

utes. Set on the back of the range for twenty minutes longer. Drain, season with salt and pepper, turn into a border mould, set into the oven and bake fifteen minutes. Take out, turn the rice onto a dish and fill the cavity with fricassee of chicken or brown stew and serve with gravy.

Spinach a la Creole.—Wash the spinach through two or three waters; strip the leaves from the stems and reject the root and stalk. Put into a sauce pan with very little water and sprinkle with a little salt; let boil twenty minutes, take up, drain and press dry. Chop fine, return to the saucepan with a tablespoonful of butter and a very little grated nutmeg; set over the fire; when hot, beat light and put into a dish, smooth the top neatly. Mash the yolks of four hard-boiled eggs to a paste, add a tablespoonful of melted butter, a little salt and a dash of pepper. Spread this mixture over the spinach with a knife, garnish with the whites of the boiled eggs cut into rings, and drop over it tiny bits of the pulp of lemon.

Contributed Recipes

Chicken Pie.—Cook the chicken until tender, salting to taste. Take out the loose bones, and have ready a crust made as follows: Two cups of flour sifted with two teaspoonfuls of baking powder; one teaspoonful of salt; three tablespoonfuls of butter; mix the butter with the flour, add to it one beaten egg, then stir into the flour one cupful of sweet milk, mixing well. Put the chicken into a baking dish and pour the gravy over it; then drop the flour mixture over the chicken in spoonfuls and bake one-half to three-quarters of an hour.

Dried Beef.—Heat milk and water, equal parts, and thicken with a beaten egg and a little flour; when boiled up, add the beef, sliced as thin as possible, and immediately remove from the fire, as the less it is cooked,

GRAND TO LIVE

And the Last Laugh is Always the Best

"Six months ago I would have laughed at the idea that there could be anything better for a table beverage than coffee," writes an Ohio woman—"now I laugh to know there is."

"Since childhood I drank coffee as freely as any other member of the family. The result was a puny, sickly girl, and as I grew into womanhood I did not gain in health, but was afflicted with heart trouble, a weak and disordered stomach, wrecked nerves and a general breaking down, till last winter at the age of 38, I seemed to be on the verge of consumption. My friends greeted me with 'How bad you look! What a terrible color!' and this was not very comforting."

"The doctors and patent medicines did me absolutely no good. I was thoroughly discouraged."

"Then I gave up coffee and commenced Postum Food Coffee. At first I didn't like it, but after a few trials and following the directions exactly, it was grand. It was refreshing and satisfying. In a couple of weeks I noticed a great change. I became stronger, my brain grew clearer, I was not troubled with forgetfulness as in coffee times, my power of endurance was more than doubled. The heart trouble and indigestion disappeared and my nerves became steady and strong."

"I began to take an interest in things about me. Housework and home-making became a pleasure. My friends have marveled at the change and when they enquire what brought it about, I answer 'Postum Food Coffee, and nothing else in the world.'" Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

the better. If the beef is very salty, it should be freshened in a little hot water (not boiled) before going into the gravy.

Tea Biscuit.—One quart of flour, one teaspoonful of salt, half teaspoonful of sugar, two teaspoonfuls baking powder, one tablespoonful of lard, one pint sweet milk. Sift together flour, salt, sugar and baking powder; rub in the lard cold; add the milk and form into a smooth, consistent dough. Flour the board, turn out the dough, roll it to the thickness of three-quarters of an inch, cut in small, round shape and lay close together on a greased baking tin; wash over with milk, and bake in a good, hot oven until done—about twenty minutes.

Paste for Tarts.—Beat the white of an egg to a strong froth; then mix it with as much water as will make three-fourths of a pound of fine flour into a very stiff paste; roll it very thin, then lay the third part of a half pound of butter upon it in little bits; dredge it with some flour (which should be left out at first), and roll it up tight; roll it out again, and put a second third of the butter on it in small bits, dredge as before, and roll up tight; roll out again, putting on the last third of the butter, dredge with a little flour, roll up tight, and then roll thin again, then use for crusts.

Oranges

Oranges are charming for decoration of the table, as well as for food. When placed upon the table whole, a few green leaves should be placed around them; the leaves need not, necessarily, be orange leaves, but other pretty, green leaves may be used, if the orange leaves are not to be had. When to be eaten at the table, there are several ways of handling them. Cutting them across and eating with a spoon has the drawback that the juice flies about disagreeably. By cutting a little circle around the core in the center, this unpleasant feature may be counteracted. Another way is to cut them in eighths with the skin on, and sip the juice from these little portions.

One method of preparing them for the table is as follows: Cut with a sharp knife a narrow girdle around the circumference of the orange, half way from the stem to the blossom end; remove all the rind except the narrow girdle; just over one of the divisions of the fruit, cut the rind band through with a knife. Then carefully separate the natural divisions of the orange, leaving each attached at its back to the strip of rind. It is very convenient and comfortable to eat oranges prepared in this way, as there is no trouble with the juice or peeling.

Apple Turnovers

Make a rich, short pastry, roll it out and cut into squares about five inches wide. Set in the middle of each a large, pared and cored apple; drop into each apple a piece of butter about as big as the end of one's thumb, fill up the hole with sugar, and put more sugar around the outside of the fruit. Into the sugar stick two inches of cinnamon, and press three cloves into the flesh of the apple. Lay a slice of lemon on top of all this, then take up the four corners of the pastry, pinch them into a knot over the apple, and set in a baking pan; let them bake in an oven hot enough to well brown the pastry, but allow the fruit to get well done. The lemon, or either of the other flavoring, may be omitted, and the sugar may be either brown or white, as one likes the taste of it. To be eaten with or without sauce.

Wasted Energies

It seems too bad to go back to the old witticism directed against woman's love of talking, yet observation and

experience too often prove that the charge is not unfounded. Who of us have not had a frequent visitor who "hadn't a minute to spare, but thought she would just run in for a minute," yet who spends one hour or several at each call, plaintively bemoaning her lack of leisure for reading, resting, or improving herself? It is so much easier to talk about the things we would like to do than to go ahead and do them, and she does not seem to realize that she is not only wasting her own time, but robbing us of ours—time which we can ill-spare for the discussion of the neighborhood's doings, or in the tittle-tattle which benefits neither us nor them. Do we not all know the woman who is "just run to death" with her work, who yet finds time—hours!—in which to defraud us of our precious moments in retailing her own or another's grievance? It seems impossible to impress her with an idea of the value of our time without brutal rudeness, or to draw her into a discussion upon some topic which would improve both of us, so that we might at least find an excuse for her delay. Now-a-days, when women are learning to measure time by its results, it is anything but satisfactory to see our morning hours slipping by without any evidence of accomplishment.

Caring for the Baby

Should the nose of the young child become at all stopped up with dried mucus or catarrhal discharges, take warm olive oil or liquid vaseline, and, with a small swab of absorbent cotton thoroughly cleanse the nasal passage. The baby which was before growing thin because it could not breathe through stopped up nasal passages, and was unable to nurse and breathe through its mouth at the same time, will begin to suckle again naturally, and to put on flesh and grow. Its skin should be gradually toned up and educated to endure changes of temperature by cool bathing at it grows older by gradually lowering the temperature of the bath until at a year and a half, or two years old, it is taking its daily morning cold bath. As it grows older, it should be taught to inhale deeply in the open air, standing erect with mouth closed; also taught to run and play, always being careful to inhale through the nose. Mouth-breathing often becomes a habit, and aside from its hurtfulness, gives a bad expression to the child's face.—The Housekeeper.

The Sympathetic Cough

Sympathetic cough is oftenest met with in children, probably on account of their greater susceptibility to nervous disturbances. The more common causes of it are worms, constipation, dentition, and the like. A close examination will usually reveal the cause. A case of sympathetic cough in a child requires the closest investigation. The constant "hacking," the irritability of the child, its disinclination to effort, its loss of appetite and gradual, but steady decline, are phenomena such as might accompany a severe type of lung disease. Its remedy consists of treatment directed against the cause, and it is of the utmost importance first to ascertain the real cause beyond the possibility of mistake. It is evident that no amount of cough medicine, or soothing syrup can be of avail in such cases until the cause of the disturbance is relieved.

Making Marble Frames

Take one teacupful of gloss starch and one teacupful of table salt, one teacupful of water, one teaspoonful of glue (the glue you can buy at the drug store and dissolve in a little water). Cook salt, starch water and glue in a little saucepan, set in a large pan of boiling water, or use a double boiler; when thick enough to mold,

have a pasteboard for the frame and roll the paste between the fingers, bring both ends together and cover the pasteboard frame with it; then sprinkle with powdered glass (diamond dust) to make it sparkle. This, when dried, is said to be very beautiful. Made thus, it is white, but it can be colored, if preferred.

Hemstitching by Machine

Draw the desired number of threads, fold the hem over and baste with the edge in the center of the drawn threads. Loosen the tension of the machine and stitch as close to the edge of the hem as possible. Take out the basting thread and pull the hem to the bottom of the drawn threads. Hemstitched tucks may be made in the same way.

Out-Door Work

Many a semi-invalid, man and woman, many a clerical or business man in ill health from close confinement, many a woman beginning to fail from the hardships of over-work at typewriter, machine or counter, has won greater income and the independent freedom and abounding good health of out-door work by representing the sales department of THE LADIES' HOME JOURNAL and THE SATURDAY EVENING POST.

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