

FOR THE WARM DAYS

PREPARATIONS OF FISH THAT ARE IN ORDER.

Fish That Has the Name of Venetian in Palatable and Nourishing—Directions for Scallopings—Baked Bass or Pickered.

Venetian Fish.—Chop enough carrot to measure a quarter of a cupful and add the same amount of chopped celery, with two tablespoonfuls each of green pepper and parsley, minced. Put with a quarter of a cupful of olive oil in a small saucepan and simmer for ten minutes, then spread over a fish that has been split and laid in a shallow, greased baking pan. Sprinkle over it a little lemon juice, salt and pepper, cover, and bake for about half an hour—until the fish is done. Slices of cod or halibut can be used instead of a split fish.

Scalloped Fish.—Steam two pounds of fish until tender and mince. Scald a pint of cream and add two well-beaten eggs and a little flour—about a teaspoonful—made smooth in cold milk. Cook over hot water until it is smooth and creamy, cool, and season with salt and pepper. Add the minced fish and a teaspoonful of minced parsley, and put the mixture into individual ramekins, shells or a big baking dish. Sprinkle with fine cracker crumbs and bits of butter, and brown in the oven.

Pickled Salmon.—Boil several pounds of salmon—or cod—and drain and cool it. Add to two or three cupfuls of water in which the fish was boiled the same quantity of vinegar, six cloves, a teaspoonful of whole pepper, the same amount of allspice, six blades of mace and half a nutmeg, ungrated. Bring to the boiling point, skim, and pour over the fish. When cold it is ready to serve, but it will keep well in a cool place for several days.

Baked Bass or Pickered.—Chop eight ounces fine and mix with half that amount of fine breadcrumbs. Season well with pepper and salt and add two or three tablespoonfuls of finely chopped salt pork and enough chopped tomatoes—freed from juice and the soft pulp, with just the firm part chopped—to make the stuffing red. Add red pepper, and stuff the fish. Bake until tender.

Jelled Trout.—Add a whole clove, some salt, three tablespoonfuls of good vinegar, a slice of onion, to a saucepan half full of cold water and place the trout in it. Simmer gently, so that the fish are not broken. When tender, drain and dip in aspic jelly, and when the first coat of jelly has hardened, dip again. Repeat this until there is a good layer of jelly on each trout.

Oatmeal Bread. Oatmeal is a valuable substitute for wheat flour. Here is a recipe for making oatmeal bread. In a mixing bowl put two cupfuls oatmeal, two teaspoonfuls salt, one cupful molasses, four rounded tablespoonful shortening. Pour over these ingredients one quart boiling water. Let stand until lukewarm. Add one-half yeast cake dissolved in two tablespoonfuls warm water. Add two quarts flour, either whole wheat or white. To make a tender bread, one which is specially suited for luncheon sandwiches, add one-half cupful chopped nuts and one-half cupful seeded raisins.—The Debutante.

How to Serve Beefsteak. Cook steak and season on a platter as usual. Make a dressing of bread crumbs with plenty of onion in it, as for a stuffed fowl. Shape into small balls, using an egg to help bind mixture, and brown in butter in a frying pan. Place these on the surface of the steak with a bit of parsley, if you like, and serve.

Orange Pudding. Peel and cut five oranges into thin slices, taking out the seeds. Pour over them a cupful of fine white sugar. Put in a cooking pot boiling hot by adding it to a pot of boiling water. Add the peels of three eggs well beaten, one tablespoonful of cornstarch mixed smooth with a little cold milk; cook for five minutes. As soon as thickened pour over the fruit. Beat the whites of a stiff froth, adding a tablespoonful of sugar, and spread over the pudding. Set it in the oven for five minutes to harden.

Tomato Soup. Cut one can of tomatoes or equivalent of fresh tomatoes stewed to pulp with four cloves, small pieces of onion, a few pieces of celery (or green pepper), salt and pepper to taste. Simmer for ten minutes. While this is stewing add a few pieces of onion in three cups of water. Add two tablespoonfuls of butter for five minutes. Add to this, finally adding all the tomato pulp. When thickened strain through a colander into a bowl. Add a few crackers. This is nice when served with added to tomatoes.

HOW WOMEN AVOID OPERATIONS

By Taking Lydia E. Pinkham's Vegetable Compound.

Cleveland, Ohio—"My left side pained me so for several years that I expected to have to undergo an operation, but the first bottle I took of Lydia E. Pinkham's Vegetable Compound relieved me of the pains in my side and I continued its use until I became regular and free from pains. I had asked several doctors if there was anything I could take to help me and they said there was nothing that they knew of. I am thankful for such a good medicine and will always give it the highest praise."—Mrs. C. H. GRIFFITH, 1563 Constant St., Cleveland, Ohio.

Hanover, Pa.—"I suffered from female trouble and the pains were so bad at times that I could not sit down. The doctor advised a severe operation but my husband got me Lydia E. Pinkham's Vegetable Compound and I experienced great relief in a short time. Now I feel like a new person and can do a hard day's work and not mind it. What joy and happiness it is to be well once more. I am always ready and willing to speak a good word for the Compound."—Mrs. ADA WILT, 303 Walnut St., Hanover, Pa.

If there are any complications you do not understand write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Noble Dissatisfaction. It is said that Tennyson was 17 years in writing "In Memoriam." He wrote the little song, "Come Into the Garden, Maud," 50 times before he published it. The wife of a distinguished painter said: "I never saw my husband satisfied with one of his productions." Self-dissatisfaction lies at the root of our noble achievements. What is true generally is particularly true as a condition of growth in the divine life. Even if we have been kept from outward and disgraceful sin, how we came short of the glory of God! Never yield to discouragement, never admit that failure is a necessary part of your life, never abandon your quest for the highest! Remember that Christ is just in front! "My soul followeth hard after thee, thy right hand sustaineth me!"—Christian Herald.

WHAT TO DO FOR YOUR ITCHING SKIN

Eczema, ringworms and other itching, burning skin eruptions are so easily made worse by improper treatment that one has to be very careful. There is one method, however, that you need not hesitate to use, even on a baby's tender skin—that is the resinol treatment. Resinol is the prescription of a Baltimore doctor, put up in the form of resinol ointment and resinol soap. This proved so remarkably successful that thousands of other physicians have been prescribing it constantly for 20 years. Resinol stops itching instantly, and almost always heals the eruption quickly and at little cost. Resinol ointment and resinol soap can be bought at any drugstore's and are not at all expensive. Great for sunburn.—Adv.

A Poor Choice. "Which one of the Robinsgg twins did Jinks marry?" "I don't know. Never could tell them apart. But judging from Jinks' woebegone expression since he got married I'm inclined to think it was the wrong one."

Literary Note. "I see," said Dobbleigh, "that in a recent volume of essays Henry James says that Zola lacked taste." "Lacked taste!" echoed Bilkins. "Well, I like that. Why, I read one of Zola's books some years ago and I haven't got rid of the taste of it yet."

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Pertinent Query. Omar (quoting)—A fool and his money are soon parted. Heiny—What was it this time—wine, woman or song?

MEAN TRICK ON FRIEND WIFE

Citizen Used Dishonorable Methods to Prevent the Putting Up of Strawberries.

"I want you to do me a favor," said a citizen as he entered a crockery store the other morning with an anxious look on his face. "Anything within reason, of course," was the reply. "It is rather a family affair," said the first. "Oh, I can keep a secret." "It isn't much of a secret, but the strawberry season will soon begin." "Yes, I know." "You keep fruit jars, of course?" "Thousands, of course." "My wife was telling me this morning that she proposed to do up at least three bushels of strawberries this summer, and she'll be around here to ask the price of fruit jars. I want you to tell her that, owing to the war, they have gone up to \$15 a dozen." "Oh, my!" gasped the crockery man. "I have got a dealer to lie to her about the price of berries by the bushel, and a grocer to tell her that sugar has gone up 400 per cent, and if you only will do your part not a darned old strawberry will be laid away for winter."—Providence Journal.

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Tetterine, 50 cents at druggists or by mail from J. T. Shuptrine, Savannah, Ga. Adv.

Sarcasm in the Box.

Judge—Then your wife seized the weapon you ran out of the house? Plaintiff—Yes, sir.

Judge—But she might not have used it.

Plaintiff—True, your honor. Maybe she picked up the flatiron just to smooth things over.

Cured of Pellagra; Mother Seeks Children

Valdosta, Ga.—W. F. Monroe writes: "Mrs. Braswell, whom you have been treating for pellagra, is in my opinion sound and well. She wants to get her children from the home, and in order to get them she is required to send a certificate from you who treated her. I am enclosing you a form to go by and will thank you to sign it, making it as strong as you can."

There is no longer any doubt that pellagra can be cured. Don't delay until it is too late. It is your duty to consult the resourceful Baughn.

The symptoms—hands red like sunburn; skin peeling off, sore mouth, the lips, throat and tongue a flaming red, with much mucus and choking; indigestion and nausea, either diarrhoea or constipation.

There is hope; get Baughn's big Free book on Pellagra and learn about the remedy for Pellagra that has at last been found. Address American Compounding Co., box 2068, Jasper, Ala., remembering money is refunded in any case where the remedy fails to cure.—Adv.

Country Life.

There was a sound as of sundry lumber-jacks at work with their axes. "Is that Joel chopping up kindling, Maria?" asked Jimpson, looking up from his paper. "No, my dear," replied Mrs. Jimpson, "that is Sereny chopping up that steak for hash for breakfast tomorrow." "More power to her elbow!" sighed Jimpson.

LADIES! —Take CAPUDINE—

For Aches, Pains and Nervousness. IT IS NOT A NARCOTIC OR DOPE— Gives quick relief—Try it.—Adv.

Not Prepared.

"They seem to be appalled at the slaughter in the European battlefields." "Yes; but they're not used to football games over there."

Disillusioned.

"Boo-hoo! You used to call me an angel before we were married." "Well, I believed it myself then."

The shorter a young man is on brains the longer he is on collars.

Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

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His Clever Wife. He was deeply in love with his wife, but awfully careless about money matters. He started away on a long business trip, leaving her short of money, and promising to send her a check—which he forgot to do. The rent came due and she telegraphed: "Dead broke. Landlord insistent. Wire me money."

Her husband answered: "Am short myself. Will send check in a few days. A thousand kisses." Exasperated, his wife replied: "Never mind money. I gave landlord one of the kisses. He was satisfied."—New York Times.

The Weapon. "Why didn't they fine Doctor Derburg for talking so much?" "If they did, it ought to have been with a Maxim silencer."

Occasionally we meet a grouch who is miserable enough to be entertaining.

Constipation Vanishes Forever Prompt Relief—Permanent Cure CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely but gently on the liver. Stop after dinner distress—cure indigestion, improve the complexion, brighten the eyes. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature *W. Wood*

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