Occasionally we meet a man who acts as if he was living his life by contract.

Constipation causes and aggravates many serious diseases. It is thoroughly cured by Dr. Pierce's Pleasant Pellets. The favorite family laxative. Adv.

**Unavoidable.**

Jane—Would you marry a man who was your inferior.

Mary—If I marry at all.

**For SUMMER HEADACHES**
Hicks' CAPUDINE is the best remedy—no matter what causes them—whether from the heat, sitting in draughts, feverish condition, etc. 10c., 25c and 50c per bottle at medicine stores. Adv.

**Good Polish.**

To make a polish for patent leather make a mixture of one part of linseed oil and two of cream. Mix it thoroughly and apply with a flannel, after removing every particle of dust from the shoes. Then rub the leather with a soft cloth.

**HEADACHE AND BILIOUS ATTACKS** Caused by Malaria removed by the use of **Elixir Babek** cure for such ailments.
"Myself and whole household had suffered very much for some time with Malarial Fever. **'Elixir Babek'** has cured us perfectly, so that we enjoy at present the best of health."—Jacob Eberly, Fairfax Court House, Va.
**Elixir Babek** 50 cents, all druggists or by Parcels Post prepaid from Kloczewski & Co., Washington, D. C.

**Wanted an All-Day Whistler.**

Somebody advertised for a man who can whistle all day for good pay. Perhaps the grouchy man in the suite across the hall doesn't like whistling. By the way, what are the union rates for whistling?—Cleveland Plain Dealer.

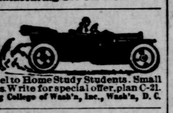
**THOSE RHEUMATIC TWINGES**




Much of the rheumatic pain that comes in damp, changing weather is the work of uric acid crystals.
Needles couldn't cut, tear or hurt any worse when the affected muscle joint is used.
If such attacks are marked with headache, backache, dizziness and disturbances of the urine, it's time to help the weakened kidneys.
Doan's Kidney Pills quickly help sick kidneys.
"Every Picture Tells a Story"
**A New York Case**
D. J. Donovan, Larchmont, N. Y., says: "My right leg was so swollen it was twenty-four inches around. My back felt as if it were being prodded with a hot iron. I had run down from 210 pounds to 150. I was steadily growing worse, and had given up hope. I improved rapidly, however, under the use of Doan's Kidney Pills. They cured me entirely and I have since gained 40 pounds."
Get Doan's at Any Store, 50c a Box
**DOAN'S KIDNEY PILLS**
FOSTER-MILBURN CO., Buffalo, New York

**SPECIAL TO WOMEN**
Do you realize the fact that thousands of women are now using
**Paxtine**
**A Soluble Antiseptic Powder**
as a remedy for mucous membrane affections, such as sore throat, nasal or pelvic catarrh, inflammation or ulceration caused by female ills? Women who have been cured say "it is worth its weight in gold." Dissolve in water and apply locally. For ten years the Lydia E. Pinkham Medicine Co. has recommended Paxtine in their private correspondence with women.
For all hygienic and toilet uses it has no equal. Only 50c a large box at Druggists or sent postpaid on receipt of price. The Paxton Toilet Co., Boston, Mass.

**Tutt's Pills**
enable the dyspeptic to eat whatever he wishes. They cause the food to assimilate and nourish the body, give appetite, and
**DEVELOP FLESH.**
Dr. Tutt Manufacturing Co. New York.

**LEARN**

to be an auto expert and make big money. We teach you everything and employ you while learning. Free model to Home Study Students. Small cost. Easy payments. Write for special offer, plan C-21. Automobile Engineering College of Wash'n, Inc., Wash'n, D. C.

When in Summer blooms the roses
And other bright and fragrant posies
Then Patrick, Sam and Bill and Moses
Often blow their itching noses.
**Three Pure Silk Handkerchiefs, White or Spotted, by mail for one dollar.**
**Fitz Nigel Co., 150 Broadway, New York**

**Agents—$50 weekly** handling our wonderful needle cases with our trust plan envelopes. They are self sellers. No talking necessary. Proposition no one can beat. 35c sample 10c. Cortland Co., 446 F. Spruce St., Clearfield, Pa.

FOR SALE—425 A. MONTGOMERY CO., Md.; 400 a. cult., 1 0r. house, barn, outbldgs, orchard, cattle, etc. For particulars address J. F. WHITE, POOLESVILLE, MD.

**FARM** for sale, 60 miles S.W. of St. Louis; best corn land. Bottom land, no swamps or overflow. $40 per acre—no trades. Between Rock Island and Frisco R. R. Address owner, H. C. OTTE, Beaufort, Mo.

**FORMULA**—Tough and gentlest composition for making printing rollers; summer and winter use; 50c. Geo. L. Silver, 11 Isabella St., Ogdensburg, N.Y.

**AGENTS**—Healing Herb Specialties bring big commissions; quick sellers; get free herb booklet, terms, territory. Universal, 1165 16th Ave., Brooklyn, N.Y.

**SKIEN'S CRIB FILLER** Seed Corn fills the cribs; $2 a bushel. HERBERT SKIEN, Braman, Oklahoma.

**LEARN** watchmaking, clock and jewelry repairing; modern, scientific correspondent courses; particulars free. Bradley Watch School, Commercial Bldg., Worcester, R.I.

**AGENTS** Sell "Majestic" 3 bellows vacuum cleaner; big seller; enormous profits; exclusive territory. Home Vacuum Cleaner Co., 1926 Wabash, Chicago.

**SAVE Your Silver!** Don't use polish! Electro-treated chamois skin makes old silver new. Trial size 25c, large 50c. Lowe Laboratory, 2022 Aubert, Chicago.

**JOIN** Black's No-Profit Co-Operative Stores. Membership $1. Reduce high cost of living; farmer members. Organizers wanted. Inclose stamp. Cincinnati.

**GO ON** the Stage. Will tell you how. Write for descriptive circular. IT'S FREE. Gibson Theatrical Co., 1416 S. Western Avenue, Chicago, Illinois

**MY BOOKLET** on White Runners 5c. Eggs $5 per 12. Buff Rock and R. I. Red eggs $2.50 per 15. Mrs. A. M. Thompson, Marion, Okla.

**LIVE AGENTS** Handle best seller; just out; don't wait; particulars free; 100% profit. Ruth J. Kelch, Dept. 4, Osawatomie, Kans.

**DO IT NOW!**—J. H. MEYER, Modello, Fla., has grapefruit and orange land cheap. Frost unknown. Independence in 4 years. Healthiest place in U. S.

**25 ASSORTED POSTCARDS** 3 gold-plated stickpins and 1 Japanese folding fan; all for 25c. L. Herzog, Box 625, Baltimore, Md.

**PATENTS** Watson E. Coleman, Washington, D.C. Books free. Highest references. Best results.

**AGENTS** Unlimited field for this sure repeater. Sells on sight; 100% profit; we prove it. Particulars free. Address SMITH, WASHINGTON, Ga.

**RESILVER MIRRORS**—My factory formula simple, complete; cannot fail. 10 years' experience. Guaranteed instructions $1. A. ECK, 918 S. Lincoln Ave., Aurora, Ill.

## REGARD PRISON AS HOTEL

**English Veterans in Crime Find Degree of Comfort in Incarceration in Their Declining Days.**

Prison hotels, where habitual criminals are housed, are being made so comfortable in England nowadays that offenders who have spent their lives in criminal pursuits and have reached the retiring age are now adopting the custom of committing serious crimes when they arrive at the age of sixty or thereabouts in order that they may pass their remaining years in the peaceful precincts of the prison hotel.

One of these institutions is now in the course of building at Parkhurst, Isle of Wight, and soon will be occupied by some seventy or eighty aged convicts, who have become privileged prisoners under the scheme originated by Winston Churchill a few years ago, says the New York Tribune's correspondent.

The "old brigade" have mostly very light indoor or outdoor work in association. They are permitted to talk to each other. They are allowed an armchair and a bedstead in their cells, as well as religious and other periodicals, and where chewing is difficult, owing to loss of teeth, minced meat and beef tea are included in the dietary.

"The conditions of these worn out veterans of crime have been very considerably ameliorated and the vast majority of them are keenly alive to the fact," says the prison chaplain in his last report. "They are grumblers, as a matter of course, but grumbling, after all, hurts no one, and is, moreover, a safety valve of some value.

"So satisfied are the greater number that I am afraid many of them will return to penal servitude on purpose to end their days in comfort and cleanliness. One man more than eighty years old told me on his discharge that he could not earn a living, he would not go to the union and he intended to come back here. He was set at liberty on January 1 and was reconvicted within a few days.

"Another man who had served a long sentence returned recently."

**Woman Who Can Do Things.**

Gen. Sir Robert Baden-Powell believes in the woman who can do things, and the other day he held up Lady Baden-Powell as an exponent of this much-desired art. The chief and founder of the Boy Scout movement was describing a tour that his wife and he recently made in Algeria. "I saw Lady Baden-Powell," he said, "not so long ago in—what is the feminine for shirt sleeves?—scrubbing out a saucepan. We were living the simple life in the desert. We had only one pan, and that was a saucepan. It had to do for frying our fish in the morning and also for boiling our coffee in. After the lady had done the fried fish she had to get some grass roots and sand and scrub the pot out so that we could make our coffee in it. The lady was quite able to do it, and she did it well. She also did the washing. But," General Baden-Powell added, "I must stand up for the Scouts and the mere man—she had to fall back upon me to do the ironing."

**Meat-Bearing Tree.**

In Mexico grows a tree called the Avocado, whose pear-shaped fruit is reputed to be composed of the substances which are to be found in meat. It contains about twenty per cent of fat and many other ingredients of great food value, and one good-sized "meat" pear is quite sufficient to make a meal for the average man.

The reason why the fruit is so little known at present is because it is grown nowhere on a large scale, what few trees there are grow round the huts of the natives, where they flourish with little care and afford easy meals for the indolent owners.

Cultivated on extensive lines it might have an important bearing on that serious subject, the high cost of living.

**He Wasn't Sure.**

A gentleman was sorely out of patience by some blunder of his new groom.

"Look here," he cried, in his anger, "I won't have things done in this way. Do you think I'm a fool?"

"Sure, sorr," said the groom, "Oi can't say, sorr. Oi only came here yesterday."

**Its Weight.**

"Cholly complained of having something on his mind."

"I know what it is. I saw him strike his head against a lot of cobwebs in the corner."

**FRIENDS HELP.**
**St. Paul Park Incident.**

"After drinking coffee for breakfast I always felt languid and dull, having no ambition to get to my morning duties. Then in about an hour or so a weak, nervous derangement of the heart and stomach would come over me with such force I would frequently have to lie down."

Tea is just as harmful, because it contains caffeine, the same drug found in coffee.

"At other times I had severe headaches; stomach finally became affected and digestion so impaired that I had serious chronic dyspepsia and constipation. A lady, for many years State President of the W. C. T. U., told me she had been greatly benefited by quitting coffee and using Postum; she was troubled for years with asthma. She said it was no cross to quit coffee when she found she could have as delicious an article as Postum.

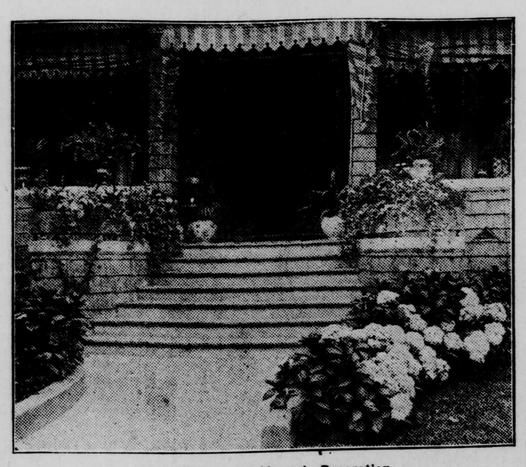
"Another lady who had been troubled with chronic dyspepsia for years, found immediate relief on ceasing coffee and using Postum. Still another friend told me that Postum was a Godsend, her heart trouble having been relieved after leaving off coffee and taking on Postum.

"So many such cases came to my notice that I concluded coffee was the cause of my trouble and I quit and took up Postum. I am more than pleased to say that my days of trouble have disappeared. I am well and happy."

Look in pkgs. for the famous little book, "The Road to Wellville."

**Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.**

## RELY ON ANNUALS FOR SUCCESSION OF CUT FLOWERS THROUGH SUMMER SEASON



House Plants for Veranda Decoration.

Those wishing a succession of cut flowers through the summer cannot do better than to rely upon some of the annuals. A ten-cent package of seed will supply a single variety in profusion, and they are for the most part easily grown.

The leader for this purpose is without question the sweet pea. Its beautiful form, exquisite colors and delightful fragrance are sufficient to gain for it a place on all occasions. The long stems render it graceful for vases, and the flowers are less perishable in nature than many other species.

Plant as early as possible. Most seeds are best in the packet until the ground is warm and dry; but sweet peas must be planted as soon as possible. Do not wait for pleasant weather, or you will wait in vain for blossoms. Plant them when you plant your earliest garden peas.

A rich loam well fertilized is the best soil. Dig a trench six inches deep and plant the seeds two inches apart in a zigzag line, covering with an inch of soil pressed firmly down. It is better to place the support now, though it may be given later but cannot so easily be placed firmly. Wire netting is the best support, though common brush will serve the purpose.

As the plants grow, gradually draw the soil about the roots until the trench is filled. This gives a deep root system, rendering the plants able to resist drouth.

A weekly draught of liquid manure will help to keep them growing vigorously.

Keep the blossoms closely clipped. Pick the freshly opened flowers daily, and give away what you cannot use. Do not allow a seedpod to form. You cannot afford to have the vitality of the plant thus sapped away.

Choose a few of the very best varieties rather than trusting to the uncertain blending in the mixed packet. Blanche Ferry is an improvement of the old pink and white variety; Lady Grisel Hamilton is one of the lavender sorts; and Lovely, a soft shell-pink, is sure to please.

Avoid surface watering in dry weather. If you must use the watering can, use it freely, thoroughly drenching the soil.

Our second choice for cutting is the tall growing nasturtiums, which succeed admirably in a sunny spot. Get the mixed colors, varying from cream to a dark bronze. The scarlet, orange and most of the other colors blend in charming combination, but there are some shades of rose and crimson which should not be used in the combination of orange and scarlet. Nor should the scarlet be so placed as to have a brick wall for a background. Flaming colors require skilful handling as to surroundings.

Sprays of nasturtium make a charming floral piece, and as they root readily in water they continue to grow and bloom for a long time. The blue-green foliage seems especially designed to harmonize with the blossoms, and the plant is free from almost all insect pests. Perhaps the acrid juice is in a measure responsible for this.

The cabbage worm seems to be an exception, but a sprinkling of hellebore upon the leaves soon finishes it.

The old-fashioned French marigold is among the old-time blossoms which is coming to its own. It succeeds best in a light, rich soil, with plenty of sunshine. The velvety blossoms remain fresh for weeks, and the finely cut foliage combines with them perfectly. The single objection to this plant is that the odor is a disagreeable one to many.

Not so with the coreopsis, the long, slender stems of which render the flowers charming for cutting. The flowers are of a bright yellow and produced in great profusion from June until frosts come.

Some of the asters are favorites for late summer blooming. It is best to start the seeds in pots, transplanting when the weather becomes settled. There is no better strain than the late branching, the pink, white and lavender varieties being as beautiful as the finest chrysanthemum, which they much resemble.

The scarlet salvia is a beautiful bedding plant and equally fine for cutting. It delights in a rich soil and a sunny spot. Grown with a white painted house for a background, it appears at its best. The flowers are graceful in outline, besides showing the most intense scarlet known in nature, and remain fresh in water for a week or more. Seeds should be sown early in boxes in the window, the greenhouse, from which cuttings or a single plant can be purchased at the greenhouse, from which cuttings rooted in a glass of water placed in a sunny window will in a short time furnish material for a whole bed of beauty.

The old-fashioned Cornflower or Bachelor's Button is another favorite for cutting, the flowers having long stems and not wilting easily. It comes in several colors, though the blue, single and double, are doubtless the most popular. This plant will usually come up year after year from half-sown seed, and is one of the plants for the busy woman.

The best effect is secured by massing, and not by mingling many varieties together. Choose a few favorites, and grow them in profusion when you want cut flowers, select those of a single genus, remembering that the foliage given them by nature is best suited to each.

## MAKING SUCCESS IN THE ORCHARD

**Each Individual Should Work Out Problems Himself—Two Different Views.**

(By BESSIE L. PUTNAM.)

Said a successful farmer recently, "I have lots of nice apples, and I believe that my success is largely due to the fact that I do not neglect to feed my trees. There is Blank with a large orchard next to mine. But his soil has run out, and now he wants to buy the fruit from two or three of my trees."

This man had his own ideas, too, about the renewing of the soil. Detesting the nuisance of corn stalks in the stable, he used the orchard for a feeding ground in the late fall, and the result was that the added fertilizing element keeps the ground in good condition.

This year, "he says," I over did the matter. Look at the nice crop of ragweed started. "We wondered why so careful and observing a man had allowed the weed crop to mature. But he assures us that when about to cut it he hesitated, fearing that the stalks would pierce any apples which chanced to fall. And now at picking time he finds that the weeds act as a cushion, protecting the falling fruit and rendering it scarcely less perfect than that which is hand picked.

Each individual should work out his own problems for himself, as this man has done; but in any case there is still the central thought—we cannot continually take from the soil without giving something in return.

## HINTS FOR THE HORSE BREEDER

**Well to Remember in Fattening Old Animals Grain Should Be Ground.**

(By WALTER B. LEUTZ.)

Good, clean bedding saves much cleaning.

Your saddle horse may have high withers and a sloping belly; the saddle, in spite of very tight girthing, slips back. Use a breast strap. Your saddler will tell you how and the trouble will soon be over.

If you are feeding full rations, say of grain and corn, and your horses are not looking up to the mark, change your rations. Feed oats and corn ground together, four quarts twice daily, and keep up the hay ration just the same.

In fattening old horses and mules it may be well to remember that their grain ration should be ground and their hay should be cut fine and then sprinkle the feed with water. Scatter the ground grain water over the dampened hay and feed at once. You can do the mixing in a trough but do not have any left over for a next feed as it becomes sour very quickly.

**Grain for Milk.**

Cows giving over a gallon of milk a day should be fed grain. A good grain mixture is corn chop mixed with bran or cottonseed. A pound of this mixture should be given each day for every three pounds of milk produced.

**Safe Investment.**

It is a pretty safe investment to put money into a good dairy calf or heifer at any time, provided of course you can give her the right kind of care.

**Ruop in Early Stages.**

An experimenced poultryman gives the following treatment for roup in its early stages: Take a teaspoonful of permanganate of potash to about five pints of water and bathe the chicken's head by dipping it in the solution several times. Repeat each day until cured.

**Action Necessary.**

Praying without spraying will not rid your orchards of worms and disease.

## ROLLED STEAK GOOD

**WITH BROWNED POTATOES IT IS FIT FOR EPICURES.**

**Dainty Dressing That Should Go With the Meat—Spiced Beef Relish—Creamed and Baked Hash Both Fine.**

Rolled Steak, Browned Potatoes.—Have the bone removed from two pounds of round steak. Make a dressing of two cups of bread crumbs—dry—a quarter of a pound of salt pork, chopped very fine; a dash of pepper, and a little sago, or parsley and onion juice, spread this over the steak, roll up carefully and tie in at least three places to keep the roll in shape. Put into the roasting pan with a cup of hot water and a tablespoonful of lard or bacon fat. Bake in moderately hot oven; basting often; and put the potatoes into the pan with the roll to brown, turning them when brown on one side. Make a gravy with the brown glaze in the pan, after draining off the fat and adding a cup of cold water. Stir over the fire and the glaze will loosen and give you a nice brown liquid for for your gravy.

Spiced Beef Relish.—Take two pounds of raw beef and chop very fine; add half a teaspoonful of salt; a quarter of a teaspoonful of pepper; half a teaspoonful of sage, and two tablespoonfuls of melted butter. Roll two crackers very fine, add to the mixture and bind together with two beaten eggs. Shape into roll and bake, basting often with melted butter and water. Slice cold. Serve with horseradish mayonnaise.

Creamed Hash.—Cut beef, veal or mutton in slices, then chop fine and brown in a little fat pork or bacon drippings. Drain from the fat and into same pan put two tablespoonfuls of flour to two of the fat and rub smooth. Then add a cup of rich milk, or cream, if you can spare it. Salt and pepper to taste and stir until it boils up. Then add the meat and cook long enough to heat thoroughly and pour over toasted slices of bread.

Baked Hash.—Take one and one-quarter pounds of shoulder or neck of mutton, lean as you can get it. Cover with boiling water and cook tender. Remove the bones and gristle and chop meat very fine. Add three boiled and creamed potatoes, a tablespoonful of salt; pepper to taste; a tablespoonful of parsley minced very fine, and a few drops of onion juice. Mix all together and turn into a baking dish. Pour over mixture a tablespoon milk, add fine bread crumbs mixed with melted butter and bake a nice brown, about twenty minutes. Serve from the same dish.

**Proper Way to Dust.**

Everything has to be learned—even the simple art of dusting. The proper way to dust is to have a duster in each hand, which method is quite necessary to success, for the duster in the left hand is needed to prevent finger-marks when steadying and lifting highly polished furniture.

Each piece of furniture should be wiped lightly from top downward to remove the dust, and then, after the duster has been shaken out of the window—never over the carpet—the wood should be smartly rubbed to bring up a polish. Be sure you treat a stuffed cushion with a brush and duster before dealing with the wood, otherwise the dust from the upholstered cushion will fly out on to the wood of the chairs or sofas.

**Pure Vinegar.**

When paring apples, peaches or apricots for canning or table use, wash thoroughly, cover parings with water, cook slightly or set in warm place two days. Strain, sweeten with sugar, put into jugs, bottles, crocks, tie with cloth cover. Fill one, then the next. Keep in warm place and you will have pure vinegar with very little expense, writes a contributor to Los Angeles Express. Rinse fruit cans, jelly and jam glasses, syrup cans and all sweets for the vinegar jug. In this was I never buy vinegar unless putting up lots of pickles.

**Milk Goblets.**

New ideas for able decoration need not necessarily come from a woman. To a man should go the credit of introducing many glass and china table accessories dear to the heart of the housekeeper. Long, slender milk glasses of delicate white glass or thin porcelain are the latest invention. The idea was suggested to one man when he noticed how smeared and unappetizing the ordinary glass looks when milk is being drunk from it.—Topeka State Journal.

**Scour Kettles With Pieces of Lemon.**

Never throw away pieces of lemon after they have been squeezed with the lemon squeezer, for they come in handy for removing stains from the hands and elsewhere. Dipped into salt they will scour copper kettles nicely and remove stains from brasswork. Lemon like this will take stains, dirt and odor from pans and kettles as nothing else will. The odors of fish and onions can thus be easily removed.

**Fresh Pork Stew.**

Two quarts water, two pounds pork, two quarts potatoes sliced, one onion, one small carrot, slice of turnip, all cut fine, salt and pepper to taste. When cooked thicken with one tablespoon of flour in cup of cold water; let boil. Serve with croutons.

**Pineapple Sherbet.**

One can grated pineapple, two cups sugar, two quarts water, juice of two lemons, two tablespoons gelatin; heat pineapple, sugar and water to boiling, pour onto gelatin which has been softened in one-half cup cold water; add lemon juice, cool and freeze.

**Killarney Cocktail.**

Take all the pulp from grapefruit and chill. When ready to serve, place in glasses, dust with powdered sugar and garnish with green creme de-menthe cherries.

## TASTY MAPLE SUGAR ROLLS

**Confection That Is a Luxury Where the Supply of the Saccharine Delicacy Is Assured.**

In maple sugar regions delicious little baking powder biscuit or rolls are made of this saccharine delicacy. To make the rolls take a quart of bread dough after it is molded for the last rising and knead into it one cupful of grated maple sugar, a quarter teaspoonful of soda and a teaspoonful of butter. Let it rise, then mold again and cut out in small rolls. Let these rise for fifteen minutes and bake in a quick oven.

In making maple biscuit prepare an exceptionally rich, tender baking powder crust. Roll out about half the thickness of an ordinary biscuit and shape with a small cutter much larger than a silver dollar. The top to a small baking powder can or the cover to a tea caddy make good cutters. As each biscuit is cut out, cut in halves again, sprinkle small bits of the maple sugar over one-half of the biscuit dough, moisten the other half and press it over the first. Lay close together in the pan in which they are to be baked, so they will rise instead of spreading. Brush over with milk or melted butter and bake in a quick oven until they are brown but not hard. Serve as soon as ready.

## WASH DISHES IN WOODEN TUB

**Best Possible Utensil That Can Be Employed, for Reasons Given Herewith.**

Small wooden tubs are best suited for the washing of fine dishes, as they offer no hard surfaces or protruding handles upon which to mar or crack the most delicate articles. If the ordinary pans are used, take the precaution to turn the handles in such a position that they are out of the way in lifting the dishes from one pan to the other. Place in the bottom of each pan a pad made for the purpose, or fold a towel. There should be a pan or tub of warm rinsing water in which a little mild, pure soap has been dissolved, a deep receptacle holding plenty of hot water, and a draining basket holding a soft pad or folding towel.—Today's Magazine.

**Making Apple Pudding.**

Three cupfuls cored, pared and quartered apples, grated rind of one lemon, quarter of a cupful of sugar, two tablespoonfuls lemon juice, half a teaspoonful of salt, three eggs, two tablespoonfuls of butter, one heaping cupful of flour, one teaspoonful of baking powder, and one cupful of milk. Mix the sugar, lemon rind, lemon juice, flour, salt, baking powder, milk and well-beaten eggs. When smooth add the apples; pour into a buttered baking dish, and bake in a moderate oven for one hour. Serve hot with wine sauce. For the wine sauce: Cream half a cupful of butter with one cupful of sugar, then add four tablespoonfuls of whipped cream and one tablespoonful of sherry wine.

**Left-Over Sandwiches.**

Sandwiches left over from an afternoon tea or reception need not be looked upon as just so much wasted material. The careful hostess utilizes them in many ways.

Ham sandwiches can be transformed into a breakfast dish simply by toasting them to a golden brown and pouring over them a cream sauce into which have been stirred minced ham and parsley. Where a more hearty breakfast dish is desired allow one patched egg to two small sandwiches, arranging the eggs on the toast before covering with the cream sauce.

**Maple Parfait.**

Pour one cup of hot maple syrup into the well-beaten yolks of six eggs, cook over boiling water until thick, remove from the fire, beat until cold, fold in one pint of cream beaten until stiff, flavor with one teaspoonful of vanilla, turn into a mold and let stand packed in salt and ice from four to five hours. Chop finely one cup of blanched almonds, cook in oil until brown and drain. Sprinkle the parfait with the nuts before serving.

**Green Peas With Ham.**

Boil and drain a quart of young peas; shred finely two rashers of raw ham, and fry them for a few minutes with a small piece of butter. Add two small, green onions, finely chopped, and the peas; moisten with three tablespoonfuls of bechamel sauce, two of cream, and season with salt, pepper and a pinch of sugar. Let all simmer for a few minutes longer, turn out on a hot dish, garnish with fried bread croutons, and serve hot.

**Catawba Pudding.**

Whip one pint of chilled double cream until solid, and gradually mix in one cupful of unfermented grape juice and the same amount of powdered sugar. Add as additional flavoring a tablespoonful of orange juice and freeze as if for ice cream. Repack in a melon mold and serve unmolded on a glass platter, sprinkled with chopped pistachio nuts.

**Save Soap Ends.**

Never throw away old pieces of soap. They can be used for making soap jelly for washing flannels, blouses, etc. Put by the pieces till you have a good collection, then pour on enough boiling water to just cover them, and still dissolved. Keep in a jar and use as required.

**Cake Omelet.**

Mix together two large spoons of flour and half a pint of milk, free from lumps. Add four eggs, well beaten, and a little salt. Bake in a small pan, in a hot oven, till there is no depression in the center, which will be in about twenty minutes. Serve immediately.

**Hard Gingerbread.**

One cup of butter, two cups of sugar, one-half cup of milk, one-half teaspoon of soda, two teaspoons of ginger, flour enough to roll thin. Cut in squares and bake quickly.

**Stiffening Old Hair Brushes.**

Old hair brushes which have become soft can be made quite hard and firm by dipping them in a strong solution of alum.

## THE KITCHEN CABINET



TROUBLE has a trick of coming
Butt end first;
Viewed approaching—then you've seen it
At its worst.
Once surmounted, straight it waxes
Ever small,
And it tapers till there's nothing
Left at all.

**KEEPING DOWN KITCHEN EXPENSES.**

If you will notice, the meat bills of the cook who buys steaks or quickly-cooked meats, are much higher than those of the woman who spends more time planning her meals and buying cheaper cuts of meat, and her family at the same time are better fed.

When we buy cold boiled ham at thirty-five or forty cents a pound, instead of preparing it ourselves at twenty-two cents, or buying ten cents worth of soup cubes when a ten-cent soup bone hould have made a much fuller meal, as to food value, and with little expense as to heat, if a fireless cooker is used; when we insist upon steaks at twenty-five and twenty-eight cents, when twelve and fifteen cents will buy meat which, if well cooked, will furnish a good meal,

A small piece of meat added to vegetables will give flavor to them and make a palatable meal. It takes thought and planning to keep down the expenses and still not noticeably stint the family. For most women who have the right feeling toward housekeeping there is a keen enjoyment in the battling against such odds. It is a game that takes as much greater skill than that shown at the bridge table, and one which we hope to see the younger generation enter with a fair knowledge of the game.

Leaf lard, if bought when the price is down to eleven cents, and the lard tried out at home, will lessen the cost of lard from two to four cents on the pound.

There are certain seasons in the year, usually early in the year, when sugar may be bought in hundred-pound bags at a saving of one or two cents to the pound, when buying by the dollar's worth, as most people do. Sugar is a staple that cannot spoil if kept in a clean, dry place, and it is economy to buy it in large lots.

Canned vegetables for winter may be bought at quite a reduction if a dozen cans are ordered, and much of the staple food can be bought thus, and save the middle man's profit.



LIFE, I repeat, is energy of love
Divine or human; exercised in pain,
In strive and tribulation; and ordained,
If so approved and sanctified, to pass,
Through shades and silent rest, to endless joy. —Wordsworth.

**RICE DISHES.**

Rice is a cheap and wholesome food, and in combination with other foods makes a most nutritious dish. Cream is the ideal combination with rice, as it supplies the fat to balance the starch, and with the addition of sugar we have a well balanced meal.

**Imperial Rice Pudding.**—Soak a third of a box of gelatine a half hour in a half cup of water. Put a pint and a half of milk in a double boiler; when boiling, stir in a half cup of rice, a half teaspoonful of salt, and cook until the rice is perfectly tender. Then add half a cup of sugar. Remove from the stove, and when cool add a teaspoonful of vanilla and the gelatine; when cold add a pint of whipped cream, and put into a mold to harden. Serve very cold.

**Rice Flour Cream.**—Soak a half box of gelatine in a pint of cold water for a half hour. Put a quart of milk in a double boiler; when boiling hot add a tablespoonful of rice flour blended with cold milk, and four tablespoonfuls of sugar. Stir and cook until the starch is well cooked, remove from the heat, add the gelatine and fold in the whites of two eggs beaten stiff; flavor with vanilla and set away in a mold to harden. Serve with whipped cream and sugar.

**Baked Rice Custard.**—Cook a cupful of rice. Beat four eggs with a cupful of sugar, add a little salt and a quart of milk. Mix all together with the boiled rice, flavor with cinnamon or nutmeg, and a few raisins may be added if liked; dot the top with bits of butter and bake in a well buttered pan set in hot water. Bake until tested with a knife it comes out clean. Any custard or souffle should be baked in a hot water bath, as it is a saving of the food, nothing sticks to the well buttered dish.

Nellie Maxwell.

**Accomplished Talker.**

"Gray is certainly a most adaptable talker," said a man. "I saw him meet a man from Iowa the other day, and in a moment he was launched on a talk about corn. A half hour afterward he met Thorndike of Boston, and he knew more about raising beans than did the Bostonian."

"That's all right," said Smith, "but suppose he had met both men together, what would he have talked about then?"

"Why, succotash."—Ladies' Home Journal.

**Thoroughly Experienced.**

William, who had missed a day at school, said to his mother:

"Mamma, will you please give me an excuse?"

The mother absently replied:

"Ask your father, dear, he is an expert."

**Cynical View.**

"Did you see where a great show was given of the wedding of monkeys at a zoo?"

"That's nothing. You see it done every day at other places."

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