

science teacher, but there were exhibits—good ones, too—of embroidered towels, stenciled curtains, hem-stitched table covers, cut work, painting, drawing, neat writing, good composition and simple color work by the students.

Were I free to choose the community in which to live I think it would be one in which my children could go to school such as that I describe—yes, I think I would. Wouldn't you?

The Hands Should Be Washed Before Permitting Them to Carry Food to the Mouth

THE hands carry a great many germs to the mouth, and thus to the throat and alimentary tract, and it does not occur to the owner once in a dozen times that he is anything but clean. Just watch yourself or any member of the family, and you will find illustrations of what I mean.

Did you ever see a tired farmer come in, wash well, sit down and remark that his feet are tired, and ask one of the children to bring him his shoes? He will change his shoes, which may have come in contact with any filth or infection, give a sigh of relief, peel and eat an apple, giving morsels to the children.

A case has come to my attention of a doctor who got a bad sore on his lip. He recognized it as caused by a germ not usually present on clean living people. His little girl had become infected from his kissing her. He traced it to its source and found that he took the horse to the stable, came in, washed his hands, and donned his slippers. The stable man had been the source of infection and they had been carried by the doctor's hands from his shoes to his mouth.

It is a good plan to warn children of the value of washing the hands after handling their shoes.

One of the first requisites of a good nurse is to wash her hands after touching one patient before handing any food to another patient. The religious ceremony of the Hebrews which involved the washing of the hands has gone a long way towards making the Jews the virile race they are today. We can learn a lesson from them—washing the hands well after touching the shoes in any way is a sensible, protective measure.

Every Woman Should Have Kitchen Scales

YOUR kitchen needs good scales. Are they there? When you buy five pounds of meat are you sure you did not get four pounds and twelve ounces? If you buy a can of dried beef—and thousands do as the roadsides will testify—do you pay your 15 cents for the can and three ounces of meat, or for the can and sixteen ounces? If it be three ounces five cents an ounce is a big price; if one cent it is cheap.

Merchants are not dishonest intentionally, as a rule. Their helpers are careless and in a hurry. Their scales may be old, greasy, and rusted from much use. It is our fault if we do not weigh what we buy and tell the merchant if anything is wrong.

Moreover, there are many forms of cooking that require scales. Especially is this true in canning. Three pounds of sugar to five of fruit does not take into account the weight of the kettle, and no amount of guessing can get accurate results without scales. This is all right if you wish to make for home use, but not if you wish to develop trade.

A pound carton may contain an ounce too much butter or an ounce too little. You have no desire to be over-generous or to cheat. How can you be sure without scales? You kill a hog—the ham weighs 18 pounds. You cure and smoke it, it now weighs perhaps 15 pounds. You sell it and are paid for 15 pounds. In three weeks you need a ham and buy it back. It has dried until it now weighs 13 and one-half pounds, and yet you pay for

15 pounds, if you will. Why not weigh the ham and know.

Every county and town should have general official standards as to the weight of a pound loaf of bread, pound package of cereal, etc. It seems ridiculous that all do not have them, but many do not. It protects the merchants and manufacturers from any suspicion of unfairness and is a satisfaction to the intelligent housewife, and very good scales can be purchased for \$1.50, and scales that will last a lifetime with ordinary care can be bought for from \$3 up.

Send for This Bulletin

A BULLETIN entitled "The Farm Kitchen As a Work Shop" has just been published by the Department of Agriculture. I wish every woman would write for this free bulletin, Number 607, because it will make each one of us see our kitchen as we never saw it before, and because our department wants to have a contest about the best arranged kitchen some time after Christmas. Let us read this bulletin and be thinking and planning.

This bulletin discusses not merely the proper location of the kitchen with reference to other parts of the house, but gives details as to the best methods of treating its floors and walls, and gives well tested floor plans for the step-saving arrangement of the sink, stove, table, and other kitchen utilities.

The author of the bulletin, in her introduction, states that a small compact kitchen saves many steps and much useless labor in the preparation of food. This, however, is in homes where the kitchen is merely a workshop, and not used also as a general purpose room where meals are served and where the family gathers to enjoy the warmth of the stove. Even where a large kitchen is needed for such purposes, however, a logical arrangement of its various features with relation to each other will enable the housewife to do her work much more efficiently.

Ask for Farmers' Bulletin N. 607, and address United States Department of Agriculture, Washington, D. C.

Ideas I Have Found Helpful

USE putty, worked to the proper consistency, to mend enamelware, dripping pans, etc. Fill the hole neatly with the putty and place in a moderate oven or on the back of range to harden.

* * *

Use dairy salt and a brush to clean milk strainers. Rub well with the salt and rinse thoroughly in hot water.

* * *

If sorghum sugars, heat to dissolve the sugar and add one tablespoonful of vinegar to each gallon. Stir well and it will not turn to sugar again.

* * *

Mix all the ingredients of a cake and add the eggs (whites only if you wish a white cake) unbeaten and beat, not stir, all together thoroughly. The longer it is beaten the finer grained the cake will be. Try this and you will be pleased. Grease pan with swab, wiping out all surplus grease. Dredge with flour, shaking out all surplus flour, and the cake will come from the pan with a smooth brown bottom crust.

* * *

A little salt added to any kind of fruit while cooking improves the flavor.

* * *

After soaking navy beans parboil them in water, to which one-fourth teaspoonful of soda has been added, until the skins burst, drain, pour boiling water over them, drain again, add more boiling water and salt, and cook, adding a little salt. Season with butter. They will be delightfully tender and improved in flavor.

MRS. H. T. HICKMAN, Covington, Tenn.

SIMPLE AND NOURISHING RECIPES FOR CHILDREN OR SEMI-INVALIDS

Foamy Omelet

Yolk 1 egg, ¼ teaspoon hot water or milk, white 1 egg, ¼ teaspoon salt, ¼ teaspoon butter. Beat yolk of egg until thick and lemon-colored, add water and salt. Do not stir mixture, but pour on to white of the egg beaten until stiff and dry; then cut and fold until white has taken up yolk and water. Heat buttered omelet pan, and cook slowly until delicately browned underneath. Put in hot oven for a moment.

Beef Omelet

Yolk 1 egg, ¼ teaspoon boiling water, white 1 egg, ¼ teaspoon salt, ¼ teaspoon butter, scraped beef or English peas. Prepare same as foamy omelet.

Jelly Omelet

Follow directions for making foamy omelet, adding 1 tablespoon sugar and using only a few grains salt. When ready to fold spread ½ the upper surface with 2 table-spoons jelly (currant, grape, or crabapple), beaten with a fork. Fold, sprinkle top with sugar.

Orange Omelet

Ingredients.—Yolk 1 egg, 1 tablespoon orange juice, white 1 egg, 1 tablespoon sugar, few grains salt.

Follow directions for making foamy omelet. Serve garnished with sections of orange sprinkled with sugar.

Fruit Puffs

Fill old cups or baking cans to the depth of two inches with strawberries, sliced apples, or any kind of fruit and cover with layer of sugar. Put in each cup a small lump of butter and completely cover the fruit with a batter made of 1 egg, 1 pint sweet milk, 1½ teaspoons baking powder and flour to make rather stiffer than for pancakes. Bake 40 minutes in a steady oven.

Persimmon or Carrot Pudding

One quart of persimmons or 1 pint of carrots, mashed fine with the hands and seeds removed from persimmons. Add 1 pint of sweet milk, 3 eggs, 1 tablespoon butter, ½ teaspoon each of cinnamon, nutmeg and ginger, and half as much of allspice and cloves, ½ cup of sugar. Pour into a buttered baking dish and bake till well set, as if for custard. Eat hot or cold; delicious either way.

Poor Man's Pudding

Ingredients.—1 cup sour milk, 1 cup molasses, 1 cup cold water, 2 cups meal, ½ cup butter, 1 egg, 1 teaspoon soda, 1 teaspoon cinnamon, 1 saltspoon salt. Beat all together thoroughly. Pour into a greased pudding pan and bake two hours in a moderate hot oven.

Poverty Pudding

Chop 1 cup of suet very fine, stone 1 cup of raisins, add 1 cup of molasses to the suet. Then add milk, 4 cupful, ½ teaspoon salt, 3 cupfuls sifted flour and 1 teaspoon of cinnamon. Beat hard for three minutes, add raisins, well floured, and 3 level teaspoons of baking powder. Turn into a greased mold and boil three hours. Serve with hard sauce.

Sour Milk Pudding

Soak 4 slices of stale bread in a little milk or water, until soft. Then stir in a quart of rice, sour milk, a cup of molasses, a tablespoon of melted butter, a teaspoon each of cloves and cinnamon, saltspoon of salt. Bake slowly three hours.

When you have roast beef you can get a combination of milk and eggs in a very delicious manner by cooking the English Yorkshire pudding in its gravy. About half an hour before the roast beef is done drain off the gravy, add to it a batter made with 3 eggs, 1 pint milk, 1 cup flour, ½ teaspoon salt, ½ teaspoon pepper. Beat the eggs till light, add to the milk, beat very thoroughly with the flour, pour into drippings and bake. Cut into squares and serve around meat. Substitute buttermilk for plain milk.

If there be a craving for candies, or hunger is felt between meals, a few pieces of home-made butter-scotch kept in the pocket will relieve this.

Butter-Scotch

Ingredients.—1 cup sugar, ¼ cup syrup, 1 tablespoon vinegar, 2 tablepoons boiling water, ½ cup butter.

Boil ingredients together until, when tried in cold water, mixture will become brittle. Drop on an oiled or buttered paper. This candy is much improved by cooking a small piece of vanilla bean with it.



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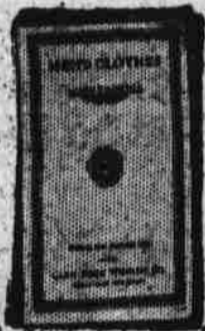
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