APRIL, 1918

ney beans, three large potatoes cut in small pieces, two medium-sized onions, one-half teaspoon chili powder, salt and pepper to taste. Let simmer one hour. Stir often to keep from burning. Serve with plain boiled rice.

Peanut Cookles-Two tablespoons shortening, two teaspoons baking powder, one-quarter cup of sugar, one-quarter teaspoon salt, one egg, two tablespoons milk, one-half cup flour, one-half cup chopped peanuts, one-half tablespoonful lemon juice. Mix shortening, sugar, and beaten egg, then sift in flour, baking powder and salt; add milk, nuts and lemon juice. Drop from teaspoon on ungreased pan, one inch apart. Place half peanut on each and bake in moderate oven two to twelve minutes.

Creamed Fresh Beef - Fry one pound freshly ground steak, until nicely browned, add one heaping tablespoon flour, stirring constantly. When well browned, add one or two cups of milk gradually. Boil until of right consistency and serve on toast. Fine with baked potatoes.

Oatmeal Cookies --- One cup oatmeal (or flake), one cup flour, onequarter cup butter and lard or substitute, two-thirds cup sugar, one egg, chopped cup raisins, one-half cup sweet milk, one-half teaspoon soda, and vanilla. Sift all together and drop on tins, one teaspoon in a place. A very little salt may be added.

Cheap Molasses Cookies - Place can of New Orleans molasses in oven until warm enough to flow. Take one cup of this warm molasses, one cup sugar, one small cup shortening. one cup water or sweet milk, three caping teaspoons baking powder. Stiffen with half graham flour and half white flour (winter wheat). Makes four dozen very delicious cookies at small cost.

Household Helps

To stiffen colored clothes use for starch a teaspoonful of gelatine dissolved in a quart of water.

Old counterpanes can be cut up and made into splendid bath towels and wash cloths.

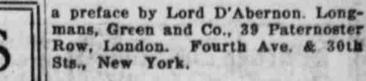
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When hanging paper add one cupful of granulated sugar to each gal-Ion of paste and it will cause the paper to adhere firmly to the wall.

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> Long Heads and Round Heads or What's the Matter With Germany. By Dr. W. S. Sadler, professor at the Postgraduate Medical School of Chicago, etc. A. C. McClurg & Co., Chicago. Illustrated. \$1.00.

Rising Japan. Is She a Menace or a Comrade to be Welcomed in the Fraternity of Nations? B. Jabez T. Sunderland, D. D., LL.D. Billings Lectures (1913-14) in Japan, China and India. With a Foreword by Lindsay Russell, president of the 17. Collected, compiled and edited Japan Society. G. P. Putnam's Sons, by F. G. Swanson, secretary-treas- New York and London. Price \$1.25. Sea Dogs and Men at Arms. A Zone. Price \$1.50 postpaid. Girard Canadian Book of Songs. By Jesse Edgar Middleton. G. P. Putnam's The Science of Power. By Ben- Sons, 2 West 45th St., New York. jamin Kidd. With an introduction Price \$1.50, net.

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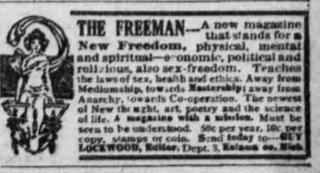
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