

VARIETY IN DISHES

PROBLEM OF CHANGE IN MENU IS A BIG ONE.

Many Combinations of Vegetables with Sauces May Be Utilized By the Dweller in Isolated Places.

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The getting of a dinner every day in the year is bound to become monotonous unless care and thought is given not only to the selection and preparation of the food, but also to the ones by whom it is to be eaten.

It is folly to cater to the tastes of healthy individuals, who should eat anything placed before them. On the other hand it is the frail one who should always have attention.

The large markets afford variety enough at any season of the year, but it is the housewives in the small villages and on the farms who complain of its lack. Here fresh vegetables and fruits are out of the question and the problem of a change becomes serious.

Vegetables lend themselves to many combinations and may be so treated by pungent sauces or dressings as to almost lose their original flavors.

Potatoes alone will give an almost endless variety. A hot salad that will go nicely with any meat dish may be made quickly, and when once eaten will destroy all taste for a cold salad ever after.

Hot Potato Salad.—It is made of hot mashed potatoes; season these with butter, pepper and salt; add a hot boiled dressing (with or without the addition of sugar); when thoroughly mixed with the potatoes care being taken to get it moist enough, but not too much so, add chopped onions and a bit of celery or celery salt, and serve hot. Hard boiled eggs may be added, but the salad is good without.

Stuffed Cabbage.—For this a well-shaped head of cabbage should be used. Parboil and cut out as much of the center as desired. Enough sausage to fill the cavity will be needed. To this add a small onion and a piece of ham one inch square, mixed fine; a little chopped parsley; a bit of bay leaf; salt and pepper to taste. Pack into the cabbage head, tie in a cloth tightly and boil or steam. A slice of bacon may be added if desired, for further flavor.

This is an old Creole recipe and an excellent change in the preparation of cabbage.

Cabbage a la Creme.

One large, firm cabbage, an onion with one clove, half an ounce of butter, three tablespoonfuls of cream, and seasoning. Wash the cabbage well, cut it in quarters and put it in a pan of boiling water to which salt has been added, and an onion stuck with one clove. Boil the cabbage till tender, drain well, chop it finely and return it to the pan with the cream, butter and seasoning. Mix and heat it well. The onion is removed before chopping the cabbage. Heap the cabbage in a hot vegetable dish and serve.

Cinderella Cake.

Two eggs, one cupful of sugar, one and a quarter cupfuls of flour, one gill gold water, one teaspoonful lemon juice, one teaspoonful baking powder, one tablespoonful chocolate, one-half glass jelly.

Beat yolks of eggs with sugar, add chocolate, and beat in white of eggs, lemon juice, water, flour and baking powder. Beat four minutes. Bake in two pans in moderate oven 18 minutes. When done spread with jelly and ice with chocolate icing.

Vinegar for Prunes.

Prune pies are improved by adding one teaspoonful of vinegar to each pie. Prunes are rather flat tasting, so the vinegar cuts the sweetness.

Cauliflower Salad.

Boil a cauliflower in salted water till tender, but not overdone; when cold cut up neatly in small sprigs. Beat together three tablespoonfuls of oil and a teaspoonful of Tarragon vinegar, with pepper and salt to taste; the dish may be very slightly rubbed with garlic if liked, arrange the pieces of cauliflower on it, strew over some capers, a little Tarragon, chevril and parsley, all finely minced, and the least bit of dried thyme and marjoram. Pour the oil and vinegar over and serve.

Renewing an Old Carpet.

Remove furniture and open windows wide, choosing a very clear day. Sweep the carpet well, take a pail of warm water and naphtha soap and a brush. Scrub the carpet as you would a bare floor and wipe with a cloth. Change the water often. This scrubbing must be done early in the morning. If the carpet is worn at the center or near it, rip down the center seam, turn the carpet and place the ripped edges to the wall. Use carpet thread to sew up the ripped seams.

A GREAT ANNOYANCE.

Kidney Disease Shows Many Painful and Unpleasant Symptoms.

George S. Crowell, 1109 Broadway, Helena, Mont., says: "I was troubled with a disordered condition of the kidneys, some backache and irregular passages of secretions. At times I was obliged to get up out of bed at night, and the urine was unnatural in appearance. On the advice of a friend I procured Doan's Kidney Pills and began using them. This remedy helped me at once, strengthened my kidneys and corrected the disordered condition."



Remember the name—Doan's. Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

A BOY TO ADMIRE.



Gallant Bob (slipping from his father's knee in the car, to lady)—Won't you take my place, madam?

Embarrassing.

Not only the houses of the Mexicans, but whatever you admire is yours. If you express a sentiment of approbation of anything, the owner at once says: "Senior, it is yours;" but he simply intends something flattering, and you are therefore not expected to accept anything that is offered to you. An amusing story is told of Sir Spencer St. John, the English ambassador, which illustrates how this national courtesy often provokes embarrassment. Sir Spencer, who is a gallant old bachelor, was promenading with some ladies in the park, when he met a nurse girl with a bright-eyed baby. The ladies stopped to admire the little one, and Sir Spencer asked whose child it was. "Senior, it is your own," replied the nurse, with a courtesy. Sir Spencer has never inquired as to the parentage of pretty children since.

Undoubtedly Not.

Capt. Jerome, while visiting Col. Higginson, took a derring-dog from the table, and asked: "This thing loaded?" But before the colonel could reply the weapon was discharged, the bullet tearing away one of the fingers of the visitor. The colonel, who is widely known on account of his extreme politeness, bowed gracefully, and rejoined: "Not now, my dear captain."

Good Reason for Marrying.

A young couple developed such incompatibility of temper that six years after marriage they carried their difficulties to the divorce court. Their little Cherry was very much concerned through all the trouble. "Well," she said, thoughtfully, "when I grow up I should never marry if it wasn't that I want a father for my children."—Success Magazine.

CAREFUL DOCTOR

Prescribed Change of Food Instead of Drugs.

It takes considerable courage for a doctor to deliberately prescribe only food for a despairing patient, instead of resorting to the usual list of medicines.

There are some truly scientific physicians among the present generation who recognize and treat conditions as they are and should be treated regardless of the value to their pockets. Here's an instance:

"Four years ago I was taken with severe gastritis and nothing would stay on my stomach, so that I was on the verge of starvation.

"I heard of a doctor who has a summer cottage near me—a specialist from N. Y., and as a last hope, sent for him.

"After he examined me carefully he advised me to try a small quantity of Grape-Nuts at first, then as my stomach became stronged to eat more.

"I kept at it, and gradually got so I could eat and digest three teaspoonfuls. Then I began to have color in my face, memory became clear, where before everything seemed a blank. My limbs got stronger and I could walk. So I steadily recovered.

"Now, after a year on Grape-Nuts I weigh 153 lbs. My people were surprised at the way I grew fleshy and strong on this food."

Read the little book, "The Road to Wellville," in pkgs.

"There's a Reason."
Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

CUT THIS OUT.

Recipe That Breaks a Cold in a Day and Cures Any Curable Cough.

"Mix half ounce of Concentrated pine compound with two ounces of glycerine and half a pint of good whiskey; shake well each time and use in doses of a teaspoonful to a tablespoonful every four hours."

These ingredients can be obtained from any good druggist or he will get them from his wholesale house.

The Concentrated pine is a special pine product and comes only in half ounce bottles, each enclosed in an airtight case, but be sure it is labeled "Concentrated."

New England Pie.

Some poor dweller in the benighted beyond of Chicago asks what a real New England pie is like. It probably will not help him to be told, but if he means apple, it is like an essay by Emerson liquefied with the music of Massenet and spiced with the cynicism of Shaw; if he means pumpkin, it is like some of Gounod's music heard in a landscape all sun and flowers. It is too early yet to describe the mince pies of 1909, but last year's—and last year was not an extraordinary good year—were like an increase in salary, and a present from home arriving on the day when one's conscience was behaving itself.—Boston Globe.

Suspicious.

The father of Judge W. H. Wadhams had a chicken-coop and a dog and a stable hand. It began to look to Mr. Wadhams as though some one had discovered the combination. So he kept the coop and the stable hand, but he got a new dog. Next day the bent old negro who groomed the Wadhams' horses came to him. "You los' you affection foh me, boss?" he asked. "No, Scipio," said Mr. Wadhams. "I like you as well as ever." "Then," said Scipio, peevishly, "w'y'n't you tie Old Rover in de chicken-coop, 'stid of dat new dog?"

Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces. We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

Sold by Druggists, F. J. CHENEY & CO., Toledo, O. Take Hall's Family Pills for constipation.

A Monument in the Snows.

The highest placed monument in the world is situated on La Combra, the summit of a pass in the Andes, and marks the frontier of the Chilean and Argentine republics. It stands at an altitude of 12,796 feet above the sea level, and for awe-inspiring grandeur its surroundings would be hard to match.—Wide World Magazine.

The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

Honor Where Honor is Due.

First Golfer—Well done, old chap! That's the longest ball I've seen you drive yet!

Second Golfer—I'm afraid the credit's not all mine. A beast of a wasp touched me up in the middle of my swing.—Punch.

FOR DEEP-SEATED COLDS and coughs, Allen's Lung Balm cures when all other remedies fail. This old reliable medicine has been sold for over 40 years. 25c, 50c, \$1.00 bottles. All dealers.

Probably the reason some girls make such a fuss when a fellow steals a kiss is because they are afraid he won't give it back.

WE PAY HIGH PRICE FOR HIDES and furs, and sell guns and traps cheap. N. W. Hide & Fur Co., Minneapolis, Minn.

A man likes a giggling girl about as well as he does a crying baby.

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Were we perfect, which we are not, medicines would not often be needed. But since our systems have become weakened, impaired and broken down through indiscretions which have gone on from the early ages, through countless generations, remedies are needed to aid Nature in correcting our inherited and otherwise acquired weaknesses. To reach the seat of stomach weakness and consequent digestive troubles, there is nothing so good as Dr. Pierce's Golden Medical Discovery, a glyceric compound, extracted from native medicinal roots—sold for over forty years with great satisfaction to all users. For Weak Stomach, Biliousness, Liver Complaint, Pain in the Stomach after eating, Heartburn, Bad Breath, Belching of food, Chronic Diarrhea and other Intestinal Derangements, the "Discovery" is a time-proven and most efficient remedy.

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