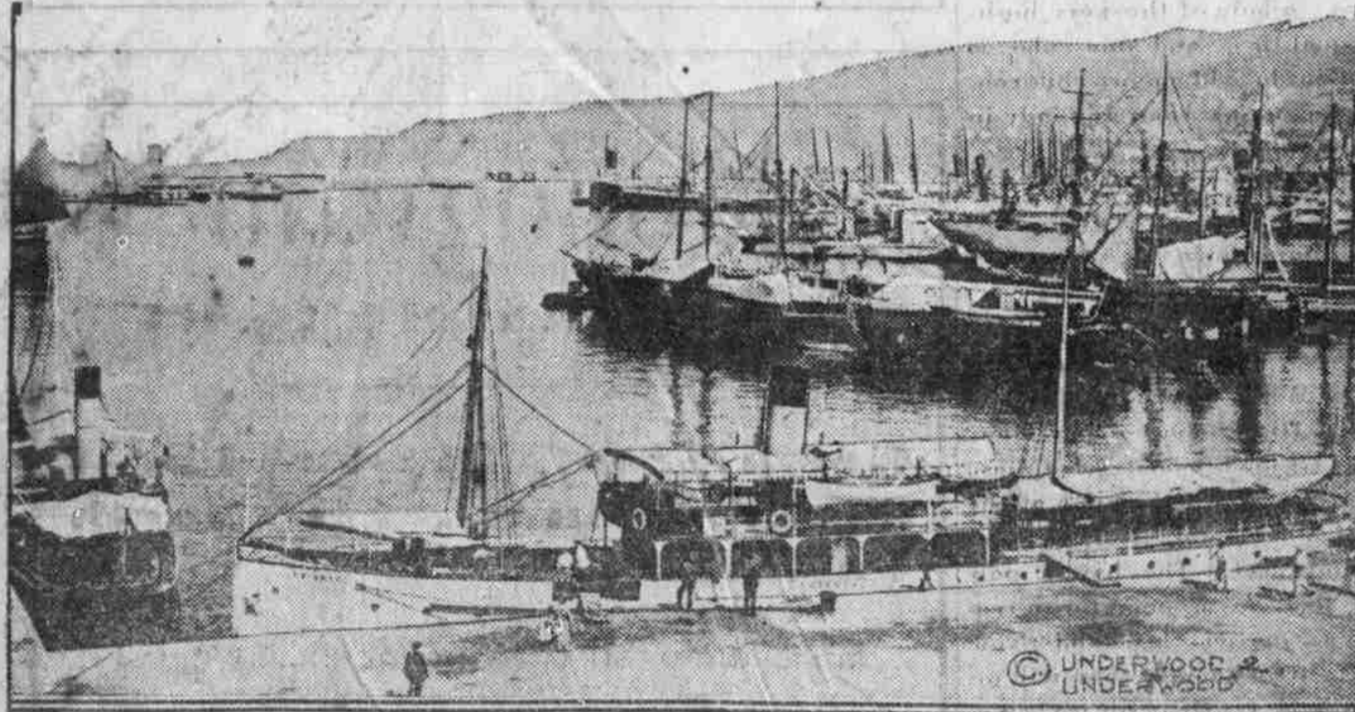


AMERICAN SUBMARINES IN PRACTICE WORK



Above, the crew of U. S. submarine H-2 hoisting aboard a spent practice torpedo during the maneuvers off San Pedro, Cal. Below is submarine H-3 rising to the surface after a dive.

TRIESTE BOMBARDED BY THE ITALIANS



View of the harbor of Trieste, the capital of Istria, which the Italian artillery has begun to bombard from a point near the mouth of the Isonzo river.

NEAR STARVATION IN MEXICO



Here is a timely picture showing to what measures the civilian population of Mexico has to resort in order to keep itself from actual starvation. Poor Mexican women with empty market baskets are seen thronging about one of the army food supply depots, where they are given barely enough to keep body and soul together.

SOLDIERS' LAUNDRY AT ST. RAPHAEL



French colonial troops doing their own laundry work in the sea at St. Raphael.

WAR HOSPITAL DISINFECTOR



Device used for the disinfecting of bedding and clothing at the hospital of Westminster's hospital in quiet, France.

Revenge in the Kitchen
"Walter, I want to eat this soup. It is richer than any I ever had here."
"Yes, sir. Just eat the chest and a row and the way here is caution."

THE KITCHEN CABINET

Know that "impossible" has no place in a brave man's dictionary.—Carlyle.
They that will not be counselled cannot be helped.—Benjamin Franklin.
None so little enjoy life as those who have nothing to do.
Let not the stream of your life be a murmuring stream.

THE SUNDAY DINNER.

A good dish for Sunday dinner is a roast of beef with browned potatoes. The potatoes may be parboiled and added an hour before the roast is done and the gravy used for "basting" them. Thicken the gravy by using four tablespoonfuls of fat and four of flour; when well blended add water to make of the right consistency.

A good vegetable to serve with this roast will be onions. Cook them until tender, letting them soak at first in cold water with a half-teaspoonful of soda, then the strong flavor will be removed. Dress with cream, salt and pepper, or with a rich white sauce.

Lettuce and Asparagus Salad.—Take cooked asparagus tips, arrange on lettuce and serve with French dressing. Or a few sliced tomatoes and cucumbers, alternating the two, will make a most attractive and tasty salad.

Fig Pudding.—Take a cupful of chopped suet, one pound of figs, three eggs, two cupfuls of bread crumbs, one cupful of sugar and a cupful of milk. Mix well and steam three hours. For the sauce soften a half cupful of butter, add a cupful of sugar, and when light add a tablespoonful of vanilla and a well-beaten egg.

A most enjoyable vegetable salad which might be served for this dinner in place of the ones mentioned is shredded cabbage, which has been well crisped in water and served with vinegar, sugar and thick cream, either sweet or sour. If sweet cream is used, less sugar will be needed. A dash of salt is an improvement.

Clear Tomato Soup.—For a dinner with the main dish a roast, a light soup will be most appropriate. Strain the tomato, add two tablespoonfuls each of butter and flour cooked together, or cornstarch will make a clearer soup. Season with salt, onion, peppercorns and a little shredded green pepper if liked.

THREE MEALS A DAY.

Like housework which is "powerful constant" the planning of three meals a day becomes a burden to the average housekeeper. A number of years ago a capable woman writer had a printed list of foods that go well together.

Such a list pasted where it can be gone over quickly will be a wonderful boon to the busy housewife. If she is at all original she will add to and change the combinations with recipes of her own thus adding variety as well as individuality to her menu.

In the first column have the heading soup, then next meat, then relish, salad and dessert. Place in the spaces the soup, meat and dishes that go well together. For example if you are serving baked fish have a cream soup on that day and a heartier dessert as the fish is not so heavy as a roast would be. These lists are often printed and may be cut out and used or one can make up her own combinations. A glance at the list will tell you what to have for dinner.

If one is serving bacon and eggs for breakfast it is not necessary to have a cereal. If a cereal with fruit is served such as figs, dates or raisins it is not necessary to have fresh fruit. A dish of oatmeal with top milk is a meal and need not be followed by eggs or meat.

Griddle cakes, gems, waffles and muffins are good morning breads, and if served, preceded by fruit, and followed by a good cupful of coffee or cocoa, will make a substantial breakfast for anybody.

The salad, if one is fond of it, will often take the place of a dessert at dinner and many housewives are saving themselves many needless hours of work by using fruit freely as a dessert. A salad with a good oil dressing is very nourishing and has great food value. Olive oil is most wholesome and it is advised by many physicians as a beautifier of the complexion.

When serving a steak dinner with mashed potatoes, a vegetable, and a salad, a light dessert is desirable. Custards, jellies, creams, whips, and gelatin desserts are light and usually soon prepared.

Nellie Maxwell

Usual Thing.

Bacon—A pharmacy preparatory course for boys has been introduced at Chicago's public high schools.

Egbert—They'll be taught to say "We have something just as good" in languages, I expect.

Bad Place to Be.

There are only two classes of people in Mexico now.
I don't surprise me. What two classes do you mean?
"Patriots" and foreigners trembling for their lives."

The HOME BEAUTIFUL

Flowers and Shrubbery
Their Care and Cultivation



The Caladium or Elephants' Ears Are Popular Bedding Plants.

The caladium or elephants' ears are popular bedding plants. And now a little advice about these. The seedsmen offer them in different sizes, from those the size of a large, unhulled walnut to the mon-

ster bulbs as large as muskmelons. Now, do not buy these big ones. They cost more and do not give as good plants as the smaller ones. I always use small ones, and the next season sell the big ones. W. F. M.

HELPS IN FLOWER GROWING

By L. M. BENNINGTON.

Weed seeds have more vitality than flower seeds, for after the flower beds are made and the seeds sown, weeds appear before the flowers. Don't waste time weeding by hand, but get a good weeding hook and stir the soil, killing the weeds.

Don't spade the soil before the moisture of winter and spring has drained from it, so that it will pulverize perfectly. If the soil drops from the spade in moist, soggy lumps, be sure it is not ready to work.

It is not a good plan to sow all annuals at the same time, nor plant your summer blooming bulbs all to-

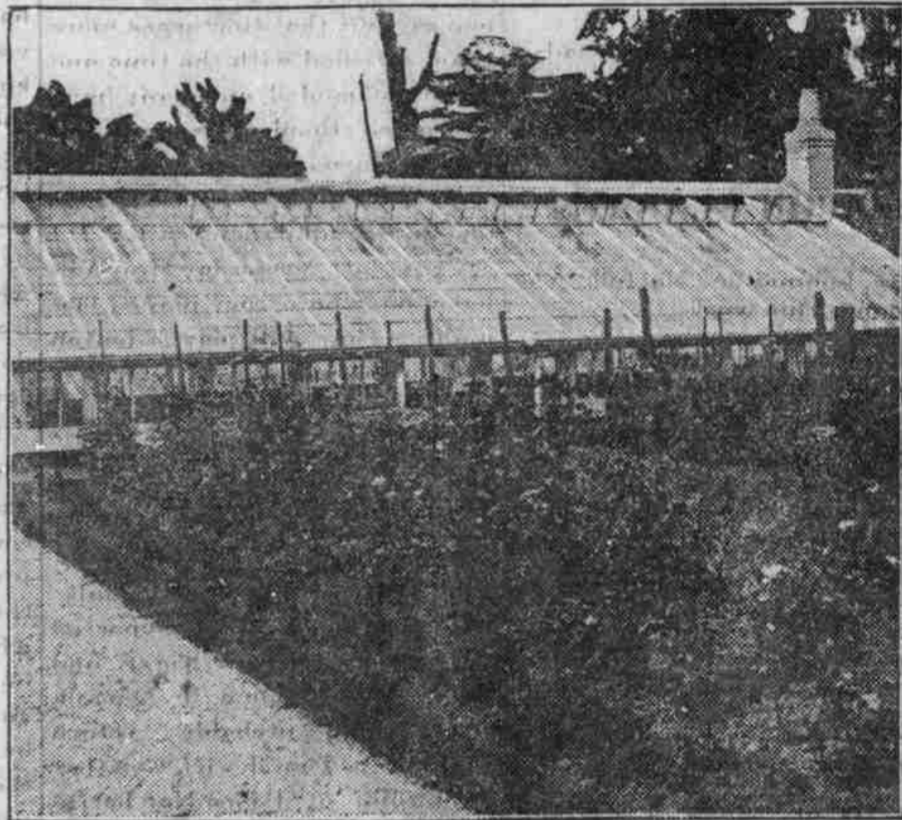
gether, and give you flowers all summer long.

Be sure to thin plants that come up thickly. If allowed to grow too close together they will be spoiled for life.

Mignonettes and poppies do not transplant well and should be grown where they are to remain. No garden is complete without the fragrance of the former, and the fragile and flaming beauty of the latter.

This month begin to transplant successive sowing of gladioli. By doing so you will have a much longer period of blooming.

The golden feverfew makes a very pretty border for flower beds. Remember, however, that the flower-



A Row of Hybrid Tea Roses.

gether. Wait two or three weeks between planting, thus insuring a succession of blooming periods.

As the frost leaves the soil, dig in the manure mulch placed last fall about the shrubs, roses and hardy perennials. If there be no winter mulch about such plants, be sure to apply some sort of fertilizer to them.

In the absence of well-rotted manure apply a good coat of bone meal. Scatter it about the base of the plants, after the soil is stirred, and let the rain drive it to the roots.

When digging for permanent beds, see that the soil is stirred and thoroughly aerated by digging deep, and by spilling or throwing the soil from the spade in a thin stream—thus separating it as much as possible.

Dig a strip fifteen or eighteen inches wide across the bed or border and then rake, beginning at the bottom of the trench and finishing the soil from the subsoil to the top. Continue this throughout the length of the bed, and then you will have worked the soil perfectly.

When unwrapping and uncovering trees, bushes and plants which have had winter protection, examine carefully to see if insects or fungi have done any damage. Be sure to burn the wrappings if any traces of pests are found, and apply such remedies as may be needed to root the enemy.

Seedlings grown in the house, hotbeds or coldframes need harden off before planting in the open. Give them plenty of air, and during this month only lower the sashes at night, and when the weather is cold and stormy.

Much trouble and disappointment would be avoided if tender seeds and indoor-grown plants were not set out too soon. As a good general rule, which obtains throughout the country, such plants should not be set out or seeds sown until corn-planting time.

must be pinched out occasionally to get the best results.

All summer tender bulbs make a fine show and are appropriately planted in clumps among shrubbery where there are open spaces. This is especially true of young shrubbery which has not filled out its allotted space.

Start cosmos as early as possible and the end of April plant in the open two to four feet apart, for they need plenty of room. They want light, rich soil, and can stand a great deal of pinching back to keep them stocky.

If you desire dense shade, plant "Dutchman's Pipe"—Aristolochia Siphon—about your summer house or arbor. It has great heart-shaped leaves that overlap in true slate-roof style, but whose opaque greenness seems to rob the summer sun of its heat, and insure a cool retreat during the dog days.

STARTING FLOWER SEEDS

By BESSIE L. PUTNAM.

Almost all flower seeds germinate more quickly if soaked in warm water for a few hours before planting. In some instances this is almost a necessity.

The advantage of treating sweet peas this way is most marked. Cypress vines will stand quite warm water poured over the seeds 12 hours before planting.

Canna seeds and those of the other large, hard-shelled sorts, sometimes require careful filing to "break" the tough outer cover, but extreme care must be taken not to injure the germ.

The finer greenhouse seeds should be merely sprinkled on the surface of very fine soil and kept continually moist. During germination glass should be kept over the pots. After the plants have come this should be removed to admit air.

The sowing of fern spores on a brick covered with just a sprinkling of earth is an interesting study to the nature lover, the necessary water being supplied by keeping the brick in a dish of water.