RT IN MAKING STEW OF MEAT

s Been Lifted From Plan Ahead What to Buy or hs of Ill Repute.

schouse wheeze about certain ingredients has This lowly dish from the depths of ill w cubbing elbows with steak and chop.

and in stew making. . S. Willson, home of the national live Miss Willson diences of houseries, giving them ion on how to maswith information erchase, preparagulsh quality in addicts.

this is a series of thools" being conat supervision of a and meat board, . Department of Ag-State university.



nd Meat Eoard.

with Miss Willson as lec-A. T. Edinger of the deand Paul Gerlaugh of the war week each already

add in Cleveland, Ohio, Co-Syracuse, N. Y. is given as the chief incenthis meat missionary work. thing fact that the average

ons and other local eduad welfare organizations.

essful Floor Waxing r floors lies in ap

in thin coats and rub-One pound will square feet of floor. mary coats of filler ig the floor should be pol-

GET AHEAD WITH SPRING SEWING

Make for Family.

(Prepared by the United States Department of Agriculture.)

Early in April your family will begin to need wash dresses and other cool clothes. You will probably be inspired to take stock of what is on hand for each person in the household, and to plan in advance what must be bought or made to complete their various wardrobes. Dresses that seemed scarcely affected by last year's sun when you put them away, will look discouragingly faded when you take them out. And the children have an unfailing habit of adding to the length of their legs every winter, so that Mary's dresses have to go down to Jane, and Jane's must be given away to some still smaller child. After you have let down all the hems that can be let down, and made all the changes that allow for longer or plumper arms, bigger necks or chests, you will know what materials you actually have to buy and make up.

Let us suppose that you are anxious to produce the children's school clothes and the house dresses you will need this season with the least possible interruption to other tasks. You can make every minute count if you plan, and use what might be termed the wholesale method in sewing. This consists of doing a great deal of one kind of work before changing one's motions to another kind, acquiring speed as one goes along.

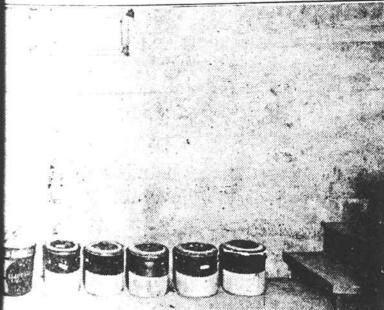
First provide a good foundation pattern to fit each one who needs new clothes. This may be a commercial pattern of simple design, or one you have made according to measurements. With a little practice in using such a pattern you can cut from it very rapidly, and vary the trimming so as to seem to have many different designs. You don't want to dress your family in a uniform, of course, but in making underwear if you buy enough goods of the same kind to make several garments you will use the goods to better advantage and save time in han-

Cut as many garments out at one son, Director, Department | time as you can. Pin the parts of each Economics. National Live securely together with the scraps that match, or put it in a box by itself. When you have cut even one dress by a given pattern the next can be cut a great deal faster, because you know how to place the pattern on the material in the best way. While you are cutting these dresses out, don't forget to allow hems twice as for the future includes deep as you need. This extra material is convenient when the time comes to lengthen the dress.

The next part of your work is the machine stitching. Most wash magovernment survey revealed | terials have body enough and are so smoothly and firmly woven, that you is familiar with only two can stitch many parts of your garmsals, and can recognize less ents directly on the machine without basting. Don't stitch a seam or two, ent issued by the agencies and then stop to turn, trim, or baste. gram says that the That is a slow method. Stitch straight ttending it has been through the entire lot you have cut brough co-operation with out, until you can do no more without boards of education, folding or basting. Keep the parts of each garment together. Next go through all the garments, trimming, pressing fells, putting in gathers, or whatever has to be done, until all the dresses are ready for more machine work. By the time you have stitched them once more you will have plenty of "pick-up" work on hand, to be done in odd minutes. There will be binding and buttonholes and pockets, sleeves, hems, collars, and other finishing work, much of which must be in part done by hand.

Just one more hint to the mother who makes many little garments: buy wise of the grain with a lot of the same kind of buttonsed brush or a heavy block a stock design, easy to duplicaten wooden cloth, burlap or old and always keep a reserve card on Then one or perhaps two hand. Then you won't have to hunt s of wax should be applied to match the buttons that come off, hed down in the same way as and little dresses will always look neat.

ERVE EGGS FOR HOUSEHOLD PURPOSES



eserve Eggs in Water Glass and Store In Cool Place In Basement.

sperly preserved, in e solution, may be to ten mouths and be for all household pursays the United of Agriculture.

or of earthenware are used. The fivethis boiled water, place in lout dirt.

States Department | the crock, and add one quart of sodi um silicate, commonly called water glass, which can be purchased at almost any drug store. Mix the solution thoroughly. More of the solution as needed may be added from time to time in the same proportions.

Eggs may be put in all at once or as they are obtained. Care should be cool dry place where taken in putting them in the jar not without being moved to crack or break the shells; and the solution should cover the eggs by at least two inches at all times. Cover water to fill the crock the jar with a tight lid or waxed pacood. Measure out nine per to prevent evaporation and keep

HOUSEHOLD NOTES

seeds excel capers if at and hot vinegar.

Chien juice much better enton for seasoning. To the onion in half and canon squeezer

a spoon and shorten the the purpose.

process by half. Also, use warm water instead of cold.

The child mind hungers for knowledge just as his stomach calls for food. Take time to answer the little ones' questions.

A ginger cookie crumbled fine in the dressing for roast fowls gives just the handle enough of any single grain to right sort of zest to the flavor along with sage and onion. If you have no feed-element for a large output of erroles, stir with a fork in- cookies, a dash of ginger will serve eggs.

HATCH GOOSE EGGS WITH INCUBATORS

Goose eggs can be hatched with incubators even to better advantage than with hens for various reasons. Where hens or geese are used, they are apt to break the eggs, and again let them chill. The first eggs from your geese will arrive while the cold weather still continues, and must be picked up early in the morning before they become chilled; geese invariably lay in the very early hours of the morning, or late at night, says a writer in the Rural New Yorker.

Keep eggs in a moderately warm location—around 50 degrees in cold weather. When you have sufficient number to put into the incubator it should be started. Goose eggs, like hens' eggs, hatch best when fresh, not more than ten days old. Place your incubator in a moist, but not too damp cellar, as goose eggs will require much more moisture to hatch them than is the case with hens' eggs. Run the machine at as near 103 degrees as is possible from start to finish. Turn eggs twice daily after the beginning of the third day. Always turn goose eggs by hand; handle them with much care. Stop turning on the twentyfifth day. Goose eggs should be cooled half an hour each day in a temperature not below 60 degrees; if the cellar seems below this temper ature, remove the eggs to proper point.

After the third week, sprinkle warm water over the eggs once daily. When goslings begin to pip, if you notice shells are dry and hard, there ish't enough moisture, and unless this is supplied, they will stick in the shells. Keep the eggs quite moist while hatching, by adding a pie plate of wet sand to the bottom of machine.

Leave goslings in incubator until all are thoroughly dry, usually 36 hours, Remove then to a box in the kitchen by the stove, unless a brooder has alrendy been provided for. Goslings are easy to raise, and grow very rapidly. Water them in a vessel which cannot be overturned, nor into which they can get their feet. Keep them dry at all times. Feed sprouted oats, gravel, fine cracked corn, or any of the dry mixed chick feeds, but do not neglect always to keep water before them. Change this often; don't let it get dirty.

Mature geese may be picked, or 'plucked" once every six weeks after the laying has ceased. Remove only the breast feathers—do not take the down. A little experience will tell you when they are "ripe." Do not take feathers that have blood in the quills.

Poultry Undernourished

Under Farm Conditions Poultry, of all farm stock, is most likely to be undernourished under practical farm conditions. Due to the nature of their digestive tract, their rations must be composed largely of seeds and seed by-products, feeds illbalanced with respect to minerals, lipstick refilled." proteins and vitamins. As compared with other animals, the requirements of poultry for some of the vitamins are relatively so intense that their rations should be supplemented by feeds known to be rich in these factors. Vitamins are manufactured by plants only. Green plant tissues are with few exceptions the best sources of vitamins known, being rich in all these factors. Young chicks are especially suscep-

tible to a lack of vitamin in the ration and will develop the disease known as "leg weakness," including impaired appetite, an anemic condition of the comb and wattles, drooping wings, ruffled feathers and unsteady gait. Prevention of leg weakness is assured by giving the chicks ready access to green feed such as green cabbage or lettuce leaves, fresh alfalfa or clover or sprouted oats. If green feed is not available, 3 to 5 per cent of cod liver oil in the mash may be used. In the maintenance of health and normal development in the flock the importance of vitamins is undoubtedly much greater than is realized. Rations deficient in vitamins will give rise to digestive disturbances and other forms of vague ill health which can be prevented by supplying the necessary vitamins and adjusting the balance of the food.

Poultry Notes

****************** The hen that cackles the loudest is not always the greatest layer.

A hen will eat from one to two pounds of oyster shells per year.

More eggs follow a ration that contains the minerals required by a hen than can follow simple grains.

It is generally considered proper, in fact, the best form, to refer to purebred poultry as being standard bred.

Because of plenty of room in the poultry house and less competition in getting feed, it seems to be more profitable to have too few hens than

Washing soiled or dirty eggs does not make them more salable. In fact, washing an egg lessens its keeping qualities by opening the pores so that evaporation is more rapid.

Don't forget some coarse sand or fine grit for the chicks right from the start. They must have it for proper digestion-it's their teeth.

To keep pullets laying regularly. watch carefully the amounts of grain and mash consumed daily and feed a ration that will keep up body weight.

A hen's digestion simply cannot give her what she needs of its lowest



WELL WORTH IT

After morning service the family dined, and churches and their procedure came in for criticism. Father criticized the sermon. Mother disliked the blunders of the organist. The eldest daughter thought the choir's singing was atrocious. But the subject had to be dropped when the small boy of the family, with the schoolboy's love of fair play, chipped in with the

"Dad, I think it was a jolly good show for a penny."-Epworth Herald.

MISUSE OF ROPE



Brown-Give a man enough rope

Jones (chucking a stump)-Put out a new brand of 5-cent cigars.

> Doggy Poem Nine little doggies
> Sizzling on a plate.
> In came the boarders,
> And then they were ate.

Encouraging Talent

"Josh," said Farmer Corntossel to his son, "why don't you go ahead and write a play?"

"Who? Me?" "Yes. I've been to theaters quite some lately. The way I heard you talkin' to that team o' mules shows me you've got some pretty good ideas fur dramatic dialogue."-Washington Star.

High Society

Mrs. Waldo (of Boston)-I have & letter from your Uncle James, Penelope, who wants us to spend the summer on his farm. Penelope (dubiously)-Is there any

society in the neighborhood? Mrs. Waldo-I have heard him speak of the Holsteins and Guernseys. I presume they are pleasant people .-Christian Endeavor.

Grandma Saves the Surface "Willie, I thought I told you you'd have to stay in the house all day." "Yessum, you did, but grandma sent me down to the drug store to get her

NEW BARBER SHOP



'Going to have it trimmed?" "No. Just a shave on the back of my neck. Won't be long. Here's the latest number of 'My Lady's Gazette. That barber on the end does the best bobs.

Practical Application facile brush the artist wields, With purpose grave or comic. It is, the whitewash brush that yields Results most economic.

Exactly

"Women spend half their time saying that they have nothing to put on their backs.'

"And the other half proving it."

Doubtful Discipline "How's the new jail?" "Mighty handsome an' commodious,"

answered Cactus Joe. "The fact is, it's so comfortable we're thinkin' of offerin' a week's board in it as a premium for good behavior." Not at All

Mistress-I hear you're rather friendly with the milkman, Emma. Is he serious? Emma-Serious? Oh, no, ma'am 'E's one of the joky sort!

Not Relatives

To speeding motorist who just splashed mud on him: "Hey, who the Sam Hill do you think you are?"

"Oliver Twist, why?" "Well, I'm Oliver Mud."-Hogan's Alley.

On Her Hands

Gladys-May's fiance is supposed to be a dreadfully bad egg. Gertrude-I wondered why didn't like to drop him.

Just Needed Repressing

"I thought you said you never would marry again," remarked a friend to a phabet to children in school any more? former widower. "Well," replied the former widower. 'I didn't intend to, but I found I was getting to think too much of myself."

Compulsory May-Do you always acknowledge it when you are wrong?

Jack-No. Only when other people

know it .- Tit-Bits.

-From the Cincinnati Enquirer.

Bit Humorous A @LEW Policeman (to bespectacled old pro--You say you saw the accident, sir.

fessor who has witnessed the smash) What was the number of the car that knocked this man down?

Professor-I'm afraid I've forgotten it. But I remember noticing that if it were multiplied by itself, the cube root of the product would be equal to the sum of the digits reversed.

SOUNDS QUEER, EH?



"Financially how much are you out?" "Financially I'm all in."

That's Soft

He slipped upon the sidewalk and Although he took a spill, It didn't hurt because he only Fell against his will

An Idiotic Life

Letty-How did your brother happen to lose his mind?

Betty-Well, every morning he jumped from under a crazy quilt after being awakened by a cuckoo clock, and after looking at himself in a cracked mirror that wasn't all there, began exercising with dumb-bells. Is it any wonder?

Anything to Pass the Time

The Family Solicitor (discussing awkward entanglement)-But what induced you to propose to her?

The Entangled-Well, I was dancin' with the girl, you understand, andand-well, a feller can't jolly well keep on talkin' about the jolly floor and the jolly orchestra all the jolly time .-London Humorist.

Shattered Romance

"Lawsy, but Ah suttinly does hate to lose dis job," sighed the colored maid upon being discharged.

"You have a family to asked her late mistress. "No'm, but Ah's got an engagement to be broke," groaned the girl.-American Legion Weekly.

NO NUMBERED WIVES



Corntossel (at phone)-Hello, hello! Kin you let me talk to my wife? Operator-Number, please. Corntossel-Say, I ain't no Mormon,

A Plea for Information Oh, chemists, please investigate And drop me just a line, I'd like to know what carbonate? And where did iodine?

He Loses Out

"I'll never sign up another film actress for five years." "What happened?" "She got fat on my hands."

A Better Talker "And now, children, what do you

suppose Balaam did when he returned nome?"

"I guess I know, teacher." "Well, Robert?" "He traded off the ass for a par

Unforgivable

Wife-I hope you will forgive me for having left you! Husband-Certainly-but not for having come back!

Easy

"Just think of it!" exclaimed Flora the romantic. "A few words mumbled over your head and you're mar-

"Yes," agreed Dora the cynical. "And a few words mumbled in your sleep and you're divorced."

Did He Have Them? Wife-Bridge, bridge, bridge! You'll die at the bridge table. Husband-Well, bury me with simple honors.

The Modern Way She-Why don't they teach the al-Her-They don't need to. She-Why?

Her-They learn it listening to

KTHS, DWAF, ZUPM, BVDS and other stations.

May-I can't stand that Simmons girl. She is always spinning yarns. June-Yes, but she generally loses the thread before she gets to the end. | but each dose helps to strengthen the

Something

MIDDLE AGE BRINGS **NEW INTERESTS**

For Women in Good Health



MRS. HARVEY TUCKER WALKER STREET, SHELSYVILLE, IND.

"Grow old along with me,

The best is yet to be" With her children grown up, the middle-aged woman finds time to do the things she never had time to do before-read the new books, see the new plays, enjoy her grandchildren, take an active part in church and civic affairs. Far from being pushed aside by the younger set, she finds a full, rich life of her own. That is, if her health is good.

Thousands of women of middle age, say they owe their vigor and health to Lydia E. Pinkham's Vegetable Compound. Those who have Hoboken, N. J.

Certainly

Conductor-Say, the fare here is 10

again, as I always keep a bottle on hand. You may use this letter for every word is true. I will answer any letters sent to me."-MRS. JEN-

learned through their own experi-

ence the merit of this dependable

medicine are enthusiastic in recom-

mending it to their friends and

"I had been in bad condition for three months. I could not do my

work. One day I read what your

medicine had done and just had a

feeling that it would help me, so I

sent and got a bottle of Lydia E.

Pinkham's Vegetable Compound. I had only taken half a bottle when

I got up and started to do my work.

It gave me an appetite, and helped me wonderfully. I can not praise this medicine highly enough. I

surely will advise all women and

girls to take it, and they don't have

to use rouge to look healthy. My

two daughters are taking it now and

one is also using the Sanative Wash.

I am willing to have you use this

testimonial and I will answer let-

ters from women asking about the

medicine."-Mrs. Harvey Tucker,

408 Walker St., Shelbyville, Indiana.

Vegetable Compound in the little

books you give away and began to

take the medicine. After the first

few bottles I began to feel better

and could eat better and had fewer

headaches. I feel like a different

person. At anytime that I don't feel

good I take the Vegetable Compound

NIE BOLLEBMAN, 516 Smith St., West

"I read about Lydia E. Pinkham's

Rule for Success You will succeed best when you put cents and you only put 6 cents in the the restless, anxious side of affairs out of mind and allow the restful side Passenger-Why, listen here, I'm to live in your thoughts .- Margaret



MOTHER:- Fletcher's Castoria is a cleasant, harmless Substitute for Castor Oil, Paregoric,

Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages. To avoid imitations, always look for the signature of Chart Fletchere

good than evil .- Livy.

Proven directions on each package. Physicians everywhere recommend it. Men have less lively perception of | Everyone can master a grief but he that has it.—Shakespeare.

I am a part of all that I have met.

An idle life always produces varied -Tennyson. inclinations.-Lucan. BAYER

SAY "BAYER ASPIRIN" and INSIST!

Proved safe by millions and prescribed by physicians for

Headache Colds Neuralgia Pain

Lumbago Neuritis Rheumatism Toothache

DOES NOT AFFECT THE HEART

Quite Right

Little Jack had lost his penknife.

There are two kinds of radical, one

of which wants to upset, the other to

construct.

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100-Druggists. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid

Carefully he searched all his pockets, and then said with a sigh: "Oh, dear! I wish I had another pocket-it might be in that one."

Foolish Question "Why have words roots, pa?" "How else could the language grow, my son?"

All the statues are to men who have won. If we could neither laugh nor cry

life would not be worth living.



"Purges" and "Physics" Bad for Old Folks

While Dr. W. B. Caldwell, of Mon-|bowel muscles, shortly establishing ticello, Ill., a practicing physician for natural "regularity." It never gripes, 47 years, knew that constipation was sickens, or upsets the system. Bethe curse of advancing age, he did not sides, it is absolutely harmless and believe that a "purge" or "physic" pleasant to take. every little while was necessary.

be kept constantly "stirred up" and half sick by taking cathartic pills, tablets, salts, calomel and nasty oils. In Dr. Caldwell's Syrup Pepsin he discovered a laxative which helps to

"regulate" the bowels of old folks. Dr. Caldwell's Syrup Pepsin not only causes a gentle, easy bowel movement

If past fifty, buy a large 60-cent To him, it seemed cruel that so bottle at any store that sells medicine many constipated old people had to and just see for yourself.

> Dr. Caldwell's **SYRUP**

DR. W. B. CALDWELL AT THE AGE OF 83