

SALAD WITH CHEESE

MANY WAYS IT MAY BE SERVED TO SUIT THE TASTE.

Every Variety Has Its Especial Form—Glass Topped Dishes With Silver Bases the Delight of Up-to-Date Hostesses.

As well imagine a Punch without Judy as salad without cheese. Its absence makes the best mayonnaise or French dressing wanting in flavor.

The hostess without imagination accepts the salad and cheese dictum, but does not glorify it. There are housekeepers who buy cakes of cream cheese—pineapple, Edam, Roquefort, Gorgonzola, Brie, even the common American product—and then serve the choice of the family year in and out.

It is cut in the square chunks, passed on the same plate with the same water thin, butter thin or salted wafer in dreary monotony.

Variety is the spice of salad as well as of life, and great is the variety in which cheese can masquerade.

If taste is conservative and the family will not eat but one kind of cheese, then vary the service. Fascinating are the new servers. There are silver incrustated glass jars with heavily monogrammed lids of silver to beautify the porcelain jars that hold certain cheese. They come in all sizes, and there are cheese scoops in proportion.

For large cheese that last for days there are special glass-topped dishes with silver base to prevent drying out. Some tops are of rock crystal, others entirely of chased silver; again, glass with silver overlay.

The Edam cheese is much more appetizing in its silver holder of narrow prongs and broad base, with deep silver scoop to match, than if served with its hard red rind on an ordinary plate. Just here the thoughtful hostess has portions of the cheese loosened in the shell, as manipulating the scoop at a crowded table is not easy.

Cheese balls, cheese squares, the cheeses passed whole and cut with a special cheese-knife, like Brie and Gorgonzola, have special flat dishes dedicated to their service. Sometimes they are of rock crystal, more often of crystals with silver rim or deep silver border, or their special platters in plain silver with open work border. Always there is the long-handled cheese fork to facilitate service.

Crackers are passed separately, but some hostesses prefer the compartment dish made to accompany the salad course. This comes in rich China, especially in Dresden; also in chased silver. Some have a handle, like a basket, others are on pedestals like a divided compote.

In these compartments go cheese, with its fork lying across it, bar-le-duc, a small spoon and crackers. Often two kinds of cheese are served.

Steamed Fruit Puffs.

Sift together two cups flour and three teaspoons baking powder, and a pinch of salt. Add one cup milk, making a heavy batter. Grease small cups. Put tablespoon of batter in each, then a spoonful of either strawberry or raspberry jam, and cover with more batter. Steam for half an hour. When done, turn out on small plates and serve hot with cream or sauce. The above quantity will make six puffs.

To Protect Tablecloth.

Thin white oiled paper spread under the child's plate at the table and extending a little way beyond, will protect the tablecloth. This will not be very noticeable, especially if it is bought in sheets and the pieces are cut and laid smoothly on the cloth. When a piece of paper is soiled it may be thrown away or burned and fresh piece substituted.

Ribbon Fig Cake.

One cup butter, one cup sugar, three cups sifted flour, one cup milk, four eggs beaten separately, three heaping teaspoons baking powder. Take half the batter and pour into three or four jelly tins. On each layer put split pressed figs—imported are best—seeds up. Take the remainder of the batter and add two tablespoons molasses, one cup seedless raisins, half a cup currants, one teaspoon cinnamon, half a teaspoon cloves. Bake and place the layers alternately with thick white icing between.

The Whyness of It.

Ragged Richard—I wish dat I wuz preerdent uv dis country fer jist one day.

Weary William—Wot fer? Ragged Richard—Fer de salary, uv course."

Wanted Peace.

Nurse—Yes, sir. She wanted to take her husband home, but he said he preferred to stay here.

Doctor—I've suspected that case all along the man is not crazy at all! —Puck

SETTING A HIGH STANDARD

Child's Idea of Goodness Set Forth in Perfect Faith, Without Irreverence.

All things are relative, and to the child, gazing at life and its wonders with eyes as yet undimmed by sophistication or sorrow, nothing is impossible, nothing unspeakable, nothing too sacred to be discussed or too difficult to be attempted. Not irreverence nor impertinence, but innocence prompts such speeches as that recorded of the child of a popular journalist by his devoted paternal grandmother.

"Grandma," said the little boy, delightfully addressing her, "do you know what's going to happen? Papa says that if we're real, real good, he'll take us to the circus!"

"That's nice," smiled the young-hearted adult between whom and the eager youngling no hint of age separation mars perfect comradeship. "How good do we have to be?"

The embryo man, after a moment of silent consideration: "Oh, as good as God, I guess!"

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Watson* In Use For Over 30 Years.

Children Cry for Fletcher's Castoria

Local Color.

"I understand that sixteen different women have brought suit for breach of promise against Riter. What's his defense?"

"Oh, he claims that he was simply gettings material for his annual output of summer love stories."—Puck.

Made It Necessary.

"Horace Greeley invented the typewriter."

"Where did you get that idea?" "Well, that isn't exactly what I mean, but his handwriting was probably more responsible for it than any other one thing."

Very Much Attached.

Swenson—Why do you always hear a ship referred to as "she"?"

Henson—I guess it is because she sometimes becomes very much attached to a buoy.

The Riddle.

The Sphinx propounded a puzzle. "Why does it always rain the day you move?" she asked.

Herewith the ancients gave it up.

Strictly Business.

Mrs. Knicker—Did you hold a short session with your husband?"

Mrs. Bocker—Yes, I merely had him pass an appropriation bill.

There is not, in love, any durable happiness except in the translucent atmosphere of perfect sincerity. Before this sincerity, love is but an experiment.

A woman's idea of a brave man is one who isn't afraid to go into a dark closet in which there may be a mouse.

An artist is one who can create that which has the power to haunt the mind.

Many a man who swears at a big monopoly is nourishing a little one.

BETTER FOR MEN, WOMEN AND CHILDREN THAN CASTOR OIL, SALTS, OR PILLS, AS IT SWEETENS AND CLEANSSES THE SYSTEM MORE EFFICIENTLY AND IS FAR MORE PLEASANT TO TAKE.

SYRUP OF FIGS and ELIXIR OF SENNA

IS THE IDEAL FAMILY LAXATIVE, AS IT GIVES SATISFACTION TO ALL, IS ALWAYS BENEFICIAL IN ITS EFFECTS AND PERFECTLY SAFE AT ALL TIMES.

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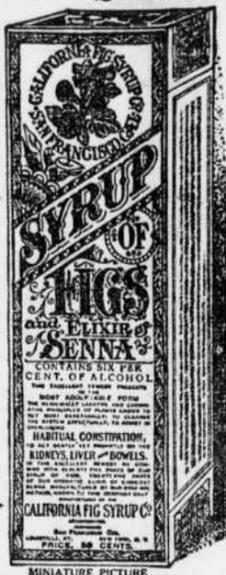
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GREATLY ATTACHED TO IT

Husband Who Had "Married Money" Acknowledged the Truth to His Friend's Query.

Apropos of a beautiful young wife, worth \$40,000,000, who had just divorced her penniless husband in order to marry again, Henry E. Dixey, the comedian, said at a dinner in New York:

"The young man who marries for money has none too easy a time of it. His rich wife is likely to tire of him and throw him out in a few years, or else she is likely to limit his allowance to 25 or 50 cents a day.

"I married money," a man once said to me. "Wasn't there a woman attached to it?" I asked. "Yes, you bet there was," he exploded. "So much attached to it that she never parted with a penny."

A Question of Change.

A story is going the rounds of a couple of young people who attended church recently. When the collection was being taken up the young man commenced fishing in his pocket for a dime. His face expressed his embarrassment as he hoarsely whispered: "I guess I haven't a cent, I changed my pants." The young lady, who had been examining the unknown regions of woman's dress for her purse, turned a pink color and said, "I'm in the same fix."

Some parents are a long while in finding out that money in a boy's pocket will do him little good, unless he also has brains in his head.

A FRIENDLY DIG.



Edith—There is a rumor that Daisy cheats awfully at bridge.

Ethel—Is that why you were so anxious to get her for a partner last night?

Well Mated.

Thus the inquisitive boarder: "What has become of the old-fashioned woman who used to call a wedding reception an infare?"

Response by the white-haired boarder:

"I think she married the old-fashioned man who used to crack his knuckles regularly twice a day."

Quite Often.

Figg—Two negatives make an affirmative, you know.

Fogg—With a woman it takes only one.



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Socially Launched.

In his native town Jimmy had always been most popular with young and old, but when he was sent away to boarding school, he was for a time too homesick to make friends. His first letter was little more than a wail.

"I'm way behind the other boys in everything," he wrote, dolefully. "Tisn't only studies, but it's gymnastics and banjos and everything. I don't believe they'll ever have much use for me."

But the second letter, written after a week in the new school, was quite different in tone.

"I'm all right," he wrote to his mother. "The boys say they'll teach me all they know, for they're proud to have me here. I can stretch my mouth half an inch wider than any other boy in school, and my feet are the longest by a full inch. So you needn't worry about me any more."—Youth's Companion.

Difficult to Answer.

Explaining the happenings of the sixth day of the creation, Miss Frances Hartz read to her Sabbath school class: "And the Lord God formed man out of the dust of the ground."

"Well," spoke up one kid, "that's nothin' new. Did he put him in the sun to dry, the way we do our mud pies?"

Miss Hartz discreetly slurred the answer and proceeded with her lesson.—Cleveland Leader.

Many a girl would promise to marry a man if she thought he wouldn't be so silly as to expect her to live up to her promise.

Can't Get Away From It

Is it possible to nourish, strengthen and Rebuild the Brain by Food?

Every man who thinks uses up part of the brain each day. Why don't it all disappear and leave an empty skull in say a month of brain work? Because the man rebuilds each day.

If he builds a little less than he destroys, brain fog and nervous prostration result sure. If he builds back a little more each day, the brain grows stronger and more capable. That also is sure. Where does man get the material to rebuild his brain? Is it from air, sky or the ice of the Arctic sea? When you come to think about it, the rebuilding material must be in the food and drink.

That also is sure. Are the brain rebuilding materials found in all food? In a good variety but not in suitable proportion in all.

To illustrate: we know bones are made largely of lime and magnesia taken from food; therefore to make healthy bone structure we must have food containing these things. We would hardly feed only sugar and fat to make healthy bone structure in a growing child.

Likewise if we would feed in a skillful manner to insure getting what the brain requires for strength and rebuilding, we must first know what the brain is composed of and then select some article or articles (there are more than one) that contain these elements.

Analysis of brain by an unquestionable authority, Geoghegan, shows of Mineral Salts, Phosphoric Acid and Potash combined (Phosphate of Potash) 2.91 per cent of the total, 5.33 of all mineral salts.

This is over one-half. Beauvais, another authority, shows "Phos-

phoric Acid combined" and Potash 73.44 per cent from a total of 101.07.

Considerable more than one-half of Phosphate of Potash.

Analysis of Grape-Nuts shows: Potassium and Phosphorus (which join and make Phosphate of Potash) is considerable more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life."

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure."

The natural conclusion is that if Phosphate of Potash is the needed mineral element in brain and you use food which does not contain it, you have brain fog because its daily loss is not supplied.

On the contrary, if you eat food known to be rich in this element, you place before the life forces that which nature demands for brain-building.

Mind does not work well on a brain that is broken down by lack of nourishment.

A peaceful and evenly poised mind is necessary to good digestion.

Worry, anxiety, fear, hate, etc., etc., directly interfere with or stop the flow of Ptyalin, the digestive juice of the mouth, and also interfere with the flow of the digestive juices of stomach and pancreas.

Therefore, the mental state of the individual has much to do (more than suspected) with digestion.

Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumen and water.

Grape-Nuts contain that element as more than one-half of all its mineral salts.

A healthy brain is important, if one would "do things" in this world.

A man who sneers at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to the Infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required. Brain rebuilding material is certainly found in

Grape-Nuts

"There's a Reason"

Postum Cereal Company, Ltd., Battle Creek, Mich.