



Honor the Living and Dead— The Flag for which They Bled

Out on the breeze,
O'er land and seas,
A beautiful banner is streaming,
Shining its stars,
Splendid its bars,
Under the sunshine 'tis gleaming.

Over the brave
Long may it wave
Peace to the earth ever bringing,
While to the stars,
Linked with the bars,
Hearts will forever be singing.
—Lydia A. Coonley.

Notes and Comment

Of Interest to Women Readers

Health Notes

A dash of lemon juice in water is a good tooth wash. It not only removes tartar, but also sweetens the breath.

Colored and scented soaps are not considered as sanitary as the white soaps, both coloring and scent being often added to disguise impurities.

To prevent or cure those wind freckles make a lotion by mixing equal parts of honey and lemon juice or honey and eucalyptus together and massage it into the face before going out.

Drink lemonade freely during the summer, but do not have it too sweet. It quenches thirst better than water when one is ironing or doing household work that creates thirst on hot summer days.

There is an excellent old skin tonic used for generations which will probably be of interest to the woman readers of this page. It may be prepared at home and contains nothing that is in the least harmful to the face, which is more than can be said of so many of the so-called skin tonics on the market. Make a bag of cheesecloth, double thickness, and fill it with bran, a teaspoonful of orris root and a half cake of castel soap chopped up fine. This bag may be used in the bath and on the face and makes the skin smooth white and firm.

For the Housewife.

Wooden ware which has any odor of the food which has been in it—and wood absorbs odors quickly—should be soaked in hot water which which soda is dissolved in the proportion of a tablespoonful of soda to four quarts of water.

To keep wood pulleys on carpet sweeper brushes from slipping after they have worn smooth, simply wrap once or twice with adhesive tape. This will also keep wood pulleys from wearing unevenly with the grain of the wood.

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

Ham may be kept from getting hard and dry on the outside thus: Take some of the fat part and fry it out. Let it get hard, then spread on the cut end of the ham half an inch thick. This excludes air. Hang in a cool place. Before slicing the ham scrape off this fat and spread it on afterward as before.

Self Basting Pot.

The old fashioned smooth iron pot has recently been brought up to date and put in the steam cooker class by the attachment of a pressure handle or rod on its cover. There are two safety devices for reducing the steam pressure if it becomes too great. The tension spring in the plunger exerts a pressure equal to twenty pounds in weight on the bottom in the center of the lid. Under the rod's pressure the lid fits perfectly and so acts as a condenser, thus, basting the meat automatically.

This cooker is made both round and oblong in shape, with a loose gate in the bottom. It is especially adapted for pot roasts and baked potatoes. The latest model is made of the best quality of aluminum, and is designed so that when the cover and pressure handle are removed the contents of the pot may be served in the receptacle itself, as it is attractive enough to go to the table.

Needlework.

An acceptable gift for a man is a bag to hold two or three clean shirts in his suitcase when traveling. The bag is best made of gray linen, shaped like a long manila envelope, with the flap on the end. Make it just large enough to allow the shirts to fit snugly. Bind the bag with colored braid and fasten the flap by a button. On the flap the man's initials may be embroidered.

Elderberries and their leaves make attractive designs for fancy work of different sorts. The berries themselves look natural because the wooden beads which are used to represent them are exact in size and coloring. Tan colored linen shows off this special pattern to the best advantage.

To Clean Gloves.

Even quite worn kid gloves may be rendered clean, soft and of agreeable odor by the following method.

Put gloves on hands and wash with a soft cloth dipped freely in gasoline, away from fire or flame. While still wet shake scented talcum powder over them generously, gently rubbing the powder in until the gloves are dry.

Remove, and you will find that the powder has made your gloves ready to wear. Superfluous powder may be removed by shaking or softly brushing.

Stuffed Potatoes

A nice way to vary baked potatoes is to cut a slice from the top of each and scrape out the inside. Mash, season with salt, pepper, chopped parsley, if liked, and butter, and heat in a little hot milk; add two well beaten eggs. Refill the skins, sprinkle with grated cheese, and bake in a hot oven about six minutes.

GOOD SALT RISING BREAD

Altho most people of today eat yeast bread, there are many who would enjoy salt rising bread occasionally if they could get it. We used to wish for this bread, but it is only of late that I learned how to make it successfully, and following is my method:

On the morning of the day previous to which I wish to bake the bread, I bring a small half pint of sweet milk to a boil. I add to it while scalding hot enough corn meal to make quite thick, then cover this and keep very warm, but not hot, by putting it in a bowl and setting the bowl in a jar of water, which I keep quite warm. It may take till night for this to rise. When light it will look bubbly, and give forth a crackling sound when pressed slightly. This may be used next day; if kept in a cool place it will keep several days.

Now for the baking. Early in the morning into a deep bowl put 1 teaspoonful each of salt, sugar and soda, also a few spoonfuls of new milk; scald this mixture with a pint of boiling water. Stir and let stand till it will not scald the "rising," then add the rising made on the previous day (this is sometimes called lightening). Add flour to make a stiff batter. Keep warm by setting the bowl in warm water. Let this also get very light. If your bowl is not large the rising will soon run over. Have your bread pan ready with sifted flour for kneading; make a bed in the middle of the flour, and in this pour the following: To the contents of bowl add wetting, consistency of one pint of half sweet milk and half water for each loaf wanted, and salt as for any bread. Stir well, let stand a minute to allow the corn meal to settle, then pour all but the meal into the flour. If the meal is left in the bread will be coarser. Stir the flour into the wetting, leave a wall or lining of flour around the pan. Make as thick as yeast bread sponge, cover the top with flour and set in a warm place until the sponge rises high enough to crack the covering of flour in all directions. Then mix in flour to form a loaf, being careful not to get too stiff. The minute you have a smooth, firm but not hard loaf it is ready for the tins, which should be filled just a trifle over half full. Set

these also in a warm place, and when raised a little beyond the tops of the pans place in the oven, and bake from one half to three quarters of an hour, according to size of loaves.

Salt-rising Dumplings.—These are "the best ever." Take some of the dough when ready for the tins, and knead into small biscuits; have some nice broth (chicken or beef) warm but not scalding into which pan the dumplings. Let them rise in the warm broth until light, then put the kettle over the fire and boil 25 or 30 minutes.

Success with salt rising bread depends on keeping the sponge and dough warm; otherwise the work is easy, and after the "lightening" is made, the rest of the process is quickly done. The bread is very sweet and wholesome. Try it.

In the construction of an elevated structure in New York a pipe chute which does away with the tossing of red hot rivets, is used for conveying the rivets from the forge to the riveter.

It is said that the only standard of size that is uniform all over the world is that of moving picture films, which are universally made 1 3/8 inches wide.



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If any sheep or lamb is heard coughing, put it by itself and give special care and treatment. Find the cause and remove it.

It pays to fuss a little with the cows, and they relish a little change in diet with some dainties added, as well as we do.

Pays \$1.50 Bill 53 Years Old
Fairmont, W. Va.—Payment of a bill due Jerry Hutchinson, who has been dead 53 years, has been received here from a man in Morgantown. The letter is written to M. L. Hutchinson, son of the late Jerry Hutchinson, who conducted a general store. Mrs. E. W. Arnett and C. F. Hutchinson are also surviving children. The letter follows: "Dear sir—I owe the heirs of the late Jerry Hutchinson \$1.50. Please hand Clyde and your sister their share 5¢ cents each."

Mention some of the conveniences of modern life: Ana—Fireless telegraphy, stylish dressing, sporting life, incubation.

Balanced sentence—A man had a wooden leg and his wife had a wooden arm.

When Cicero delivered this oration he was a prefix.
James is the subject of a fine eyed verb.

Shad goes to the river and spoon.—From Judge.

Scalloped Potatoes.

Wash and pare potatoes; let them soak for a half hour; and cut in one-fourth inch slices. Butter a baking dish; put a layer of the sliced potatoes, sprinkle with salt and pepper, dredge with flour and dot over with one-half tablespoon of butter. (A little grated cheese may be sprinkled over each layer if desired.) Repeat until the baking dish is nearly filled, then cover with hot milk. Bake 1 1/4 hours in a moderate oven, or place on the back of the stove and cook slowly.

COLORS FOR ELDERLY WOMEN

In considering colors the first that usually comes to mind is gray, but at present there is almost as wide a range for selection among the various shades of gray as if they were different colors. Royal purple is superb with whitening hair. Certain petunia shades harmonize exceedingly well with silvery locks as well as certain shades of light blue. The latter, if carefully chosen is very rejuvenating, but great care must be exercised in selection, as no color is more unbecoming on the wrong woman than blue.

Lilac, violet and heliotrope have long since been recognized as eminently becoming to those of advanced years. In fact they are often worn whether they are becoming or not, because they are suitable to old age. Years have very little to do with the becomingness of colors. Pure white is an excellent color for elderly women who do not grow too thin at this time of life. It is not often becoming to thin women, but if a woman can wear it to good advantage, she should.

Greens, yellows and reds do not lend themselves to any degree of charm to the beautifying of advanced years. The first is a spring and summer hue for the autumn and winter of life. Red is a very challenging color, and brings out the lines and wrinkles in the face very forcibly, and for that reason must not be indulged in as the years go by.

In choosing colors consider the individual complexion and coloring. It is nearly always safe to follow the general tinting. The colorless face may not look well with the tints that favor the pink and white skin. There is a gray with a pinnish tinge for the latter that is very suitable, and the dark orchid shades in which the same pinkish tinting is discernible, but not conspicuous, will be good for street costumes.

FREES RIM FROM TIRE

New Device Reverses Process in Case of Blow-Out.

A tool has been designed which is intended to lessen the labor of taking off rims. It removes the rim from the tire, not the tire from the rim—the ordinary method. No hammering or prying is necessary, and the rim and tire are therefore undamaged by the operation.

To remove the rim the tool is placed with the three hooks over the edge of the rim and the lever pressed down. This motion contracts the rim causing the one end to lap over the other, and the whole to come off the casing easily. The tool consists of a handle to which are attached three arms with hooks, and a lever. When pressed down this lever causes one arm to be pulled, thus loosening the rim and lapping that end of the rim under the other end.

Wobbly wheels, caused by hammering them off, are impossible when the tool is used. The remover can be used with any split rim now in use, and a modification of the device is made for use on solid rims.—Popular Science.

APPLE SPRAYING COSTS LITTLE, PAYS WELL



A Barrel, Forcepump, Pipe, Hose and Spray Nozzle Make an Inexpensive Spray Outfit for the Home Orchard.

BEARING FRUIT TREES MUST BE CARED FOR

Summer Spraying Not a Difficult or Expensive Operation—Necessary to Insure Clean Apples That Will Furnish Fruit for Next Winter.

Summer spraying of apples in the home orchard is particularly important this year with all food products on a rising market. Under the present unusual conditions, when it is desirable to save staple foods and reduce the labor expended in producing foods, special attention should be given to the fruit already planted on practically every farm and on many city lots, say the experts of the United States Department of Agriculture.

There are few farms that do not have a few fruit trees, and in many cases the usable fruit does not pay rent on the ground the trees occupy; not because the trees are barren nor because they are of worthless variety, but through neglect of the owner.

Spraying has been so often considered by the uninitiated a complex and expensive operation that many farmers have decided to trust in Providence for their fruit crop and leave the growing of wormless and disease-free fruit to the commercial fruit grower. This not only deprives the family of the necessary diet elements found in fruit, but means paying high prices for food to take the place of the fruit that might easily be grown.

Spray materials and methods have been so simplified in the last few years that it is neither difficult nor expensive to spray the few trees on the home place. Spray mixtures may be so combined that several diseases and insect pests are reached with the one application.

The summer applications are particularly important where clean, sound apples that will keep in storage for winter use are desired.

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31x4	21.65	22.75	3.60
32x4	22.10	23.25	3.80
33x4	---	24.25	3.90
34x4	---	25.20	4.00
33x4 1/2	---	32.50	4.80
34x4 1/2	---	33.45	4.90
35x4 1/2	33.25	34.95	5.00
36x4 1/2	---	36.45	5.15
35x5	---	39.95	6.00
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