

COOKING THE POTATO

MANY VARIATIONS IN SERVING POPULAR VEGETABLE.

Occasional Changes Will Be Welcomed by the Family and Really Mean No More Work in Their Preparation for the Table.

It is not the most expensive nor the greatest variety of food that makes our tables enviable; it is the food to the cooking of which the most attention is paid. A certain cookery book gives 300 ways of cooking potatoes; yet plenty of ignorant cooks and untrained housewives think usually of only four ways of cooking this staple vegetable—boiling, frying, mashing and baking—four good ways, to be sure, but much that is good becomes monotonous.

It behooves the potato cook first to understand the four usual methods, of course. Baked potatoes should be thoroughly scrubbed before they are cooked. They should be as even and smooth as possible. When they are half done they should be pricked with a fork to allow the moisture inside to escape, so that they will be mealy. They should be thoroughly cooked. Boiled potatoes should be cooked in boiling, not only hot, water. When they are done pour off the water and let them stand in the open door of the oven for a few moments to become mealy. Spread a piece of cheesecloth over the saucepan in which they stand. Mashed potatoes should be thoroughly boiled, and then mashed smooth. They may be put through a ricer. Then hot milk, melted butter and pepper and salt should be added, a little milk at a time. They should then be beaten to creaminess in the top of a double boiler with a large Dover egg beater. They should be served hot. Fried potatoes should be fried in fat that is very hot to begin with. Thus a crust is formed. The heat may then be reduced slightly so that the potatoes do not burn.

Potato omelet is a delicious luncheon dish. For it, cut cold boiled potatoes into quarter-inch squares. Cover them with white sauce. Put the mixture into a frying pan in which a tablespoonful of butter is bubbling. Cook it like an omelet. Sprinkle it with pepper and sauce before folding.

Potatoes with cheese can be prepared in several ways. One way is to slice or dice cold boiled potatoes, spread them in a buttered dish, cover them lightly with white sauce and sprinkle them with grated cheese and buttered bread crumbs. Then brown them in the oven.

Chopped baked potatoes cooked in this way are delicious: Boil them with the jackets on until they are tender, but not mealy, and when they are cool peel them. Chop them rather fine and put them in a buttered baking dish. Cover them generously with small bits of butter and pour over them enough milk just to show at the top. Season the milk, before pouring it, with pepper and salt. Now comes the important part of this dish. Bake it slowly for at least an hour, and better for an hour and a half. Add more milk if necessary. When it is done the potatoes should be moist, firm and ready to melt in the mouth.

Chicken Broiled in Paper Bag.
Butter a sheet of letter paper of good size, place a boned bird on the lower half of it, fold upper half over bird, make edges come together. Then carefully fold over the lower side and ends of the paper three times, making it tight. Place in a wire broiler and broil ten minutes over a slow fire. Be sure the paper does not catch fire. Take from case, place on a slice of toast, season with salt, pepper and butter. Garnish with a spray of parsley and thin lemon slices. A breast of chicken, lamb chop or tenderloin steak can all be cooked this way. If you have one of the new cooking paper bags use that.

Old Blankets Made Over.
Have you an old blanket which seems to have passed its days of usefulness? Try this plan: Wash it and cover it on both sides with cheese cloth. Tack it at intervals to form little tufts with bright colored yarn; overcast, buttonhole or brier stitch the edges with yarn, according to your time and fancy. Thus you have a new, durable, sanitary bed cover which is pretty, inexpensive and admirable as a "throw" for a nap or coolish nights in summer.

Fruit Stains on Linen.
For removing fruit stains on linen the following is excellent: Smear the stains over with some pure glycerin. Leave it on for about one hour. Then wash the article in a soapy water, repeating a second time if necessary.

Transparent Puffs.
Mix together one pint of water, two ounces of butter, six ounces of corn-starch, then beat five whole eggs and the whites of five. Beat well and bake in patty pans or in small spoonfuls on buttered paper.

Make Eating a Joy

When the appetite is keen and the digestion normal you can enjoy your meals without fear of distress,—but how different when the stomach is weak and your food causes Heartburn, Bloating, Nausea, Headache, Indigestion and Costiveness. This suggests a trial of

HOSTETTER'S Stomach Bitters



Why Suffer From Headaches, Neuralgia, Rheumatism

Hunt's Lightning Oil quickly relieves the pain. The Hurting and Aching stop almost instantly. A truly wonderful remedy for those who suffer. It is astonishing how the pain fades away the moment Hunt's Lightning Oil comes in contact with it. So many people are praising it, that you can no longer doubt. For Cuts, Burns, Bruises and Sprains it is simply fine. All dealers sell Hunt's Lightning Oil in 25 and 50 cent bottles or by mail from

A. B. Richards Medicine Co. Sherman, Texas

Overburdened With Love.
"You must learn to love God more than you do papa or me or anybody in the whole world."

Mamma was instructing her young son in his Sunday school lesson, which was the Second Commandment. Her son was already in the throes of his first love affair, the object of which was the daughter of the next door neighbor, sprightly little Lucy Johnson.

"But I don't know God like I do you and papa, and it's hard work to love some one I have never met," was the unexpected comeback of little Charley. "Besides, I love papa so much and you so much and Lucy Johnson so much more than all the rest that I'm just bursting with love, and I haven't any room left to love God in."

ECZEMA DISFIGURED FACE

Hampton Springs, Fla.—"I had had eczema on my face and hands for about three years. My face was badly disfigured. The eczema broke out in pimples and itched so very badly I would scratch it all the time. It was the most irritating disease I ever had. It started on my face and hands and it spread all over my body. I had great large sores all over me, caused from the eczema. It bothered me day and night so that I could not rest at all.

"I used three remedies for skin disease and they didn't give relief at all. I was almost terrified until a friend recommended Cuticura Soap and Ointment to me. They helped me from the time I started to use them. I only used two cakes of Cuticura Soap and two boxes of Cuticura Ointment and was cured." (Signed) Mrs. E. C. Parker, Dec. 7, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston."—Adv.

Very Regular.
After the sermon on Sunday morning the rector welcomed and shook hands with a young German.
"Are you a regular communicant?" said the rector.
"Yes," said the German, "I take the 7:45 every morning."

Contraries Meeting.
"How about that play for a run?"
"It will be a walkover."—Baltimore American.

WESTERN CANADA CAME INTO EVIDENCE

AT THE CRUCIAL PERIOD FOR SUPPLY OF WORLD'S FOOD-STUFFS.

The present demand for foodstuffs in all parts of the world, and the expense of producing it on high-priced lands, would make it seem that western Canada came into evidence at the crucial period. There is to be found the opportunity that will be a large factor in meeting this demand. With its millions of acres of land, easily cultivatable, highly productive, accessible to railways, and with unexcelled climatic conditions, the opportunities that are offered and afforded are too great to be overlooked.

There have been booms in almost every civilized country and they were looked upon as such, and in the course of time the bubble was pricked and was burst. But in no country has the development been as great nor as rapid, whether in city or in country, as in western Canada.

The provinces of Manitoba, Saskatchewan and Alberta have the largest area of desirable lands on the North American continent, and their cultivation has just begun.

Even with a two hundred million bushel wheat crop, less than eight per cent of the land is under the ploughs, four per cent being in wheat. Less than five years ago the wheat crop was only 71,000,000 bushels. It is a simple calculation to estimate that if four per cent of the available cultivatable area produces something over 200,000,000 bushels, what will 44 per cent produce? And then look at the immigration that is coming into the country. In 1901 it was 49,149, 17,000 being from the United States; in 1906 it was 189,064, of which 57,000 were Americans, and in 1913 it was about 400,000, of which about 140,000 were Americans. But why have they gone to Canada? The American farmer is a man of shrewd business instincts, just like his Canadian brother, and when he finds that he can sell his own farm at from \$100 to \$200 per acre and move into Canada and homestead and pre-empt half a section for himself, and similarly for all his sons who are adult and of age upon lands as rich and fertile as those he left, and producing indeed several bushels to the acre in excess of anything he has ever known, it will take more than an ordinary effort to prevent him from making the change.

And then, too, there is the American capital following the capital of brawn, muscle and sinew, following it so as to keep in touch with the industrious farmer with which it has had dealings for years back. This capital and the capital of farming experience is no small matter in the building up of a country. Nothing is said of the great mineral and forest wealth, of which but little has been touched. No country in the world's history has attracted to its borders a larger number of settlers in so short a time, or has attracted so much wealth in a period of equal length, as have the Canadian prairies. Never before has pioneering been accomplished under conditions so favorable as those that exist in western Canada today.—Advertisement.

The Universal Way.
"I would like to express my sympathy to the family."
"Why not send it by parcel post?"

SAGE TEA DARKENS GRAY HAIR TO ANY SHADE. TRY IT!
Keep Your Locks Youthful, Dark, Glossy and Thick With Common Garden Sage and Sulphur.

When you darken your hair with Sage Tea and Sulphur, no one can tell, because it's done so naturally, so evenly. Preparing this mixture, though, at home is messy and troublesome. For 50 cents you can buy at any drug store the ready-to-use tonic called "Wyeth's Sage and Sulphur Hair Remedy." You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning all gray hair disappears, and, after another application or two, your hair becomes beautifully darkened, glossy and luxuriant. You will also discover dandruff is gone and hair has stopped falling.

Gray, faded hair, though no disgrace, is a sign of old age, and as we all desire a youthful and attractive appearance, get busy at once with Wyeth's Sage and Sulphur and look years younger.—Adv.

The under dog generally gets more sympathy than bones.

Watch Carefully the Child's Diet

Start Them Off Right With a Good Laxative and Then Watch Their Food.

Mothers are often unconsciously very careless about the diet of their children, forcing all to eat the same foods. The fact is that all foods do not agree alike with different persons. Hence, avoid what seems to constipate the child or to give it indigestion, and urge it to take more of what is quickly digested.

If the child shows a tendency to constipation it should immediately be given a mild laxative to help the bowels. By this is not meant a physic or purgative, for these should never be given to children, nor anything like salts, pills, etc. What the child requires is simply a small dose of the gentlest of medicines, such as Dr. Caldwell's Syrup Pepsin, which, in the opinion of thousands of watchful mothers, is the ideal remedy for any child showing a tendency to constipation. So many things can happen to a constipated child that care is necessary. Colds, piles, headaches, sleeplessness, and many other annoyances that children should not have can usually be traced to constipation.

Many of America's foremost families are never without Syrup Pepsin, because one can never tell when some member of the family may need it, and all can use it. Thousands endorse it, among them Mrs. M. E. Patten, Valley Junction, Iowa, who is never without it in the house. Mrs. Patten



RALPH M. PATTEN

says that Syrup Pepsin has done wonders for her boy Ralph, who was constipated from birth but is now doing fine. Naturally, she is enthusiastic about it and wants other mothers to use it. Dr. Caldwell's Syrup Pepsin is sold by druggists at fifty cents and one dollar a bottle, the latter size being bought by those who already know its value, and it contains proportionately more.

Everyone likes Syrup Pepsin, as it is very pleasant to the taste. It is also mild and non-gripping and free from injurious ingredients.

Families wishing to try a free sample bottle can obtain it postpaid by addressing Dr. W. B. Caldwell, 203 Washington St., Monticello, Ill. A postal card with your name and address on it will do.

Poor Man's Blow-Out.

"I hear Jones had a blow-out the other night."
"I didn't know he owned an auto."
"He doesn't. This was a ham-and-lettuce-sandwich affair."

MUCH HAPPIER THAN 10 YEARS AGO

Bradyville Lady Tells Why She Is So Much Happier Now Than Ten Years Ago.

Bradyville, Tenn.—Mrs. Mattie Spry, of this place, makes the following statement: "Ten years ago, I was a great sufferer from womanly troubles, and was in bed nearly all the time, for about two years. I tried many treatments, but they did not seem to do me any good.

I read in the Ladies' Birthday Almanac about Cardul, the woman's tonic, and I quit all other treatments, and began taking it. I took 8 bottles, and was cured.

That has been ten years ago, and since then I have been in better health and spirits, than for 20 years.

My oldest daughter was very puny at the age of 16. I gave her Cardul, and she was soon all right, and now enjoys the best of health.

I am so thankful that I know of a true medicine that I can give my girls, or take myself, and that I know what medicine to send for, when I need a tonic.

I am very much alive now, and certainly enjoy telling my friends, when they ask me what I found at last to help me so much, about Cardul. I can never praise it enough."

You, too, can surely depend on Cardul helping you. Begin taking it today.

N. B.—Write to Ladies' Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn., for Special Instructions, and 64-page book, "Home Treatment for Women," sent in plain wrapper, on request. Adv.

None.
"Willie, can you name a big city in Alaska?"
"No'm."
"Correct."

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless chill Tonic

Is Equally Valuable as a General Strengthening Tonic, Because it Acts on the Liver, Drives Out Malaria, Enriches the Blood and Builds Up the Whole System.

You know what you are taking when you take Grove's Tasteless chill Tonic, as the formula is printed on every label, showing that it contains the well-known tonic properties of QUININE and IRON. It has no equal for Malaria, Chills and Fever, Weakness, General Debility and Loss of Appetite. Gives life and vigor to Nursing Mothers and Pale, Sickly Children. A True Tonic and Sure Appetizer. For grown people and children. Guaranteed by your Druggist. We mean it. 50c

Should Seek Employment Elsewhere.

"It is the height of airy persiflage," writes Longfellow Pendally. "For the bosses to advise a deposed heeler to 'go to the Star and get a job.' I have been trying for the last year to accept a position on that paper as an obituary poet, and have failed completely. And if a man of my rare intelligence and ability can't cut the mustard, colloquially speaking, what show has a beetle-headed henchman of Tom and Joe?"—Kansas City Star.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules, easy to take as candy. Adv.

The Cause.

"The doctor says that poor Smith's mind is a blank."
"I guess it is his income tax blank."

Drive that cough from your system. Dean's Mentholated Cough Drops will surely help you—5c at all Drug Stores.

An epigram is a fool remark that people accept as gospel because it is easy to remember.

Red Cross Ball Blue will wash double as many clothes as any other. Don't put your money into any other. Adv.

Love laughs at locksmiths, and when poverty comes in at the door he also laughs at glaziers.

Oklahoma Directory

JASPER SIPES COMPANY
SCHOOL FURNITURE
CHURCH
Opera Chairs and School Supplies
OKLAHOMA CITY, OKLAHOMA

E. D. DAVIS Home Phone Walnut 3067 A. L. YOUNGER Home Phone Walnut 8309

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Automobile School
15 and 17 NORTH DEWEY STREET
Write for Testimonials.
Practical Teaching with Real Automobile

W. N. U., Oklahoma City, No. 9-1914.

Death Lurks In A Weak Heart

If Yours is fluttering or weak, use REMOVINE. Made by Van Vleet-Manfield Drug Co., Memphis, Tenn. Price 61.00