



1—One of the great dirigible successes at an American army balloon training school, about to ascend. 2—Photograph just received from Russia showing youths eagerly enlisting in the army for service in a "Young Russia corps." 3—Edward Chambers, vice president of the Santa Fe system, now in charge of transportation for the national food administration.

FRENCH ARE GUARDING THE WHEAT FIELDS OF MOROCCO



French field guns posted to protect the wheat fields of Morocco, and Commandant Jeuneraut, who is in charge of wheat and other supplies for the French army in Morocco.

FRENCH MITRAILLEUSE ON MARNE FRONT



French mitrailleuse in one of the important positions along the French line in the Marne district.

FLAG OF HADJAZ IN CAIRO



The flag of the newly created king of the Hadjaz, otherwise known as the sheriff of Mecca, floating over the diplomatic office he has established in Cairo. He proposes to rule over Mecca, the central shrine of Mohammedanism, and free it from Turkish rule.

POTATO QUEEN HARVESTING HER CROP



Mrs. J. B. Williams of Fort Fairfield, known as the "Potato Queen" of Annotook, Me., harvesting her first war crop of potatoes. Mrs. Williams handles 20,000 barrels of spuds a year, personally supervising the planting, harvesting and selling of her crop.

MUCH IN LITTLE

The library of the house of lords contains about 60,000 volumes. In normal times the Transvaal mines are the largest consumers of explosives in the world. Germany expects to complete in 1925 a canal 440 miles long between the Main and Danube. One hundred and thirty-two million dollars was the latest demand to carry on the work. Bible study is the most popular of the many activities of the missionary club for the boys at Sfax, Tunis, composed of street waifs among the Mohammedan population. Waste and illegitimate profits in other foods amounts in addition to more than \$1,000,000,000 annually, according to officers of the national conference on marketing and farm results.

Four differently colored sectors on its face make a new automobile speedometer easily read. Artificial silk, which has been on the market for about five years, is being used extensively not only in cloth mills, but in hosiery manufacture. One of New York's newest laws in the interests of pure food insists that every egg placed in cold storage shall be dated. This date must be stamped upon the shell in clear figures. The reason given by Josephus for the Jewish law which prohibited the wearing of clothing of linen and wool was that such garments were worn by the priests alone. The Epicureans derived their name from Epicurus (342-271 B. C.), who was a philosopher of Attic descent, whose "garden" at Athens rivaled in popularity the "porch" and the "academy."

THE KITCHEN CABINET

I will work and rest and play at the right time and in the right way, so that my mind will be strong and my body healthy, so that I will lead a useful life, as an honor to my friends and to my country.—Massachusetts Health Creed.

SOMETHING ABOUT BREADS.

There are enough kinds of bread to be prepared in the home, which will save white flour, be palatable and yet offer a variety. Oat meal bread may be prepared in several ways and makes a most acceptable, tasty and wholesome loaf.

Oatmeal Bread.—Add a cupful of boiling water to a cupful of oatmeal and let it stand well covered on the back part of the stove for an hour. Add when lukewarm to a quart of light bread sponge, add sugar, salt and a tablespoonful of shortening, mix well, let rise, then stir and put into the well-greased pans, when risen bake at once. This bread needs longer baking than the bread that contains cooked oatmeal.

Cooked Oatmeal Bread.—Take a quart of cooked oatmeal left from breakfast, add a half cupful of molasses, cool and add one yeastcake dissolved in a fourth of a cupful of water, one tablespoonful of salt and flour to make a sponge. Let rise an hour and a half, then make into loaves. Knead at first in the mixing bowl, then put it out on the board.

Luncheon Bread.—Take two cupfuls of sweet milk, one egg, two tablespoonfuls of molasses, one half cupful of sugar (brown), two cupfuls of graham flour, one-fourth of a cupful of white flour and a cupful of cornmeal, four level teaspoonfuls of baking powder, a teaspoonful of salt and two-thirds of a cupful of nut meats, chopped. Let stand 20 minutes before putting into the oven. Bake one hour in a moderate oven.

Corn Spoon Bread.—Take one cupful of scalded cornmeal, one pint of sweet milk, a half cupful of flour, two tablespoonfuls each of sugar and melted butter, two eggs well beaten, a teaspoonful of baking powder and a little salt; bake 30 minutes.

Bran Bread.—Four cupfuls of wheat bran, two cupfuls of whole-wheat flour, three-fourths of a cupful of molasses, a teaspoonful each of salt and soda, two cupfuls of sweet milk, a cupful of raisins and a tablespoonful of shortening. Bake one hour.

Let me not hurt by any selfish deed. Or thoughtless word, the heart of foe or friend. Nor would I pass, unseeing, worthy need. Or sin by silence where I should defend.

CHICKEN FOR TWO.

Many housewives who have but two or three in family hesitate to buy chicken except when entertaining as it lasts so long. With an ice chest one small chicken will serve three or four meals for two, not giving very large servings to be sure, but plenty enough to satisfy a good appetite. The second joint is a good serving if grown on a normally active chicken and with a good helping of mashed potato, plenty of good gravy and another vegetable will make a good main dish even for the hearty man. The drum sticks may be boned, stuffed and used as another meal, the wings, neck and back as a stew with biscuits and gravy and there will still be enough bits to combine with apple, celery, and a few nuts to make a most sustaining salad for luncheon. By planning to cook vegetables with meat in a casserole, the meat seasons the vegetables and a small serving will satisfy. Creamed chicken on toast may be one way to use the breast and other bits carefully removed from the bones. The bones, crushed and cooked in cold water will make a cupful or two of good broth, which may commence the dinner. Of course we will not enjoy chicken for four meals closely following, but before there is opportunity for any spoiling it may be acceptably served.

The back and neck may be made into a vegetable stew by adding carrots, onions, potatoes and celery with rice and cooking a long time well covered in the oven. For an invalid the delicate fillet taken from the breast broiled in a well-greased paper, makes a most dainty tid-bit.

The breast may be cooked, cut in slices and served as sandwich filling with bacon, making a most popular and satisfying sandwich.

Chicken Jelly.—Take one chicken breast cut fine, and add to a pint of hot chicken stock. Dissolve a package of gelatin in a little cold water and add it to the hot stock. Season well and pour into a mold. Serve cut in various shapes as salad or molded in small forms served on lettuce with mayonnaise or boiled dressing.

Birmingham Salad.—Set upon heart leaves of lettuce two slices of pineapple, cut half way through the sections for eating and in the center place a ball of seasoned cream cheese after covering the whole with dressing. To make the dressing take a half cupful of the

His Trouble.
She—I heard that you are a woman hater.
He—That's not true. I merely cannot afford to marry.
She—Can't you support a wife?
He—I could support a wife easy enough, but I haven't enough income to support the two or three other women she would need to wait on her.

Naturally So.
"There is a man in this company I know is light-fingered."
"Then why do you keep him?"
"Because he has to be; he's our electrician."

Tillable Land.
The department of agriculture estimates that only about 27 per cent of the tillable land of the country is actually under cultivation. Sixty per cent of the total area of the continent of the United States, or 1,140,000,000 acres, is tillable, or capable of being brought under cultivation. This includes large areas not yet declared, but sure to be in the future. An additional 19 per cent of the whole, or 390,000,000 acres, is regarded as valuable for grazing or for fruits, though not for crops.

To Be Admired.
Friend—Of course you admire Shakespeare?
Manager—I should say I do. Anybody who could make the success he did without introducing ragtime or turkey-trotting was a wonder.

Cruel Pa.
"Did you tell your father I had been on a long yacht cruise and was a real live salt?"
"Yes; and he said he was glad, as you'd always been too fresh."

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