

of flour (rubbing the flour smooth in half a cup of cold milk), a slice of onion, a blade of mace, two teaspoonfuls of salt, and a pinch of red pepper. Put the milk, onion, mace, salt and pepper into a double boiler and cook for fifteen minutes, then take out the mace, and onion, stir in the flour paste, and let boil a few minutes to cook the flour; add the noodles and cook for five minutes.

**Tomato Bisque**—Stir the contents of one quart can of tomatoes with half a teaspoonful of soda for half an hour; boil two quarts of fresh sweet milk, add to it a quarter of a pound of butter, and pepper and salt to taste. Mash the tomatoes through a sieve and then stir them into the boiling milk, add a teaspoonful of cracker crumbs, and serve immediately. If the milk is poured over the tomatoes, it will curdle.

#### Disinfectants

A good disinfectant for household purposes is made of chlorate of lime moistened with equal parts of vinegar and water; it may be kept in the cellar all the time, and, in case of sickness, a few drops scattered about the room will purify the air. For the cellar, when cleaning out in the spring, sprinkle a little copperas over the floor, and let it slake through the moisture, using no water. It will remove bad odors from musty corners.

#### WINNERS WHO LOSE

(By Charles Stelzle in the Philadelphia North American.)

Most of us dream of what we'll do when the mortgage is paid off and all the bills squared up, or when we win the prize "just ahead." Then we'll "settle down" and enjoy the comforts of home and family.

But now—well, it's night work and day work and nerve strain and heartache—hoping that some time we'll have a chance to actually appreciate the things which are already ours, but which we haven't time to so much as look at.

But, somehow, the prize that we are trying to win is always "just ahead." It's always just out of reach. And so the goal never seems nearer to the eager pursuer.

You're nearing 50, maybe. You have been fairly prosperous. It's taken a great deal out of you to reach your present condition. You'll never be younger—you already feel that. You'll never enjoy life more than today, if only you could stop long enough to take advantage of your opportunities.

You're starving your soul because you never go to a concert or lecture. Your wife goes, perhaps, and you feel that you are a kind of martyr because you don't. Once in a while you tell her in a plaintive fashion that you never go to such affairs. It doesn't matter that she has pleaded with you to take an evening off, or an afternoon, and go with her, but no—you're "too busy." And you feel aggrieved because she goes without you. And therein she exhibits her good sense. If she were to tread the narrow road in which you walk she'd wither mentally and spiritually.

You are doing that, but you don't know it. You have acquired a kind of momentum which you believe is progress. It isn't. You've been out of the running for some time, but you haven't found it out. Taken out of your routine task, which requires little originality or mental effort, you'd be lost.

What an absurd way of living. And when you consider that there aren't so many years ahead of you, it must seem all the more foolish. It's very much better to get what one can out of one's present possessions and opportunities than to struggle forevermore after bigger and more pretentious ones, and yet never be con-



(Continued from preceding page)

**7123—Children's Dress**—Linen, gingham or calico can be used to make this dress, which closes at the front. The long or short sleeves can be used. The pattern provides for a pair of bloomers. The pattern, 7123, is cut in sizes 4, 6, 8 and 10 years.

**7090—Girls' Dress**—Serge, cheviot or linen can be used to make this dress. The dress closes at the side of the front and is made with a plaited skirt. The long sleeves are used. The pattern, 7090, is cut in sizes 6 to 12 years.

**7102—Ladies' Coat**—Serge, cheviot or covert cloth can be used to make this coat. The coat is made with the Empire waist line in the front only, and can be made in either the long or short length. The pattern, 7102, is cut in sizes 34 to 44 inches bust measure.

**7131—Ladies' Combination**—This combination consists of a corset cover and a pair of one piece closed drawers. The corset cover can be made with or without the short sleeves. Lace and insertion trim the combination. The pattern, 7131, is cut in sizes 34 to 44 inches bust measure.

**7120—Ladies' Dress**—This dress is very simple to make. It closes at the right side of the front and can have either the long or short sleeves. The skirt is cut in four gores and can have either the high or regulation waistline. The pattern, 7120, is cut in sizes 34 to 44 inches bust measure.

**7100—Ladies' Dressing Sacque**—Any of the pretty crepe materials can be used to make this sacque with the trimming of bands of satin. The sacque closes in the center of the front and can be made with either the long or

short sleeves. The pattern, 7100, is cut in sizes 34 to 44 inches bust measure.

**7101—Ladies' Dress**—This stylish dress is made with the high waistline. The waist is separate from the skirt, and may be made with the long or short sleeves. The skirt is cut in two pieces and is attached to a body lining. The pattern, 7101, is cut in sizes 34 to 44 inches bust measure.

**7098—Ladies' Shirt Waist**—Linen, crepe de Chine or messaline can be used to make this practical shirt waist. The waist can be made with either the long or short sleeves. The long sleeves end in a wide cuff. The pattern, 7098, is cut in sizes 34 to 44 inches bust measure.

**7097—Children's Rompers**—Every child needs a couple of pairs of rompers, and here is an excellent pattern for making such a garment. These rompers close at the back, can be made with either the high or low neck and the long or short sleeves. The pattern, 7097, is cut in sizes 2, 4 and 6 years.

**7132—Girls' Dress**—Any of the pretty wash materials can be used to make this dress. The skirt of the dress is cut in two pieces. The box plaits can be used or not, as preferred. The pattern, 7132, is cut in sizes 6 to 14 years.

**7096—Ladies' Apron**—This apron covers the entire dress, or it can be used instead of a dress. It is made with the empire waistline, square neck and three-quarter length sleeves. The neck, sleeves and belt are finished with banding. The pattern, 7096, is cut in sizes 34 to 44 inches bust measure.

**7129—Misses' Chemise and Drawers**—This pattern is also suitable for small women. It slips on over the head and the envelope drawers fasten with a flap

tent with them when they are won. For this should be remembered: As one fights for many of the things ahead, the capacity for enjoying them gradually decreases. And when one's hand closes over the captured prize it seems to crumble in one's grasp.

It would be a great thing for you if you could take a quiet walk in the woods. It would help immensely if you could be persuaded to read a good book. You can't enjoy a book? Doesn't this prove that something has gone out of your life? You haven't a desire to listen to music? There was a time when you were fond of both books and music. These still have the same value they always had.

When the love of music went out of your soul you died by just so much. And when the desire to read good books passed away, you perished in part, in a most vital sense. The man who possesses the most abundant life is he whose out-reach on life is greatest. Tested by this standard, it should not be difficult to tell to what extent you are actually living.

There aren't many men who possess the riches of life which may by right be theirs. They are free to blame others because they have been "robbed of their heritage," but actually they have deprived themselves of those things which constitute the greatest gift of God—the appreciation of the elements which go toward making up the sum of life—simply because they have neglected them.

For life is made up of many little things. There is no one great goal which, reaching, one may say that happiness is now achieved. This is but just and fair. For, were it required of men to excel in the race in order to win happiness, the great mass would be deprived of that which should be within the reach of the humblest. Perhaps this is why simple minded folks are so rich in the elements which produce peace and joy. The bauble chasers, and even the inordinately ambitious may sneer at them, but, down in their hearts, they envy them their freedom from the care which has become a canker in their own souls.

Not to get too far away from the situation in your own life by too much philosophizing, suppose you invite your wife to a good show or a concert, or even a little social gathering. Or, what may be even better, spend the evening at home with her, alone, and talk about the old time things that bring freshness and kindly love which may for a long time have been strangers to you both.

#### RELATIONS

"What is your opinion of our foreign relations?" asked the patriotic citizen.

"They don't do you any good," replied the local politician. "What you want is a lot of relations right here in your own country that'll vote the way you tell 'em to."—Washington Star.

at the front. The neck can be cut in either the round or square outline. The pattern, 7129, is cut in sizes 14, 16, and 18 years.

**7107—Ladies' Dress**—Linen or serge can be used to make this dress with collar of contrasting material. The dress has a four gores skirt, which can be made with either the high or regulation waistline. The pattern, 7107, is cut in sizes 34 to 44 inches bust measure.

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