



The Home Department

The Missus's Vote

"And what frock will you wear when you vote?"

To the missus said I,
"Will you put on that marvelous coat

That it broke me to buy?
Will you dazzle the girls at the polls
With your burden of boas and stoles
From the sables and foxes and
To the missus said I,
moles?"

"You've another guess coming, old beau,"

Said the missus to me,
"This is not any Dressmakers' Show,
Imitating Paree!

For the costume I'm putting on view
(That is, figuratively) for you
Is composed of the Red-White-and-
Blue,"

Said the missus to me.

"Will you vote just about as you shop?"

To the missus said I,
"With a whirl at your cerebral top
And with fingers that fly?
Is a candidate yours for his airs?
Or the color of necktie he wears?
Or the way that he brushes his
hairs?"

To the missus said I.

"When your cheap little jesting is done,"

Said the missus to me,
"I will vote for the Flag-and-the-
Gun,

And a world to be free;
For the triumph of right in the fray,
And the Yankees' victorious way,
And a peace that shall evermore
stay!"

Said the missus to me.

From the results of the ballot-box
fight,

It appears that she voted all right.
—John O'Keefe in New York World.

Mental Wealth

One of the great requirements of the present day is ability, says Winston Salisbury. In every line of human activity the demand is for ability to do, power to produce results, to effect the objects which the advancing civilization of the day presents as desirable or necessary.

Never before has ability, skill to achieve, commanded more attention or been more valued. Never before has ability of so high grade been required. The world has never been so far advanced as now.

In the professions, in the arts, in the trades—in everything—we find people engaged whose education and training have qualified them for doing work which those who have been before in the ranks have been unable to do.

College graduates ride as cowboys over the plains of the west, plow the prairies and reap the harvests, conduct mercantile concerns, and are found in many other pursuits as well as in the old learned professions.

With wider range of intellectual vision and more highly developed

faculties, these people have advanced the standard of service in every walk of life.

To keep abreast of the times, whatever one's calling, one must be wide awake, well posted on things outside of his immediate calling as well as master of that. To keep abreast of the times is to keep up with the advancing demand for excellence in one's chosen line. This brings out ability; it draws on the mental resources, and the more one does the more he can do.

Everywhere people are tested as to what they can do. There is a market value on productive power.

"What can you do?" is the question asked of every one who seeks employment.

"What have you to furnish?" asks the business man and the employer looking for help.

Proved excellence commands high figures.

Caruso is sought for his mastery. The genius, the ability of Sarah Bernhardt command a fabulous sum. And so on in every walk of life. Those who force to the fore in their chosen avocations name their own remuneration.

When Daniel Webster was asked whether there was room in the legal profession, he answered, "There is always room at the top," and that holds good today; not alone in the professions, but in every line of activity.

Mental wealth; the power to achieve; ability, command place and pay.

The Old-Fashioned Greens

It is springtime! Don't neglect to give your family some good old-fashioned greens, says an authority of the United States department of agriculture. If you live in a large city, you may have to depend upon the greens which some country woman brings to market or upon spinach or kale, which can usually be bought even in winter. If you live in the country, perhaps your instinct has already told you that the tender green leaves of the dandelion, lamb's-quarter, wild mustard, or whatever variety of greens your locality affords are waiting for someone to gather them for food. People from primitive times to this have manifested a craving for green food as winter passes and springtime approaches. Probably this craving arises from a real need of our bodies for the materials which such foods furnish.

What is the particular use of such foods to our bodies? All green leaves contain in combination with the green coloring matter more or less iron. If we are to have rich, red blood we must furnish this iron to our bodies. Dandelion greens are one of the very good sources of iron, containing more than many other sorts of green leaves. If we serve greens with hard-boiled egg for garnish, we have a dish very rich

in iron, for the egg yolk contributes its share.

Besides the iron and other mineral salts, the leaf vegetables contain a very important substance which the body must have for normal growth and development. This substance, recently discovered and for which a name has not yet been given, is also found in butter fat and some other animal fats, but not in every food.

Greens have a place of real worth in the diet and should be used in every household not only in spring-time but late into the summer and, when procurable, in the winter also. The tender beet tops, celery tops, radish tops, onion tops, and turnip tops should not be discarded, but served as greens. A little space in the garden devoted to spinach, New Zealand spinach, or French chard will supply the family with summer greens and also should afford some material for canning for use during the winter months.

Lettuce leaves, which are sometimes cooked for greens, and spinach, both being mild flavored and containing much water, require no water for cooking in addition to that which clings to the leaves from washing. Other stronger-flavored greens are usually cooked in a small amount of water. Greens should be cooked until tender, but not overcooked. A tiny bit of baking soda added to the water they are cooked in will help the greens to retain their color.

In the country where meat is cured at home, it used to be the custom to keep the jowl of the hog for the especial purpose of cooking it with greens in the spring. If the jowl is not at hand, a small piece of salt pork or the rind from smoked bacon gives richness and flavor when cooked with greens.

Children should be encouraged to eat greens, as they especially need the iron and the growth-promoting substance which greens furnish. Sometimes they object to the slightly bitter taste which some greens have, but if made into milk soups, the flavor is diluted so that it is not noticeable. Such soups make a desirable lunch or supper dish for the entire family.

Use a Little Vinegar in Cleaning Greens

All greens must be picked over carefully and carefully washed. This is sometimes a long process, for a large quantity is required to make a dish of the cooked greens. It takes about a half bushel of spinach to make a little more than a pint when cooked. A half cup of vinegar in the water in which the greens are allowed to stand before washing is of advantage as it kills the small insects that are sometimes hard to distinguish from the leaves themselves.

Contributed Recipes

War Bread—One sieve of wheat flour, three cups oatflakes (ground or whole), one cup cornmeal, one cup graham flour, one compressed yeast cake, one-half cup meat drippings, one-half cup corn or any other syrup, two tablespoons salt.—H. L. B.

Baked Rice With Tomatoes—Butter a baking dish well, and put a layer of cooked rice in the bottom of

it, over this arrange pieces of canned or preserved tomatoes, dot with butter, pepper, celery salt and paprika, then place another layer of rice on top, and so proceed until the dish is full. Pour a little of the tomato juice over the top and sprinkle grated cheese over, bake in a moderate oven, thirty minutes.—H. L.

Rice Custard—Wash one-half cup of rice, put in a double boiler with one quart of milk and cook until tender; then add the yolks of two eggs beaten with four tablespoonfuls of sugar, one teaspoon of vanilla and a pinch of salt. Mix well and put in a pudding dish. Add a meringue made of the whites of the eggs whipped stiff with powdered sugar. Set in the oven to brown.—Mrs. L. T.

Potato Puffs—One cup hot mashed potatoes, well seasoned, one egg, one-half teaspoon salt and a dash of paprika, one-half teaspoon parsley chopped fine. Beat yolk into the mashed potatoes and add seasonings. Beat the white of egg very stiff and fold into the potatoes.—Mrs. H. M. G.

Rice Cornbread—Cooked rice can be used in any cornbread dough. It adds lightness to the bread. The following recipe is one given by the rice growers of Louisiana. Three eggs, one pint milk, one and one-half cups boiled rice, one and one-half cups cornmeal, two teaspoons fat, one teaspoon salt, one teaspoon baking powder. Beat eggs very light, add milk, and other materials. Beat hard and bake in shallow greased pan in hot oven.—Miss H. L.

Mock Pork Gravy—Melt lump of lard in pan; when very hot stir in tablespoonful of flour; let it brown in hot lard, then pour in hot milk slowly, beating with fork till it boils and is thick enough. Season with salt, pepper and butter.—Mrs. B. L. G.

Wartime Gems. — One cup cornmeal, one cup uncooked oatmeal, one cup flour, three teaspoons baking powder, one-half cup meat fryings, one cup milk. Bake in gem pans slowly. Delicious for children's lunch at noon.—J. K. D.

Requested Recipes

Bran Cookies — Three cups bran, one and one-half cups flour, two-thirds cup of milk, half cup sugar, half cup of lard, two eggs, two level tablespoons baking powder, one teaspoon salt, raisins if desired. Cream the lard and sugar, add the beaten eggs with the milk gradually; mix the baking powder with the flour and bran and add gradually to the above; roll thin, cut with cookie cutter and bake from ten to seven minutes. Use vegetable fat in place of lard; better and cheaper.

Poor Man's Cake — One-half cup butter, small cup sugar, one-half cup hot water, one and one-half cups flour, two eggs, two teaspoons baking powder. Bake in long pan. Ice top if you wish. Cut in squares.

Apple and Banana Salad — Dice apples and bananas; add chopped nuts of any kind, and serve with mayonnaise thinned with sweet cream.

Economical Salad Dressing — One pound butter, four pounds flour, one cup milk, one and one-half teaspoons salt, one teaspoon mustard, three tablespoons sugar, few grains cayenne, one-half cup vinegar, one-half egg or egg substitute. Mix spices with eggs and vinegar in one pan. Then melt butter, mix with flour, and stir in milk slowly until whole is thickened. Add first mixture. It thickens when cool, so add milk when used.

Chili Con Carne (Meatless) — To one quart tomatoes add one can red kid-

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