

PROPER WASHING OF DISHES

Methods That Take Time but in the End Produce the Results Most Desirable.

The bacteriologist finds no kitchen clean enough and the ordinary method of washing dishes he is likely to call a "smear."

Dishes have been tested to determine the number of organisms that remain on them after "ordinary" washing as compared with a method that requires an application of hot water with the help of soap or, better still, carbonate of soda, a thorough rinsing in hot water, and wiping with a sterilized cloth (that is, one which has been in boiling water since it was used before.) By this latter method the dishes were practically sterile, while many organisms were left on the dishes that were washed by the "ordinary" method.

One might ask, what harm will they do? Oftentimes none, but if the bacteria are those which convey disease, dirty dishes may be the means of giving it to well persons. But most of all, persons who are at all thoughtful of such things do not want any dirt which may be prevented by good methods, simply because dirt in itself is sufficiently unpleasant.

In washing milk utensils it is first necessary to remove with warm water all traces of the milk before scalding water is used. Because of the cream adhering to the sides, soap is used also, but the greatest care must be taken to remove by repeated rinsing every trace of soap. A telltale flavor of soap in the morning cream has more than once revealed careless habits in the kitchen, and made it evident that all the soap was not removed in rinsing. The utensils must then be dipped into absolutely boiling water for a moment.

It is an important matter to wash the milk bottle in which milk is now commonly delivered to customers. By this we refer to the washing of the full bottle before it is opened. It is safe to say that this is seldom done. But notice the bottle as it is brought into the kitchen, the milkman grasping it with his hand over the top.

Pressed Corn Beef—Cold.

Soak over night if very salt, but it beef is young and properly corned, this is not necessary. Pour over it cold water enough to cover it well, after washing off the salt. The rule for boiling meats is 25 minutes to a pound, but corned beef should be placed on a part of the stove or range where it will simmer, not boil, uninterruptedly from four to six hours, according to size of the piece; remove from liquor, then place in a tin; put sufficient weight on top to press the parts closely together; set where it will become cold. This gives a firm, solid piece to cut into slices, garnish with sprigs of parsley or celery and serve with fancy pickles or French mustard. A brisket or plate piece is the best, removing bones when done.

Beefsteak Chowder.

Cut slices of salt pork into small lots, with one onion minced fine; cook until a nice brown; add one quart of boiling water, let simmer five minutes, then add one pound round steak cut into strips one-half inch thick and two inches long; bring this quickly to a boil, then simmer until meat is tender; add four or five pared and sliced potatoes, season with salt and pepper, add more boiling water and when potatoes are tender add one and one-half cups of good rich milk or cream; split six or eight crackers, put into soup dish and pour chowder over them, serving at once.

Fried Sweetbreads.

Soak sweetbreads in lukewarm water two hours, then pour hot water over, soak 15 minutes and skin them; roll in flour, fry in butter very slowly at the same time with two sliced onions. Take out, strain gravy, add one-quarter cup sherry and a little bouillon. This for two pair sweet breads.

Curried Eggs.

Fry two sliced calves in butter to a golden brown, add one pint of good stock and one teaspoonful of curry powder and stew the onions tender. Then add one cupful of cream, thicken with arrowroot or rice flour and let simmer a few minutes. Cut eight or ten hot, hard boiled eggs in halves, arrange in a deep dish, and pour the sauce over them. A plain salad of head lettuce or shredded lettuce with slices of stuffed olives adds to the dish.

Ginger Bread.

One-half cupful of molasses, one-half cupful of sugar, one-third cupful of milk, one-third cupful of butter, one egg, one teaspoonful of soda in the molasses, one teaspoonful each of ginger and cinnamon, one-half teaspoonful of salt and two cupfuls of flour. Bake in a flat pan and cut with a heated knife.

The girl who thinks no man is good enough for her may be right, but it is more likely that she is merely spoiled.

FOLEY'S HONEY AND TAR COMPOUND
Stops Coughs - Cures Colds

MONEY IN TRAPPING
FURS

CANADA'S OFFERING TO THE SETTLER

THE AMERICAN RUSH TO WESTERN CANADA IS INCREASING

60 ACRES FARMS IN WESTERN CANADA FREE

Free Homesteads in the new Districts of Manitoba, Saskatchewan and Alberta there are thousands of free Homesteads left, which entitle the settler to a 60 acre farm in 3 years time will be worth from \$20 to \$25 per acre. These lands are well adapted to grain growing and cattle raising.

EXCELLENT RAILWAY FACILITIES
In many cases the railways in Canada have been built in advance of settlement, and in a short time there will not be a settler who need be more than ten or twelve miles from a line of railway. Railway rates are regulated by Government Commission.

Social Conditions
The American Settler at home in Western Canada, he is not a stranger in a strange land, having nearly a million of his own people already settled there. If you desire to know why the condition of the Canadian Settler is superior, write and send for literature, rates, etc., to

G. A. COOK,
126 W. 9th St., Kansas City, Mo., and C. E. Woodson, 412 S. 7th St., Chicago, Ill. Canadian Government Agents, or address Superintendent of Immigration, Ottawa, Canada.

Learn Telegraphy
A practical school with railroad wires. Used and operated by A. T. & S. F. Ry. Earn from \$25.00 to \$165 per month. Write for catalogue. Santa Fe Telegraph School, 500 Kansas Ave., Topeka, Kan.

LEWIS' SINGLE BINDER
THE BEST QUALITY STRAIGHT-CIGAR ALWAYS RELIABLE.

For Sale—Three 2-story concrete store bldgs. each 25x65. All rented for \$120 per month. Good tenants. On Main St. Price \$10,000. Addr. J. H. HOLLAND, Achille, Okla.

PISO'S REMEDY
Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists.

FOR COUGHS AND COLDS

Where Autos Are Banned.
Prince Edward Island bans automobiles, not because the islanders cannot afford the machines, but because of accidents caused by the recklessness of drivers who brought in the first cars. They caused many run-aways, and a few had tragic endings. The legislature at once passed a law barring autos from the island. Some of the leading cities have since endeavored to have the enactment repealed, but the country influence has always been strong enough to overcome all such efforts.

HEAD A MASS OF PIMPLES

Hyattsville, Md.—"My little boy was taken with an itching on the scalp. There was an ashy place on his head about the size of a ten-cent piece, and the hair was falling from this place by the roots. In about ten days all over his head were these ashy spots which looked like ringworm, but were porous-like. The itching and burning made him scratch a great deal. His head had gotten so that it was just a mass of matter little pimples all heaped on each other, and when I took off his night-cap, the hair and flesh came off at the same time. I really thought he would lose his whole scalp. He couldn't sleep for five weeks, it would itch and burn until I thought he would go into convulsions.

"I used different soaps and salves to no satisfaction. Then I decided to use the Cuticura Soap and Ointment. Finally I noticed he began to sleep all night. I used one cake of Cuticura Soap and one box of Cuticura Ointment and he was entirely cured. He has a better growth of hair now than he had at first." (Signed) Mrs. Ida B. Johnson, Mar. 26, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston." Adv.

Misleading Expression.
"That fellow yonder has a very vacant look."
"Yet I know he's full."

If a woman has a good dressmaker she can be fairly happy part of the time.

HE KNEW WHAT TO AVOID

If Knowing Human Nature Would Do It, This Man Would Have Made Good Preacher.

"Dr. John Haynes Holmes, who preached a Bull Moose sermon to President Taft the Sunday before election day, isn't like Washington White," said a member of Dr. Holmes' Church of the Messiah in New York. Washington White was an aged hod carrier. Laying down his paper one evening he said to his wife over his spectacles:

"Martha, I believe I'd make a preacher. Listen, now, and I'll give you a sermon."

"The old man then stood up to the table and belled out a vigorous distable and belled out a vigorous discourse on the wickedness of the idolaters of the Orient.

"His wife said at the end: "A good enough sermon, Washington, but you've told us all about the sins of the foreigners, and never a word about the sins of the folks at home here."

"Ha, ha, ha, I understand preachin' too well for that," laughed the wily old man."

Somewhat Lazy.

A lawsuit was recently in full swing and during its progress a witness was cross-examined as to the habits and character of the defendant.

"Has Mr. M—a reputation for being abnormally lazy?" asked counsel briskly.

"Well, sir, it's this way—"

"Will you kindly answer the question asked?" struck in the irascible lawyer.

"Well, sir, I was going to say it's this way. I don't want to do the gentleman in question any injustice. And I won't go so far as to say, sir, that he's lazy exactly; but, if it required any voluntary work on his part to digest his food—why, he'd die from lack of nourishment, sir."—London Answers.

Marking Arrival of Age.

When I get to be old I ain't goin' to find it out by countin' up to see, nor by my whiskers, nor by my gums, nor none of them signs. They'll all fool you. No, sir! But one of these times I'll get throwed down, and I won't bounce back. Then I'll know it's all over. When a man gets that way, he's old. Old, see? It don't make any difference how much longer he lives after that, he don't ever get any older.—"Billy Fortune."

To prevent Malaria is far better than to cure it. In malarial countries take a dose of OXIDINE regularly one each week and save yourself from Chills and Fever and other malarial troubles. Adv.

Banquets.

"Pa, why do people have banquets?"
"For the purpose of giving men who do not get a chance to talk at home talk away from home."

NOT FIT FOR LADIES

Public sentiment should be a guide, and we believe it is, there can be no reason why ladies should have to suffer with headaches and neuralgia, especially when Hunt's Lightning Oil gives such prompt relief. It is simply a question of getting the ladies to try it. All druggists sell Hunt's Lightning Oil in 2c and 5c bottles. Adv.

The Way.

"Come, my dear, let's travel into slumberland."
"Well, mamma, can we travel on the sleepers?"

As a summer tonic there is no medicine that quite compares with OXIDINE. It not only builds up the system, but taken regularly, prevents Malaria. Regular or Tasteless formula at Druggists. Adv.

Retiring Place.

"Where have you put your essays on the dove of peace?"
"In the pigeon hole."

Regular practicing physicians recommend and prescribe OXIDINE for Malaria, because it is a proven remedy, by years of experience. Keep a bottle in the medicine chest and administer at first sign of Chills and Fever. Adv.

Rather Strenuous.

"Did they kiss and make up?"
"Yes, and after they kissed, Bella had to make up again."

TO DRIVE OUT MALARIA AND BUILD UP THE SYSTEM
Take the Old Standard GROWER TASTELESS CHILL TONIC. You know what you are taking. The formula is plainly printed on every bottle, showing it is simply Quinine and Iron in a tasteless form, and the most effective form. For grown people and children, 50 cents. Adv.

His Sort.

"I know a cabman who writes poetry."
"Then he must be a hack writer."

As a summer tonic there is no medicine that quite compares with OXIDINE. It not only builds up the system, but taken regularly, prevents Malaria. Regular or Tasteless formula at Druggists. Adv.

A dog may worry a cat, but a man, being nobler than a dog, worries some woman.

State Aviation School. Guatemala has opened an aviation school.

FROM Relieved in 30 Minutes. Woodford's Sanitary Lotion for all kinds of contagious itch. At Druggists. Adv.

It's a safe bet that most of your friends are people who want you to work for them without pay.

If your appetite is not what it should be perhaps Malaria is developing. It affects the whole system. OXIDINE will clear away the germs, rid you of Malaria and generally improve your condition. Adv.

Unworthy Competition.

American-made shoes compete in parts of Russia with "American" shoes made in Germany.

Dr. Pierce's Pleasant Pellets cure constipation. Constipation is the cause of many diseases. Cure the cause and you cure the disease. Easy to take. Adv.

Not Always.

"It is money makes the mare go." If she turns out a loser, it is the mare that makes the money go."

A great majority of summer ills are due to Malaria in suppressed form. Lassitude and headaches are but two symptoms. OXIDINE eradicates the Malaria germ and tones up the entire system. Adv.

Cruel, Cruel Answer.

"See, darling!" and Mrs. Justwed held up for her husband's gaze three mirrors arranged so as to give as many reflections. "I can get a triple view of myself." "Humph!" gurgled her brute of a man, struggling with his collar. "You seem to be quite popular with yourself!"—Judge.

Equivocal Reply.

A nonconformist clergyman in Manchester is chuckling over a letter he recently received from the vicar of a certain parish. He had written to the vicar asking for permission to conduct a funeral in the churchyard.

"He immediately sent me a most courteous note," the nonconformist clergyman says; "but I could not help noticing that it would be possible to give to his word a sinister meaning. The note ran: 'You will, both tomorrow and at any other time, be most welcome in our churchyard.'"—London Tit-Bits.

Hopeless.

"Who wrote that story about Roosevelt's return to the Outlook office?" asked the managing editor.

"Billy Pennington," replied the city editor. "I thought it was a pretty good story."

"It was more than that. It was a remarkable story. I think we ought to raise Pennington's salary. He didn't wind up by saying: 'The colonel then plunged into a mass of correspondence.'"

"I'm sorry to have to tell you that he did. I blue-penciled that part of it."

"Oh, pshaw! We'll never be able to make anything of that fellow."

It takes a romantic woman to arrange for the marriage of her children before they are born.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. Use a bottle.

Of course love is blind, but it might be just as well to remember that the eyesight of the neighbor is good.

"On the Job" all the time
That's the mission of
Hostetter's Stomach Bitters
and for 60 years it has proven effectual in cases of
Poor Appetite Indigestion Dyspepsia Constipation Colds, Grippe and Malaria
IT TODAY AND SEE FOR YOURSELF

The Wretchedness of Constipation
Can quickly be overcome by **CARTER'S LITTLE LIVER PILLS.**
Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, and Indigestion. They do their duty. **SMALL PILL, SMALL DOSE, SMALL PRICE.**
Genuine must bear Signature
Wm. Wood
FREE TO ALL SUFFERERS
If you feel "out of sorts"—"run down" or "not the blues," suffer from kidney, bladder, nervous diseases, chronic weakness, ulcers, skin eruptions, piles, etc., write for my PINK BOOK. It is the most instructive medical book ever written. It tells all about these diseases and the manner in which they are cured by New French Remedy "PINK BOOK" No. 1, No. 2, No. 3, and you can decide for yourself if it is the remedy for your ailment. Don't send a cent. It's absolutely FREE. No "follow-up" letters. Dr. J. C. Carter, Haverstock Hill, Hampstead, London, Eng.

PARKER'S HAIR BALM
Cleanses and beautifies the hair. Promotes a luxuriant growth. Prevents the falling out of the hair. Keeps the scalp cool and healthy. Sold by all Druggists.

W. N. U., Oklahoma City, No. 51-1912.

900 DROPS

ALCOHOL—3 PER CENT
A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of
INFANTS, CHILDREN

Promote Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral
NOT NARCOTIC

Recipe of Old Dr. SAMUEL PITCHER

Painful Stool -
Excessive -
Bilious Stool -
Acid Stool -
Bloating -
Flatulence -
Headache -
Dizziness -
Nausea -
Vomiting -
Diarrhoea -
Constipation -
Wormy Stool -

A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP

For Simile Signature of
Wm. Wood
THE CENTAUR COMPANY, NEW YORK.

Guaranteed under the Food and Drug Act
Exact Copy of Wrapper

CASTORIA
For Infants and Children.
The Kind You Have Always Bought Bears the Signature of
Wm. Wood
of
Use For Over Thirty Years CASTORIA
THE CENTAUR COMPANY, NEW YORK CITY.

Death Lurks In A Weak Heart

10 Years in Suffering or Weak, use "OXIDINE" Sold by all Druggists, Topeka, Kan. Price 50c