

level teaspoon salt, three heaping tablespoons sugar. Sift all together. Add two coffee cups sour milk or buttermilk and beat well. Then add two tablespoons fryings (melted) in large pie tins (that you will bake the bread in.) The tins are already greased, then sprinkle just a little flour in bottom of tins, pour in the batter in equal parts and let stand from fifteen to twenty minutes and bake one-half hour.—Mrs. J. H. T.

Wheatless Chocolate Cake—One-half cup fat, two-thirds cup sugar, one cup syrup, three eggs, three-quarters cup milk, one teaspoon salt, two cups corn flour, one-half cup ground rolled oats, six teaspoons baking powder, one teaspoon cinnamon, two squares chocolate, one teaspoon vanilla.—L. T. B.

Barley Spice Cake—One-half cup fat, two-thirds cup sugar, one cup syrup, three eggs, three-quarters cup milk, one teaspoon vanilla, one-half teaspoon ginger, six teaspoons baking powder, one teaspoon salt, one teaspoon cinnamon, one-half teaspoon cloves, one teaspoon allspice, three and three-quarters cups barley flour, one cup raisins. Cream fat, sugar and egg yolks. Add syrup and mix well. Add alternately the liquid and the dry ingredients sifted together. Add flavoring and fold in well beaten egg whites. Bake one hour in moderate oven. After twenty minutes raise temperature to hot oven.—C. M. S.

Prune Fluff—One cup stewed prunes (chopped very fine), white of one egg, half cup sugar, juice of one lemon, one-quarter cup nuts; beat egg white until stiff, then add prunes, which should be very dry, lemon juice and, lastly, nuts.—C. S.

Tapioca Cream—One quart milk, two heaping tablespoons minute tapioca, two eggs, half cup sugar, little salt; cook milk in double boiler; when it boils add tapioca and salt; let boil fifteen minutes, stirring frequently; beat together the yolks of the eggs and sugar; stir into the milk and tapioca; cook until it thickens, take from fire and whip in the beaten whites of the eggs; use any flavoring you like.—H. R. M.

Apple Salad—Pare and slice thin four large, juicy apples, add one cup crisp celery cut in pieces, one cup English walnuts broken up, pour over this a dressing made as follows: Juice of two small lemons, put juice in sauce pan and when hot add yolks of two eggs beaten, small piece of butter, two tablespoons sugar. Cook till thick, let stand till ice cold, then add one cup whipped cream. Serve on crisp lettuce leaves.—L. B.

Ginger Dropcakes—One cup lard, one cup brown sugar, one cup molasses, even tablespoon soda, five cups (part rice, corn or barley) flour, three eggs. Let stand a little while. Drop from spoon on buttered tins.—C. S.

Household Helps

The maximum allowance of wheat at present should be one and a half pounds a week for each person. The patriotic housewife will use less. Macaroni, spaghetti and farina are wheat products and should not be used as substitutes.

Nuts contain good body building material and make a good substitute for meat. An appetizing warm weather dish can be made by combining nuts and rice. Boil half a cup of rice, melt one and a half tablespoons of fat, stir in one and a half tablespoonfuls of flour and add one and a half cups of milk (or milk and water.) Stir over fire until it thickens. Mix the boiled rice with a cup of chopped peanuts and the sauce. Season with a teaspoon of salt and a quarter teaspoon of pap-

rika. Pour it into a greased baking dish and bake twenty minutes.

Vegetables with a strong flavor, such as cabbage and onions, should be cooked in a large quantity of water. Have the kettle uncovered.

Baked fish should be served with Hollandaise or drawn butter sauce. Have cold slaw or sliced tomatoes, mashed potatoes and peas with baked fish.

Alcohol will often remove stubborn spots in clothing and it will not leave the surrounding stain as so many cleansing fluids do.

Potatoes will supply the necessary energy for the day's work. A medium sized potato furnishes as much fuel for the body as does a large slice of bread. Eat potatoes at the morning, noon and evening meal.

If there is fruit juice left from canning, boil it low and use it for flavoring sauces or it may be added to cold water and converted into a refreshing hot weather drink.

When you have the misfortune to break any glass article, take up the scattered pieces with a brush, then use a bit of net absorbent cotton, which will take up the minutest particle of the glass and can be destroyed by burning.

When making iced tea or coffee do not let it stand as brewed until cold. Strain it into a milk bottle as soon as it has reached the desired strength and place it on the ice or where it will be sufficiently cold when wanted.

For dark gravies use rye or graham flour, and for white gravies cornstarch will take the place of the wheat flour, which must now be especially conserved.

When frying eggs you can avoid the usual sputtering of the fat if you sprinkle a little cornstarch in the fat before putting the eggs into the pan.

Things Worth Knowing

Old jar rubbers can be slipped over the glass cans before they are put into a sterilizing kettle. This is a neater and easier way of keeping them from bumping than the old way of using rags.

Make ice cream with one-half (or less) sour cream. Cook and freeze as in other recipes and the ice cream made this way is more velvety. The sour taste of the cream is lost in freezing.

When peeling fruit or vegetables put a slit in a small cork and fit it to the back of your paring knife. This will save your fingers.

Avoid the smoke of frying bacon in the kitchen by laying the slices of bacon on a pie tin and baking them in the oven for five or ten minutes. It cooks evenly this way.

Less dust when sweeping will be the result if you sprinkle the bare floor of the carpet with a few handfuls of sawdust, dampened with kerosene oil. The sawdust may be swept into your dustpan and put away for another time; it may be used indefinitely if you will just add a little more oil to it each time.

Because the amount of substitutes used in bread makes it imperative that every precaution be taken to prevent spoilage. The ice box is the place for your bread in the summer time. Wrap carefully to prevent absorption of odors or moisture in the box.

Stringy mesh veils can be freshened by dipping in alcohol. Shake out and pull into shape after wetting and the veil will dry quickly and look like new.

The yolk of an egg well beaten is a very good substitute for cream in coffee. One egg will season three cups.

The blossom end of either cantaloupe or water melon is sweeter than the stem end; therefore it is a good plan to cut the cantaloupe in half the long way.

WILL WE GO BACK TO THE OLD SYSTEM?

Among the accomplishments of the United States food administration, under the direction of Herbert C. Hoover, are given the following:

Price of flour at Minneapolis a year ago, \$16.75 per barrel; price now, \$9.80 per barrel.

Price margin between farmer's wheat and flour made from it, one year ago, \$5.68 per barrel; now 64 cents per barrel.

To the farmer going to market with his wheat, 27 per cent more than last summer; to the housewife buying in market, 13 per cent less than last summer.

In other words, the United States government, through the food administration, using its powers as a war measure, has stepped in and regulated the market under which the farm product is delivered to the ultimate consumer.

Resulting savings to both the consumer and the producer certainly furnish unanswerable proof of the fact that the system in operation before the food administration took charge, was anything but fair and equitable.

Now the next question that occurs to all of us, of course, is whether or not the American public will permit the food distribution system to return to the same old methods and the same old abuses, the same old market manipulation and the same old robbery of both producer and consumer as obtained before the government took over the entire industry.

And, if we are going to say that those old conditions have become intolerable in the presence of the discovery that they are not necessary, then we will be obliged to say what we are going to do about it. Are we to continue the food administration? Is the government to go on fixing the price of the farmer and the margin to the miller? And if the government does that with respect to one product and one industry, then what reason will it advance for not doing the same thing with other products and other industries?

Let no one suppose it is not a big question, this one that has been injected into American politics by the food administration and its disclosures of conditions sadly in need of reform.

If the government is not to establish supervision over the most of the industries of the country, then the only other alternative is to reform the systems or methods of doing business. This war is a liberal education in democracy, for the very reason that it has made the individual interest subordinate to the common welfare. And could anything be more democratic than that?

REV. WASHINGTON GLADDEN DIES AT COLUMBUS

A Columbus, Ohio, dispatch, dated July 2, says: Dr. Washington Gladden, nationally known Congregational minister and author of this city, died this morning following a second stroke of paralysis suffered last Sunday. Dr. Gladden was 82 years of age.

The Rev. Dr. Gladden, pastor of First Congregational church of Columbus for 32 years, from 1882 to 1914, and since then pastor emeritus, was one of the most widely known preachers and writers of his denomination in the United States.

He will be remembered particularly through the fact that in 1905 he was the fearless leader of an attack on "tainted money." The question arose when John D. Rockefeller offered the American board of commissioners for foreign missions of



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White House Women Doing War Bit

All the ladies of the President's household are doing their bit for the war, says a Washington dispatch.

Mrs. Wilson has knit numerous sweaters, mufflers and wrist warmers for the boys in the trenches.

Miss Margaret Wilson, the president's eldest daughter, is devoting most of her time on concert tours, devoting the proceeds from her song recitals to the Red Cross.

Mrs. Francis Bowes Sayre, the president's second daughter, is at the forefront of Red Cross and war charities activities at Williamstown, Mass.

Mrs. William G. McAdoo, his youngest daughter, is not only a Red Cross worker, but made speeches in behalf of the last Liberty loan, and sold bonds on the street corners in Washington.

Miss Helen Woodrow Bones, the president's cousin, has just taken the position of information desk girl at the headquarters of the District of Columbia Red Cross.