The KITCHEN CABINET

NELLIE MAXWELL

Miss Maxwell is head of the lecture and demonstration staff of the University of Wisconsin. She attends farmers' institutes and gives lessons on domestic science and household economics. Her contributions on all phases of these subjects to the university publications have brought her recognition from authorities in all parts of the country. For several years Miss Maxwell was engaged in domestic science extension work for the state agricultural colleges of Iowa and Nebraska. Out of the abundance of her practical experience and theoretic training she has taught thousands of farmers' wives and daughters how to plan their mountain of household labors so that it could be done more easily and satisfactorily than it had been done before. The women of our community are assured that Miss Maxwell's recipes and suggestions have been tested carefully and proved satisfactory. We publish the feature by special arrangement.

SOME GOOD MEATS.

For a small family with limited means a roast is out of the question,

for a roast to be juicy and delicious must weigh at the least five to six pounds. A smaller roast is dry and unpalatable, losing its juice and flavor. When a roast is much desired, it ight be served when entertaining ompany, and even then, there will be ich an array of leftover meat that ...e family will be tired of it before it is used.

A roast should be placed in a very hot oven at first to sear it, then the heat is reduced and after twenty minutes count the time, giving it fifteen minutes to the pound for meat served rare, twenty for meat well done.

Red meats, beef and mutton, are the most digestible, taking about three hours to digest, while veal and pork take four and five. Much depends upon the method cookery as to its digestibility, however; any kind of meat well cooked and seasoned is more digestible than that not properly prepared.

Sour Beef.—This is a favorite German method of serving beef. Take a pound and a half of beef, using the tough or cheaper cuts; cut the meat into inch squares and brown in a little hot fat. Add two tablespoonfuls of flour to the fat in the pan after removing the meat; when brown, add two cupfuls of water or stock and stir until boiling. Put in meat, cook slowr for an hour, then add two onions, alt and pepper to taste and at the last tablespoonful of Worcestershire auce and the same of vinegar. Continue cooking until the meat is tender. Sprinkle with chopped parsley and serve.

Beef Gumbo.—A savory dish is made from a round of beef, using a pound and a half, cutting into inch squares and browning in hot fat. Add two sliced onions, four tomatoes and a dozen okra pods cut in pieces. Season highly and add five cupfuls of water. Cover and stew for three hours very slowly.

He that hath never warred with misery
Nor ever tugged with danger or distress
Hath had no occasion nor no field to try
The strength and forces of his worthiness.

COMMON DISHES.

Where the flavor of vegetables like onions, cabbage, turnips or cauliflower are enjoyed, many good combinations may be served of these everyday foods.

Onions au Gratin.—Break six small onions in pieces, but do not chop them. Grate two ounces of cheese and have ready one cupful of seasoned sauce. Butter a casserole and put into it a layer of onion, then of cheese, then some white sauce and more onion, until the dish is full. Sprinkle brown-bread crumbs over the top, dot with butter and bake in the oven until well browned. Serve from the dish in which it is baked.

Cabbage With Sausages.—Cut a cabbage into fine shreds, wash and drain well. Put it into a saucepan with boiling water to cover; add a little salt and cook until it is tender. Prick a pound of sausages and fry until brown on all sides. Then add them to the cabbage with salt and pepper to taste and cook 15 minutes, adding butter if needed to season. Serve hot.

Sweet Potato Souffle.—Take five good-sized sweet potatoes. When done, remove the potato and mash until smooth. Beat the yolks of three eggs; add two tablespoonfuls of milk, the potato, salt, pepper and paprika to taste, then place the dish in the oven while the egg whites are beaten stiff. Fold in the whites of the eggs, replace in oven and bake until delicately browned. Serve hot.

Puree of Cauliflower.—Soak two cauliflowers an hour before cooking in a ttle salted water. Boil until tender, rt out and drain. Melt two tablespoonfuls of butter in a saucepan, stir i one tablespoonful of flour; add three ablespoonfuls of white stock, two tablespoonfuls of cream, a few drops of lemon juice, salt, pepper and red pepper to taste; add the cauliflower and mix well, rub the whole through a sieve, reheat and serve garnished with croutons.

"I slept and dreamed that life was Beauty;
I woke and found that life was Duty."
Was thy dream then a shadowy lie?
Toil on, poor heart, unceasingly,
And thou shalt find thy dream to be
A truth and noonday light to thee.

NEW WAYS WITH CODFISH.

Codfish is one of the foods in reach of any market and should be quite reasonable in price.

The mention of codfish to many brings visions of white sauce; this sameness in serving this good fish is the reason that has prejudiced many against it. We may now buy codfish shredded, in cans, free from bones in boxes or fillets neatly trimmed ready for the company dinner. Test the different brands until one finds the best. Codfish may be served in balls, as escalloped, boiled and served with drawn butter and a few chopped pickles, baked in layers with mashed potatoes, fried in butter and served with boiled or baked potatoes, and then we may always fall back upon the good old standby which most of us enjoy occasionally, creamed codfish with baked potatoes.

If you want to try a new sensation in combinations use sour cream to make the white sauce for codfish, the bit of acid is especially attractive with the fish.

Boiled cod fish served with curry sauce is nice for a change. Stir into a tablespoon of melted butter, a tablespoonful of curry and one cupful of boiling water; cook and stir until it thickens, pour over the fish and dust with pepper.

Creamed Codfish.—For a pint of milk and a pint of shredded codfish add the yolk of two eggs, a slice of onion, a blade of mace, a sprig of parsley, one tablespoonful of butter and two of flour. Put the milk on to scald in a double broiler, with the seasonings, add the flour and butter cooked together, then the beaten yolks and cook until the eggs are set. Put a layer of this sauce in a buttered dish, then a layer of fish, and then another layer of sauce until all is used. Pour over the top the beaten whites of the eggs, sprinkle with buttered crumbs and bake until brown.

Codfish Gruel.—Mix a tablespoonful of freshed codfish with two tablespoonfuls of flour, add a cupful of boiling water, and simmer until well cooked; add butter or cream and serve with crisp crackers.

Be like the bird, that halting in her flight
Awhile on boughs too slight,
Feels them give way beneath her as she sings,
Knowing that she hath wings.
—Victor Hugo.

AUTUMN GAME.

We think of game as a great delicacy, and so it is—yet in many places quail are plentiful and cheap. Prairie chickens and partridges are most choice eating. Venison is usually plentiful in fall in the northern and eastern states, and when hung long enough to become tender is most delicious game.

Broiled Quail.—Split the birds down the back and rub all over with melted butter. Lay in a broiler over a clear fire and cook ten minutes, turning frequently. Serve on squares of fried bread, and serve with currant jelly.

Prairie chickens are best broiled or roasted in the oven. Rub well with butter and broil 15 minutes, or cook in the oven in a dripping pan, basting while cooking with the juices from the birds.

All small birds, like snipe, pigeons, woodcock and squab are broiled or baked in a hot oven. It is necessary to cook small birds quickly whether over the fire or in the oven, as they get dry and lose their flavor if exposed long to heat.

Roast Quail.—Tie a strip of salt pork around each bird after stuffing them with browned buttered bread crumbs. Baste every two or three minutes, baking them fifteen. Serve them on squares of toast or fried hominy or cornmeal mush. Garnish with water cress. The birds are delicious served cold with a salad covered with French dressing.

Small birds are panned by cutting them in quarters and pan broiling them.

Roast Venison.—Rub the piece all over with half a lemon and place it in the baking pan, lard with strips of fat salt pork or lay strips of pork over it; cook until it is tender but rare; fifteen minutes to the pound is usually long enough to cook it well.

Venison steak is delicious broiled or pan broiled. The flavor may be improved by adding a small chopped onion and carrot to the roast. Serve spice grape jelly with venison or currant jelly and any green salad.

Nellie Maxwell

In Woman's Realm

Reception Gown, the Idea of a Western Designer, Is Worth Comparison With Any That Has Been Sent to This Country From Paris—Some of the Latest Ideas in Bags Are Simple but Extremely Pretty.

From a western designer came this splendid reception gown and royal scarf, along with several others of equal rank in the realm of clothes. Comparison would not be odious to its creator, even in the establishments of Paris, where everyone expects to find the utmost in evening dress.

The under-petticoat of white chiffon has a fringe of beads, and the hem is bordered with rows of narrow silver ribbon with picot edge. Small bows and ends are placed at intervals holding little chiffon roses, in pale tints, to place. This petticoat is full, but the beads weight it so that it hangs straight. Panels of white brocade fall over it, finished at the bottom with a deep fringe.

SPLENDID RECEPTION GOWN IN WHITE.

The bodice is of chiffon and the V-neck is outlined at the back and front with festoons of the tiniest chiffon roses. There is not much to the bodice except the extremely wide girdle of white brocade wrought with beads and silver threads.

The magnificent scarf of white panne velvet over a mantle of chiffon is trimmed with bands of pure ermine. There is a fringe of ermine tails across the back. They are tied at the front with a heavy silk cord, and the handsomest of bead tassels finish its long ends. They are one of the several details of a toilette which offers no chance for criticism. The slippers are of silver tissue worn with white silk stockings.

There is always something new to be found in bags. All one has to do to find a novelty is to look in the right quarter.

Some of these sets are rather simple affairs which will serve for very practical use, and some of them are of rich materials in fanciful design, evidently intended to embellish an afternoon or evening toilette. An example of each is shown in the picture above. The bag of gray velours and black velvet matches exactly a small hat with tam crown of velours and brim of velvet.

Any milliner and almost any clever amateur will be able to make a set like this. The bag is a circular piece of material with three triangles of velvet set on it, and the flowers are outlined with little beads and filled in with embroidery silk. Small rings are sewed at intervals about the edge, and the bag is closed by a heavy silk cord that runs through them. This cord also serves for carrying it.

The second set is made of a rich striped silk with gold threads wrought in with the pattern and finished with odd ornaments of silk and gold. It is so oriental looking that it has been called the East Indian, and the name fits perfectly. There is a turban (with a plain top) in which the striped silk is wrapped about the coronet, and two ornaments dangle from cords at the side. The bag in this set is joined to a girdle, both made of the striped silk lined with plain silk.

SOMETHING NEW IN BAGS.

Julia Bottomley

SCRAPS

Mrs. Harold Dodge of West Woodbury, Vt., has a copper plate quilt which is 114 years old and in good condition.

Two of the persons listed in the latest issue of the St. Paul (Minn.) directory were in the very first volume put out 60 years ago.

The average age of the 55 alumni who attended the reunion of Wolfeboro and Tuftonboro (N. H.) academy was seventy-one years.

J. B. Parsons of Baltimore, Md., has given his home as a shelter for aged women.

Automobile builders say that more power is being developed in the United States by motor engines than in all the commercial steam plants.

John F. Kerr of Salineville, O., was declared Republican nominee for Columbiana county commissioner over J. M. Hinchliffe of Lisbon, when the election board tossed a coin to decide a tie vote in the primary. Mr. Kerr chose tails.

Warning.

"I cannot understand why my second husband is so fastidious," confessed a Washington lady to her bosom friend. "He scarcely eats anything. My first husband, who died, used to eat everything I cooked for him." "Did you tell your present husband that?" "Yes." "That's the reason."

Origin of Word "Uhlan."

The Uhlans owe their name to the Turks. It comes from the Turkish word "oglan" meaning "youth."

Man's Duties.

"There is an idea abroad among moral people that they should make their neighbors good. One person I have to make good: myself. But my duty to my neighbor is much more clearly expressed by saying that I have to make him happy—if I may."—Robert Louis Stevenson.

New South Wales a Garden.

New South Wales is said to have more varieties of flowering plants than all Europe.

FACTS OF INTEREST

The demand for bicycles in Siam is increasing.

More than 1,000 kinds of sausages are known in Germany.

Amy Latsham, a Pennsylvania farm club girl, raised 860 pounds of tomatoes on her garden plot of one-twentieth of an acre last year.

In Jamaica there are trees called the "whip tree," and from these the natives make strong whips with the lash and handle in one.

Sweden has nearly 10,000,000 acres of peat fields, but the annual yield is not more than 62,000 tons. Coal is selling at $16.75 a ton, so that a cheaper fuel is a necessity.

Probably at no time in its history has the port of Philadelphia harbored vessels of so many different nations. Some of the flags which floated over ships in the harbor recently were the British, Spanish, Italian, Argentine, Mexican, Russian, Norwegian, French, Austrian, Danish, Dutch, German, Brazilian, Belgian, Swedish, Greek, Japanese, Chilean, Cuban and the Uruguayan.

A manufacturer in Indianapolis has discovered a method for making atropine from jimson weed.

The longest time on record for which a swimmer has remained under water is 6 minutes 29 4-5 seconds.

Land now above sea level, 25,000,000 square miles, if uniformly spread over the globe, would make a crust of 600 feet thick.

Fifty-five miles in five hours is the remarkable record recently established by Siberian huskies drawing a sledge over ice.

An $1,800 gold brick (real gold) forwarded by parcel post recently, attests the faith placed in postal employees by a Harrison Gulch (Cal.) mining company. Postage came to 45 cents, and the package could be insured for only $100.

Flowers frozen by liquid air, eggs fried on a cake of ice by electricity, a ball which floated without visible means of support or air current, and a bottle from which poured a continual stream of liquid were features of the recent exhibit of the engineering department of the University of Michigan.

APPROVED TYPE OF FARM BARN

Proper Light and Ventilation Provided in This Up-to-Date Structure.

PLANNED TO SAVE LABOR

So Arranged That Farmer's Time in Doing Necessary Work Is Reduced to a Minimum—Roof Construction Made Special Feature.

By WILLIAM A. RADFORD.

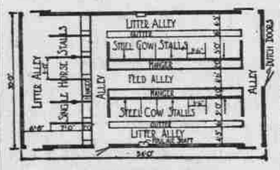
Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building work on the farm, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 1827 Prairie avenue, Chicago, Ill., and only inclose two-cent stamp for reply.

The largest factor in the care of the stock is the stabling. Good light, ventilation and sanitary equipment mean more to the health and comfort of the stock, and to the sanitation and quality of the output, than any other factors. A large percentage of barns are so dark and damp as to be veritable breeding places for disease germs and vermin. Light is the greatest foe to germ life.

The illustrations shown here give an idea of the construction of a favorite type of modern farm barn. There are ten windows to light the cow stable and five windows for the horse stable. Special emphasis has been put upon providing a little barn that will be conducive to the health of the stock and which will save unnecessary steps and operations on the part of the owner. The investigation of many architects seems to make it clear that many barns in the country could have been greatly improved and at the same time built at less expense if they had been studiously planned to meet the farmer's needs, skillfully designed, and carefully constructed.

There are alleys for both horses and cows, running in different directions for convenience in doing the chores. These alleys are so arranged that a litter carrier system can be installed, for when the time spent in bucking the wheelbarrow, or pay for having it done, is figured, it will be found that carriers will pay for themselves in a short time. Most farmers' time is too valuable to be spent at such disagreeable and unnecessary work.

The construction of this barn consists of a frame structure, the frame of which is built entirely out of planking not more than two inches in thickness, and built on a concrete foundation which extends far enough above the floor and outside ground level to prevent moisture from coming into contact with the wood sill and frame. The sill should be well bolted on the top of the concrete foundation. The studding are 2 by 6 inch for barns of ordinary dimensions, and spaced 16 inches to 24 inches on center, the 24-inch spacing being preferred because any stock length of board can be nailed to them without waste. The studding are generally 14 or 16 feet long, and have a double 2-inch by 6-inch plate spiked on top, which ties them together, keeps them straight and forms a sill for the rafters.



Floor Plan.

The joists of the haymow floor are made of 2-by10 or 2-by-12-inch planks as the weight may require, and these are spaced the same as the studding, so that the end of each joist may be spiked against the side of the studding and, at the same time, rest on a 2-by-6-inch ribbon, which is well spiked to the studding. This ribbon continues the full length of both side walls with as few joints as possible.

Three lengths of joists are generally required to reach from one side of the barn to the other. The ends of the middle tier of joists are lapped and spiked against the inside ends of the two outer tiers of joists so that each set of joists forms a continuous tie from one side wall to the other, to take up the outward thrust of the roof. The joists are supported under the lapped ends on sets of girders built up out of four thicknesses of joists, running continuously from one end of barn to the other with as few lengths as possible, and all end joists broken so that there will not be more than one end joint at any one place along the length of the girder. These floor beams are supported by posts or preferably iron columns, which are so spaced that they will intersect with the line of stanchions and the partitions between the stalls, and rest on concrete piers built below the concrete floor.

The roof construction is a special feature of the barn. In framing the roof one set of rafters is carefully laid out on the haymow floor, and after the exact length of each piece is computed, these are used as patterns and the required number of pieces cut from this one set of patterns. When all rafters, braces, ties and collar beams have been cut, each set of rafters, braces, etc., is spiked together so as to form a complete arch rib which will reach from the plate of one side wall to that of the other.

After all of the arches are completed the end arch is hoisted up to a vertical line, perfectly plumbed, well spiked into place, and well braced. A block and rope are hooked to the collar beam of the arch that is in place. With this tackle the next arch is hoisted, plumbed and nailed in place. This method is continued until all are in place.

Each arch is nailed to several sheathing boards, that are used as guides and ties to secure the arches as soon as they are raised, and each arch is braced to the studding as soon as set in place. These arches can be raised and set in place by three or four men, while with the old method of heavy purlin and post construction, ten or fifteen men may be necessary to help hoist the heavy frame.

This type of roof has the advantage of requiring less material and labor than the heavy timber roof, is just as strong and forms a mow without any obstruction.

James Whitcomb Riley as a Lion.

It was a mark of our highest consideration to produce Riley at entertainments given in honor of distinguished visitors, but this was not always to be effected without considerable plotting. (I have heard that in Atlanta "Uncle Remus" was even a greater problem to his fellow citizens!) Riley's innate modesty, always to be reckoned with, was likely to smother his companionableness in the presence of ultra-literary personages. His respect for scholarship, for literary sophistication, made him reluctant to meet those who, he imagined, breathed an ether to which he was unacclimated. At a small dinner in honor of Henry James he maintained a strict silence until one of the other guests, in an effort to "draw out" the novelist, mentioned Thomas Hardy and the felicity of his titles, instancing "Under the Greenwood Tree" and "A Pair of Blue Eyes." Riley for the first time addressing the table, remarked quietly of the second of these: "It's an odd thing about eyes, that they are usually in sets!"—a comment which did not, as I remember, strike Mr. James as being funny.—Meredith Nicholson, in The Atlantic.

Cigar Ashes Valuable.

A curious possible source of value in unconsidered waste is revealed by a British chemist's thought that tobacco ash contains 20 per cent of potash. He estimates that the ash of a cigar contains 6.5 grains of potash; that of a cigarette, 1.75 grains; and that of an ordinary pipe of tobacco, 1.6 grains. The ash of the tobacco consumed in the United Kingdom in the year ending March 31, 1914, contained about 2,672 tons of potash, worth more than $250,000 at the prices prevailing before the war. Important amounts of ash could be collected in clubs, hotels and other public places.—Columbia State.

Interesting Machine.

The most interesting perpetual motion machine, was the clock built by James Cox, a London jeweler, in the eighteenth century. This was made self-winding by a barometer attachment arranged to actuate a cogwheel in such a manner that whether the mercury rose or fell the wheel always revolved in the same direction and kept the clock weight always wound up. The chief difficulty Cox had to overcome was to prevent overwinding. This he accomplished by a device that caused the cogwheel to throw itself out of gear when the weight was wound nearly to the top.

Willing to Learn the Truth.

The New York scientist who says kissing is a chemical reaction may be sure that a lot of persons will be glad to test the truth of his theory by actual experiments.—Cleveland Plain Dealer.

"Nobody at Home."

Mistress—Bridget, I told you twice to have muffins for breakfast. Have you no intellect?

Bridget—No, mum; there's none in the house.—Christian Register.

A Conservative Estimate.

Nine times out of ten, when a man "makes a good husband" for a woman, it is his wife who deserves all the credit.

Fun on Board a Pacific Liner.

One of the latest innovations for the amusement of passengers on an ocean trip is the outdoor swimming pool, which consists of a huge canvas bag holding about five feet of water. This is constructed on one of the lower decks. The swimmers dive from the deck above. This helps to amuse not only the swimmers, but the onlookers.

Raising Dishcloths.

It has been discovered that the thick, spongy gourd of the luffa plant, which grows easily and requires but little attention, makes the best kind of dishcloths and bath sponges. An Ohio woman is making a good living raising them. Last year she sold over one thousand to one garage company alone for use in the washing of automobiles. Cut into strips the luffa gourd makes a kind of lace widely used by milliners, and it is also admirably adapted to the making of flower baskets.

Mendoza, Argentina, has 75,000 people.

DADDY'S EVENING FAIRY TALE

by MARY GRAHAM BONNER

JACK FROST'S WORK.

"Well, I must get to work," said Jack Frost as he started off early one Evening.

"Ha, ha," he laughed to himself, "I shall play a good Joke on them all. They didn't think I was going to come a-calling Tonight. Ha, ha, ha," and Jack Frost laughed again.

Then he called his little Helpers to him. "Come my Silver Frost Boys," he said. And along came a great many little Boys with bright Red Cheeks, Silver Suits and Silver Hats. They were very cold looking, but as their Cheeks were Red it showed they were warm themselves. But oh, how Cold they would have made anyone who looked at them.

"Have you the Tools ready?" asked Jack Frost. "I feel just like drawing some beautiful Pictures this Evening on the Window Panes. How about it little Frost boys? Do you feel like doing a good Night's work?"

And the Frost Boys laughed and said, "We're always ready for this sort of work, Jack, it's just like Play for us."

"The naughty Breezes and the old Wind Fathers are all asleep," said Jack Frost. "It's a good Night, my Boys, a good, still Night."

Then Jack Frost and the Frost Boys went along on their Night's adventure.

First they went to an old fashioned Garden in which lovely Flowers were sleeping quietly.

"Hello," said Jack Frost, as he nipped the ear of one Flower.

"Oh Jack Frost," called the Flower, "I want more Summer. I don't want to see the Winter come and the Flowers go. I like the Sun and the South Wind and—and—" But Jack Frost had waved his Silver Shawl over the Flower, and it drooped its Head—for it had been Frost Bitten!

And the Frost Boys Laughed.

"Flowers are so selfish," said Jack Frost. "Here they have a long Summer and Sunshine and warmth and a good time. People give them drinks of Water from Watering Pots when it hasn't Rained in a long time, and when weeds grow up around them, some one comes and digs the weeds up. They're spoiled, that's what's the trouble."

And the Frost Boys said, "That's what's the trouble."

As they said this their voices sounded so Cold that a great many Flowers drooped over with fear. "Oh those Cold, Cold voices," they said as they began to droop and drop their heads.

Then Jack Frost and the Frost Boys waved their Silver Shawls over all the Flowers—except just a few they passed over which wouldn't drop so quickly. "We'll do those another time," said Jack Frost. "There's too much work to be done Tonight." So a few Flowers in the Garden were left untouched.

And then they went to the Window-Panes, and there they made queer shapes and queer objects. They made Castles, and Webs and dancing Figures—all out of Silver—and with their Silver Tools.

All Night long they worked, and oh how much they did! They covered everything with their Silver Frost, and when it was all over Jack Frost and the Frost Boys stood around and admired their own work.

"We'd better be doing something every Evening now," said Jack Frost.

"Yes," said the Frost Boys. "Let's start out every night now for a new place."

"We've fixed up the Gardens just around here pretty well—all except for a few Flowers we've left. We'll come back and do them when we have more time. It's a very surprising thing to me," added Jack Frost, as he took off his Silver Hat, and looked about him, "that People do not appreciate our work more—it's so very, very beautiful!"

"Indeed it is," agreed the Frost Boys

The next morning when everyone woke up and looked out, the Window-Panes were covered with Frost, and the Flowers had all been Frost-Bitten.

"Oh dear," everyone sighed, "that old Jack Frost has been around."

But when they saw the few Flowers left in every Garden they were very happy. "Summer hasn't quite gone," they said.

"No," said the Flowers, "we're still here."

"And you'll stay there for some time yet," said Mr. Sun, and Mr. South Wind said, "We'll look after you."

And they did, for they asked the Fairy Queen to put old Jack Frost asleep again for a good, long nap.

To Tell a Person's Age.

This clever mathematical trick, by which you can tell the month and year of a person's birth, will startle many of your friends. Tell your friend to put down the number of the month in which he was born, multiply it by 2, then add 5, multiply by 50, add his age, subtract 365 and then add 115. The two figures on the right will tell you his age, the remainder will be the number of the month of his birth. For example, if the total is 615, he is fifteen years old and was born in June. —American Boy.

Honey Buns.

These are made by rolling dough thin, spreading with butter and rolling into a tight roll, like a jelly roll. When the buns are nearly baked, strained honey is poured over them and they are put back into the oven to glaze.

Wash the Cereals.

Most cereals should be thoroughly washed before they are cooked. After putting the dry cereal in the vessel fill it to the top with water and see how much trash will float off.

HELP FOR WORKING WOMEN

Some Have to Keep on Until They Almost Drop. How Mrs. Conley Got Help.

Here is a letter from a woman who had to work, but was too weak and suffered too much to continue. How she regained health:—

Frankfort, Ky.—"I suffered so much with female weakness that I could not do my own work, had to hire it done. I heard so much about Lydia E. Pinkham's Vegetable Compound that I tried it. I took three bottles and I found it to be all you claim. Now I feel as well as ever I did and am able to do all my own work again. I recommend it to any woman suffering from female weakness. You may publish my letter if you wish."—Mrs. JAMES CONLEY, 516 St. Clair St., Frankfort, Ky.

No woman suffering from any form of female troubles should lose hope until she has given Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism.

All women are invited to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special advice,—it will be confidential.

Contrary Way.

"How does he manage to lend color to his assertions?"

"Mainly, I think, by white lies."

Mother Gray's Sweet Powders for Children For Feverishness, Bad Stomach, Teething disorders, move and regulate the bowels and are a pleasant remedy for worms. Used by Mothers for 29 years. They are so pleasant to take, children like them. *They never fail.* At all Druggists, 25c. Sample FREE. Address, Mother Gray Co., Le Roy, N. Y. Adv.

Birthday Not Important.

Katherine, four, was to present Uncle Joe with a pair of crocheted slippers for his birthday. Uncle Joe, as he thought, was past the age of birthdays, and in order to impress fully on his mind that we remembered it, we had carefully drilled Katherine to say: "This is for your birthday, Uncle Joe." The eventful day arrived, and Katherine, with the package under her arm, was finally asked, "Now, Katherine, what will you tell Uncle Joe this is for?" "For his feet, of course," she said, and turned her head away in the most unconcerned manner.

SWAMP-ROOT STOPS SERIOUS BACKACHE

When your back aches, and your bladder and kidneys seem to be disordered, remember it is needless to suffer—go to your nearest drug store and get a bottle of Dr. Kilmer's Swamp-Root. It is a physician's prescription for diseases of the kidneys and bladder.

It has stood the test of years and has a reputation for quickly and effectively giving results in thousands of cases.

This prescription was used by Dr. Kilmer in his private practice and was so very effective that it has been placed on sale everywhere. Get a bottle, 50c and $1.00, at your nearest druggist.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

She Let Him Have It.

"Getting on nicely," said the doctor—"very nicely! I think he might have a little solid food directly, he begins to be convalescent."

"But what are the signs of convalescence?" asked the wife.

"Oh, it's always a good sign when the patient displays irritability and a disposition to argue and a certain peevishness."

On his visit next day the doctor found the little wife very cheerful.

"And how is the patient?" he asked.

"Oh, much better, I think, doctor! I gave him a fried steak and onions yesterday."

"Fried steak and onions?" gasped the medico. "But why on earth—"

"Well, I followed your instructions, doctor. You said that if he was at all peevish or disposed to argue it was a sign that he could stand some solid food. He asked me last night if he could have a fried steak and onions, and I said I didn't think he ought to, so he got up and went into the kitchen, smashed fourteen soup plates, a tea service and two milk jugs. So, in view of what you said, I let him have it!"

One Who Doesn't Worry.

Miss Paul—Grace doesn't obey anybody.

Miss Pry—No; she doesn't even mind her own business.—Town Topics.

The main reason why some people are not as wicked as others is because they had not the same chance!

Hibbing, Minn., is to acquire 16 acres of forest as a park.

When The Doctor Says "Quit"

—many tea or coffee drinkers find themselves in the grip of a "habit" and think they can't. But they can—easily—by changing to the delicious, pure food-drink,

POSTUM

This fine cereal beverage contains true nourishment, but no caffeine, as do tea and coffee.

Postum makes for comfort, health, and efficiency.

"There's a Reason"