

How to Make Delicious Wholesome Griddle Cakes

The best flour, salt, milk and most expert care, will not make really palatable Griddle Cakes if the Baking Powder is inferior. Because Calumet Baking Powder makes such tempting, wholesome, appetizing Griddle Cakes, it has become so popular for this purpose as it is for making other good things to eat.



Calumet is the highest quality Baking Powder at a moderate price. It received the highest award at World's Pure Food Exposition—passes the Pure Food Laws. Hence you are sure that food made with Calumet is pure, wholesome and health-giving.

Millions of housewives are pinning their faith to Calumet. You try it next time you bake—learn for yourself the new satisfaction.

CALUMET BAKING POWDER

Plain Griddle Cake Recipe

One quart flour (4 cups); one teaspoon salt; 4 full cups milk and two teaspoons Calumet Baking Powder. Sift flour, Calumet Baking Powder and salt together. Add milk, making soft batter.

Bake immediately on hot griddle, well greased. When full of bubbles, turn and cook other side. Add two or three tablespoons melted butter, if richer and shorter cakes are desired. With the use of Calumet Baking Powder no eggs are required.



Cooking Secrets of a Famous Chef

By Emile Bailey, of the Hotel St. Regis, New York

ECONOMY IN THE KITCHEN AND THE VALUE OF GOOD, SIMPLE FOOD.

I HAVE laid more emphasis on the fact that I believe every young woman, from the highest society down, should know something about culinary matters.

It always strikes me as a remarkable fact that people on the whole take much more pains to get the right kind of oil for their machines than they do to get the best food or fuel for the human machinery, which, after all, is the most important in the world.

The food one eats does more than nourish the body. It has much to do with the disposition, with the human soul. The right kind of nourishment, or lack of it, means defeat or victory in the human machinery, which, after all, is the most important in the world.

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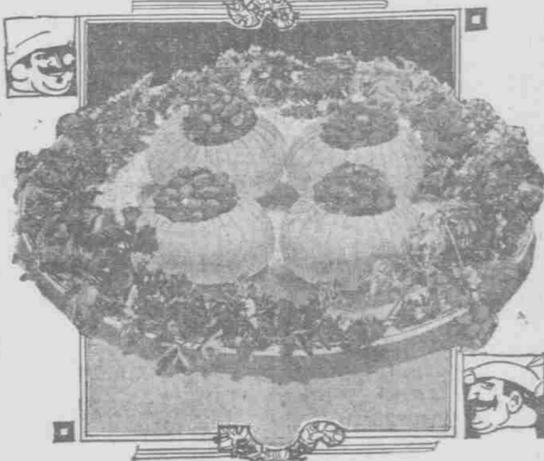
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(Full directions for making this delicious dish will be found in M. Bailey's Article.)

STUFFED D'ONIONS.

Excellent, appetizing dishes out of comparatively little material. I firmly believe that the French people who have the reputation of being a healthy and merry nation, owe our good spirits as well as our sound constitutions to the excellent cooking which one finds in every part of France.

Very little but the purest food products are to be had in France. The country is not so fertile in many ways as America, and vegetables, etc., have to be raised with more care. But there are no food adulterations of any kind to ruin one's stomach and digestive organs.

The celebrated dishes of France, like the bouillabaisse or the cabbage soup of the Auvergne and the pasty of Berne, are excellent from the standpoint of palate and health.

They are not extravagant dishes, but it is to the excellence of the cooking of such homely foods that the French people owe their good health, their excellent digestion and their gay dispositions.

Take four medium sized onions, peel them, blanch for five minutes in boiling water, cool them off, drain and dry them. Take out the center of the onion with a small funnel, but without cutting through the bottom or breaking the onions apart. Salt and pepper them and stuff with the following dressing:

STUFFING.—Take the centers of the onions, chop them up fine, color them in butter and wet them with two teaspoons of beaten egg, add two ounces of ham chopped fine likewise, one spoonful of Parmesan cheese and a small spoonful of chopped parsley, herbs (parsley, chervil, also salt and butter).

When the onions are stuffed with this, cover the stuffing with bread crumbs and press down a small piece of butter on top of each onion. Finish baking in moderate heat and using a deep dish which can be covered. Bake for 15 minutes, or until the onions are tender. Strain the juice and reduce to the consistency desired and season to taste.

While cooking the sweetbreads, which should take from 25 to 30 minutes, prepare your peas. Boil them plain and mix with butter and seasoning.

Serve the sweetbreads arranged around the pealets on toasted bread, vary by the peas in the center. Pour part of the sauce over the sweetbreads, serve the rest separately.

SWEETBREADS WITH PEAS. (Read M. Bailey's accompanying article for directions in cooking this simple but dainty entrée.)

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DANGERS OF FAT

HOW FAT AFFECTS THE BRAIN



Just how fat affects and finally destroys the brain, is not exactly known; however, degeneration, and final collapse of brain tissue, due to this cause, is of frequent occurrence. Head pains, and heaviness, which are often experienced by fat people, may indicate that this degenerating process is imminent. The return of this fatty tissue to normal brain substance, may and probably will result in the overproduction of fat is stopped in other parts of the body. Thousands of fat people have depended entirely for reductions to normal weight, upon Marmola Prescription Tablets, which are made after the exact formula of the famous liquid Marmola Prescription. While taking these tablets for the reduction of fat, no dieting nor exercise are necessary, as a reduction of 10 to 15 lbs. a day is accomplished by the prevention as well as elimination of fat. Marmola Prescription Tablets are sold at all drug stores or the Marmola Co., 731 Park Bldg., Detroit, Mich., at the uniform price of 75c for a large case. They remove the fat already formed, prevent its reforming, clear the complexion and tone up the entire system.

For someone else. Mr. Dowell has asked the council to declare the office vacant or take some other action looking toward relief from the burden of misplaced official duty.

AFTER LONG SUFFERING

These Two Women's Health Restored by Lydia E. Pinkham's Vegetable Compound—Read Their Own Statements.

Cheneyville, La.—"Some time ago when in poor health, suffering from feminine ills, I began to take Lydia E. Pinkham's Vegetable Compound and Liver Pills. I soon felt better and gained in strength and flesh. A gradual improvement continued as I took the Compound, and from 120 pounds I now weigh 155, and feel that my life has been prolonged."

"I deeply regret that I did not know of your medicine long before I did. Friends often speak of the wonderful change in my health, and I tell them that your medicine did it."—Mrs. J. W. STANLEY, Cheneyville, La.

Distressing Case of Mrs. M. Gary. Chicago, Ill.—"I have used Lydia E. Pinkham's Vegetable Compound for backache and it has certainly made a new woman of me. After my first baby was born I was left a perfect wreck. I was so weak I could hardly do my household duties and suffered with an awful backache. But since I have used your Compound the pains in my back have left me and I am strong again. "My mother used it also through change of life and speaks very highly of it. You can use this letter any way you wish. I think it is only fair for one who has suffered as much as I, to let others know of your great remedy."—Mrs. M. GARY, 2568 N. Ridgeway Ave., Chicago, Ill.

Sweet Slumber Brought Back

Mrs. White, Unable to Sleep, Tells How She Brought Back Natural Sleep.

Gastonia, N. C.—Mrs. Ellen White, of this city, says: "I suffered for several years, with womanly troubles. I could not rest at night. I began taking Cardui, the woman's tonic, and before I had finished one bottle, I could sleep well. It just acted like a charm. Since taking Cardui, I have been in better health than for 10 years. It is the best medicine I ever used. It did me more good than the doctors. I can certainly recommend Cardui to all suffering women, for I have been greatly benefited by its use. It will build them up. Cardui has been worth its weight in gold to me, for now I sleep heartily. No matter how I feel, Cardui will remedy it. It is probably the most common sense remedy for breakdown. It is a tonic, and it builds up the system. Made from the best of the best, it is clear, it has gas of the body, and you can feel for you and for others. It will build you up. N. R. Dept., 1000 Broadway, New York, N. Y."

Most stylish in appearance
FOWNES
KID FITTING
SILK GLOVES
Most dependable in quality

We Both Lose Money
if you don't buy lots in Tobin's 4th Addition before the advance in price. Buy now and save money.

PRESIDENT OF HAITI GIVES A DINNER IN HONOR OF KNOX. Port au Prince, Haiti, April 2.—The American cruiser, Washington, being secretary of state Knox and party, is off Port au Prince from San Juan, Porto Rico.

Wonderful Cures Reported in Germany. The use of simple herbs as remedies instead of the more concentrated and usually more dangerous inorganic substances, has been revived very widely of late. In Germany a new school of physicians has arisen which throws out almost a whole of the pharmacopoeia, and relies on an adaptation of the method of wild animals in curing themselves. — N. Y. World.

J. DONALD MATHESON, of Ossining, N. Y., says: "I suffered for over five years with what the doctors told me was dilated condition of the stomach, associated with a colorless condition of arms and nervous heart. I had tried enough nux, bismuth, gentian, rhubarb, etc., to float a ship and naturally thought there was no cure for me, but after reading what eminent doctors said of the curative qualities of the ingredients of 'Golden Medical Discovery' I gave it a fair trial. Took the 'Discovery' and also the 'Pleasant Pellets' and can truthfully say I am feeling better now than I have in years. I cheerfully give permission to print this testimonial, and if any 'doubting Thomas' writes me I will 'put him wise' to the best all-around medicine in the country today."

32 MILES SHORTER Than Any Other Line To New Orleans, La. Direct connection made there for all points in the South-East "ASK US" City Office - - - Sheldon Block A. S. Wagner, D. P. & T. A. Jas. W. Turner, C. P. A. PHONES Auto 2207 Bell 7

Dorothy Dix On the Marriage Market.

MAN writes me a letter in which he asks this question: "Don't you think the reason why girls are more anxious to marry than men is because when a girl marries she gets a meal ticket, and a man divides his?"

Are girls more anxious to marry than men? I doubt it. Of course there is a tradition that woman persuades man and drags him, or inveigles him to the altar, but this is a fiction that has grown out of masculine vanity. A girl likes to have her own home because she has a place to go to when she is in the visible and tangible proof of her good looks and her attractiveness. A girl likes masculine society, and she likes a good time that a man can show her. She enjoys the theaters, the dances, the cards and flowers that she showers along her pathway, but that does not necessarily indicate that she is trying to kidnap some youth into the matrimonial fold.

Naturally every normal girl expects some day to fall head over ears in love, and marry, and have a home, and children of her own. So does every normal man; but that does not indicate that the girl is ready to flood the domestic slave market with her own anybody, O Lord, anybody! and get up and grab the first man that comes along.

Girls and Matrimony. On the contrary, the girls of this day are beginning to look with a wise and disillusioned eye upon matrimony, and to put it off rather than to rush into it. It does not look to them so much like the goal of their desires as a state of captivity that will keep them if they don't watch out. In effect, their feeling toward matrimony is much like our general attitude toward heaven. No doubt it is a grand and beautiful estate, but they're in no hurry to realize it.

Even the common, or garden variety of girl is not so anxious to marry, as my correspondent would ascertain if he popped the question to a few of them. The girl who belongs to a still more modern type, the girl bachelor, has a positive aversion to it. She has espoused a career instead of a man. She has all that she wants of life, work, and money.

So when a girl marries nowadays, it isn't for the sake of exchanging a hard job for a soft one, but because she is in love, and she sees in some man the prince charming of her dreams, and she wants to get married, and she is willing to undergo all the hardships, and privations, and sacrifices of matrimony.



(Read M. Bailey's accompanying article for directions in cooking this simple but dainty entrée.)

MARRIED LIFE THE THIRD YEAR

The Thought of Warren's Hardships Melts Helen Into Instant Tenderness. By MABEL HERBERT URNER

DEAR HELEN: That's better. That's more like it. Glad you're getting some common sense at last. But you say you're unstrung. I don't like that. Nothing to be unstrung about. You've been sitting around the house and moping too much. Get out every morning and take a brisk walk. That'll do you good. You don't get enough exercise. That's what's the matter with most of you women.

Now get yourself in good shape, for I'm coming home soon. Can't tell yet just the date. But think look pretty good out here—got these Benington people just about where I want them. They're getting mighty anxious now, and they'll be a darn sight more so before I'm through. I'm putting the screws on hard, and they know it. And they're going to knuckle down and come to my terms.

It's only a question of a week or so now—they can't hold out much longer. I saw Winthrop yesterday, but he hadn't much to say. He rather indicated that the whole thing was in Clarkson's hands, that he was the one that was holding it up. I've known that all along. But he's about ready to come across now.

From the way the things are going I'll clear up about \$6000 out of the deal. That will come pretty near being worth the trip out here—won't it? And it's been devilish uncomfortable at that. Have had a two by four room and no bath, and it costs \$1.50 a day. Highway robbery prices! But I had to have a good bluff. And had to entertain a lot of these men at luncheon. You can't do that for nothing.

So, if I've kicked at the expense back there, it's because I've been up against it hard. Knew I needed every cent I could scrape together to put this deal over. Couldn't take any chances on any tie-up—too much at stake. But now that I've just as good as won out, things are easier. And I've got everything else in good shape. As soon as they sign the final papers I'll clear out of here quick. And we'll celebrate in fine style when I get back. Now, kitten, what do you want me to bring you? I won't have much time to fool around the shops, but guess I can manage to get something if you'll let me know what you want. How about one of those embroidered Japanese things—the long kind with the big sleeves—the kind they wear for opera cloaks? There's some mighty good looking ones in the shop windows out here. I'd get you a stunning dress if you could fit it—these loose things will fit anybody. And what shall I bring Winifred? You think up something and write me—I never know what to get.

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Dear Warren: Oh, I cannot tell you how happy—how very happy your last letter made me. The thought that you are coming home soon—very soon. Oh, dear, nothing else seems to matter, you don't know how I need you and how desolate I have been with you away.

And, dear, this last letter has made me so impatient. I see now that I was wrong to resent the expense and to understand how much you have had to worry about these, the anxiety and heavy expense—and I should not have minded anything you wrote. I suppose I have been too sensitive, but I'm going to try not to be any more.

Oh, dear, it is going to be a happy home coming. A most wonderful home coming! Let me know the exact time as soon as you can, so I can cross off even the hours on the calendar. That will make it seem nearer.

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ACTING MAYOR IS TIRED OF HIS JOB
Dowell Asks Douglas Council to Fill Vacancy in Mayor's Office.

Douglas, Ariz., April 4.—Douglas without an official mayor, and acting mayor S. G. Dowell says he is tired of doing the work and taking the blame