

KITCHEN NET

our common humanity is all be necessary for men giving, canceling debts, offended pride.—Frank

ERN RICE DISHES.

of our most easily digested is reasonably cheap, and should be more often served.

Rice Stuffing for Fowls.—Brown one chopped onion in a tablespoonful of butter, and mix with it four cupfuls of boiled rice and a cupful of bread crumbs that have been moistened in milk. Season with sage, parsley or any herb; add half a pound of fat or finely chopped pork; pepper to taste.

Cakes.—Boil half a cup when cold mix one quart milk, the yolks of four eggs make a stiff batter; beat to a froth, stir in a teaspoon and two of cream of tartar and fold in the stiffly beaten whites of the eggs. Bake on a spread while hot with a sprinkling with sugar and

Quettes.—Scald a pint of double boiler; add a half cup well-washed rice. Cook until the yolks of two eggs, a spoonful of salt, and two of sugar. Remove from heat smooth; add half a teaspoon of the grated rind of lemon. A bay leaf cooked in the water adds a fine seasoning, be removed when the dishes are reached. Spread on a flat surface to chill. Sugar may be added if liked.

Eggs.—Put two tablespoonfuls of salt, a tablespoonful of oil, a half cupful of rice into a pan and cook until the rice is tender and a cupful of stock is added and when the rice is tender add two or three eggs; when the eggs are cooked serve at once. Season with salt and paprika. This is a most especially appetizing dish. Few eggs serve for four or also economical.

rice may be stirred into a cream batter, or rice milk cakes. With thin cream it is an ideal supper for a plain boiled, seasoned with

how we cannot always make well, but few perhaps reach such we can do to keep our—Sir John Lubbock.

ME PEACH WAYS.

anked like apples are a dessert. Place them in a shallow pan, sprinkle with a little sugar, a few drops of lemon and bits of butter, with a grating of nutmeg. They may be baked whole or in halves with the pits removed.

A half of a peach placed on a square of paper or angel food, soaked in syrup and topped with whipped cream is a dessert

sliced and mixed with marshmallows and sweetened whipped cream is another well liked dessert.

Glorified Peaches and Cream.—Peel and cut each peach in half, remove the pits and put a little marshmallow and a teaspoonful of sugar on each; let stand for an hour or two until the fruit has absorbed it, then arrange the peaches around a bowl of sweetened and flavored whipped cream.

Peach Salad.—Peel and cut each peach in half, remove the pits and arrange on nests of lettuce; fill with dressing and chopped meats. For the dressing use two tablespoonfuls of powdered sugar, one teaspoonful of celery salt, salt and paprika to taste, five drops of tabasco, four tablespoonfuls of olive oil and two tablespoonfuls of vinegar.

Peach Compote with Peach Sauce.—Scald two cupfuls of milk in a double boiler and add one-half cupful of farina, gradually, stirring constantly. When the mixture thickens, add a fourth of a cupful of sugar, one-half teaspoonful of salt and cook 20 minutes; then add the whites of two eggs, beaten stiff. Turn into a shallow pan. Remove the skins from six peaches, put into a saucepan a half cupful of sugar and a quarter cupful of water, cover and cook the fruit until soft. Cut the farina into squares, put a peach on each square and pour the peach sauce over all.

Peach Sauce.—Mix half a tablespoonful of cornstarch with one tablespoonful of water; add to the syrup in the pan and cook five minutes, stirring constantly; add two yolks, beaten thick, two tablespoonfuls of lemon juice and a dash of salt.

Strawberry Shrub.—A delicious frozen dish when it is possible to serve one at a picnic, is this: Take a quart of canned or fresh strawberries, put through a cloth and add one quart of water to the juice; add a half cupful of lemon juice, sugar to taste and freeze to a soft mass, then add a cupful of cream and finish freezing.

Julie Bottomley
Pretty Lingerie.
Dainty lingerie is made of soft, white pongee, trimmed with bands of finest blue linen, and laced with blue linen laces.

DAIRY

DRYING OFF HEAVY MILKERS

High-Producing Animals Are Difficult to Handle—First Step is to Change Cow's Feed.

The customary method of drying off the average dairy cow is simply to omit every other milking until the milk flow diminishes, and then skip still more milkings till it stops entirely. Sometimes the process will require two or three weeks, but usually less. A cow producing less than ten pounds of milk daily may be dried off any time, without injurious results, simply by stopping milking.

High-producing cows are more difficult to handle in this respect and some dairymen claim it is impossible to get their best cows to go dry. The first step to dry off an animal producing 20 pounds of milk a day or more is to change the feed. If she is on pasture, remove her to a dry feedlot. If she has been receiving alfalfa or clover hay, give her timothy or similar nonsucculent feed. In winter-time take away the grain.

Then milk at irregular intervals and the flow will soon decrease. At the end of a week it will fall off about five pounds, and in a few days more milking may be stopped entirely. The udder may fill up, but in a few days the milk will be reabsorbed, and finally the udder will become normal. A rest of about six weeks is beneficial to the cow, and experience has shown that cows will have a greater annual yield if they are dried off instead of being milked up to the time of calving.

LACK IN MINERAL NUTRIMENT

Dairymen Advised to Feed Cows Materials Rich in Calcium Magnesium and Phosphorus.

Dairy cows fed the usual winter rations cannot produce large milk yields without loss of minerals from their skeletons, writes Dr. E. B. Forbes of the Ohio experiment station, basing his statement upon recent investigations of the department of nutrition. From his results he advises dairymen to give the high-producing cow feeds rich in minerals, especially calcium, magnesium and phosphorus. A gradual shrinkage in milk yield or a failure to breed may be due to mineral depletion, he continues.

In his experiments different rations varying in mineral contents were fed to heavy-milking Holsteins. More calcium, magnesium and phosphorus



Excellent Type of Holstein.

were given off in the milk and excreta than were present in the feed, although the cows maintained their live weight during the experiment, and stored sulphur and nitrogen.

Doctor Forbes says that the cow must draw upon her bones to supply this deficiency, because her capacity to produce milk is much greater than her ability to digest minerals. The farm foods which are richest in the minerals are the legumes, especially clover and alfalfa. Grain feeds are all deficient in the most important mineral nutrient, lime. Lime may also be added to the ration in the form of bone flour or as calcium carbonate.

BETTER QUALITY OF CHEESE

Principal Cause of Sourness is Use of Overripe Milk—Condition Can Be Prevented.

Much can be done at the farm in helping to produce only the best quality of cheese, which will command the highest price, give complete satisfaction to the best class of trade, and prevent loss to the cheese factory.

During the summer one of the most common complaints from the trade is due to sour or acid cheese. The principal cause of sour cheese is the use of overripe milk. Although milk may be ripened too far before the whey is drawn in the cheesemaking process by an inexperienced cheesemaker, much of it is overripe when brought from the farm to the factory. The most successful cheesemakers, as a rule, are those who have secured the co-operation of their patrons in the care and delivery of their milk to the factory in first-class condition.

REGULAR TIME FOR MILKING

Important That It Be Done at Same Hour, Morning and Evening—Avoid Injuring Udder.

It is very important that the milking be done regularly at as near the same time each morning and evening as possible. And it is also well that the persons doing the milking do not change often, for each person has a little different manner of milking than another and a change causes the cow to feel uneasy, and, in some cases, if the change is repeated too often, it may injure the udder and the cow will give less milk as a result.

CALOMEL MAKES YOU SICK, UGH! IT'S MERCURY AND SALIVATES

Straighten Up! Don't Lose a Day's Work! Clean Your Sluggish Liver and Bowels With "Dodson's Liver Tone."

Ugh! Calomel makes you sick. Take a dose of the vile, dangerous drug tonight and tomorrow you may lose a day's work.

Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel, when it comes into contact with your bile crashes into it, breaking it up. This is when you feel that awful nausea and cramping. If you feel sluggish and "all knocked out," if your liver is torpid and bowels constipated or you have headache, dizziness, coated tongue, if breath is bad or stomach sour, just try a spoonful of harmless Dodson's Liver Tone.

Here's my guarantee—Go to any drug store or dealer and get a 50-cent bottle of Dodson's Liver Tone. Take a spoonful tonight and if it doesn't

straighten you right up and make you feel fine and vigorous by morning I want you to go back to the store and get your money. Dodson's Liver Tone is destroying the sale of calomel because it is real liver medicine; entirely vegetable, therefore it cannot salivate or make you sick.

I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your bowels of that sour bile and constipated waste which is clogging your system, and making you feel miserable. I guarantee that a bottle of Dodson's Liver Tone will keep your entire family feeling fine for months. Give it to your children. It is harmless; doesn't gripe and they like its pleasant taste.—Adv.

W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE"

\$3.00 \$3.50 \$4.00 \$4.50 & \$5.00 FOR MEN AND WOMEN

Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

Boys' Shoes
Best in the World
\$3.00 \$2.50 & \$2.00
W. L. Douglas Shoe Co., Brockton, Mass.

Had Learned His Lesson.

After one of the reservations had been opened, the white community was annoyed by the promiscuous swearing of the noble red man, numbers of whom seemed quite unaware of the strength of their recently acquired vocabulary. This condition became so intolerable that several arrests were made and jail sentences imposed. It was not long before the native sons of America realized that swearing in public was a very bad business, and they quit. One of these Indians was a witness in a case of some importance in the local justice court, and had testified to certain facts which greatly exasperated counsel for defense. With his hand upraised the lawyer impressively thundered: "Now, Nick, will you swear—" "No!" shouted the Indian. "Me no swear! Swear talk no good here—getrum jail!"

Imparting Information.

The British soldier will make a joke even against himself. An elderly lady in a bus noticed the initials "R. D. C." on a soldier's tunic. She puzzled her brains, but could not solve the mystery as to their meaning. At last her curiosity overpowered her and she asked what they stood for. "Reformed Drunkards' corps, ma'am," said the soldier gravely. "Dear me," said the lady, "how very interesting." And probably not one of those who laughed at the reply could have explained what "R. D. C." really means.—London Chronicle.

MOTHER, ATTENTION!

Gold Ring for Baby Free.
Get a 25c Bottle of Baby Ease from any drug store, mail coupon as directed and gold ring (guaranteed), proper size, mailed you. Baby Ease cures Bowel Complaints and Teething Troubles of Babies.—Adv.

RELIABLE REMEDY RESTORES KIDNEYS

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy.

It is a physician's prescription. Swamp-Root is a strengthening medicine. Dr. Kilmer used it for years in his private practice. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it will help you. No other remedy can successfully take its place.

Be sure to get Swamp-Root and start treatment at once. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

His Tree.

Bill—Has he a family tree?
Jill—Oh, yes.
"What is it?"
"Well, it's of the nut-bearing family."

All Parents Know That.

Every bright boy, at the age of four, becomes an animated interrogation point.

Perfectly Good Dog.

Mrs. Jones—Harry, shall I send Fido to the dog show next week?
Harry—No, dear; I'm afraid he isn't good enough.
Mrs. Jones—Not good enough! Why, Fido never did anything wrong in his life.—Stray Stories.

Whenever You Need a General Tonic

Take Grove's
The Old Standard Grove's Tasteless Chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

Locks So.

Patience—I see sixty thousand workmen in London were thrown out of work by the war.
Patience—Oh, did the war stop bridge whist?

Dr. Peery's "DEAD SHOT" is an effective medicine for Worms or Tapeworm in adults or children. One dose is sufficient and no supplemental purge necessary.—Adv.

It requires one ton of musk-rose petals to distill one pound of pure attar of roses.

When You Follow The Trail Go Equipped With

WINCHESTER

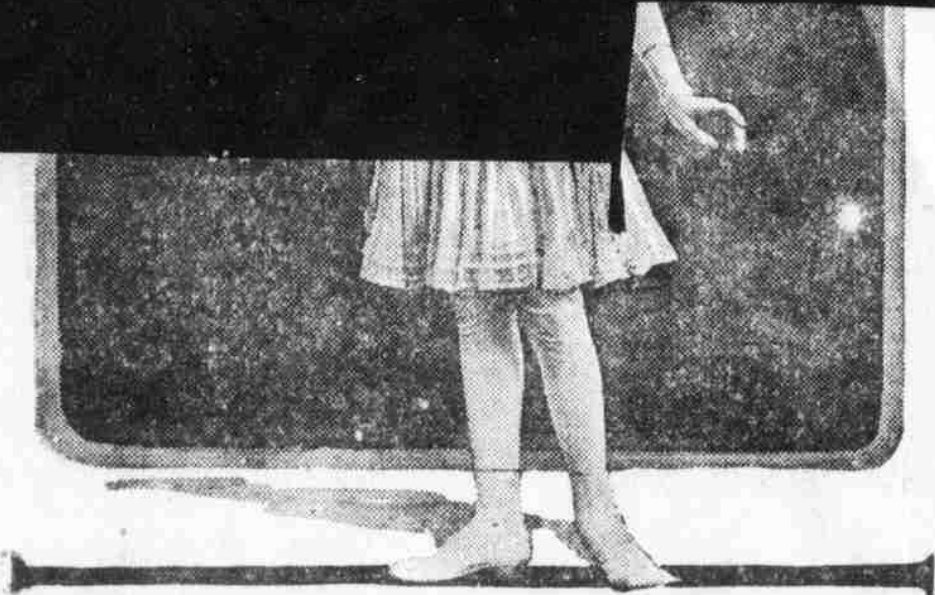
Guns and Ammunition

Made for all kinds of shooting

SOLD EVERYWHERE

W BRAND

ASK FOR THE W BRAND



Pretty Party Frocks for Girls.

There are many pretty frocks on display for members of the primary class in the school of social wisdom, and they are calculated to develop her taste. By the time she arrives at the "flapper" stage, with a mind of her own as to clothes, she will know something about party frocks, anyway.

There are many dresses for the little miss, made of plain and changeable taffeta in light colors. And there are others of crepe or chiffon much beruffled. Some of them are short-waisted, some of them are long-waisted, and others have no waist at all. All of them barely reach to the knees and their sleeves are as brief as their skirts. Necks are round or square, and a little sleeveless body in several good designs is worn over a dainty underbody with sleeves, made of tulle or lace, in narrow ruffles, set close together on a net foundation.

A new idea is successfully carried out when taffeta is the material used. Short-waisted dresses, or slips without a waistline, are trimmed with several rows of narrow ruffles of the silk about the bottom of the skirt and on the sleeves. These ruffles are sewed to the frack along their lower edge—that is, they are upside down. Other styles may come and go, but the pretty lingerie frock for the little

miss refuses to go at all. Here is one of the latest creations for a little girl. It is made of French batiste and is trimmed with narrow valenciennes lace and a little frill embroidery. The long waist has a front panel of five tucks, and when it is set into the side body a frill edged with lace is set on. Similar frills finish the neck and sleeves.

The short skirt is laid in fine plaits and trimmed at the bottom with insertion and edging of valenciennes lace.

The grille is made of wide soft satin ribbon laid in plaits. At each side there are double rosettes with hanging ends of baby ribbon in the same tint as the grille. Little bows are tied in the ends of the pendent ribbons. The grille slips through a strap of batiste at the back and fastens under one at the front. It is tacked to the dress at each side, under the rosettes.

Julie Bottomley

Pretty Lingerie.

Dainty lingerie is made of soft, white pongee, trimmed with bands of finest blue linen, and laced with blue linen laces.

Nellie Maxwell