitating some labor until late in the evening—dishwashing after dinner, cleaning up dining room and kitchen—makes it important that the "schedule" should include a rest period in the afternoon. Even if you can rest only half an hour in the afternoon it's worth while, and tremendously refreshing and there won't be a "tired home woman" to greet the "tired business man" at night. Include a rest period in your little schedule!

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Flour.

Always measure flour after sifting it once. Some old-fashioned recipes call for it measured before sifting, but all modern ones call for sifted flour.

Allow two level teaspoonfuls of baking powder to each cupful of flour for muffins and cakes. Sometimes, of course, more is required, but this is a safe proportion.

Some modern cooks add the baking powder to cake and batter mixtures after everything else has been added. The older method of sifting in with the flour is easier, but the new method insures the full strength of the baking powder, provided it is well mixed with the dough, for it begins to work as soon as it is moist.

Great merit or great failings will make you respected or despised, but trifles, little attentions, mere nothings, either done or neglected, will make you either liked or disliked in the general run of the world.—Michael Angelo.

"Women Are Better Gamblers Than Men," Says Helen Tyler, Producer

Woman Producer of Many Successes Holds That Her Sex Is More Apt to Take Long Chances Than Are Men, Owing to the Feminine Belief in Intuitive Powers—This Intuition, Says Miss Tyler, Is a Real Thing and Not Merely Guesswork.

Producer of the New Play, "Mr. Lazarus," Has Gambled Quite a Little Herself, and Counts Her Successes Due to Her Powers of Intuition—How She Rescued Several Successes From the Scrap Heap and Made Money Out of Them.

By FLORENCE E. YODER.

WOMEN are better gamblers than men.

Better gamblers, in the sense of being more frequent gamblers, more often willing to "take a chance."

The authority for this statement is Miss Helen Tyler, producer of plays, and one of the most successful theatrical figures in the firmament today.

She is herself a living verification of this fact, for in her career as a producer she has always "taken chances" and has picked winners in every instance. Miss Tyler's ability, she reckons, most consistently not as a personal and individual trait peculiar to her alone, but to her whole sex.

Seen at her hotel today, where she was happily exulting in the promised success of her newest play, "Mr. Lazarus," which was presented Monday night at the Belasco and will be there for the remainder of the week, Miss Tyler gladly talked of just why women are succeeding to such a degree in the theatrical game, for she is one of many.

"It's because they are such good gamblers," she explained. "They take chances, founded on their intuitions, where men would not. Finer sensibilities, finer appreciative powers, and a keener conception of the vagaries of human nature make it no trick at all for them to choose what people might like.

"The lives of most women are spent in finding out what will be a success, and what will please. It is not remarkable that in that business wherein this trait pays most highly they should succeed."

Miss Tyler is a most unassuming, homelike looking person. She was dressed quietly in serviceable dark blue something or other, with a dark blue hat to match. Her hair is dark, she is of medium height, and has very dark brown eyes. Nothing about her would indicate that she is one of the foremost figures in the producing end of the theatrical game today.

Yet she is, and she claims that many more women will follow in her footsteps of success.

Her startling statement that she thinks that women are better gamblers than men was made convincingly—she asked neither for publication or non-publication of the fact, but stood up for it as if it were the firmest belief in her life. Which it probably is.

"Women's intuition," she explained quickly, but not hurriedly, "is the best thing that they own in the way of character attributes. It is their open sesame to success in at least this theatrical field. The ability to choose plays, not for any cut and dried technical reasons for success, based on cold logic, but because of some finer instinct which tells the heart that it will 'go' is peculiar to most women and a few men. It is the gambler's instinct, the willingness to take a chance just because of personal convictions.

"Part of this intuition arises from their sympathetic natures. Women are for the most part what some people call 'chicken' hearted," she continued, "They all have a maternal instinct which gives them an advantage over most people. They are, as a sex, good pudges of human nature. Sometimes even when unable to tell why, they can 'pick' characters.

"That is how I account for my success."

Just a word or two about Miss Tyler's success itself will help to strengthen her statements. It has already been predicted that the new play, "Mr. Lazarus," will be a success. The resume of a few of her other ventures is a most interesting appendix to the statement with which this little story opened.

Miss Tyler, is without doubt a winner picker. If she is but a mold of a type, her story bodes much good for the future efforts of women in the business end of theatricals.

For seven years she was general manager of the American Play Company (from which she resigned a year ago) and one of the best known stock play brokers in the United States. As the silent partner of Selwyn & Co. she has been associated with a number of their successes, and as an individual producer she has brought to the stage three productions of Harvey O'Higgins and Harriet Ford—"The Dummy," "Polygamy," and "Mr. Lazarus."

Miss Tyler's record for recognizing successes and standing by her judgment began with Bayard Veiller's play "Within the Law." After it was tried out in Chicago by William A. Brady and declared a failure, she persuaded Messrs. Selwyn & Co., to produce it, and was so fortunate as to secure a large share of the stock for herself. The enormous profits of "Within the Law" (which has had nine American companies playing in the United States at one time, and has been translated into several languages and played throughout Europe) are a matter of dramatic history.

"Within the Law" made more money for its stockholders than any play that had been produced in this country in the last twenty-five years. "Under Cover," the Roi Cooper Megrue play which ran a year in Boston and two in New York, was another success picked by Miss Tyler and produced by her firm.

When "The Dummy" had gone the rounds of the producers in vain, Harvey O'Higgins and Harriet Ford, the authors, brought their detective comedy to Miss Tyler.

She organized a stock company of five people (two of them lost courage early in the game and left her with their share of stock on her hands), and produced "The Dummy." Its success was instantaneous, and New York laughed over it from one season into the next and through an all-summer run, and then it went on to Chicago, where its New York success was duplicated.

The drama by Mr. O'Higgins and Miss Ford, "Polygamy," also went the rounds of the leading producers, and it was frankly prophesied that to produce the play was to incite disaster through the enmities it would arouse. But Miss Tyler saw in it a play of universal appeal, because it dealt in new and startling fashion with the sanctity of marriage, and she produced the drama with a cast of remarkable strength. There was no question as to the sensation the play made from its opening night, or as to the heart-grip of the drama, which ran all last season in New York.

"Mr. Lazarus," which had its premiere in New Haven last week and is now at the Belasco, with Henry E. Dixey, is another "sure fire success," according to the critics and the New York theatrical wiseacres who came on to Washington this week to see the production. It will go into Chicago shortly for a run, and will be taken later in the season to New York.

WHY WOMEN ARE BETTER GAMBLERS THAN MEN

They are always more willing to take chances on things which their intuition tells them would be right.

* * *

Women are making a success of the producing end of the theatrical game, because of this willingness to gamble.

* * *

Intuition in women is not a chance attribute, but a fundamental, founded on finer sensitiveness of the sex.

* * *

Women work out their moves on a basis of intuitive rather than logical reasoning.

* * *

Women see and appreciate finer degrees of chance than do men, owing to their "chicken heartedness"—another word for appreciative ability.

MISS HELEN TYLER, who picked as winners, "Within the Law," "Under Cover," "The Dummy," "Polygamy," and now "Mr. Lazarus."

Reflex Actions Form Instinctive Guards To Protect Human Body

By DR. LEONARD KEENE HIRSHBERG.

"REFLEX action" is an expression used frequently in printed matter and lectures, but seldom made plain to most persons.

Reflection is the mental digestion and thinking over of knowledge and judgments. When a man reflects upon a matter, he is supposed to exert his best thoughts and judgments upon all of the real, obtainable facts.

Reflection is, then, one of the chief human physiological activities. It is man himself, as a higher and reasoning animal, far removed from his blood brother, the ox.

A "reflex action," on the other hand, is the extreme contradictory of reflection. It is simple, swift and unconscious response of something alive to something else.

Living things co-ordinate and adapt themselves by unconscious or "reflex actions." Human kind is "what it is" because of the beautiful adaptations of our structures effected by the reflex activities entirely outside of all conscious knowledge.

What Reflex Actions Are.

Reflex movements in man and other animals may be illustrated by the kitchen cook who intends to serve frogs' legs as a dinner delicacy. The legs of the beheaded and about-to-be-cooked creature, when pinched will bend and draw up sharply. If the skin of the headless animal is moistened with bits of lemon juice or other acid, the leg on the affected side will scrape off the offending agent, just as a dog scratches himself for fleas.

These actions are called "reflex," because the irritant upon the foot or the skin disturbs the senses. The unperceived messages are flashed to the lower relay station of the spinal cord, which switches them directly to the nerves, and then they make their exodus from the spinal cord to the appropriate muscles.

In a word, a reflex action is a beaten pathway, the shortest distance between two living points for the desired purpose. There is a definite end in view in reflex actions, despite the absence of consciousness.

A reflex action appears swift and simple in its perfection. It is ready-made, inherited and orginally complicated. It is an instinct.

Short Paths to Safety.

Automatic winking of the eye is a reflex action. Whenever there is a slight irritation of the sense of contact, be it from air, wind, dirt, or muscle strain in the eyelids, they flash into a "wink."

The reflex actions of the beheaded frog have been frequently duplicated in victims of accidental injuries to the spinal cord at the neck, "broken neck," as it is termed. To the uninitiated, such movements spell thought. Novelists are at times keen to play upon the credulity of those who would like to know "what an executed criminal thinks." If he wiggles his toes the instant after execution, they hail it as a message from beyond the grave.

What consciousness is cannot be definitely affirmed or denied. What it is not, after its behavior or manifestations have had the major senses, muscles and the brain interpret it, is plainly apparent. Reflex actions can occur independently of the nerves and brain. They may sometimes respond on the instant to direct contact or even to the distant wave of some other substances. This is notably true of materials sent through the blood channels. Thyroid substances, as well as the principles of many other textiles of animals, immediately bring into play some definite activity of man and other creatures, according to the kind and the amount of the fluid as well as the points they reach.

Evidently, "reflex actions" are short paths through which the machinery of life most quickly and accurately reaches the goal and scores a touchdown for health, wealth, conquests and happiness.

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Answers to Health Questions

M. F. P.—I am nervous and worn out, and would like to go to the mountains, but do not know where. Kindly suggest a place.

The Blue Ridge mountains of Virginia are not only healthful, but great interest and pleasure can be gotten out of them by visits to the battlefields and the various other historical points. Part of the Shenandoah valley runs through this district near Harpers Ferry and such a place is delightful to the eye and health giving to the body.

G. W.—I have quite a lot of dandruff on my scalp. How can I get rid of this?

Dandruff occurs in tiny flakes of dry epidermis as well as in an oily state of the scalp. Red blotches may or may not be present. Sometimes there is itching and burning, sometimes not. Sulphur is an avowed remedy. One dram of it to ten grains each of resorcin, salicylic acid, and sulphate of quinine, to an ounce of petrolatum, used three times a week, does much good.

J. E. M.—My nose has become very red from picking blackheads out of it with a hairpin. What will make it whiter?

You have infected the nose and made scars there. Red scars require many months to fade away. The only thing that can be done is to massage the nose with peroxide two or three times a day and wait for the lapse of time. Never again use any sort of instrument for this or any other such purpose.

The Chaperon

The Chaperon—A, a girl of twenty, is engaged to B, a man of twenty-two. Recently B was out of town on a business trip and it so happened that he met C, a girl of nineteen, who happens to be a cousin of A. The business engagement B had was with the father of C. Now, before leaving, B got permission to write to C. In answer to B's second or third letter, C states that perhaps she had better not correspond with B, as it may make A feel badly. A does not mind that B should correspond with her cousin, but she thinks that B should not care to write to C. Now, Dear Chaperon, will you be kind enough to give your valuable opinion on this question?

THE ENGAGED.

AIS right. I see no reason for B's beginning a correspondence after he has become engaged. If he had known C before the engagement and had been corresponding with her, I should not have advised breaking the correspondence on that account. Now, after his engagement is known, he goes out of his way to begin a friendship with another girl than his fiancee.

This may not mean that he cares any the less for A. Perhaps he is one of those who really require a number of friends and the idea of a pleasant correspondence appeals to him.

In a way, it would be unreasonable of A to ask him to discontinue the correspondence. It might indicate a jealousy she has tried to conceal. Ere is only natural in her attitude, however.

C is, of course, younger and she does not feel the personal interest in B that A does. However casual their acquaintance, though, it will be difficult for B and C to discontinue their friendship after A's marriage to B.

I have always thought it a bit unwise for people who were engaged to maintain a close friendship with persons other than the fiance or fiancee. A girl may be madly in love with her fiancee, yet allow another man to call frequently. When she is married, she cannot help missing her former caller, and as for him—well, he may suffer all sorts of torment because he has been hoping to the last.

The same is true if a man calls frequently at the home of another girl, than his fiancee. This girl may hope that he will change his mind—and after he is married the shock will be almost too great for her to bear.

I am not suggesting that anything of the kind will occur in the case of A and B and C. Those I have mentioned are extremes of their type that illustrate what I mean better than a more negative case.

If C does what is right, she will persist in her refusal to write to B.

A needs do nothing.

If B sees that C is determined, he ought to discover the reason, if he has any sense at all. There is no necessity for even a possible heartbreak if the situation is met and decided while it is in the power of A and B and C to cope with it.

The Chaperon will answer questions of interest to readers of this paper. They should be addressed to her, care of this office.

Everyday Fables

By SOPHIE IRENE LOEB.

THE SPOILED DARLING.

ONCE upon a time there was a fond mother and father. They had one daughter. She was a spoiled darling.

Being the only-only, nothing was spared for her welfare. She was educated in the best school and was given every advantage, as is usually the case with spoiled darlings.

She was not taught anything about work because everything was spared her. Any time there were any family troubles they were kept from her for fear she might be worried.

In fact, the only responsibility she knew was to get through her lessons, and even in this there was help given her. The poor child must not "tax her brain overmuch," mother often would say and close the book of study.

So it continued for a time. One day a number of her school chums decided to go out to a camp where the girls were to "rough it" and do all the work. The spoiled darling thought it would be jolly good fun to join the party.

But, alas! and another alas! almost after the first days, when the novelty wore off, the spoiled darling showed the mettle of which she was made, or, rather, that which her parents had made her.

She didn't like the cot in which she had to sleep. She was afraid of bugs in the woods.

She found it wasn't such fun to get your own breakfast. Finally she proceeded to turn her ankle on her French heel slippers so that she was laid up. Instead of allowing her to get over it then and there and continuing her work, her father and mother rushed over to the camp and carefully carried the spoiled darling home.

Nothing could have made them believe that these hardships were good for her.

Now, in the course of human events, a man came along. He was handsome and attractive, and, to make a long story short, the girl fell madly in love with him. He had no money, but was "willing to work."

He had some difficulty in advancing, but always he had the mother and father-in-law to help him along. After a while, by curious and common fate, the father-in-law lost his resources, and pretty soon it was with great difficulty that the family were able to keep the wolf from the door.

To add to it all, a little child came to the young couple, and the spoiled darling had the hardship of her existence. At last she had to do everything for herself, with her husband and child besides.

Being a spoiled darling, she wailed aloud her fate and pouted at her father and mother for the plight she was in.

Further, she complained to the neighbors how her father and mother had spoiled her and kept her from her lessons of life, so that now it was so tragic.

The parents learned this moral: Spoiled darlings never thank their parents for spoiling them.

(Copyright, 1916.)

Times Pattern Service

THIS belted Russian blouse for use as a separate coat is very effective in plain and striped material, in the mode of "sports models." It is of a character not too practical and not too dressy for varied uses. A becoming soft fullness is given by gathering the shoulder edges; an interesting novelty is the collar in contrasting goods. The full sleeve is gathered to a wristband cuff.

The pattern, 781, is cut in sizes 32, 36, and 40 inches bust measure. Medium size requires 2¾ yards of striped material and 1¼ yards of plain, in 36-inch width.

To obtain this pattern fill out the coupon and enclose 10 cents in stamps or coin. Address Pattern Department, Washington Times, Munsey Building, D. C.

The Washington Times guarantees the delivery of all patterns sent through this service. No patterns can be obtained in person.

One week is needed for the filling of pattern orders. If patterns do not come within that time, notify this office for adjustment.

(SIZE MUST BE PUT ON COUPON)

THE TIMES PATTERN SERVICE.

June 14.

Name .....

No. 781. Street and Number .....

SIZE DESIRED.....City and State .....

Reflections of Bachelor Girl

By HELEN ROWLAND.

TO keep a man eternally interested in kissing you, never let him.

Next to the mutual responsibility of a baby, there is nothing which will bind a husband and wife together like the mutual care of a pet automobile.

"Philosophy" is what comes to a man of forty when he has at last reached the conclusion that nothing is permanent but change, nothing worth while but growth, and nothing worth keeping but his enthusiasms.

It isn't strange that men should be as bad as they are, but that they should be as good as they are, when you consider that the greatest aim of the average small boy's life is to grow up and be a "horrible example."

Somehow a man seems to have infinitely more admiration for a girl's mental ability to remember the number of lumps of sugar he likes in his tea than for her ability to memorize the most difficult passages from Browning.

Oh, yes, you may "know" a man before marriage, but that is no sign that you'll know him afterward, because marriage has such a weird effect on most of them that the lamb that you lead to the altar today may be a "black sheep" at forty—or vice versa.

The exquisite thrill of first discovering that you are falling in love is exceded only by the thrill of discovering that you have at last fallen out of it.

Love: A temporary sojourn in Paradise followed by an interminable penance in Purgatory.

For Baking Meats.

Sirloin roast, rare, 8 to 10 minutes a pound.
Sirloin roast, well done, 12 to 15 minutes a pound.
Mutton, rare, 10 minutes a pound.
Mutton, well done, 15 minutes a pound.
Lamb, 15 minutes a pound.
Veal, 20 minutes a pound.
Pork, 30 minutes a pound.
Turkey, 18 to 20 minutes a pound.
Chicken, 20 minutes a pound.

What Is Meant by "News."

If anyone has—
Died.
Eloped.
Married.
Divorced.
Left town.
Embezzled.
Had a fire.
Sold a farm.
Had a baby.
Been arrested.
Come to town.
Bought a home.
Committeed murder.
Fallen from an aeroplane.
That's news—telephone us.
—New York, (S. C.) News.

Domestic Science teachers and baking experts generally, use

ROYAL

BAKING POWDER

Absolutely Pure

because they know it makes the finest and most wholesome food.

No Alum No Phosphate