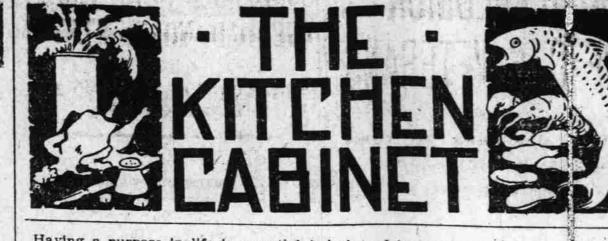


a negligee that will appeal | nightdress, develops a little fullness ribbon-those twin, time-honored anions of beauty. The designer revsuch materials, and when she is d loose to go as far as she likes. have negligees and negligees; some hem daring, a few sensational, and of them adorably simple and istent, such as the amateur dresser may undertake with confidence wider width, utilizing the narrower finish with satisfaction. ight and simple as those of a will prove a joy to own.

to gentlewomen, being made in at the front and back and is drawn in and modest fashion, of lace at the waistline by ribbon that slips through slashes in the lace and lining. Picot-edged satin ribbon in two



ight living. Unless a man is now living to a purpose, he has either not yet begun to live, or he has got through living; and In either case he is out of place in the -Anonymous.

COLD MEAT COOKERY.

So often a few slices of some choice roast, steak or stew is allowed to

waste because the family is tired of it, when a little different way of serving the meat, a new sauce, would make it a most attractive and appetizing dish. Roulade de Boeuf .--

Take a pound of cold roast beef, free it from skin, bone and gristle, and put it through the

meat grinder with a third of a pound or less of ham or bacon, lean and fat together. Season highly with salt and pepper, add a teaspoonful of finely minced olives, a few drops of tabasco, a teaspoonful of minced parsley, a little lemon peel and a pinch of nutmeg. Mix all together and add, a half cupful of cooked macaroni, cut in oneinch lengths and tossed in butter. Add the well-beaten yolks of two eggs, and the whites beaten to a stiff froth. Mix well, roll and cover with a greased paper and bake in a well-greased baking pan in a moderate oven one-half hour. Serve with the following sauces: Add salt and pepper to a pint of tomatoes which have been put through a sieve. Add a teaspoonful of sugar, a tablespoonful of vinegar, a teaspoonful of

Having a purpose in life is essential to | pint of tomato pulp well seasened into a well-buttered baking dish:" Add a tablespoonful of butter, set into a hot oven for ten minutes then remove and add four eggs, added care ully to poach. Cook from three to four minutes and serve from the dish.

THE TRYON NEWS, TRYON, N C.

If thou hast friends give than thy best endeavor, Thy warmest impulse and this purest thought, Keeping in mind and word and action ever-The time is short -Elizabeth Frentiss.

GOOD DISHES FOR THE MAMILY.



ful cooking it is vegetables. The vegetables prepared by the ordinary cook are a byword for all that is gasteless and unarpetizing, The mineral salts

which we need to keep up the body functions are largely thrown fown the kitchen sink when draining the vegetables. Boiling any vegetable in water is not the best method, for its nutriment is largely wasted in the water in which it is cooked. Steaming, cooking in casserole or payer bag does away with this waste.

Irish Stew .-- Cut up two pr three pounds of mutton into serving-sized pieces, leaving very little fat, Season well with salt and pepper and add six good-sized onions peeled and finely



widths is used for decorating it; the little loops along its edges make it easy to adjust and stitch down by curves. It borders and trims the sleeves and finishes the neck in the

for a girdle and sash. ny of the wide, sheer lace flounc- If the creator of this negligee had and all-over lace patterns may gone no further with ribbons than to commended for a negligee of this use them in bands and borders, the They are lovely when lined effort would have been pretty and crepe or chiffon in a pale color. creditable. But it is the addition of with ribbon chosen to bear out, in ribbon roses, set in a little foliage, at ther tint, perhaps, the color used, the bottom and in the sleeves that egligee made of lace and unlined, make the final captivating touch which be worn over an underslip of thin only genius knows how to give. They . The model pictured has lines as finish up a gracious garment that it



onion juice, or a half clove of garlic minced. Cook until reduced slightly in bulk.

Canneion a la Royale .- Take a pound of cold roast veal, free it from skin and fat and grind it twice through the meat chopper. Add to it a quarter of a pound of ham also minced. Add salt, pepper, minced parsley, half a teaspoonful of minced shallot, a little grated lemon rind and a pinch of nutmeg. Mix well, add two well-beaten eggs, shape in a roll, cover with buttered paper and bake a half hour.

Mutton Reheated .- Underdone mutton can be turned into a very nice dish. Cut a sufficient number of slices from a leg of mutton; cut in rounds or squares. Place a tablespoonful of butter in a plate. Add to it a tablespoonful of Worcestershire sauce and salt to taste. Have ready well-browned toast, place a piece of mutton on each, place in a hot oven and bake ten minutes.

Because in a day of my days to come There waiteth a grief to be. Shall my heart grow faint, and my lips be dumb

In this day that is bright for me? Because of a subtle sense of pain.

Like a pulse-beat threaded through The bliss of my thought, shall dare refrain From delight in the pure and true?

REFRESHING FROZEN DISHES.

One may have such a variety of frozen dishes with the foundation pre-

pared like the usual vanilla ice cream. Various sauces, fruits, nuts, all add to the attractiveness and lend variety.

Banana Sherbet .-- Put three cupfuls of water and one and one-half cupfuls of sugar in a saucepan; boil five min-

utes. Add the juice of one lemon and two oranges, with a little of the grated rind of each and one cupful of banana pulp. Scrape off the stringy portion of the bananas before putting through a sieve. Beat the sirup and fruit mixture till cold, then stir in three cupfuls of whipped cream, measured after whipping, or the whites of three eggs beaten stiff. Freeze until soft like mush. Serve in frampe glasses.

Canana Jelly .- Take one pint of bahot oven until well browned. Egg man has learned to his sorrow the disnana pulp, the juice of one lemon, onenot content with trying to cook what plant or carrots may be served in aster back of a distant relationship fourth cupful of orange juice or any it carried inside. between himsel? and his customers. this dish in place of squash. good fruit juice, one-half cup of sugar, The electric stove does not have to Roast Beef With Mexican Sauce .-Step a Step Closer. ore-third of a package of gelatin, one-Reheat cold roast beef cutfin thin be fed kindling in the form of cobs. Individual supremacy and power third of a cupful of cold water. Soak but is operated by a simple button, slices in the following sauce: Cook result from combat, whether or not I' the gelatin in cold water, put the ba-(3) one onion finely chopped in the tablewhich turns on the heat and the meis a Battle at Arms, a Battle Ir nanas through a sieve, add the sugar, ter at one and the same time. This spoonfuls of butter, five minutes. Add Rusiness, or a Battle with your owr the juice and let stand until the gela-In young girl who goes away to , after the manner of youth itself. Almeter is very fast on its feet, and It one red and one green pepper rhopped. Self. And the Closer you get to your school likes to take at least one together-design, color and decoratin is softened and dissolved over hot is a painful sight for a frugal husband one clove of garlic also chorbed; and Opponent the surer you are of Vic-I frock with her, and to start tion, the ensemble is very youthful water. Mix all together thoroughly to watch it turn over and devour two tomatoes cut in pieces. Pook fifthat is quite enough. At this and charming, tory. and turn into a mold. Let stand in a teen minutes. Add one teasphonful of watts and knowatts in a reckless and Step a Step Closer. cold place to become firm. Serve with before the new designs have A sprightly taffeta frock is another prodigal manner. It does not cost any Worcestershire sauce, one-fourth tea-Another thing to remember-Imag-, presented to the public and good choice for the beginning of the cream or a custard. more to cook a thick beefsteak on an spoonful of celery salt and salt to Honey Taffy .- Boll (270 degrees ination is a powerful factor in Suc-" upon-or passed up-it is not school year's gayeties. Made with a electric stove than it does to buy the taste. cess and the Closer you are to your Fahrenheit) one cupful of sugar, one asy to decide upon the styles that full skirt and quaint supplice bodice steak in the first place, and after the Banana ice Cream .- Scald one cupful of water together until it makes work or your Opposition, the biggest prove desirable and develop into with elbow sleeves, it may be trimmed oven has become thoroughly heated quart of thin cream, dissolve in this will be your vision, the more will you a hard ball when dropped in cold waons. But the earliest showings with small flat reses in a girdle about it will remain in that condition so long one and one-half cupfuls of sugar; See, and the clearer will loom the ter. Add vanilla or other flavoring. the some pretty and conservative the waist and set in prim rows as a as nobody wants to use the heat. when , cold add a pint of chilled pour into a buttered dish and cool real purpose back of each effort that is that will hold their own with finish to the sleeves and border about cream and freeze. When the cream If some way could be devised to you make in life. until it can be handled, then pull. that may follow them. the skirt. Any of the light evening is partly frozen add one and one-half turn back the surplus heat generated he of those simple, graceful, in- shades are available for a frock of Step a Step Closer. Honey Hermits .- Take one cupful cupfuls of banana pulp put through a by an electric stove into the meter, and Close quartered you are able to desplenous frocks that never grow this kind. Colored taffeta makes a of shortening, one and one-half cupricer, mixed with the juice of one and get credit at the end of the month, tect defects, and correct them. Close fuls of honey, one teaspoonful of soda. some is shown above. It is made fine foundation for a frock of filmy one-half lemons. Finish freezing and more people would use it without a centered there is no lost motion, but bule rose batiste and has many net. A full, straight skirt of net with three eggs, five cupfuls of sifted flour. let stand a few hours to ripen. sense of dark, chilly foreboding. s of narrow lace running up the a border of harb lace at the bottom power in every stroke. If you will one teaspoonful of salt, two teaspoon-(Copyright.) Tomatoes and Onions .- Take one ins and about the skirt, which is and inserted something less than half but apply the suggested thoughts back fuls of cinnamon, two and one-fourth -0---quart of tomatoes and one quart of er full and hangs straight. The way up th length of it, is joined to of this little talk, to your work tocupfuls of raisins, chopped, two and onions sliced. Stew the onions until Builds Nests in Safe Places. day, larger growth is sure. -You will one-fourth cupfuls of nut meats, the is plain with a fichu collar a plain bodice with wide fichu of the about half done in as little water as A species of swift builds nests be a bigger man or woman. ed with a frist of lace opening over net. The fichu is edged with lace chopped. Dissolve the soda in the possible, then add the tomatoes. Cook which are composed of a gelatinous ----estee made entirely of lace frills, and 'erminates at the front in a girhoney, warmed, add the shorten ng and until tender. Add a liberal a nount of secretion from the glands inside the sleeves are long with frills at dle of wide, soft satin ribbon. Eager to Have It Out. cream together. Beat the eggs well, olive oil or butter, season to taste with mouth. These nests are edible and wrist. The pride and glory of "Kate never seems to grasp anything add the flour, salt and cinnamon, and salt, and thicken with a listle flour are a very popular delicacy in the trock is its ribbon sash, in pale ulia Bottomly you tell her." lastly the raisins and nuts. Sift unstirred with cream. Orient. They are built in cup shape "No: she's the kind of woman who made of satin ribbon not very til stiff and drop from teaspoon on a but extravagantly long and havind are attached to the face of the instead of listening to what you are buttered sheet. Bake in a moderate ock in perilous places, making the a full how of short loops. It is saying is already listening to what nellie Maxwell oven. edigal affair going to extremes athering of them a rather dangershe is going to say."-Boston Trans Eggs us occupation. script.

chopped, two pounds of potatoes

of herbs, parsley, savory or fny combination liked. Add a cupful of hot water and bake in a covered casserole for an hour or longer.

Eggs a la Bechamel.--Cook four eggs in the shell until hard. Drop them into cold water, shell and cut them in halves. Butter a balling dish, cream, pepper and salt to task with a tiny dust of powdered mace. Bake in a hot oven ten minutes.

Chicken a ia Reine .- Clean, dress and truss a fowl as for roasting. Rub it well with a cut onion. Place it in a baking pan with a half cupful of good stock, add a sprig of parsley, a bay leaf, a blade of mace and three spring onions tied together. Add a half cupful of cooked rice and let it cook slowly in a moderate oven until the fowl is cooked. Remove the herbs and onions and serve with the broth slightly thickened.

Days for deeds are few, my grother, Then today fulfill your vow; If you mean to help another, Do not dream it-do it now

A FEW VEGETABLE DISHES.

A steam cooker, or, lacking that, an old-fashioned steamer which fits the top of a kettle is an in-

valuable utenail for cooking. Vegetables which are steapied contain all the valuable mineral salts, the soluble nutritive materials which are thrown awity when

the vegetables are boiled and the waters thrown away. It takes about a third longer to steam vegetables, but it takes little fuel to keep the steamer in operation when once started. A whole dinner

from vegetables to meat, fish and dessert, may be cooked together, Summer Squash en Casserola .- Take

two and one-half cupfuls of cooked squash, add three-fourths of a cupful of thick, stewed tomatoes, two tablespoonfuls of butter, one and onehalf teaspoonfuls of salt, ore tablespoonful of grated onion, one-salf cupful of chopped meat, fish, or guts, mix well and cover with three-fourths cup-

ful of buttered crumbs. Bake in a

with the other, and still remain as cool and collected as a refrigerator car. In fact, the only person who is liable to become overheated when he add the eggs with a half capful of looks at one of these stoves is a husband who has just figured the meter rate with a pencil stub and a sinking heart.

Man cannot realize what the introduction of the electric stove means to woman, because he has never posed in front of a soft-coal range for eight hours in succession, trying to prepare



It Does Not Cost Any More to Cook a Thick Beefsteak Than It Does to Buy the Steak in the First Place.

enough food to keep a family of eight children from eating the upholstering off of a hair sofa. The old-fashioned cook stove, with sloping legs and concave stomach, has caused thousands of women to regret having given up teaching country school and entering upon matrimony with one eye closed, Nobody has ever determined the number of heat units thrown off by one of these stoves on a peaceful summer day when the air is vibrant with the melody of birds and the thermometer is running around the track with its tongue out. We do know, however, that many a man has come home at noon, only to be greeted by a wife with straight hair and carmine complexion, like unto the over-ripe tomato, all due to a steel range which was

peeled and sliced thin. Add a bunch and baked to the dull, reddish brown dreams of the scientists as it maniaspect of the Arapahoe squaw. A fests itself in practically the same woman can stand in front of an elec- manner to everybody. According to tric stove all day and run it with one Professor Strumpell of Leipzig. one of hand, while beating up a sponge cake the "highbrow" dream investigators. this dream sensation of flying is the result of the dream-mird translating the sensation caused by the rising and falling of the lungs of the dreamer after the skin sensations of the chest have been reduced to insensibility by sleep. This theory, however, is rejected by other scientists for what seem very good reasons-too long to recite here. Doctor Ferden of Vienna and some others interpret the flying dream as erotic dream symbolism, while Professor Freund declares that in spite of the standardization of the dream under consideration, it requires special interpretations in some persons and in all cases arises in the dream-mind or psychic.

The mystics interpret the dream as a favorable omen. According to them it is a prognostication that the dreamer will arrive at a considerable, perhaps a great, fortune, and will be promoted to some high office of state, Also it is a sign that you will be happy as well as fortunate. If you are unmarried and in love, you will marry the one of your choice and will live happily. If you are not in love now you will be soon and a marriage will result. More than that, you will have many children who will be successful in life.

For anyone who dreams of flying there is a journey in store, which journey will result to his great advantage. The "highbrows," of course, deny that there is any prophetic meaning in the dream. So there you are-the "highbrows" and the "lowbrows"-take your choice.

> (Copyright.)



ANY a General, since Time got IVI to going, has bitterly learned the futility of fighting a battle at long range. Also, many a Business