

**ECONOMY IN POTATO OMELET**

**Appetizing Dish the Exclusive Recipe of a Clever Little French Cook— Ragout of Veal.**

The economy of the potato omelet is one of the devices for money-saving housekeeping shown in "A Little French Cook; Her Methods and Recipes," published in Harper's Bazar. For days when company must be especially regarded, she made a potato omelet, which reconciled you to the conditions. She mashed ten small cold potatoes. She then fried brown in butter two shopped ciboules (which are shallots, but any small, delicate onion would do), with a piece of chopped parsley, and added the potatoes. She then beat together well four eggs, and added them lightly to the potatoes. Of this mixture she made an omelet in the usual way; and when done put it on a dish and eat it in the oven a few minutes to rise.

There is no more economical dish for a well-fed family than a good ragout. Cecile's ragout of veal—narrain, as she called it—was as savory and nourishing a dish as anyone could desire. She used about two pounds of the shoulder of veal, which she cooked for 20 minutes or so in a small iron pot, with salt, pepper and butter, until it was well browned. She turned it over from time to time. Once she added a small wineglass of water, to prevent burning (She was very chary of spoiling good things by water dilution, and in the iron pot there was little danger of burning). She then sprinkled and stirred in well two teaspoonfuls of flour—that is, she sprinkled it over the meat and turned the meat over and over; then she added eight large carrots cut into small dice, four onions, sliced, several pieces of parsley, about two cupfuls of raw peas, and a glassful of water. She cooked it, tightly covered, an hour and a half, adding, a half-hour before it was done, a plateful of small raw potatoes, cut in half.

**The Housekeeper**

When making mince meat use a few crabapples with other apples and you will add a delicious flavor to the meat. When boiling molasses or sugar candy rub the dish in which it is being boiled with butter all around about an inch from the top and it will not boil over.

To keep vegetables fresh and crisp dip a muslin bag or cloth flour sack (after it is cleaned) in cold water, wring it lightly, put in the vegetables and hang where the air can strike it.

A flatiron stand will be found useful on the range to keep the contents of a saucepan warm without danger of burning; it is also useful when one desires food to simmer; there is then no fear of sticking or burning on a hot stove.

To clean steel ornaments of rust and discoloration, rub them with a brush dipped in paraffin oil and then in emery powder. Polish them with a dry chamol. A lump of camphor placed in the box with them will keep steel ornaments bright.

Glove fingers make good protection for the stems of flowers, especially if the flowers are fresh and worn planned to a white dress. Save the fingers, insert the flower stems in them and pin to dress and no dampness or stain will injure the most delicate dress.

**Mint Jelly.**

Two bunches of mint, simmered in one pint of water for one-half hour; one cup sugar, one and one-half tablespoonfuls of granulated gelatin, softened in one-half cup of water; juice of two lemons.

When the gelatin has softened, pour the water from the cooked mint over the softened gelatin, then add the sugar and lemon juice. A delicate green color may be obtained by the use of a little vegetable color paste.

Strain and chill; cut in squares and serve with lamb in the place of mint sauce. It may be used as a garnish for the lamb.

**To Bone Fish.**

To remove bones from either fresh or salt fish, while raw, take the headless fish in the left hand, split down the back; with the right thumb carefully push the meat from the flesh side of the backbone, then gently force the thumb between the backbone and the skin of the fish from head to tail; now gently pull sidewise and the ribs adhering to the backbone will come out with it. All the remaining bones can be removed by catching them between the thumb and the sharp blade of a knife.

**To Iron Shirtwaists.**

Put a soft, thick cloth on a table at one corner. Lay the shirtwaist on the table with one armhole over the corner; pull the waist tight and iron it. In this way the shoulder is ironed smooth and kept in shape. It is especially good for pleated waists.

**When Washing Collars.**

Before washing lace collars, I baste them closely on a piece of white cloth to keep them from being stretched or torn. If no starch is put in them they will look like new.—Washington Star.

**HUSBAND NAILED RUBBER ON GATES**

**Wife so Weak and Nervous Could Not Stand Least Noise—How Cured.**

Munford, Ala.—"I was so weak and nervous while passing through the Change of Life that I could hardly live. My husband had to nail rubber on all the gates for I could not stand it to have a gate slam."



"I also had backache and a fullness in my stomach. I noticed that Lydia E. Pinkham's Vegetable Compound was advertised for such cases and I sent and got a bottle. It did me so much good that I kept on taking it and found it to be all you claim. I recommend your Compound to all women afflicted as I was."—Mrs. F. P. MULLENDORE, Munford, Alabama.

**An Honest Dependable Medicine** is Lydia E. Pinkham's Vegetable Compound. A Root and Herb medicine originated nearly forty years ago by Lydia E. Pinkham of Lynn, Mass., for controlling female ills.

Its wonderful success in this line has made it the safest and most dependable medicine of the age for women and no woman suffering from female ills does herself justice who does not give it a trial.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.



**ADDS TO THE LENGTH OF LIFE**

**Nothing Better Than Pedestrian Exercise, Especially to Those Who Have Passed Beyond Youth.**

Some of the most noted of the old men of New York, successful in business, the professions and public affairs, have formed a walking club for the purpose of making their pursuit of still greater length of days and still better health as agreeable as it is sensible. They intend to take long walks together and, no doubt, to make their pedestrian experiences the subject of entertaining discussion and a store of memories held in common. This is an example which might well be followed in every city of the United States. In the era of motor vehicles there is danger that walking will be increasingly neglected, especially by men and women advanced in years, who often need it most. There is a constant temptation to forget that riding in the open air, fine as it is in many ways, can never do for the body what walking does.

**AWFUL ECZEMA ON FACE**

Freeland, Md.—"Baby's eczema started in little spots and would burst and run all over his face and wherever the water would touch his face, it would make another sore. Pimples would break out and make his face sore and inflamed, and he was very cross and fretful. It was awful. He suffered tortures from it, and we had to tie mittens on his hands to keep him from scratching. A friend of mine told me of the Cuticura Soap and Ointment and I went to a drug store and bought them."

"When we would bathe his face with the Cuticura Soap and apply the Cuticura Ointment, he would be much better. He would wake up in the nights and cry with his face and we would put on some of the Cuticura Ointment and then he would rest all night. They have cured him completely of the eczema." (Signed) Mrs. Harry Wright, Mar. 21, 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." A47.

**Ragtime Made Easy.**

One day my mother cut her finger and she put a rag on it. Then she went to church to practice on the pipe organ, and a little boy who was there said, "O. Mrs. H— can play ragtime now?"—Exchange.

**CONSTANTINE MAN OF ACTION**

**New Grecian Monarch Has Proved Himself Worthy of the Crown He Has Inherited.**

Constantine, the new king of Greece, is of Danish and Russian blood, his father having been a son of Christian IX. of Denmark, and his mother being the eldest daughter of Grand Duke Constantine, a brother of Alexander II. King Constantine was born in Athens and brought up under an English governess and German and Greek tutors. Later on he went to Berlin, where he received his education as a soldier, being attached to the Second regiment of Prussian foot guards. In 1897 he took command of the Greek troops in the war with Turkey, but his army was crushed in Thessaly. In April last he was appointed Inspector general of the forces, and has since shown himself a soldier of merit. At the moment of his accession he was in Epirus, conducting the military operations for sweeping the Turks out of that province.

**Exquisite Agony.**

"It was, to say the least of it," a London letter remarks, "just a little bit awkward that the electric light went out the other evening at the town house of a presumably wealthy widow who had been doing a good deal of political entertaining. The guests, to the number of a dozen, had just finished their soup when the unfortunate incident occurred. The scramble to find a sufficient number of candles so that the dinner might proceed was attended with a great deal of difficulty and no little amusement. The butler, who is described as being a bit new to his job, was immediately told to telephone to the electric company, report the catastrophe and demand attention to the matter. It was a trying moment for the guests when he returned to the dining room and announced in real Cockney accent: 'Please, my lady, the gentleman what's on the telephone says they sent several warning letters unless the account was paid active steps would have to be taken.'"

**Rival Punsters.**

"Can February March?"  
"No, but April May," was the reply.  
"Look here, old man, you're out of June."  
"Don't July about it."  
"It is not often that one gets the better of your August personage."  
"Ha! now you think that you have me Noctober."  
And then there was work for the coroner.

**Church on Historic Site.**

St. Alban's church, London, which occupies the site in Brook street of the thieves' kitchen described in "Oliver Twist," is to celebrate its fiftieth year of existence on June 22. From the date of its foundation it has had the faithful "Father" Stanton watching over its destinies.

**Important to Mothers** Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Charles H. Fletcher* In Use For Over 30 Years.

Children Cry for Fletcher's Castoria

**Keep 'Em Open.**

"Would you advise me to close my eyes when I sing?"  
"How can you dodge if your eyes are closed?"

An artist may paint his wife, but usually she paints herself.

**PUTNAM FADELESS DYES**

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG COMPANY, Quincy, Ill.

**Satisfied the Professor.**

The story is told of a college professor who was noted for his concentration of mind. The professor was returning home one night from a scientific meeting, still pondering over the subject. He had reached his room in safety when he heard a noise which seemed to come from under the bed. "Is some one there?" he asked. "No, professor," answered the intruder, who knew of the professor's peculiarities. "That's strange. I was positive some one was under my bed," commented the learned man.

**Marriage a Battleship.**

Jack—Speaking of ships, what kind of a ship is courtship?  
Tom—It's a transport, my boy.

**Paradoxical Drawback.**

"Do you intend to make a tour of the big desert?"  
"No; I haven't got the 'sand.'"

**Over-Night Relief for Constipation**

**A Small Dose on Retiring and You Are Well and Happy by Morning**



Mr. A. B. Danner.

It is only natural that the simplest of ailments should be the most general, and so we have a whole nation suffering from constipation and indigestion, for they are closely allied. But common as constipation is many people do not seem to know they have it. They will complain of headache, drowsiness or biliousness, all unconscious of the cause of the trouble.

You should have a full and free movement at least once a day. If you pass a day you are constipated, and the result will be that you will catch a cold easily or have a more serious ailment. To cure the constipation and forestall still graver trouble take a dose of Dr. Caldwell's Syrup Pepsin at night before retiring and by morning relief will come, without disturbance from sleep or any inconvenience.

Legions of people use it regularly in such emergencies, some of them formerly chronic invalids who have suffered from constipation all their lives. Mr. A. B. Danner, 326 Riley St., Harrisburg, Pa., says: "Dr. Caldwell's Syrup Pepsin gave me almost instant relief from stomach and bowel trouble. I now eat anything I want, and sleep well." Many others will tell you that they have tried most things recommended for this purpose but have found Syrup Pepsin the only one always reliable. A bottle can be obtained at any drug store for fifty cents or one dollar, the latter size being bought

by families already familiar with its merits.

Syrup Pepsin is mild, pleasant-tasting, and non-griping. Mothers give it to tiny infants, and yet it is effective in grown-ups. It is for everyone who suffers from any form of stomach, liver or bowel trouble, constipation, dyspepsia, biliousness, etc. Its action will so delight you that you will forever avoid harsh cathartics, purgatives, pills and salts.

If no member of your family has ever used Syrup Pepsin and you would like to make a personal trial of it before buying it in the regular way of a druggist, send your address—a postal will do—to Dr. W. B. Caldwell, 203 Washington St., Monticello, Ill., and a free sample bottle will be mailed you.



**Corn Planting** is here—Distemper among the horses may be near also—mares are foaling—Distemper have Distemper.

**SPOHN'S DISTEMPER CURE** is your true safeguard—a cure as well as preventive—50c and \$1.00 bottle—50c and \$1.00 dozen, delivered. Large is more than twice the smaller size. Don't put it off. Get it. Druggists—or send to manufacturer. Spohn Medical Co., Chemists and Bacteriologists, Gosben, Ind., U.S.A.

**IF HE WERE A RELATIVE**

**Observance of Colored Man Really Offered Some Good Ideas for Worthy Reflection.**

An official of one of the departments at Washington says that while going to his luncheon one afternoon he saw a military funeral passing down Pennsylvania avenue. As the pageant passed the official was standing on the curb, hat in hand, and noting with interest the reverend arms, the flag-draped coffin, and the riderless horse behind some one touched him on the elbow and said: "I hope you'll excuse me, boss, but would you mind tellin' me whether the dead soldier was anything to you?"

"Why, no," answered the official, smiling in spite of himself, as he turned and beheld a solemn looking dandy of perhaps sixty years of age.

"Excuse me again, boss," continued the negro, "but you kinder looked that sorry I thought mebbe he was somethin' to you."

"He was a brave soldier," answered the official.

The dandy said nothing for a moment. Finally, with a sigh, he added: "Wouldn't it be gran', boss, mournin' fer a man like that, s'posin' he was somethin' to you?"

**When the Doctor Called.**

Grace was six years old and very ill. The family doctor took her hand to feel her pulse. In a moment Grace said in a whisper, "It's no use to feel my wrist, doctor, the pain is all up in my head."

Naturally a beauty doctor likes to demand a handsome fee.

**Chinese Hair Bands.**

Chinese women are not only ahead of American and English women in the matter of suffrage, but there are many who say they have a more attractive manner of arranging their hair than have Europeans or Americans. At any rate, the Chinese hair band is being extensively worn. The colorings of these bands are very effective. Blondes generally choose a band with a background decorated with flowers and butterflies in natural colors, while the brunette favors a pale colored ground appropriately designed.

Every time a man gets his monthly gas bill he's glad that he doesn't have to buy the stuff by the ton.

**FOLEY KIDNEY PILLS** RICH IN CURATIVE QUALITIES FOR BACKACHE, RHEUMATISM, KIDNEYS AND BLADDER

**LEWIS'S SINGLE BINDER** THE BEST QUALITY STRAIGHT CIGAR ALWAYS RELIABLE

**THE BEST STOCK SADDLES** on earth at reasonable prices, write for free illustrated catalogue. A. H. HESS & SON 385 Travis St. Houston, Tex.

**DAISY FLY KILLER** placed anywhere, attracts and kills all flies. Neat, clean ornamental container, cheap. Lasts all season. Made of metal, can't rust or tip over; will not soil or injure anything. Guaranteed effective. All dealers or send express paid for \$1.00. HAROLD ROMERS, 100 DeKalb Ave., Brooklyn, N. Y.

**W. L. DOUGLAS** \$3.00 \$3.50 \$4.00 \$4.50 AND \$5.00 **SHOES FOR MEN AND WOMEN** BEST BOYS SHOES in the WORLD \$2.00, \$2.50 and \$3.00. The largest makers of Men's \$3.50 and \$4.00 shoes in the world. Ask your dealer to show you W. L. Douglas \$3.50, \$4.00 and \$4.50 shoes. Just as good in style, fit and wear as other makes costing \$5.00 to \$7.00—the only difference is the price. Shoes in all leathers, styles and shapes to suit everybody. If you could visit W. L. Douglas large factories at Brockton, Mass., and see for yourself how carefully W. L. Douglas shoes are made, you would then understand why they are warranted to fit better, look better, hold their shape and wear longer than any other make for the price. If W. L. Douglas shoes are not for sale in your vicinity, order direct from the factory and save the middleman's profit. Shoes for every member of the family, at all prices, by Parcel Post, postage free. Write for illustrated catalogue. It will show you how to order by mail, and why you can save money on your footwear. W. L. DOUGLAS - Brockton, Mass. TAKE NO SUBSTITUTE

**Death Lurks In A Weak Heart**

If Yours Is fluttering or weak, use "RENOVINE." Made by Van Vleet-Mansfield Drug Co., Memphis, Tenn. Price \$1.00