

In Woman's Realm

KITCHEN RECIPES.

Rye Cakes.

Beat well two eggs and stir in gradually with a pint of lukewarm milk. Then stir in enough rye meal to make a thick batter. Add a teaspoonful of brewer's yeast. Stir a little, cover the basin with a cloth, and set in a warm place to rise. When the surface is covered with bubbles turn it onto a board, and form into flat cakes. Bake on a griddle, and serve hot or cold as desired.

Southern Hazelnut Toffee.

Have you ever made what is known as Southern Hazelnut Toffee? Melt half a cupful of butter; then add a cupful each of molasses and brown sugar. Boil until thick, stir in half a cupful of chopped hazelnuts. Pour into buttered pan and cut into squares when nearly cold.

Chestnut Filling.

A filling that has the right "smack" at this season is that made with chestnuts. Shell and bianch two quarts. Cook up a marrow bone and extract the marrow fat for the dressing, and boil the chestnuts in the stock until tender. Press through a sieve and add the marrow, a tablespoonful of butter and three cupfuls of fine cracker crumbs moistened with a little of the stock. Season with salt and pepper.

Orange Custard.

To make this excellent dessert, beat the yolks of five eggs with the whites of two, then add four ounces of sugar. Stir into a quart of milk which is just at the boiling point and add the grated rind of an orange. Pour into a buttered pudding dish, set the pan into another of boiling water, and bake till a knife comes out clear. Make a meringue of the whites of the eggs beaten with a little powdered sugar to a stiff froth, flavor with orange juice, sprinkle with powdered sugar, and a little of the grated rind, and brown quickly in the oven. Serve either hot or cold.

Wheatmeal Cakes.

Boil half a pint of new milk with a pinch of salt, and dissolve in it a piece of butter the size of a walnut. Pour the butter and milk onto sufficient wheat meal to make a soft light dough. Roll out one-fourth of an inch thick and cut into small round cakes. Bake in a quick oven with butter and syrup.

Salmon Loaf—Mince one can salmon, add one cupful stale bread crumbs, two beaten eggs, one-half cupful milk; season to taste with salt, pepper, parsley and lemon juice. Put in a mold and steam or bake for thirty minutes. Turn from the mold and serve hot with a white or Hollandaise sauce.

Creamed Salmon—Heat one cupful of milk in a chafing dish or double boiler, rub together a tablespoon of flour and half as much butter and stir smoothly into the milk. Next put in one can of salmon, breaking it as little as possible, season to taste and serve as soon as heated through.

Omelet—Make an omelet as usual, adding one tablespoonful of minced salmon for each egg used. Mix the salmon with the beaten eggs before pouring into the omelet pan, or sprinkle it over the surface before the egg is formed, or fold it in after the omelet is cooked.

Cold Water Sponge Cake.

Beat the yolks of three eggs, add one and one-half cupfuls of granulated sugar, one teaspoonful of lemon extract, one teaspoonful of lemon juice, and half a cup of cold water. Sift two teaspoonfuls of baking powder with two cupfuls of pastry flour. Add to the mixture and fold in the whites of three eggs beaten stiff. Bake in a long shallow pan or in a round tubed tin.

German Pancak's.

Take some pieces of stale bread lay them on a dish, and pour some milk over them. Fry in lard till a light brown. Spread with a little sugar and the juice of a lemon and serve hot. This is a cheap and tasty dish.

Us's for Salmon.

So rapidly has the use of salmon extended within the last few years that housekeepers can hardly realize how it would seem to be without this convenient edible. The general preparation of the fish for all dishes

is the same. The can should be opened and the fish turned out to air. When rigid economy of food material is necessary the only liquid in the can may be saved; otherwise it need not be used. Then remove every particle of skin and bone. The fish is then in condition to use in any of the following dishes, all of which, of course, are equally suited to the use of odd bits of fresh salmon. Hard boiled eggs may be combined with the salmon in any case where there is not sufficient fish. Where the salmon is to be served with a rich sauce boiling water may be poured over it to remove more of the oil.

Salad—For this the fish requires no further cooking and should be well drained. Mix it with an equal bulk of shredded lettuce or place the sections of fish on lettuce leaves. Cover with any good salad dressing.

Jellied Salad—Soak one level tablespoonful of granulated gelatine in one-fourth cupful of cold water; then dissolve by warming it. Mix this with one cupful of boiled salad dressing and then with one can of salmon minced fine. Add more seasoning if desired and pack in molds. Turn out on a border of lettuce leaves to serve.

HOUSEHOLD HINTS.

Enamel the Hooks.

All hooks used in bathroom, kitchen or pantry should be dipped in enamel paint and thoroughly dried before being screwed in. Then there will be no rust spots on towels or cloths that are hung on them when damp.

Puffs.

One cup of sugar, one cup of sweet milk, two eggs well beaten two teaspoonfuls of baking powder, a pinch of salt and one quart of flour. Drop skillfully from a teaspoon into boiling lard and fry a light brown, testing with a straw. When done roll in powdered sugar.

Method in the House.

There is no "luck" in housekeeping, and the woman who trusts to that fickle goddess to help her out will get herself into trouble speedily. Method will accomplish much for a weak woman, but haphazard housekeeping will wear out the nerves of the strongest woman living. It means waste and slatternly work and unhappiness for all concerned.

Sponges.

Many people cling to sponges, although they are not supposed to be as sanitary as rough washcloths, because the sponges cannot be boiled. If properly cared for, sponges are really quite sanitary. Only one person should use one sponge, and the sponge when not in use should be kept hanging in the air. An authority advises washing a sticky sponge in milk, which process wonderfully renews it.

Hanging Pictures.

It always seems a pity to have to string pictures up on wires or cords. The question is whether it is not more of a pity than to drive small nails into the wall. The latter procedure defaces the walls, to be sure, but so do the picture wires deface the walls. Small pictures can be hung on very slender nails, which when withdrawn leave a scarcely visible hole. If wires must be used let them be as fine as possible, and the pictures should be so hung as to rest perfectly flat against the wall. Anything more hideous than a picture tilted at an angle of forty-five degrees is unimaginable.

Brushes for Velvet.

Old pieces of haircloth, particularly of the kind used for furniture covering, make the very nicest of brushes for velvet. If you have a piece that is about nine inches in size fold it lengthwise and cut it so that you will have three pieces or strips. Ravel the edges of each piece for a depth of two inches and ravel them on each side. Sew the strips together. Then roll the long piece smoothly so that the edges will be perfectly even and fasten the unraveled part in the center with a needle and lined thread. Cover this part with a piece of bright velvet or silk, turning the edges under so that it will have a finished appearance.

Apple Pudding.

One quart of flour, one pint of milk, one pint of chopped apples one-half spoonful of salt, two tablespoonfuls of butter, three tablespoonfuls of baking powder. Make a dough of the flour, milk, butter, baking powder and salt; roll upon

the board and spread with the apples; roll over and over, pinching the sides and ends; place in a baking pan, with one-half cup of butter two cups of sugar and three pints of water. Bake an hour and a half. It makes its own sauce.

Paring Apples.

Put hot—not boiling—water over apples which are to be pared, drain at once and place in the oven with the door about two-thirds closed, and let them remain until dry which will require but a minute or two. Remove from the oven and pare at once, and two things have been accomplished—the apples have been cleansed and a saving of the fruit, as very little will come off with the peeling.

Sunning the Hair.

Sunning the hair is an old Greek idea for the promotion of its beauty and in order to sun it without sunning the complexion as well, the Greek maiden wore a large brimmed hat with the crown cut out, and through this the hair was drawn up so the sun could strike it, but not the face. Thus protected, she would sit upon the roof, letting both sun and breezes have full play upon her hair.

MEET AT SUNNYSIDE

EXCELLENT PROGRAM FOR THE PRESBYTERIAL SOCIETY.

Many Will Participate—Meeting of More Than Usual Interest Promised.

A meeting of the Woman's Presbyterian society of Central Washington will be held at Sunnyside April 10. It is expected there will be a large attendance.

The following will be the program of the meeting:

9 o'clock—Enrollment and informal reception.

10 o'clock—Prayer, Mrs. Giffen. Devotional, Mrs. Patch.

Address of welcome, Mrs. E. E. Shannafelt.

Response, Mrs. Hayden. Music.

Roll call—Bible quotations. Reports.

Minutes, Mrs. George Patch. Cor. secretary, Mrs. J. W. Young.

Sec. of Literature, Mrs. Thompson. Secretary of C. E., Mrs. E. J. Young.

Secretary of Jun. C. E. and band Secretary of United Study, Mrs. Shannafelt.

Secretary Box W. or R., Mrs. Hamilton.

Treasurer, Mrs. R. Jones. Condensed report of delegate to board meeting.

Announcements. Adjournment. Luncheon.

Afternoon Session. 2 o'clock—Devotional, Mrs. Thompson.

Roll call—Reports of delegates for AAux. election.

Talk by Mrs. R. Jones. Music.

Talk by Mrs. F. G. Young. Talk, "Alaska Missions," Mrs. Montgomery.

Question box, Mrs. J. W. Young. Offering.

Reports of committees. Evening Session.

7:30 o'clock—Song service; orchestra and juvenile choir.

8 o'clock—C. E. address by Rev. Giffen. Special music.

Benediction.

FOUR TEAM LEAGUE.

Prospect for One \$800's Good—Suits Ordered.

There seems to be good indications that a four-team league will be formed, consisting of Prosser, Ellensburg, North Yakima and either Toppenish or Outlook. New suits have been ordered for the team. The suits will be blue with white trimmings and a white monogram on the shirts. The stockings will be of blue.

Manager Barnes states that from talk he has heard the prospect is good for a league. He has written to ball men at the towns mentioned, but as yet has received no replies. He states that the local team will put up a good article of ball this year and the team will probably be stronger than ever before.

Don't Complain.

If your chest pains and you are unable to sleep because of a cough. Buy a bottle of Ballard's Horehound Syrup, and you won't have any cough. Get a bottle now and that cough will not last long. Mrs. J. Galveston, Texas, writes: "I can't say enough for Ballard's Horehound Syrup. The relief it has given me is all that is necessary for me to say." Colton-Fry Drug Co.

Personal Opinions

Little Interviews with Everybody about Everything.

Fred Schaefer—Did you ever save that license proposition? The general opinion that a circus takes a large amount of money from a town is unfounded. Here's the idea. Think of all the people that come to a city from outside. It costs ordinarily \$1.20 for one person to see all the show. Those coming from the outside never drop less than \$5 and there you are. The balance of that money over \$1.20 is dropped in the town. The circus takes away from the town the sum of \$1.20 multiplied by the number of people at the show, minus the coin paid out for expenses while in the town.

H. C. Lucas—A publicity committee will be of greater benefit to the city than any other single move. Seattle and Tacoma are good examples of the results of advertising. Whenever Tacoma people are away from their home city everyone knows they are around and that they hail from Tacoma. Let everyone get busy and follow the example of the sister cities on the Sound.

O. M. Seward—A great many people will be glad when Maple street is opened. It will remove a large amount of traffic from Yakima avenue and benefit scores.

George Eder—I came over on the train from Spokane Thursday and attached to the train were three coaches of people from the east who had come out on the "homeseekers excursion rates." I had an opportunity to talk with a number and I found that not one had any intention of stopping off at North Yakima. I enquired the cause and found that very few of them had heard enough about this valley to arouse any interest and as they had purchased tickets to Portland thought the Sound the next "getting off" place after leaving Spokane. I used a little of the booster spirit that I seemed imbued with that day and succeeded in getting several to stop off and look around. It has occurred to me that if the Commercial club or the business men would send some good live man to Pasco to meet trains that many would be induced to stop off here. Yakima needs her resources more thoroughly advertised.

Councilman Armbruster—I am waiting for a few matters concerning the welfare of the city to be settled, when I shall start with my wife upon an extended trip embracing Central America, Cuba, Florida and the Jamestown exposition. We will first go to St. Louis on a short visit, then by boat to New Orleans, then to Galveston, thence to Central America. After a short stay in the tropics we will proceed to Cuba, and from there to Jamestown via Florida. After taking in the exposition we will take in the large cities of the east and return home by way of the great lakes, arriving here the latter part of June. We anticipate a most enjoyable trip and it will be our first vacation in a number of years.

RETURN HOME.

Dr. G. B. Duncan and E. W. Dooley Back From Spokane.

Dr. G. B. Duncan, the well known North Yakima veterinary surgeon, returned from Spokane Thursday morning with E. W. Dooley. They had been at that city examining the horses which had died suddenly, as related in the Herald yesterday. Dr. Duncan discovered that the horses had met their death as the result of eating rather musty hay at Missoula, Mont., and then drinking quantities of too cold water, the effect proving fatal. Eleven of the horses died. Dr. Duncan succeeded in saving the remainder. He states there is no contagious disease which effected the horses and that no fear may be entertained by owners of other horses.

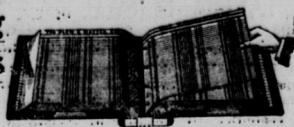
BULLS BY EXPRESS.

Jack Splawn Ships Animals in Crates to California.

Jack Splawn, a well known stockman of this section, shipped three valuable bulls to Red Bluff, Cal. Friday. They were sent by express, crated and forwarded on the train which left here at 3:05 o'clock in the afternoon. The three bulls weighed 2,440 pounds, and the express charges amounted to \$126. They were shipped under \$150 valuation.

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Regular communications 1st and 3rd Fridays of each month. E. B. SCOTT, W. S. NEWCOMB, Sec. V. M.

North Yakima Camp No. 5550, M. W. A. Meets second and 4th Wednesdays in I. O. O. F. Hall at 7:30 p. m.

ABOUT APRIL 18.

Senator LaFollette Will Lecture in This City.

Senator LaFollette will lecture in this city April 18. He comes in connection with the Epworth league course at the M. E. church. He will probably lecture on governmental questions. When in the western states last year Senator LaFollette gave a very interesting lecture along practically the same lines. His appearance is looked forward to with much interest, as he is an able orator.

TRUSSES

If you are so unfortunate as to be obliged to wear a Truss, we should like you to call and see the splendid line we are carrying. Something comfortable and nice for the money.

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FIRST IN LINE.

Rosalia S. Strobach Submits Solution For Duck Problem.

Sunday the Herald printed a small problem in duckology. Following is the first answer submitted:

If the clerk had sold the ducks according to instructions, namely, 30 ducks at 3 for \$1 and 30 ducks at 2 for \$1, when ten 5's were sold, bringing \$20, one lot, therefore \$1 is exhausted and there remains 10 of the other lot to sell at 2 for \$1, bringing \$5, making \$20 plus \$5, which is \$25, or an average of 41 2-3 cents per duck for the entire lot. But when the clerk sold the entire lot of 60 ducks at 5 for \$2, there being 12 5's, 12 times \$2, which is \$24, was realized, or an average of 40 cents per duck. He therefore lost by his method of selling 1 2-3 cents on each duck, there being 60 ducks, the loss would be 60 times 1 2-3 cents, which is \$1, the missing \$10.

ROSALIA S. STROBACH.

Dr. Hall, the veterinarian, can be reached by telephone 1163, or by calling at 102 South Selah avenue.