

MOTHERS TO BE

Should Read Mrs. Monahan's Letter Published by Her Permission.

Mitchell, Ind.—"Lydia E. Pinkham's Vegetable Compound helped me so much during the time I was looking forward to the coming of my little one that I am recommending it to other expectant mothers.

Good health during maternity is a most important factor to both mother and child, and many letters have been received by the Lydia E. Pinkham Medicine Co., Lynn, Mass., telling of health restored during this trying period by the use of Lydia E. Pinkham's Vegetable Compound.

Kill All Flies! THEY SPREAD DISEASE. Delco Fly Killer kills and kills... Kills all flies, mosquitos, hornets and bees.

Why Lose Your Hair? The Cause is Dandruff and Itching; The Remedy Cuticura. All day... For restoring color and beauty to gray or faded hair.

Important to Mothers Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it Bears the Signature of Dr. J. C. Fitch.

PHthisis AS DEADLY AS WAR Expert Says That in Four Years It Has Killed as Many as Have Died in Battle.

The war has served effectually to disclose that during the four years of hostilities mortality from tuberculosis in the civilian population and in the armies of all the countries engaged has at least approximated the total number of soldiers killed in battle, according to Dr. Livingstone Farrand.

Making Gun cotton Safe. Gun cotton, properly made and completely purified from "free" or uncombined acid, is not liable to spontaneous combustion.

True happiness consists in getting something you wanted but didn't expect.

A Cool Breakfast for warm weather No fussin' round a hot stove if you eat POST TOASTIES (MADE OF CORN)—Bobby.

POST TOASTIES (MADE OF CORN)—Bobby. No fussin' round a hot stove if you eat.

An Experiment in Orphans

By JANE OSBORNE

Professor Osgood had near-sighted eyes, ten acres of good rich garden soil, a desire to do his bit and an order from his publishers to get in his manuscript for his book on truck gardening in ancient Rome by the first of October.

Professor Osgood was really not very old or very eccentric. Perhaps he might some day become eccentric if left too much to the solitary contemplation of ancient Roman truck gardens.

Professor Osgood rose eagerly when the train stopped and peered his eyes for two sturdy fourteen-year-old boys, and Barbara ran to the conductor, leaning out from the car vestibule to hand her the seeds.

"We're the orphans," one said in a monotone to Barbara, and another held out a sealed letter, which, from the appearance of the envelope, had been held closely by a warm hand all the way from the city.

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"No, sir," said one emphatically. "She said there was a Mr. and Mrs. Osgood, they did, and the matron said, 'Mind you do what Mrs. Osgood says.'"

Barbara Grayson, whose five acres adjoined his, was also at the station. She was knitting a sock to save time, and the fact that she wore a rather severely cut, fairly short suit of khaki with canvas gaiters and a wide-brimmed khaki hat proclaimed the fact that she had recently "gone in for farming" as a war measure, and that it was not her regular occupation.

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"Tre come to ask advice," he began. "You see I'm pretty ignorant about a good many things. It didn't occur to me at first that I oughtn't to keep those girls. They want to stay and they have worked like trojans all morning, and they cooked the dinner and are washing up the dishes now. They are a great help. I can do the heavy work and I'll give them short hours and I'll put away something from the proceeds of the garden for them every week.

Barbara laughed at the professor and suggested that so far as coeducation went there would be no advantage in the way he had outlined.

Several other plans were suggested. There wasn't room in Barbara's cottage for the orphans, and Barbara didn't like the idea of staying in Professor Osgood's house with the orphans while he stayed in her shack.

"Did the people at the asylum know," said Professor Osgood feeling carefully one day as the girls were about to go forth to hoe the first showing of beans, "did they know I was living here alone when they sent you?"

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THE KITCHEN CABINET

Oh for a booke and a shady nooke Either in doors or out; With the green leaves whispering overhead Or the street cryers all about. Where I made read all at my ease Both for the newe and olde; For a jollie good booke whereon to looke Is better to me than gold.

MEATLESS DISHES. Peanuts and peanut butter are foods which take the place of meats and are cheap in price. Various other nuts, when reasonable in price and equally nutritious, should be used often to take the place of meat.

Peanut Loaf.—Soak a quart of fine bread crumbs in milk; mix with it a cup of shelled peanuts finely ground; add an egg well beaten, and salt and pepper to taste. Mix as the usual meat loaf and bake about as long. Serve with tomato sauce. Cook a pint of tomatoes with half an onion, four cloves, a piece of bay leaf, sprig of parsley and a blade of mace. When well cooked, strain. Put two tablespoonfuls of butter in a saucepan, add a slice of onion, brown and add two tablespoonfuls of flour. When smooth add the tomato; season with salt and pepper and serve.

Pea Timbales.—Cook a pint of peas until tender, then mash through a colander and beat the pulp to a paste. To this add two well-beaten eggs, two tablespoonfuls of melted fat, onion juice; pepper and salt to season. When well blended, place in buttered molds and bake until done.

Peas on Toast.—Prepare a rich, white sauce, stir in a few cooked peas, season well and serve on buttered toast. This is a simple and easy dish to prepare, but most wholesome and nutritious. Asparagus prepared in the same way with a hard-cooked egg or two is a well-relished dish and very sustaining.

Scalloped Cheese.—Cheese in its different forms is an excellent substitute for meat. Cottage cheese, which may be made in the home, is a most versatile one to use in many ways. Take any good flavored cheese, cut in small pieces and use in layers in a baking dish with small cubes of bread; repeat until the dish is full. Beat two eggs, add salt and pepper to taste and pour over the bread and cheese and mix with pint of milk. Pour this into the dish and bake until set. Serve hot as a lunch or supper dish.

Every flower is every leaf a line. Empty splot, ne'er cherish wit; No one loves the larder.

RECIPE FOR LEFT-OVER CHEESE. Cheese is so nutritious, an ounce being equal to two ounces of meat, without its waste. Cheese is particularly good with starchy foods and foods lacking in fat and flavor.

Cottage cheese with raspberry jam makes delicious sandwich filling. Crackers heaped with grated cheese and browned in the oven or heated until the cheese melts is a most tasty accompaniment to a cup of tea.

Hashed French Potatoes With Cottage Cheese.—Chop cold boiled potatoes fine and season well with salt, pepper and onion juice. Mix with enough milk to help brown when turned into the pan, which is greased with some sweet fat or oil. Cook the potatoes slowly without stirring until they are brown underneath. Meanwhile mix cream with cottage cheese until it spreads easily, adding chopped onion, chives, parsley or pimientos, a little left-over ham or chili sauce, and spread over the potatoes; then fold like an omelet and turn out on a hot platter at once. The acid flavor, if not liked in the cheese, may be removed by the addition of a pinch of soda when mixing the cheese with the cream.

Libby's Tempting veal loaf

WHAT is more tempting for a summer luncheon than Libby's savory Veal Loaf! Prettily garnished it makes a dainty yet substantial dish—and one all ready to put on the table! Order Libby's Veal Loaf today. You will want it always on your shelves—for quick lunches— for unexpected guests. Libby, McNeill & Libby, Chicago.

Help Save the Harvest

When Our Own Harvest Requirements Are Completed United States Help Badly Needed Harvest Hands Wanted. Military demands from a limited population have made such a scarcity of farm help in Canada that the appeal of the Canadian Government to the United States Government for Help to Harvest the Canadian Grain Crop of 1918 Meets with a request for all available assistance to GO FORWARD AS SOON AS OUR OWN CROP IS SECURED.

Do This After You Eat

Hot Weather "Out of Fix" Stomachs Easily Put Right. When hot weather comes, stomach and bowel miseries begin. Strong, sound stomachs as well as weak ones are easily affected by the harmful gases and acids so often produced in the things we eat and drink during hot weather. Winter—Nature's ice-box, is gone—hot weather breeds the poisonous germs that cause ptomaine poison in all its many forms.

May Restore Canals. China, in its pressing need for transportation facilities, is considering the restoration of its old-time system of canals, of which there were at one time 60,000 miles within the empire.

Watch Your Skin Improve. On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water.

Her Ambition Not High. Mother had changed the style of her young daughter's hair dressing and Betty was re-monstrating. "Why, Betty," explained mother, "you should like this way of wearing your hair. It makes you resemble your grandmother, and she was a splendid character."

When Your Eyes Need Care Try Murine Eye Remedy. No stinging—Just Eye Comfort. It is a relief to the tired eyes.

Gosh! Old Lady—Tut, tut! Do you know what becomes of little boys who tell fibs? Willie Hibrow (aged five)—Oh, that is an optional matter with the boys' parents. Some are foolishly threatened with eternal damnation; corporal punishment is inflicted on some; others are incarcerated for short periods of time in cellars, sheds and closets or are humiliated by being put prematurely to bed.

Paradoxical Reize. "I see where the price of shaves has gone up." "Queer in a business where there are so many cuts."

Better Not Try. A man may be a hopeless idiot, but if he admires a woman you can't convince her that he is crazy.

The Usual Place. "Don't cry, little boy. You'll get your reward in the end." "I s'pose so. That's where I allow do git it."

Nellie Maxwell