

not more than once a day. Milk, butter, eggs; cheese, fish—when absolutely fresh; hard foods which compel thorough chewing—crusts, fruits, nuts. Milk and cocoa are nourishing foods as well as beverages.

What to Avoid.—Overeating, eating too fast, eating when very tired or excited, too much meat and eggs, unripe fruit, fried foods hard to digest, "sharp" relishes—often harmful, alcoholic drinks—always harmful, tea and coffee—especially bad for children.

Seek variety in food.

Don't rely on drugs to aid digestion.

Chew thoroughly everything you eat.

Avoid unpleasant talk during meals.

Requested Recipes.

Green Tomato Relish—Two pecks of green tomatoes, one dozen green peppers of the sweet variety, put through the food chopper and mixed with one small cupful of salt and drained over night. In the morning mix with one large cupful of horseradish also put through the finest grinder of the food shopper, one cupful of brown sugar, two tablespoonfuls of mustard seed and two tablespoonfuls of dry mustard, one tablespoonful of tumeric, and one and one-half pints of strong vinegar. Cook for twenty minutes. This is very delicious.

Tomato Catsup—Two pecks of ripe tomatoes and remove the skins, add half a cupful of salt, one pound of sugar, one tablespoonful of red pepper, three tablespoonfuls each of ground mace and celery seed, two tablespoonfuls of ground cinnamon, and two quarts of vinegar. Boil slowly until reduced one-half, then pass through a sieve, reheat and store in sealed bottles, or in tight closed cans.

Meat Substitute Loaf—1 cup cooked salted rice, 1 cup crushed peanuts, 1 egg, 1 cup cottage cheese, 2 tablespoons chopped onion cooked until soft in ½ cup water, 1 tablespoon fat, ¼ teaspoon pepper, 1 teaspoon salt. Make into a loaf and bake. Serve hot with tomato sauce.

Honey Cookies—3 cups rolled oats, 2 tablespoons barley flour, ¼ teaspoon salt, 2 eggs (well beaten), 2 teaspoons baking powder, 1 cup strained honey, ½ cup dates (cut in pieces), ½ cup shredded coconut. Mix all together and drop from teaspoon on greased tin. Bake in a moderate oven.

Barley and Rolled Oats Biscuit—One cup milk, four tablespoons shortening, two eggs, four tablespoons syrup, six teaspoons baking powder, one teaspoon salt, one and one-quarter cups ground rolled oats, two cups barley flour. Mix milk, melted shortening, syrup and eggs and mix well with dry ingredients. Bake one-half hour in moderately hot oven.

Quick Chili Sauce—2 quarts of tomato pulp and juice, 4 onions, 2-3 cupful of brown sugar, 2-3 cupful of vinegar, 3 teaspoonfuls of salt, 2 teaspoonfuls of paprika, 1 teaspoonful of cloves, ¼ teaspoonful of cayenne. Chop the onions fine, add them to the tomatoes with the mixed seasonings and vinegar. Simmer until thick—about thirty or forty minutes.

Contributed Recipes

Mayonnaise Dressing—Three-quarters cup vinegar; fill with water. One-half cup sugar beaten with one egg, teaspoon of butter, one level tablespoon mustard. Mix with a little cold water. Boil fifteen to twenty minutes. Add salt and a dash of cayenne pepper.—C. M.

Dill Pickles—Cover the bottom of a crock with one tablespoon of mixed

spiced and dill, then layer of cucumbers packed closely, add onions on alternate layers of cucumbers. When two-gallon jar is filled, cover with a wreath of dill and cover with brine. To eight quarts water one cup of salt is sufficient for this brine. Cover top with a clean cloth and a cover that fits closely with a weight. Grape leaves or cherry leaves may be added on top if desired. If pickles are kept in a warm place it will be necessary to wash cloth and cover every day. If kept in a cool place washing occasionally will be sufficient.—Mrs. H. T. D.

Apple and Celery Salad—At this season when early apples are obtainable and celery is fresh a salad easily made is as follows: Use equal parts of chopped apple, celery and any desired nut kernels, serve on lettuce leaf and add either corn oil salad dressing or a cooked dressing, as preferred. An excellent oil, quite as good as olive oil, is much used nowadays for salad dressing and is prepared as is the French dressing, all ingredients being very cold. Apples for salad should not stand long after being peeled, as they become dark in color. This is known as Waldorf salad.—Helen M.

Pork Chops and Escalloped Potatoes—Fill a baking dish with sliced raw potatoes. Almost cover with water or milk. Lay pork chops on top of these. Season with salt, pepper, dredge with flour. Bake in oven, turning the chops once. The fat from the meat will flavor the potatoes nicely.—J. M. T.

Best Seasoned Meat Loaf—Through food chopper one-half pound sausage, one pound of any meat and two onions, mix with one egg, one-half cup milk, salt, pepper, tiny bit sage. Make in loaf, put in creased pan, cover with water, bake. The secret of rich meat loaf is the sausage, as it seasons so well and makes it rich and you will have a richer gravy.—Mrs. H. R. J.

Beet and Cabbage Pickle—Chop one quart boiled beets, add one quart finely chopped cabbage, one cup grated horseradish, one cup sugar, one teaspoon black paper, one tablespoon salt. Cover with cold vinegar; salt in fruit jars.—M. R. T.

Delicious Baked Cabbage—Chop cabbage to the amount of three pounds, stir into it one tablespoonful of flour, one teaspoonful of salt, one teaspoonful of dry mustard, one tablespoonful of butter, a dash of red pepper, and pour over all one-half cupful of water. Put into a buttered baking dish, lay thin slices of bacon over all, cover, until all the water is evaporated. Cut a slice of bacon into bits, fry to a golden brown, add to the fryings a fourth of a cupful of strong vinegar, and the same amount of boiling water, let boil up well, pour over the vegetables and serve immediately.—Mary Kramer.

Useful Information

Drain all boiled vegetables as soon as tender—they become soggy if they are allowed to stand undrained after cooking. The water drained off may be saved for soup stock.

Let wilted vegetables soak in cold water to freshen them. If vegetables must stand after paring, covering with cold water will prevent wilting and discoloration.

Before cooking, put head vegetables and greens in cold water for an hour, with one tablespoon of vinegar to remove insects, then wash very carefully.

White canvas shoes are readily cleaned with the bon ami used for cleaning. Rub it on the shoes with a wet brush or rough cloth and dry in the sun. Obstinate stains should first be removed with gasoline.

Before throwing away old shoes

cut off the tops and use them as linings for iron and pot holders.

Pin a towel to your apron belt while cooking and baking. It will save you many steps.

When baking apples fill the core cavity with raisins. It will save sugar and taste delicious.

A novel way to use cold mashed potatoes is to mix the potatoes with the yolk of an egg, form into balls and bake in a hot oven until brown, about ten minutes. Remove from oven, make an indentation in top of each potato with the bowl of a teaspoon. Fill the impression with the stiffly beaten whites. Return to oven and when brown serve at once.

To remove grease stains from leather apply the beaten white of an egg.

Stale bread can be dried in the oven and ground in the meat chopper. Keep the crumbs in a glass jar and you will have them at hand to take the place of flour in cooking.

To save linen use oil cloth table coverings. The shops are showing attractive table sets in pretty designs and patriotic housewives are adopting them for general use.

To save ice wrap it in newspaper. This is more effectual and far more sanitary than a cloth.

Fruits for Children

Fruits should be served in some form to children at least once a day. Fruit juices and the pulp of cooked fruit, baked apples and pears, and stewed prunes are safest. Whether the skins should be given depends partly on the age and health of the child and partly on the way the fruit is prepared. If the skins are very tender, they are not likely to cause trouble except with very young children. When apples and pears are baked the skins can be made tender by frequent basting.

Simple Spot Remover

This is a recipe for the very best "spot remover" you ever tried: Two ounces of castile soap shaved fine; 2 quarts of pure soft water. Boil till soap is thoroughly dissolved; strain and cool. When cool, add 1 ounce sulphuric ether and 2 ounces of wood alcohol; shake it well and keep it corked. It is now ready for use and will remove spots and stains from your clothing like magic, especially woolen garments.—National Magazine.

BOOKS RECEIVED

The Political Conditions Of Allied Success. A Plea for the Protective Union of the Democracies. By Norman Angell, Author of "The Great Illusion," etc. Published by G. P. Putnam's Sons, 2 West 45th St., New York. Price \$1.50, net.

Bairnsfather (Part 5) G. P. Putnam's Sons, 2 West 45th St., New York. Price 50 cents.

E. K. Means. G. P. Putnam's Sons, 2 West 45th St., New York. Price \$1.50.

The History of the Great War. By Sir Arthur Conan Doyle. Volume Three. The British Campaign in France and Flanders, 1916. George H. Doran Company, Publishers, New York. Price \$2.00, net.

Why Prohibition. By Charles Stelzle. George H. Doran Company, Publishers, New York. Price \$1.50, net.

High Altars. The Battlefields of France and Flanders as I Saw Them. By John Oxenham. George H. Doran Company, Publishers, New York. 50 cents, net.

The Great Crusade. Extracts from Speeches Delivered During the War. By the Rt. Hon. David Lloyd George, M. P. Arranged by F. L. Stevenson,



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C. B. E., B. A. (London). George H. Doran Company, Publishers, New York. \$1.50, net.

The Meaning of War and the Basis For Permanent Peace. By James W. Johnson. (Booklet.) Christopher Publishing House, 1140 Columbus Ave., Boston, Mass. Gratis.

WAR THRIFT AND PRICES CUT LIQUOR DRINKING

A New York dispatch, dated July 25, says:—Alcoholism in New York city has decreased within one year to less than one-third of the volume of last year, as a result of the practice of war-time thrift, the opportunities for regular employment, and the increased cost of liquor, according to Bellevue hospital officials.

The hospital records show that within the last six months 1,079 alcoholic cases have been treated, as compared with 3,375 cases in the same months of 1917.

Although the increase in the cost of liquor may be a factor, Dr. Stephen P. Jewett of the psychopathic ward at Bellevue said that the war atmosphere and the development of habits of thrift proved the greatest aids to sobriety.