

a girl's life is in New York, and wanted to do all sorts of things for you. 'But you mustn't scare the girl,' I kept telling him. He did, though, didn't he? But now you understand the situation, and — you'll forgive Herman, won't you?"

And before many weeks had passed Lizzie had made the truest friends

she had ever had. And it was not long before George, unexpectedly summoned to the metropolis, found himself installed as manager of a new branch store that Herman Simmonds had opened.

And the trousseau was finer than anything Lizzie had ever dreamed of. (Copyright by W. G. Chapman.)



By Caroline Coe

No one ever got fat eating beets—their food value is very small—but a great many people find that the succulent young vegetable puts a fine edge on a dull appetite, and they wisely add them to their spring menu.

Beets should be cooked in plenty of water, and young beets should be cooked about one hour. In removing the green tops don't cut them, but wring them from the beet roots. When cooked drop the beets into cold water and the skins will slip off.

Beets make an attractive garnish for salads.

Buttered Beets

Boil, skin and slice young beets. Dice in large dice and turn into melted butter, allowing 2 tablespoonfuls of butter to 2 cupfuls of diced beets. Salt to taste and sprinkle top with paprika.

Sugared Beets

Peel and slice cooked beets; to each pint of beets add 2 tablespoonfuls of sugar, 3 of butter; salt to

taste; put in baking pan and heat in oven; stir often as they will scorch easily; especially nice way to prepare the small young beets.

Creamed Beets

Boil and skin, slice or dice and put in dish in which they are to be served; turn over the beets a rich white sauce and serve very hot.

Beets in Sour Sauce

Cut cold cooked beets into large sized cubes. Make a sour sauce by melting 3 tablespoonfuls of butter. When melted add 3 tablespoonfuls of flour, blend until all lumps have disappeared (do not brown) add $\frac{1}{2}$ cup of stock or water, and stir for 3 minutes, then add 1 tablespoonful of sugar and 2 tablespoonfuls each of cream and vinegar. Reheat the beets in the sauce and serve at once. Do not stir, as the beets will become broken and the sauce discolored.

Africa has sixteen inhabitants to the square mile. North America only one more to the mile.