

Another Royal Suggestion
3-Egg Angel and Sunshine Cakes
 From the NEW ROYAL COOK BOOK

An Angel cake that fairly melts in your mouth. Instead of eight eggs it can be made with three and the yolks of the eggs can be used for a Royal Sunshine cake.

Angel Cake
 1 cup sugar
 1/4 cup flour
 1/2 teaspoon cream of tartar
 3 teaspoons Royal Baking Powder
 1/2 teaspoon salt
 1/2 cup scalded milk
 1 teaspoon almond or vanilla extract
 whites of 3 eggs
 Mix and sift first five ingredients four times. Add milk very slowly, while still hot, beating continually; add vanilla; mix well and fold in whites of eggs beaten until light. Turn into ungreased angel cake tin and bake in very slow oven about 45 minutes. Remove from oven; invert pan and allow to stand until cold. Cover top and sides with either white or chocolate icing.

Sunshine Cake
 3 tablespoons shortening
 1/2 cup sugar
 yolks of 3 eggs
 1 teaspoon flavoring extract
 1/2 cup milk
 1/4 cup flour
 1 1/2 teaspoons Royal Baking Powder
 Cream shortening; add sugar gradually, and yolks of eggs which have been beaten until thick; add flavoring; sift together flour and baking powder and add alternately, a little at a time, with the milk to first mixture. Bake in greased loaf pan in moderate oven to 45 minutes. Cover with white icing.

ROYAL BAKING POWDER

Absolutely Pure

Made from Cream of Tartar, derived from grapes.

FREE

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The KITCHEN CABINET

(© 1920, Western Newspaper Union.)
 And joy to him who o'er his task
 Remembers toil is nature's plan;
 Who working thinks and never sinks
 His independence, is a man.—Mackay.

REASONABLE GOOD THINGS.

The tenderloin of beef is considered a great dainty, but unless it is cooked with good seasoning it is insipid and unpalatable. Larded Beef Tenderloin With Bananas.—For larding use a strip of salt pork near the rind.

Cut the pork in narrow strips one-fourth of an inch thick and one-fourth of an inch wide, as long as possible. Chill the lardons in ice water and draw them into the beef with a larding needle, inserting them in rows. Sear the meat until the meat is browned on all sides, then leave to cool on the larded side. Baste six or more times while roasting, season with salt, pepper, bits of onion, green pepper, garlic or parsley as one's taste dictates. When the meat is cooked surround with small cooked bananas and pour over the bananas two cupsful of Poivrade sauce. The bananas may be baked in the pan with the roast or in a separate saucpan. Cook them about twenty minutes.

Poivrade Sauce.—Put two table-spoonfuls of the trimmings from the salt pork into a saucpan and cook slowly until the fat is drawn out. Add two slices of onion, five slices of carrot, two sprigs of parsley, a bit of bay leaf and a slice of green pepper. Let cool until all are softened and yellowed. Drain off the fat, add one-fourth of a cupful of vinegar and let stand on the back of the stove until the vinegar is reduced one-half. To the fat drained from the vegetables add butter to make four table-spoonfuls. When hot add four table-spoonfuls of flour and let cool until slightly brown, then add one and one-half cupfuls of brown stock and stir until boiling. Add the vegetables and vinegar, boil up once, then strain over one-half cupful of sultana raisins cooked tender in boiling water; finish with three table-spoonfuls of grape juice and the same of currant jelly.

Peach Sherbet.—Boil one quart of water and two cupfuls of sugar 15 minutes; let cool and add one and one-half cupfuls of peach pulp and juice and the juice of one lemon. Freeze as usual.

The next time worry claims you, straighten up and take a walk; it's useless to keep brooding. And above all—do not talk. When once you're in the open, fill your lungs brim full of air. Enjoy each breath and motion. And for better luck prepare.

EVERYDAY GOOD THINGS.

There are few people who can resist a piece of nicely baked corn bread.

Country Corn Bread.—Sift together three-quarters of a cupful of cornmeal, half a cupful of flour, one-quarter of a cupful of sugar and half a teaspoonful each of soda and salt. Beat one egg, add one cupful of thick sour milk—butter-milk is better, or, still better, sour cream—and three table-spoonfuls of shortening, melted; stir into the dry ingredients and bake in a shallow pan 25 minutes.

Delicate Muffins.—Sift together one and one-half cupfuls of flour (pastry), two and one-half table-spoonfuls of granulated cornmeal, four table-spoonfuls of baking powder, half a teaspoonful of salt and one-third of a cupful of sugar; add three-quarters of a cupful of milk and three table-spoonfuls of melted butter; mix together thoroughly and bake in hot, well-buttered muffin tins 25 minutes.

Cream Cheese Salad.—This may be made with any variety of soft cheese. To two cream cheeses add two table-spoonfuls of cream, one pimento, 24 olives and half a cupful of blanched almonds—the ingredients are chopped very fine and separately; mix all together thoroughly with a wooden spoon; press into a mold lined with paraffin paper. When firm and chilled, unmold and cut in slices. Serve on crisp heart leaves of lettuce with French dressing.

Stuffed Veal Cutlets.—Pound a thin slice of veal to one-eighth of an inch in thickness, cut in pieces three by five inches. Add one-half pound of chopped veal, one slice of bacon, chopped; one-half cupful of bread crumbs, softened in milk and squeezed dry, one teaspoonful of onion juice, one teaspoonful of salt, paprika to taste, a half cupful of chopped mushroom stems. Mix and spread on the strips of veal, roll and fasten with wooden toothpicks and saute in hot salt pork fat. Put into a casserole, add stock (hot) or milk, peas, potato balls, carrot balls, mushroom caps from one-half pound of mushrooms. The vegetables except the mushrooms should be parboiled and cooked in fat until slightly colored before adding to the casserole. The mushrooms should be cooked in butter five minutes before adding. Add a little flour blended with some of the milk or stock and cook in the oven until the vegetables are tender. Serve from the casserole.

Nellie Maxwell

THE WHITE MAN'S BURDEN



Wheat—"Take Him Off and I Can Carry the Rest!"

(By DR. F. F. KEMPTON, in Charge of Barberry Eradication, United States Department of Agriculture.)

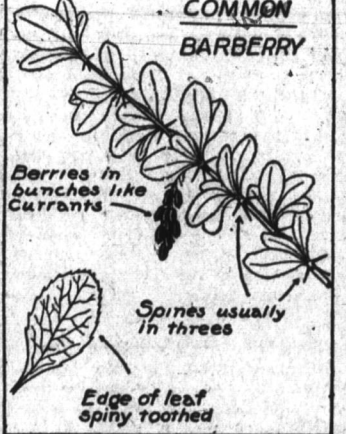
The white man has been referred to in speech and in verse as having one of the heavy burdens of life to bear. This burden, real or fancied, may be heavy, but to the world, it in no way compares with the accumulated burdens borne by the farmer in the production of the wheat crop upon which the world depends for its staff of life.

If the crop escapes bad weather—cold, ice, flood, hail, frost, drought, or hot winds—various insects may be lurking about to feed upon what remains. Plant diseases in the form of smuts, rusts, and scabs have taken varying toll during past years, but, as a rule, they have been less fully understood than the troubles from weather or insects. Among these diseases are the loose smut, stinking smut or bunt, the black-stem rust, the leaf rust, and the scab or blight. Of all these the black-stem rust has taken the heaviest toll in the northern states, from year to year, and in years of rust epidemics it has caused appalling losses. Hope is now held out to the wheat growers of the northern part of the United States that the control of black-stem rust is possible by the eradication of common barberry.

It is important that everyone should understand that the harmful barberry is the tall-green common European barberry and its purple variety, and may be distinguished by the following characteristics. Usually it is four to six feet tall, though it may reach ten or even fifteen feet if the bushes are old. The edges of the rather large leaves are toothed, the teeth ending in small spiny points. On the stems, at the base of each cluster of leaves, are three or more stout, sharp spines. The light yellow flowers and red berries are borne in long clusters like currants. This bush, or any that resembles it closely, is harmful and should be destroyed.

Japanese Variety Harmless.
 In contrast to this tall bush there is a low spreading barberry, known as Japanese barberry, which in some localities is more widely planted than the tall or common barberry. The Japanese barberry is seldom over three feet tall and has small leaves with entire edges. The spines on the stems

the harmful barberry and all bushes found should be eradicated so that no roots remain to sprout. No seedlings should be allowed to grow near it or under trees or bushes, along fences or streams, in brushy pastures, or in any places where birds might carry the seeds. In this way you help to increase the prosperity of your community by increasing the production of wheat and other grains and



A twig of common barberry, showing the larger leaves with toothed edges, the spines on the stems usually in threes, and the red berries in long drooping bunches, like currants. (Compare with the Japanese barberry.)

also help to supply more food for the whole world.

Further information may be obtained from the United States Department of Agriculture or your state agricultural college.

Wide Interest Shown in Work.
 The wide interest taken in the work of eradication has been evidenced by the numerous requests received by the department during the past fiscal year for informational material for use in the infested areas. Lack of funds has hampered somewhat the department's campaign against barberry. It was able, however, to supply a large number of posters, bulletins, circulars, and other matter for distribution.

A survey to locate barberries was begun, in the larger cities because of the better means for spreading information. It was extended then to the towns, so that now nearly all cities and towns having a population of over 300 have been surveyed. An intensive survey of the entire rural area outside of the cities and towns has been begun. Already about 50 counties have been covered, the survey reaching every farmstead and brushy pastures and woodlands in the entire area. This means traveling every section line, many half section lines and scouting the woodlands for by rod.

A very important part of this survey is finding the escaped barberries which have started from seeds dropped by birds in thickets and pastures. Over 1,674,000 escaped bushes were found during the past year. A total of almost 1,900,000 bushes was found in rural districts last year. Records to date show that 8,965,426 bushes have been located and 3,705,142 bushes removed.

BEST-GRADED PRODUCTS WIN

Standardization Establishes Common Language Between Buyer and Seller.

It has been demonstrated many times that in the markets of the world the seller with the best-graded products is the favorite, because graded goods are standard and the buyer knows what he will get when he buys. Standardization establishes a common language between the buyer in one country and the seller in another, which creates understanding and confidence and prevents disputes.

A national grading system usually provides for authorized national inspectors to pass upon the goods and thus puts into effect a uniform standard application of the grades established, whatever they may be, that cannot be maintained unless the system is nation wide in its scope.

Will Fight the Bolsheviks



Maj. Gen. Sir Charles Vere Ferrers Townshend, a hero of ten campaigns and one of England's most popular veterans, has resigned from the British army in order to make effective his protest against any compromise with the Russian Bolsheviks. He has tendered his services to General Wrangel, and will join him in the struggle to redeem Russia. He is nearly sixty, but as full of fighting spirit as ever.

General Townshend comes of good military stock, being a descendant of Lord Townshend who fought with Wolfe at Quebec. In the recent war General Townshend distinguished himself in Mesopotamia, where, acting on his own initiative, he conquered half the country. He fought and won the battles of Kurma, Amara and Ctesiphon, as commander of the Sixth division. Then, acting under superior orders and against his personal judgment, he occupied Kut-el-Amara with 15,000 men, where he was besieged by a force of 80,000 Turks, offered by Germans. He held out for five months, when he surrendered by order of his government.

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U. S. Army Shirt and Brooches Khalid Cotton or O. D. Wool. They have been newly repaired wherever necessary. They are clean and ready to wear. Made to withstand hard Army wear. Satisfaction or money back. Shirts, sizes 14 to 17—weight—cotton, 36 pounds, wool, 1 pound. Brooches, sizes, 18 to 40 white. Weight 2 pounds.	U. S. Army Khaki Shirts \$1	U. S. Army Cotton Khaki Brooches \$1
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DISLIKE SONS TO GROW UP BEAUTY MARSHALED FOR CZAR

Few Mothers Welcome the Time When Their Boys Go Out into the Hard World.

Russian Monarch Selected B-side From the Prettiest Maidens of Land Over Which He Ruled.

Almost every mother keeps her boy in "knee pants" just as long as she can; she hates to see him becoming a man, for she feels that he is getting away from her.

In Russia, in the Sixteenth century, the choice of a bride for the czar was made from all the pretty girls of the country. Ivan, who ruled 1530-1584, being ready for a wife, ordered all the beautiful girls in the country to come to Moscow. Preliminary contests were held in each province, and candidates selected. In the majority of cases the chance to go to Moscow, and still more delighted with hope of becoming ruler of Russia. An immense hall was built and, on the day of the choosing, 1,500 of the most beautiful girls in Russia were ready to contest for Ivan's favor.

A mother sees only with reluctance the boy pass from the love and care and peace with which she has surrounded him, out into the world of pitiless endeavor in which he must play his part.

Accompanied by an aged courtier, the czar strolled through the hall, all the girls smiling shyly or openly at his highness as he passed them. After a process of elimination was gone through with, Anastasia, daughter of an ancient but poor family, was chosen, and was made empress of 50,000,000 people forthwith.

The mother's selfish fondness discloses itself in the ludicrous child's garment and the worn-out, home-bred horse with which she sends forth the would-be knight. These are to the modern analytical mind painfully symbolic of the unconscious interference on the part of parents with the proper adult equipment of their children for an independent life. Their apparent fondness conceals the unconscious wish that the child will find himself un-equipped for the greater world and compelled to turn back to the shelter.

—New York Medical Journal.

Retort Courteous.
 He was very modest, and to his great horror was called upon to say grace at his first dinner at the old-fashioned country house.
 He quavered and said:
 "For what we're about to receive—thanks awfully."—Tit-Bits.

Confirmation.
 The Professor—A collector, did you say? Did you tell him I was out?
 The Factotum—Yes, sir, but he wouldn't believe me.
 The Professor—Humph! Then I suppose I'll have to go and tell him myself.—Michigan Gargoyle.

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