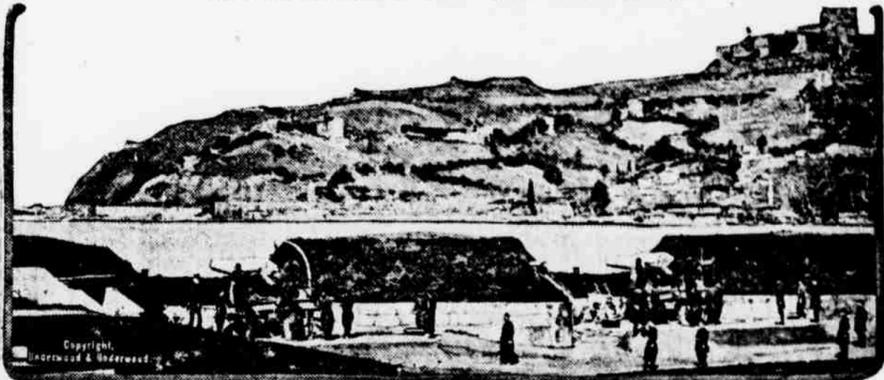


YOUNG GERMAN RECRUITS AT EXERCISES



Like England, Germany is recruiting her new armies as fast as possible. The photograph shows a squad of young recruits being drilled. Below are seen members of the Russian Red Cross attending to the needs of wounded Germans.

FORTIFICATIONS ON THE BOSPORUS



This picture gives a view of the batteries of Medjar Kalesi and Kavak, among the most important batteries on the Bosphorus. It is these modern fortifications, equipped with giant Krupp guns and in command of German officers, that the Turks hope will hold back the progress of the allied fleet on its approach to Constantinople.

ALLIED FLEET BOMBARDING DARDANELLES FORTS



First photograph to reach this country showing the allied fleet in battle formation ready to bombard the forts of the Dardanelles. There were 42 warships engaged. The picture was taken from the French battleship Bouvet.

CAPTAIN THIERICHENS AND AIDS



Officers of the German cruiser Prinz Eitel Friedrich which ran in to Newport News for repairs and supplies. Left to right: Captain Mundt, who commanded the vessel when it was a North German Lloyd liner and is now second in command; Captain Thierichens, commander, and Lieutenant Bruner, his aid.

WILL ADOPT CHINESE REGISTRY



Capt. Robert Dollar, head of the steamship line bearing his name, here seen climbing into his automobile, it is said is about to transfer his ships from American to Chinese registry because of the provisions of the new ocean law.

KING FERDINAND CAUTIOUS



M. Radoslavoff, the prime minister of Bulgaria, is reported to have had some difficulties with King Ferdinand, whose portrait is here shown, because of the prime minister's insistence that Bulgaria should invade Turkey without delay and seize Adrianople. King Ferdinand and his advisers declared that such a policy was too venturesome and that the nation could not afford at this time to antagonize Germany and Austria. According to dispatches reaching London from all the Balkan states, the people are clamoring for war.

Happiness and Duty. Happiness is the natural sower of duty.—Phillips Brooks.

MEETING THE NEEDS OF ALL

Important Point in Housekeeping Which the Mother Will Do Well to Remember.

One of the most important points in housekeeping is planning the dietary to meet the needs of all members of the family. This means that the main part of the meal is made suitable for all and to this is added the foods especially needed by each individual, the simple light dishes for little children and the energy-producing foods for outdoor workers. The choice of these is always a matter of individual judgment and observation based upon an understanding of the general principles of a well balanced diet.

One thing, though, should always be kept in mind; that where the main dish of the meal or the dessert intended for adults is too heavy for childish digestion, some equivalent dish equally attractive to the children should be provided. It may not be wise to let the children share the pie or rich pudding provided for adults, but when the more elaborate dish appears upon the table, rather special pains should be taken to provide a dainty and tempting dessert for the children. The custard or rice pudding or fruit daintily served costs very little trouble and brings a lot of happiness to the children who would otherwise feel only it was a hard thing to be a little boy or girl when grownups eat just what they please.

SOLUTION TO CLEAN SILVER

Method by Which the Prized Table Utensils Will Take on a Polish Without Injury.

Every housekeeper takes pride in keeping her silver bright and shining, whether her choicest collection be great grandmother's treasured teaspoons or the latest achievement of the jeweler's art.

But whether her silver is of this year or of a century ago, the sulphur in eggs, rubber, natural gas, water, white tissue paper, and in the white cloth, so often used in making silver cases, will turn the best polish she can put on it to a yellowish brown.

To clean by rubbing with whiting or any of the silver polishes is a long and laborious process, and one which must be repeated frequently; but an easier method, which does not injure the silver, may be employed.

Dissolve one teaspoonful of common salt and one teaspoonful of soda in one quart of water, and place in a galvanized pan. Silver placed in this solution takes on a polish without rubbing. To get results it is necessary to keep the inside of the pan thoroughly clean.

By placing in the solution a small piece of zinc or the lid of a Mason jar the use of the galvanized pan becomes unnecessary and any kind of a pan may be used.

Colonial Fritters.

One cupful of fine bread crumbs, heat a cupful of milk and pour over them, and set aside to cool, then beat smooth and add yolks of two eggs beaten with a tablespoonful of sugar. Sift together one cupful of flour, a little salt, about one-fourth of a teaspoonful of grated nutmeg and cinnamon, two teaspoonfuls of baking powder and add to the mixture. Beat well, then fold in the beaten whites, beaten to a stiff froth. Fry in deep fat, roll in powdered sugar and serve with a sauce. Half a cupful of currants, floured and added to the mixture, makes it nicer.

Salmon.

One way to serve it is to spice it in this way: Remove contents from a can and crush all the bones and remove any bits of skin. The bones should not be removed for they are pure lime and we get too little lime in our foods to waste a bit. Spice enough vinegar to cover the salmon and heat it until it is almost boiling. Pour this over the salmon and set it aside to steam and cool, but cover it well. This should stand for 24 hours. It is the richest of all spiced fish.

To Polish a Stove.

To polish and blacken a cook stove take a soft cloth, dampen and dip into some sand soap shaved off from the bar. Then rub thoroughly. Polish with paper. It will be as smooth as glass and black. The stove must be lukewarm or cold. For the enameled part dip a soft cloth in kerosene oil, then in wood ashes and rub until every particle of tarnish and spots are removed. It acts like magic. Try it.

Celery Toast.

Take the outer and less tender stalks of celery that are often thrown away, cut them into one-half inch pieces and cook in slightly salted water until tender. Drain and use one-half cup of this water and one-half cup of milk to make a white sauce. Add the celery to the sauce and pour over slices of nicely browned and buttered toast. Serve very hot.

Salted Almonds in Oil.

For salted almonds pour boiling water over shelled almonds. Let stand until the skins will fall off. Pour over two teaspoonfuls of good olive oil and one teaspoonful salt, let stand in a bowl two hours. Put into a dripping pan and brown in a moderate oven, stirring often.

Save Your Candy Tongue.

They are perfectly fine to use for hulling strawberries, as they do not bruise the fruit and keep the fingers from being stained.

SATISFIED AS THEY WERE

Couples, Victims of Curate's Mistake, Decided That They Would Let the Thing Go.

A vicar of a certain English parish was sitting in his study one morning when in burst the verger in a great state of excitement.

"Mr. —," mentioning the curate's name, "wants you at once, sir," he exclaimed. "He has married two couples and married the two men to the wrong women, and he does not know what to do."

"Have they signed the register?" inquired the clergyman.

"No," was the verger's response. "Then they can be married again," said the vicar. "Tell Mr. — I will be at the church in a minute or two to perform the ceremony."

In due course the incumbent made his way to the church and found the parties gathered at the entrance. Before he could say anything one of the bridegrooms approached and said:

"We have been talking it over, sir, and we have made up our minds to remain as we are." And they did so.

Was a Bit Skeptical.

Uncle Rastus was sitting in his home reading a newspaper when he suddenly glanced up and addressed Aunt Dinah.

"I hab jes read in dis yeah papah, Dinah," he remarked, "dat dem people what fly in dem flyin' machines kin do anything what a bird kin."

"Yes, sah," was the prompt rejoinder of Aunt Dinah, "dey hab jes got dat t'ing down so fine dat dere hain't no bird what has got anything on 'em."

"Am dat so?" reflectively returned Uncle Rastus. "Well, whenever yo' see one of dem flyin' machine men setting fast asleep holdin' on to de limb ob a tree wid his feet jes yo' call me ter come an' take a look."

New System.

"When you get out of this penitentiary," said the warden, "you'll be able to earn your own living and look the world in the face."

"I hope so," answered the prisoner. "But I want you to promise me one thing."

"What is it?"

"There's a lot of these people who don't want to see me get along. Don't you let them put up any schemes to get me fired out of here before my term is completed."

Why Living is High.

"Farm products cost more than they used to."

"Yes," replied the farmer. "When a farmer is supposed to know the botanical name of what he's raisin' an' the entomological name of the insect that eats it, an' the pharmaceutical name of the chemical that will kill it, somebody's got to pay."—Anderson (N. C.) Intelligencer.

Quite Different.

"One year ago a man could announce that he was going to Europe without creating a ripple of excitement."

"And now?"

"If he makes that announcement everybody crowds around to have a look at him."

A Variation.

"Is the five-cent loaf a thing of the past?"

"No. It's still possible to loaf an hour in a picture show for that price."

The Object Lesson.

Teacher—When both hands are up, what time is it?

Johnny—Time to uppercute, ma'am.

Those who have tested it find that the epigram, "Revenge is sweet," is the most misleading of all.

Nothing worries some women like troubles that failed to develop.

FREE ADVICE TO SICK WOMEN

Thousands Have Been Helped By Common Sense Suggestions.

Women suffering from any form of female ills are invited to communicate promptly with the woman's private correspondence department of the Lydia E. Pinkham Medicine Co., Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence. A woman can freely talk of her private illness to a woman; thus has been established a confidential correspondence which has extended over many years and which has never been broken. Never have they published a testimonial or used a letter without the written consent of the writer, and never has the Company allowed these confidential letters to get out of their possession, as the hundreds of thousands of them in their files will attest.



Out of the vast volume of experience which they have to draw from, it is more than possible that they possess the very knowledge needed in your case. Nothing is asked in return except your good will, and their advice has helped thousands. Surely any woman, rich or poor, should be glad to take advantage of this generous offer of assistance. Address Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass.

Every woman ought to have Lydia E. Pinkham's 80-page Text Book. It is not a book for general distribution, as it is too expensive. It is free and only obtainable by mail. Write for it today.

When Like Meets Like.

The caller at the teller's window was very bald, but the teller inside had him beaten by a hair's breadth. There was still a straggling fringe around the outer border of the caller's head, while the teller's had long reached the stage when he brushed his head with a towel.

The caller had evidently imbibed rather freely that day.

He took a long look at the teller, smiled a smirking, quizzical smile, then reached into his vest pocket and extracted a fat cigar.

"Shey, old feller," he mumbled, thrusting the cigar between the window bars, "have one on me. Anybody that's as baldheaded as you deserves a treat!"

A Sense of Regret.

"It was a great move the Russians made in abolishing vodka."

"Yes," replied the man who is never happy, "only it seems to me they have got rid of about the only word in their language that is easy to pronounce."

Hard Work.

"So you have a government clerkship, have you?"

"Yes."

"Don't have to do any work, I suppose?"

"I don't sh! I have to get my pay warrant every month, and get it cashed."

The Truth Comes Out.

Mother—Do you go to church for the sermon or the singing?

Pretty Daughter—For the hims, of course.

There is no rainbow that looks as beautiful as the gold mine stock certificate just purchased.

No man is so ignorant that he can't teach you something.

In Foods—

more than in anything else—quality counts more than quantity.

Grape-Nuts

FOOD

contains more body-building nourishment, weight for weight, than either meat or bread.

Grape-Nuts is delicious and economical, and

"There's a Reason"

Grocers everywhere sell Grape-Nuts