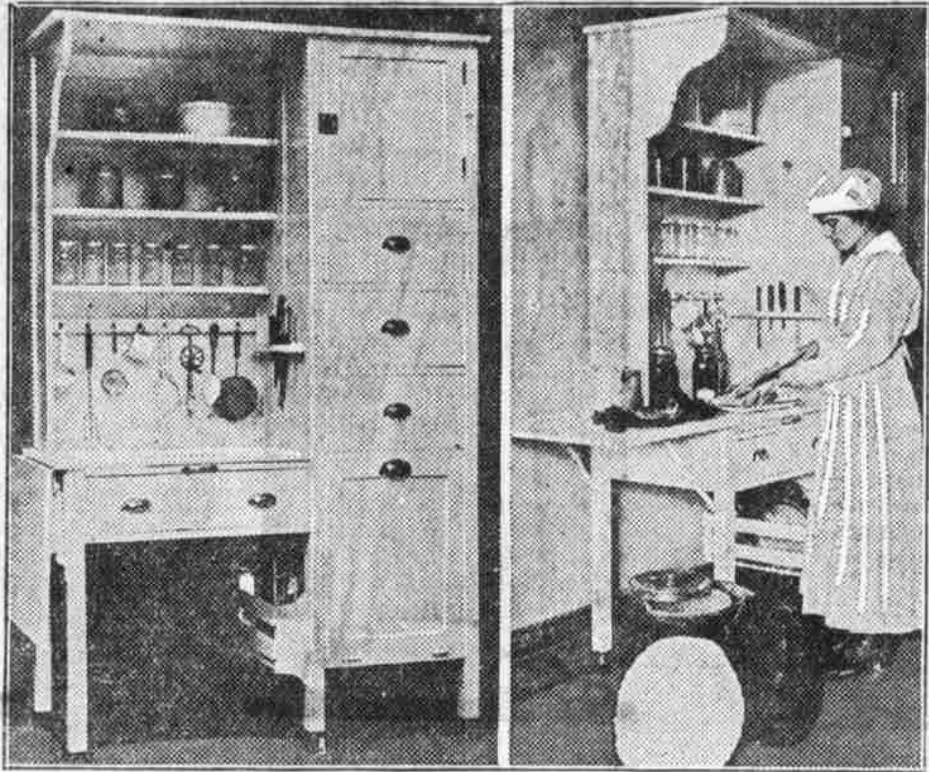


The Housewife and the War

(Special Information Service, United States Department of Agriculture.)

CABINET IS HOUSEWIFE'S WORKING PARTNER.



A Homemade Cabinet That Is Sanitary, Convenient and Attractive—Not Expensive.

KITCHEN HELPER FOR HOUSEWIVES

Cabinet Saves Walking To and Fro Necessary in Preparation of Food.

WELL-SEASONED WOOD BEST

Convenience Especially Suitable Where Space Is Limited—Place Provided for Fireless Cooker When Not in Use.

A kitchen cabinet is just as important to the housekeeper as the bench to the workman or the laboratory desk to the chemist. With it the housekeeper can sit down comfortably with her whole kitchen workshop easily within her reach. It saves walking to and fro to gather this thing and that to prepare the food. And every kitchen should have a stool of the right height to enable the worker to sit at her work at the cabinet. The homemade cabinet shown in the illustration is sanitary, convenient, and attractive. It is especially suitable and compact for kitchens in which cabinet space is limited.

A home-made cabinet can be built with moderate expense if outside labor need not be employed. If both lumber and labor must be purchased, the cost will equal that of a ready-made cabinet. The cabinet must be made of good wood, well seasoned. That is the most important consideration. Poorly seasoned wood warps and swells and is a constant annoyance in opening and closing doors and drawers.

Dimensions of the Cabinet.

The cabinet shown in the illustration is 6 feet 3 inches high to the top of the closet, 31 inches high to the top of the table. It is 21 inches deep and 48 inches wide. The part of the cabinet below the table contains the flour bin, large drawer, rack and dough or pastry board. The bin is fastened to the frame with loose-pin hinges. By removing the pins the entire bin can be removed, cleaned, and replaced. The bin can be lined with tin to make

This is the first of a series of articles which will describe household conveniences. The difference between the tired, over-worked housekeeper and one who has some time and energy left for reading and recreation after the day's work is done, often may be accounted for by the kind of equipment used in the kitchen. Under the direction of the state and county home demonstration agents of the United States Department of Agriculture, home conveniences already have been installed in several thousand country homes. Such conveniences not only effect a real saving in the work of the home, but they help the farm woman to get a greater amount of happiness out of her daily tasks. Many of the improvements that will be described can be used as well in village and city homes.

it moisture, insect, and mouse proof. The dough board should be made of a wood that is tasteless and odorless and should be fitted well in the opening just below the table. A batten is tongued and grooved on each side of the board to prevent it from warping. The roomy drawer can be used for small utensils. The open space below the drawer can be occupied by the kitchen stool or the home-made fireless cooker when they are not in use. Pie pans, lids, and covers have a most convenient place in the rack be-

SAVE A LITTLE SUGAR TODAY.

Candy at Meal Time Only. Candy is a concentrated food, and should be eaten with moderation. Though we like it, it is not a necessity. It is always best to eat candy as a part of the meal to replace some other food. Eating it between meals not only means needless use of sugar, but often causes a loss of appetite for other foods. Apply this suggestion to the children. If they are to eat candy it should be a part of the meal. Between meals let them have bread and butter, a cracker, or fruit.

low the drawer. A drop table 21 inches wide and 19 inches long increases the table surface. This table is supported by inexpensive folding brackets.

Provisions for Many Things.

The upper part of the cabinet consists of a closed compartment, three drawers, three open shelves, knife rack, and row of screw hooks for hanging utensils. The closed compartment is for package goods and large utensils. The drawers are for kitchen linen and other things needed in daily use. The lower shelf is 5 inches in depth, while the upper shelves are 7½ inches. On these shelves are kept coffee, tea, sugar, and spice jars. Three inches below the lower shelf is a strip 1½ inches wide which holds the screw hooks. The knife rack is made by sawing slashes 1 inch deep in a piece of material 2 inches wide.

The cabinet is finished with two coats of white paint and one coat of white enamel. It can be easily kept clean and sanitary. Metal or wooden handles may be used.

APPLE SCRAPPLE IS GOOD.

Fried apples are good with fried scrapple. Yes, answers the healthy appetite, even though it be not acquainted with fried scrapple. Every cook knows how to fry apples, many do not know how to make scrapple—excellent at any meal.

Ingredients.

Whole hog heads.....pounds. 10
Hog livers and hearts.....do. 2½
(A small quantity of beef can be used also if desired.)
Corn meal (yellow or mixed).....pounds 6
Ruckwheat or rye flour.....do. ½
Spices, as marjoram, sage, thyme, and pepper in proportion as desired, or omit those not desired.....oz. 3
Salt.....pounds. ¼
Liquid in which meat is boiled; use a quantity equal to the total weight of the combined solids.

The proportion of ingredients may be varied to individual taste.

Directions for Preparing.

Clean the hog heads thoroughly, removing the eyes and ear tubes. Split the head lengthwise and remove the teeth and the soft bones in and near the nasal cavities. Place the hog heads and other meat into a large kettle or caldron with a liberal quantity of water and cook until the meat falls off the bones. Remove all of the meat and soft tissues from the bones and chop the meat by passing it through a meat grinder. Strain the cooking liquid to remove any small pieces of bone. Place the liquid back into the kettle. Heat to boiling point, at which time slowly add the meal and flour, and stir constantly to prevent the meal from forming into lumps and also to avoid scorching. Boil and stir until the mass becomes thick, and then add the salt, spices, and chopped meat. Boil ten minutes, and while still hot, pour the product into deep wet molds or bread pans will do. Pour two to four large spoonfuls of melted lard over the product in the pans. As soon as the product has cooled it is ready for use.

The usual way of serving scrapple is to cut it into slices about one-half inch thick, dust the slices with flour or cracker dust, or dry cornmeal, and fry until the outside is somewhat crisp. Serve hot.

Girls! Use Lemons! Make a Bleaching, Beautifying Cream

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quarter pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, smoothener and beautifier.

Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It naturally should help to soften, freshen, bleach and bring out the roses and beauty of any skin. It is simply marvelous to smoothen rough, red hands. Adv.

Get Busy, Sol.

"What system of heating have you in your flat?"
"The solar system just at present."

THE RED CROSS NURSES OF EUROPE ARE GIVING TOASTED CIGARETTES TO THE BOYS

To anyone who doesn't know of the wonderful advances that have been made in the preparation of smoking tobaccos in the last few years it may sound strange to speak of toasted cigarettes.

Strictly speaking, we should say cigarettes made of toasted tobacco; the smokers of this country will recognize it more readily by its trade name, "LUCKY STRIKE"—the toasted cigarette.

The American Tobacco Company are producing millions of these toasted cigarettes and these are being bought in enormous quantities through the various tobacco funds conducted by the newspapers of the country and forwarded through the Red Cross Society to the boys in France.

This new process of treating tobacco not only improves the flavor of the tobacco but it seals in this flavor and makes the cigarettes keep better.

The Red Cross nurse is always glad to have a cigarette for the wounded soldier, as, in most instances, that is the first thing asked for.—Adv.

The San Fernando valley in California has nearly as much agricultural area as some European countries.

GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

Love and common sense—but what has love in common with sense, anyway?

Catarrh Cannot Be Cured

by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarrh. It is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarrhal conditions. Druggists 75c. Testimonials free. F. J. Cheney & Co., Proprs., Toledo, O.

In the year 1917 the United States purchased pineapples worth \$3,372 in the Isle of Pines.

Calomel Today! Sick Tomorrow!

I Guarantee Dodson's Liver Tone

Don't take nasty, dangerous calomel when bilious, constipated, headachy. Listen to me!

Calomel makes you sick; you lose a day's work. Calomel is quicksilver and it salivates; calomel injures your liver.

If you are bilious, feel lazy, sluggish and all knocked out, if your bowels are constipated and your head aches or stomach is sour, just take a spoonful of harmless Dodson's Liver Tone instead of using sickening, salivating calomel. Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up feeling fine, your liver will be working, your headache and dizziness gone, your stomach will be sweet and bowels regular. You will feel like working. You'll be cheerful; full of vigor and ambition.

Your druggist or dealer sells you a bottle of Dodson's Liver Tone for a

few cents under my personal guarantee that it will clean your sluggish liver better than nasty calomel; it won't make you sick and you can eat anything you want without being salivated. Your druggist guarantees that each spoonful will start your liver, clean your bowels and straighten you up by morning or you get your money back. Children gladly take Dodson's Liver Tone because it is pleasant tasting and doesn't gripe or cramp or make them sick.

I am selling millions of bottles of Dodson's Liver Tone to people who have found that this pleasant, vegetable liver medicine takes the place of dangerous calomel. Buy one bottle on my sound, reliable guarantee. Ask your druggist about me.—Adv.



Their Medicine Chest For 20 Years

It is characteristic of folks after they pass the allotted "three score years and ten," to look back over the days that are gone and thoughtfully live them over. I find myself, at seventy-one, frequently drifting back a quarter of a century, when I see myself in the little drug store I owned at Bolivar, Mo., making and selling a vegetable compound to my friends and customers—what was then known only as Dr. Lewis' Medicine for Stomach, Liver and Bowel Complaints.

For many years while I was perfecting my formula I studied and investigated the laxatives and cathartics on the market and became convinced that their main fault was not that they did not act on the bowels, but that their action was too violent and drastic, and upset the system of the user; which was due to the fact that they were not thorough enough in their action, some simply acting on the upper or small intestine, while others would act only on the lower or large intestines, and that they almost invariably produced a habit requiring augmented doses.

I believed that a preparation to produce the best effect must first tone the liver, then act on the stomach and entire alimentary system. If this was accomplished, the medicine would produce a mild, but thorough elimination of the waste without the usual sickening sensations, and make the user feel better at once.

After experimenting with hundreds of different compounds, I at last perfected the formula that is now known as Nature's Remedy, which I truly believe goes further

and does more than any laxative on the market today. The thousands of letters from users have convinced me I was right, and that the user of Nature's Remedy as a family medicine, even though he may have used it for twenty-five years, never has to increase the dose.

My knowledge of medicine and the results of its use in my own family and among my friends, before I ever offered it for sale, caused me to have great faith in Nature's Remedy from the very first. And now as I find myself nearing the age when I must bow to the inevitable and go to another life, my greatest pleasure is to sit each day and read the letters that each mail brings from people as old or older than I, who tell of having used Nature's Remedy for ten, fifteen and twenty years, and how they and their children and grandchildren have been benefited by it. It is a comforting thought, my friends, for a man of my age to feel that aside from his own success, one has done something for his fellow man. My greatest satisfaction, my greatest happiness today, is the knowledge that tonight more than one million people will take a Nature's Remedy (N.R. Tablet) and will be better, healthier, happier people for it. I hope you will be one of them.

A. H. Lewis, Pres.

A. H. LEWIS MEDICINE CO., ST. LOUIS, MO.



N.R. Tonight—Tomorrow Feel Right Get a 25c Box

Its Effect.
"When whales take to spouting, it must be a soothing kind of oratory."
"In what way?"
"Don't they pour oil upon the waters?"

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

First Suggestion.
"I am tired of it all. My life is a blank."
"Income tax one?"

ELIXIR BABEK A GOOD TONIC
And Drives Malaria Out of the System. "Your 'Babek' acts like magic; I have given it to numerous people in my parish who were suffering with chills, malaria and fever. I recommend it to those who are sufferers and in need of a good tonic."—Rev. S. Szymonowski, St. Stephen's Church, Perth Amboy, N. J. Elixir Babek, 50 cents, all druggists or by Parcel Post, prepaid, from Kloczowski & Co., Washington, D. C.

Wisdom is never successfully preserved in alcohol.

A close friend, is one who refuses to loan you anything.

Doing His Bit.

Jeweler—What can I do for you?
Lad in Khaki (outfitted with muffler, sweater, wristlets)—Can you make me a special price on a half-dozen engagement rings?—Milestone.

Many people imagine that Worms or Tapeworm cannot be gotten rid of entirely. Those who have used "Dead Shot"—Dr. Peery's Vermifuge, know that they can. Adv.

What He Gave Up.
"I thought you had given up smoking cigarettes?"
"Not exactly. I merely gave up buying any of my own."

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. Fletchere*. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

If wives would continue to be sweethearts lots of husbands would cease to pay their club dues.

1,716,000,000 Pounds of Flour Saved

if each of our 22,000,000 families use this recipe instead of white bread.

One loaf saves 11,000,000 pounds; three loaves a week for a year means 1,716,000,000 pounds saved!

Enough to Feed the Entire Allied Army

Corn Bread with Rye Flour

1 cup corn meal
1 cup rye flour
2 tablespoons sugar
5 teaspoons Royal Baking Powder

1 teaspoon salt
1 cup milk
1 egg
2 tablespoons shortening

Barley flour or oat flour may be used instead of rye flour with equally good results. Sift dry ingredients into bowl; add milk, beaten egg and melted shortening. Stir well. Put into greased pan, allow to stand in warm place 20 to 25 minutes and bake in moderate oven 40 to 45 minutes.

Our new Red, White and Blue booklet, "Best War Time Recipes," containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. W, 135 William St., New York

FOOD WILL WIN THE WAR

JARD

A year people feel their blood is thin, and perhaps mental and bodily not to know how to and stamina, over- backaches, have a ruddy skin, and of real good health body. Good, pure, the best insurance kinds. Almost all impure and impov-



cache

HER'S MENT

CARTER'S LITTLE LIVER PILLS

FOR IPATION

E FACES

Pimples Cuticura Be Happy

HEAVES IN HORSES CAN BE RELIEVED

Remedy TABLETS - NR