

The Appetizing Sandwich

The art of an attractive sandwich lies in the making. An appetizing sandwich is not only palatable, but carries an appeal to the eye as well.

Such a sandwich can not be carelessly slapped together, although it may be a very simple creation.

Many kinds of bread, brown, white, nut or raisin, as well as a number of varieties of salt and sweet crackers, biscuits and buns may be used as the foundation for the sandwich.

Homemade bread is perhaps the better for sandwich making.

Bread when used for this purpose should be at least a day old.

The attractiveness of the sandwich depends greatly on the manner of cutting the bread.

The slices should be very thin, with crust nearly trimmed off.

The bread may be buttered before slicing. This method prevents crumbling and helps the slice of bread to hold its shape.

If the bread is sliced the knife used for spreading the butter or filling should first be dipped into boiling water.

The heat melts the butter and causes it to spread evenly without making the bread heavy.

Sandwiches may be cut in any shape or form and garnished to suit the taste of the maker. Cake, cookie or doughnut cutters, sharp knives and scissors may be utilized in shaping the sandwich.

Bits of green, such as lettuce leaves, parsley, etc., when used in the filling if neatly trimmed may be extended beyond the edge of the bread.

Nut and Olive Sandwiches—Peanut butter is one of the most popular of sandwich fillings, especially if it is a prime favorite with children.

Delicious peanut filling can be made at home.

A quart of shelled peanuts should be run through the food chopper after the finest knife has been screwed in place.

A tablespoon of butter or olive oil may be added if desired, although it is not necessary.

Other varieties of nuts may be made into butter in the same manner.

Butter made in this way will keep in a cool place for two weeks to a month, and is more appetizing than the store product, as well as much more economical because of the lower cost.

Cream French dressing may be mixed with the nut butter.

When crackers are used orange or lemon juice may be used as flavoring.

Different varieties of nuts may be combined or dates and figs may be added in equal quantities when the nuts are chopped.

Olives and nuts may be chopped fine and mixed with mayonnaise.

Cheese may be substituted for the dressing.

Chopped pecan nuts mixed with honey form a delicious filling for biscuit sandwiches.

Vegetable Sandwich Fillings—Lettuce, watercress, cucumbers, tomatoes, parsley, are all used in sandwich fillings.

Everybody is, of course, more or less familiar with the plain lettuce sandwich made of mayonnaise spread over lettuce leaves placed between slices of bread.

A slice of dried beef, grated cheese, minced ham or chicken, chopped nuts are a great addition to this filling.

Plain sliced tomatoes may be used with the lettuce filling. Tomatoes when used in this way should be sliced very thin, allowed to chill thoroughly and the sandwich should be eaten as soon as made.

Tomatoes placed on buttered slices of brown bread, sprinkled with grated cheese and chopped peanuts and spread with French dressing make a delicious sandwich.

Prepare two slices of buttered brown bread. Spread cucumbers marinated with French dressing on one slice and chopped olives on the other. Press the two together and cut the bread into triangles. The result will be pleasing as well as appetizing.

Watercress may be used alone with mayonnaise or cut fine and mixed with chopped stuffed olives, cream cheese and butter before being spread on water thins, saltines or white or brown bread.

One may never be at a loss to utilize scraps of green pepper. Odd bits of this vegetable may be combined with chopped olives, encaufete cheese, pimento, lettuce or mayonnaise.

Three hard boiled eggs chopped with three green peppers and mixed with a cup of mayonnaise make a substantial filling.

Cheese Fillings—All kinds of cheese are used in sandwich making. Cheese mixed with raspberry jam and spread on toast will afford those who have never tried it a pleasing surprise.

Cheese may be combined with nuts, raisins, figs, olives, pimentos, salad dressing or greens. However used, it is always best to soften it with milk.

The Russian sandwich which has recently been so popular is a combination of cheese, olives, peanut butter and bacon.

Egg Combinations—Egg makes a most nourishing filling. Hard boiled eggs may be chopped fine and mixed

with French or salad dressing, butter or simple lemon juice.

A chopped pickle added to every four eggs, boiled hard and sliced, makes quite a tasty filling. Slices of hard boiled eggs, fried eggs, eggs and bacon or scrambled eggs, containing ham or chipped beef laid between lettuce leaves spread with mayonnaise, are all appetizing and nourishing as fillings.

All kinds of meat are, of course, available for sandwich making.

Minced chicken, ham, tongue and other meats may be combined with mayonnaise dressing to make delectable sandwiches.

Toasted bread is very popular in combination with meats.

Minced ham and chicken sandwiches may be prepared in the ordinary way and then placed in the frying pan and browned on both sides.

Toasted oyster sandwiches are very appetizing. They are made with a filling of lettuce leaves, mayonnaise and fried oysters spread on toasted bread.

Sandwiches are without number, of all varieties, and combinations are in order not only in the picnic menu, but may be served at home for lunch, dinner, afternoon teas, at socials and for the late supper.

The provident housekeeper ought always to have on hand fillings stored away in jars, boxes of crackers and little cakes.

In this way, at moment's notice, a dainty little luncheon may be prepared or unexpected guests may be entertained in either the afternoon or the evening.

A bottle of grape juice and a quart of lemonade syrup kept on hand in the ice box are very convenient.

Hot chocolate, tea, or coffee may be served with the sandwiches.

Delicious Deserts.

Cheese Tarts, which my family think very good; especially nice for picnics and at this time of year might be of help to those who wish variety in providing a picnic lunch.

Line muffin tins with a rich pie crust and put into them the following mixture: two-thirds cup dried currants, half cup sugar, one tablespoon melted butter, yolks of two eggs beaten well; one cup milk, a little salt. Flavor with vanilla. Put in oven and bake about half hour, or until custard is thick. Take from oven and spread on top of a frosting made of the whites of the two eggs beaten stiff and four tablespoons granulated sugar. Place in oven and brown. This will make one dozen tarts.

Currant Pie—Two eggs, one cup sugar, one tablespoon flour, two tablespoons water, one cup mashed currants, two tablespoons granulated sugar. Fill plate lined with crust with the following mixture: beat the egg yolks with the sugar and add the flour, water and currants (which have been washed, stemmed and mashed). Mix thoroughly and bake until done. When cool cover with a meringue made by beating the whites of the eggs very stiff, adding gradually with the egg beater, the sugar. Put in moderate oven about eight minutes.

For the Housewife.

Neglected brass may be polished with a paste of powdered bath brick and oil. Take two pieces of the brick and rub together. This makes a finer powder than if scraped with a knife.

For ginger flavoring, cut up two ounces of white ginger root into a half pint of water then strain into another bottle and cork tightly and let stand for several weeks; then strain into another bottle and cork again.

The hot plate of the kitchen stove may be cracked when hot by cold water or being upset on it when a heavy boiling pan is being placed on the stove.

When cooking beets for table use try baking them as you would a potato. They retain all their juicy sweetness and are much superior to boiled beets and less trouble to prepare.

Grease stains on leather may be removed by carefully applying benzine or perfectly pure turpentine. Wash the spots over afterward with a well beaten white of an egg or a good leather reviver.

Health Notes.

We most of us, in these days, err on the side of eating too much animal and not enough fruit and vegetable food, says a writer. If we wish to avoid wrinkles and keep the bright eyes of youth, we must make up our minds to practice abstinence, and, above all, avoid stimulants as rank poison, and only drink tea and coffee in great moderation.

When a cramp in the leg comes on take a good, long string—a garter will do—wind it around the leg over the place that is affected and take the end in each hand and give it sharp pull—one that will cause a little pain. Instantly the cramp will depart, and the sufferer can return to bed assured that it will not come on again that night.

Sponge Cake.

Three eggs (less one white), five ounces loaf sugar, four ounces flour, one glass water, one lemon rind grated. Put sugar and water on to boil; whisk eggs well and pour into pan, stirring for twenty minutes. Sift in flour and add lemon rind. Bake in a tin which has been greased and dusted with a mixture of sugar and flour. Tie a band of greased paper outside tin. Bake in hot oven half an hour.

Try frying fish in fat that has been saved from former frying; the flavor will be very much improved.

When Baby Has the Croup. When a mother is awakened from sound sleep to find her child who has gone to bed apparently in the best of health struggling for breath, she is naturally alarmed. Yet if she can keep her presence of mind and give Chamberlain's Cough Remedy every ten minutes until vomiting is produced, quick relief will follow and the child will drop to sleep to awaken in the morning as well as ever. This remedy has been in use for many years with uniform success. For sale by all dealers.—Adv.

Smiles. I speak of old man Hiles. He is an awful grouch, although he's always full of smiles. —Cincinnati Enquirer.

ECONOMY IN AGRICULTURE.

A Demonstration of the Difficulty of a Small Farm Competing With a Large One.

A few years ago there was a lot said, both in the agricultural press and in the farmer's institutes, about the small farm "well tilled," "the forty-acre farm," etc. No doubt the small farm was profitable twenty or thirty years ago, but for general farming purposes, such as the raising of staple crops, the forty-acre farm cannot compete with the large farm any more than a small manufacturing concern can compete with the large one.

Some interesting data were collected from actual experience at our experimental farm here at Ottawa, showing the economy in using the big farm implements drawn by three and four horses over the regulation kind drawn by a single pair of horses.

For example, the cost of ploughing one acre with simple plough cost \$2 while the cost with a two-furrow gang plough was only \$1.25.

In disk harrowing the cost of disk plough one acre (three cuts necessary) was 90 cents; with a large disk (two cuts necessary) the cost was 80 cents while disk plough one acre with a large cutaway (one cut necessary) was only 45 cents.

The cost of seeding one acre with a two-horse seeder was 22 1/2 cents, while with a large three-horse seeder it was only 18 cents.

In cutting hay the cost of cutting one acre with a 4-1/2 foot cutting bar drawn by two horses, was found to be 31 cents, while with a 7-foot cutting bar the cost was only 18 cents. The same in cutting grain; with an 8-foot binder, drawn by four horses, the cost was reduced 40 per cent over that of the ordinary binder.

Now, as to man versus machine labor: It required twelve hours' time of a man to cut one acre of corn in hills by 3 feet. It required two hours' time of a three-horse team harvester to cut one acre of corn in rows 3-1/2 feet apart.

In sowing corn after the land was prepared it cost 64 cents to mark and hand plant in hills 3 by 3 feet one acre of corn. After the land was prepared it cost 20 cents to sow one acre with large seeders in rows 3-1/2 feet apart.

It cost 62 cents to cultivate roots with a single cultivator, once over. It cost 45 cents an acre to cultivate roots with a double cultivator, once over.

From these figures it will be seen that the two-horse team on the small farm has no chance to compete with the three and four horse teams on the big farm, where ordinary farm crops are being grown.

Starting a Rotation System.

Every farmer knows that he should rotate crops. We all know that it is a sort of agricultural crime to run along haphazard and sow and plant where it is most convenient. We throw away half our work when we put in the same crop year after year, even on the richest land. And a succession of crops that embraces no legumes and is simply for convenience is only a little better.

Why do we, so many of us, go on in the old bad way when we know it to be foolish and unprofitable? Because to change over the system of cropping so as to get into a good rotation takes scheming and the adjustment of ends to means, and often some sacrifices. It is hard to rearrange the cars in a train while the train is running; and to change in cropping from lack of system to system, or from a poor system to a good one, is almost as hard.

And yet, we should all make the change who have not already done so. Every one of us who has hitherto neglected it should work out a system of rotations and make a start on it in the spring. There is no possible way of starting any younger.

And in this connection no man should rest in the belief that his rotation is the best. He may find a better one by study. And, finally there is no matter in which the advice of experts and successful farmers is more valuable than in this. Take advice and make a start.—Farm and Fireside.

Felling Trees by Wire.

A Berlin inventor has recently designed a simple device for the felling of trees. The trunks are cut by the friction of a steel wire about one millimeter in diameter, which, as demonstrated by practical tests, is able to cut through a tree about twenty inches (fifty centimeters) in thickness in six minutes. The wire, which is carried to and fro by an electric motor, is heated by friction on the tree to such an extent as to burn through the timber, the result being a cut which is both smoother and cleaner than that effected by saw. The wire will work satisfactorily on the thickest trees without insertion of wedges into the cut, and the trees may be cut immediately above or below the ground. In the latter case the stump may be left safely in the soil. The motor which actuates the wire is placed outside of the range effected by the fall of the tree, and when electricity is not already available it can be generated by a transportable power plant consisting of a 10-horsepower petrol motor and dynamo, which are left at the entrance to the forest during the felling operations.

Wire nests a good.

Wire nests are good. They are poor places for harboring lice and mites. They also are easily kept clean and they may be moved about easily.

Water Used Efficiently.

Above the flouring mill, at the immediate foot of the falls was a sawmill, this built some years following the erection of the flouring mill. This sawmill was equipped with a turbine wheel, its setting being on the solid rock above having place in the construction of these mills is the fact that the water transferred by the flume to the flouring mill, after exhausting its power in the turning of the big wheel there, supplied the power for the woolen mill machinery and it is not certain that it did not supply the power in the operation of the machinery of the distilling plant. The flume, also was the agency of the power turning the wheel at the sawmill. Of these enterprises the owner and operator of the one, was ever the owner and operator of all.

Flood Destroys Mill.

During the year 1878, a tremendous rainfall with consequent flood occurred, the sawmill being entirely washed away, the mill flume destroyed and the machinery damaged, a break in the dam or lake above having place. The bridge at the road below was also swept out and much damage occasioned farther down the stream. The flouring mill and flume was repaired following this, but the sawmill was never rebuilt.

James H. Green, the foreman in the building of the old mill is said to have always enjoyed the telling to those interested the story and anecdotes in connection with the quarrying of the stone and the building of the old flouring mill and naturally these were many and valuable as indicating the methods employed and the customs in that early day. One custom among workmen in those years was the serving of liquor at certain intervals and in the doing of this in the building of the old mill, ten barrels of whiskey are said to have been consumed. This does not infer that the workmen were excessive in their habits as to its use, but that the beverage was supplied with a more than ordinary lavish, but rather to indicate that the task was a hard and laborious one and that many months of time was required in the building. James H. Green is spoken of by those remembering him as a grand old man. He was a soldier in his youth in his native old world land, fought under Blucher at the battle of Waterloo, followed the sea for a time and later came to Ellsworth where he lived to his death, aged nearly 100 years.

After the death of Eli Diehl, the property embraced in the old mill site was purchased by M. J. Barnes, now residing in Berlin, Center, and he is said to have been in 1905 he leased the lake to the Mahoning Fishing and Pleasure Association and the same was fitted as a place for recreation, boating, etc., a handsome hall and

HISTORIC GRIST MILL AT ELLSWORTH LAKE

One of the landmarks of eastern Ohio is that of the crumbling walls of a once old flouring mill at what is today known as the Ellsworth lake at the falls of the Meander, six miles north of Salem and one mile south of Ellsworth on the Salem-Warren road. From an historic standpoint no milling enterprise in all this region of country in its building and operation ever had a more interesting story.

Formerly the Siddall Mill

This mill originally was known as the Siddall mill and was built by two brothers, Isaac and John Siddall, about the year 1824. The mill structure was of stone, the stone all being quarried from the sand rock formation adjacent, the walls being of double thickness calculated to stand well through the years of time. In the setting of the water wheel for the drawing of power, this of the old overshot type, a pit was carved into the solid rock, this pit still being visible today.

The quarrying of the stone and the building of the mill together with the work necessary in making ready for operation was not accomplished in one year—in fact it is not known that it was completed in two—for the work was a mammoth task for the day and time. Indeed just the length of time elapsing in the building and starting is not known today. James R. Green, who died at Ellsworth September 11, 1897, at the age of 80 years and who yet remembered by many of the people of that community worked for the Siddalls during the building of the mill serving as foreman of construction.

This mill, located as it was, at the foot of the falls of the Meander, had the water for its motive power conveyed to the wheel from the heights of the falls by means of a flume. The base for the flume was constructed of solid stone piers, six or eight in number, these of a height of perhaps fifteen feet or more, upon these piers being placed heavy timbers, a foot or more square and perhaps seventy feet in length, reaching from one pier to the other. On top of these piers was the flume proper constructed, this being of matched wood planks, the bottom being about four feet in width, with the sides about thirty inches in height and as the water poured down through the mill, the water was indeed a pretty sight. It was so arranged that the water could be shut from the flume at will at the falls above.

From the hands of the Siddall brothers, the mill passed to Simeon Jennings and from him in 1858 to Eli Diehl, it becoming known after this to a height of perhaps twenty-five feet. This indurate in the early day is believed to have been a retreat for the wild animals inhabiting the country.

It was just above this point a short distance where a bear, probably the last of this species of animal in Mahoning county was killed, this in 1838. Here in that year Moses Spaulding was building a barn, a man by the name of Baggs, being one of the carpenters. One morning early he is said to have arose and with his rifle started out for a hunt, returning later with the carcass of the bear as a trophy of his morning chase. This was the last bear to have been seen, at least in this particular region of the county and state.—G. W. Kunkle in Alliance Review.

A KNOCK AN' A BOOST.

When Ezra Timken took the prize on corn, down at the county fair, Old Hiram Grouch screwed up his eyes. An' spit, an' said, with scornful air: "Now things have reached a pretty pass

When kids like you outdo their dads A'raisin' corn an' wheat an' grass, For prizes wasn't meant for lads, I'd be ashamed, so help me heaven, Most like you irrigated, too."

An' when old Nathan turned away The boy was feelin' gay an' proud. —Harry J. Williams in Farm Life.

One hundred tons of leaves from which abate the prohibitive drink of France, was to have been made were recently seized and destroyed.

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CAMPFIELD MOTHERS

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