### DIET FOR THOSE WHO HAVE THE FLU

The American Red Cross Has Prepared a Number of Receipts for Preparing Nourishing Food for Those Sick With the Influenza.

### Eggs.

poached or soft scrambled. A plain omelet, if not tough, is also good.

Cream Omelet. Five tablespoons butter, 6 tablespoons flour, 1 pint milk, 1 tablespoon salt. Pepper or cayenne to

taste. Four eggs. Directions: Combine first 5 in- food. to white sauce. Separate eggs, beating whites stiff and yolks light. Add family, because the body needs beaten yolks to sauce and fold in fresh vegetables and fruit. whites. Fill greased baking dish 2-3 full and bake forty minutes in a notice. very moderate oven. Serve at once. The omelet should be firm through-

out, and a delicate brown on top. If desired, 1-3 cup grated cheese may be dissolved in the white sauce. Serves six or eight.

Fruits. Use all the fruits possible, whether dried, canned or fresh.

Baked Apples. 8 apples, 8tb. sugar. Cinnamon or nutmeg to taste. Butter (small amount) Directions: Wash and core apples, removing a narrow strip of peeling around each apple. Place in pan fill core with sugar, dot with butter and spice, and pour hot water into the pan to the depth of one inch. Bake until soft. Serve hot or cold. Apple Meringue.

of salt. Apples baked as above. Directions: Beat egg whites very posed of some of the best tonics known, stiff, beating in salt and sugar; pile on the pan of baked apples and slip into the even, having reduced the heat until the oven is cool. Bake until the meringue is a light brown.

### Desserts.

Boiled Custard.

1 qt. scalded milk. 3 eggs. 1-2 cup sugar. Pinch of salt. 1t. vanilla. Grated nutmeg. Directions: Separate eggs, beat volks, beating in sugar and salt; pour gradually into the scalded milk, stirring the mixture all the time and cook in a double boiter until it coats the spoon. Remove from the fire, cool and flavor. Have a flat pan filled with boiling water, beat the whites very stiff pour into the water, reduce the heat or withdraw to the back of the stove. Cut and turn the whites until they are stiff but not tough. Fold into the custard, sprinkle with nutmeg and serve very cold.

Cocoa.-3 tb. cocoa, 1-4c. sugar, pinch of salt, 1 qt. milk, 1 c. boiling

Directions: Add salt to cocoa and rub smooth with enough of the water to make a paste. Stir into the remaining water, and boil 3 to 4 minutes, stirring to keep smooth. Add the sugar gradually and cook a minute or two longer. Pour in the scalding milk and beat vigorously three or four minutes. This is called "milling."

# Meats.

Oysters, fish, poultry, squab, game, lamb chops or cutlets are suggested as additionals to the first solid diet: these may be stewed, creamed, broiled or baked, but never fried. With poultry the white meat should be used first. Juicy beef, scraped, seasoned made into flat cakes, and broiled will be found wholesome.

### PLAN HOME GARDEN BEFORE YOU PLANT

is the one that produces the most food and is easier to care for." This is the opinion of home gardeners who know from experience that it

pays to plan before they plant. Success with the home garden Soft cooked eggs are most desir- means more than is often realized able, either soft "boiled," coddled, even by the home gardener. Here are some things the home garden

> 1—Supplies cheaper food. 2-Furnishes fresher, better tast-

ing food. 3—Saves transportation 4-Makes it possible to utilize

spare moments. 5-Supplies a greater variety of

6-Means more health for the 7—Furnishes food on a moment's

8—Makes it easier for the house-

holder to prepare meals. 9-Helps to educate the children, and keep them interested at home. 10—Means better meals next winter when the garden surplus is

canned at home. A well cared for garden yields larger returns than any area of the same size planted to the usual farm crops, according to persons who have studied home gardening.

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with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts thru the blood on the mucous surfaces of the 4 tb. sugar. 2 egg whites. Speck system. Hall's Catarrh Medicine was prescribed by one of the best physicians in this country for years. It is comcombined 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. Send for testimonials, free. F. J. CHENEY & CO., Props., Toledo, O.

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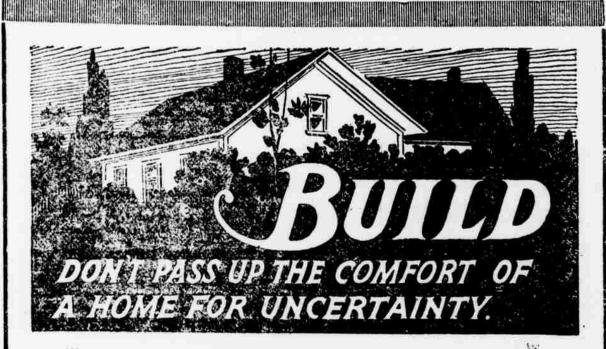
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fluenza at the time. Financial worbut lacked the courage to do it, she mind, Mrs. Fayre told the police.



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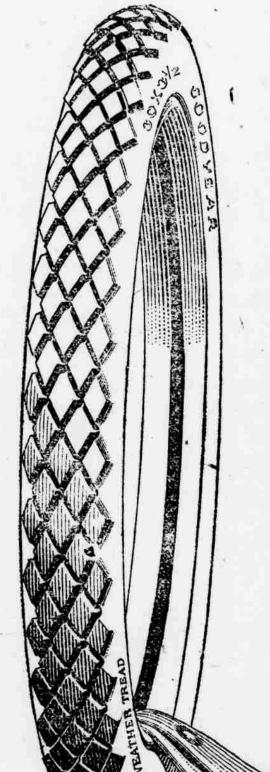
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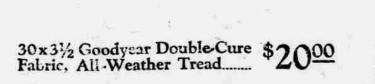


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