

DINNER FOR FOUR

DAINTY REPAST THAT CAN BE SERVED FOR A DOLLAR.

Careful Planning and Proper Preparations All That is Needed for This Correct and Satisfying Meal.

A dinner for four is a modest enough undertaking for the little bride who knows a thing or two about cooking, but a dinner for four, to cost not over \$1, is a rather more difficult proposition. It is perfectly possible, however to accomplish this task if the cook is willing to plan carefully.

To start with, a simple outline of the menu could be something like this: Savory tomato soup, followed by broiled lamb chops, with mashed potatoes and string beans, an asparagus salad for a third course, and the dessert of strawberries.

In making the tomato soup for the first course, it is possible to utilize small portions of cooked vegetables, which may be on hand. If there are a few boiled potatoes, a half cupful of string beans, and another portion of peas or other vegetable, they will make a good beginning. Add to them two raw onions finely chopped, and a handful of minced parsley, together with a couple of ounces of butter, and a seasoning of salt and pepper. After these ingredients have simmered for a few minutes, add a can of tomatoes. Season with a teaspoonful of allspice and a tablespoonful of sugar. Cook this slowly for a half hour and then strain through a fine sieve. Thicken the soup with a teaspoonful of cornstarch, mixed with the same amount of melted butter. Serve the soup garnished with small strips of fried bread.

For the meat course have the lamb chops broiled to a perfect brown and serve them on a pretty platter, or better still, a chop plate, with the potatoes arranged in the center. Stand the chops up around the mound of potatoes.

The string beans should be broiled till tender and drained. Cook for two or three minutes in a little butter and cream and serve very hot.

The asparagus for the salad should be cooked in salted water and then cut into pieces an inch long. Chill for several hours on the ice and serve with a dressing made of the grated yolks of two hard boiled eggs, beaten up with three tablespoonfuls of oil, the same amount of vinegar, a saltspoonful of salt and the same quantity of French mustard.

Three strawberries for dessert may be served with sugar and cream, or may be cooked in little tarts and served with a spoonful of whipped cream on each.

Maple Transparency.

Place an iron frying pan on the stove and into it put one-half cup butter, one-half cup sugar, and one cup maple molasses. While this is melting break in four fresh eggs, not beaten, and stir sufficiently to prevent the eggs from cooking in a mass. Cook and stir until the mixture is dry nearly in the frying pan and is transparent in color. Then remove from the fire and let stand while you line a deep pudding dish with a rich pie crust. Add one cupful of juicy fruit to the transparent mixture, pour into the pudding dish, and bake. Tart fruit is best, such as cherries or raspberries, but any leftover will do so long as it is juicy, because if it is not tart enough a tablespoonful of vinegar may be added.

Shortcake With Ice Cream.

Bake a large sponge cake in a round tin, and while warm cut off the top and take out most of the inside crumb; when perfectly cold fill this center with a plain white ice cream, replace the cover and put powdered sugar and berries over the top and a ring of berries around the edge; in cutting slice through.—Harper's Bazaar.

Wicker Furniture.

If wicker furniture has been varnished it will not take enamel until the varnish has been removed. To do this pour boiling water in which a little washing soda has been dissolved over and through the wicker for about ten minutes. After it has dried go over it with a flannel cloth dampened with naphtha. This should be done in the open air, and the piece of furniture should be left out of doors until all traces of the naphtha have disappeared, as it would be dangerous to put near fire.

Remember that scissors and the cuticle of the finger nails are deadly enemies. Scissors should never be used unless it is absolutely necessary.

Remember to shape the nails after every particle of superfluous skin has been removed from them.

Remember that the nicest shape for the nails is oval or slightly pointed, and the almond shaped nail is indicative of good birth.

Remember after filing the nails to the proper shape to use a tiny emery board to smooth the rough edges.

CROP CONDITIONS IN WESTERN CANADA

Lateness of Spring Overcome by Excellent Growing Summer Season.

Once more the farmers of Western Canada rest at ease and grow rich while they slumber. Their season of anxiety is over. For a time it looked as though a backward season was for once going to prevent the western country from maintaining its preeminent position as leader of the grain growing countries of the world. The unusual lateness of the spring coupled with the rapid advance in the price of food-stuffs gave the pessimists some reason for their gloomy forebodings, and among even the optimistic Westerners imbued as they usually are with a spirit of buoyancy and hope, there commenced to glimmer a fear that perhaps this year their sanguine expectations were not to be realized. On May day when a large proportion of wheat had usually been sown there was this year very little seeding done. Finally, however, winter which had tarried so late in the lap of spring in all parts of the Continent vanished before the vertical rays of the sun, and the hurry and bustle of spring work commenced on the western prairies.

By the 20th of May 85% of the spring wheat was sown and the fall wheat in the districts devoted to its cultivation was covering the fields with a mantle of green. Wheat sowing finished on May 30 and by June 10 the coarser grains were also in the ground. The heavy snowfall during the winter left the ground in excellent shape when once seeding operations commenced and from the time weather conditions permitted the commencement of work until planting was completed, the farmers were a busy class. The area in wheat is not much larger than last year, but oats, barley and flax are much in excess of past records, the farmers deeming it wiser on account of the lateness of the season to put in a heavier proportion of the coarser grains. From the most reliable reports to hand it appears that the acreage as compared with 1906 will show an increase of 12% in oats, 19% in barley and 13% in flax.

Around Akotoks, High River, Nanton, Claresholm and other winter wheat centers, if the present weather conditions continue, the winter wheat will be in head by the middle of July. The backward weather in the early part of May allowed the newly sown grain to get a firm root in the ground, and now with an abundance of moisture and warm weather the growth is remarkable. All danger of injury from droughts is practically over as the green crop covers the ground retaining the moisture required for its growth and preventing the too rapid evaporation which might otherwise take place.

Crops in Western Canada mature in one hundred days of good weather, and as the weather conditions have been ideal since seeding, and with spring wheat now from 14 to 18 inches above the ground, a full average crop is confidently expected.

In addition to the cheering prospects of this year's yield the farmers are to be congratulated on the fact that they still have in their possession five million bushels of wheat from last year's crop which they are now disposing of at high prices.

The splendid yield of 90,000,000 bushels of wheat raised in 1906 in the three provinces of Manitoba, Saskatchewan and Alberta, together with the almost certain assurance that this year will see a considerable increase, is, as in the past, calling the attention of the world of the "Last Best West," and thousands from the United States and the agricultural districts of Europe are each month securing free grant lands or purchasing farms in the land which has proved itself peerless among the grain growing countries of the world.

Europe's Extinct Aurochs.

Professor A. Martens of Magdeburg has reviewed all the early literature and documents relating to the famous wild ox of Europe, the aurochs, or urus, and shows that it was not identical with the aurochs of the present day. "A \$5,000 won't pay for the build-animal also lived in Europe in the time of the aurochs. It is on record that a herd of thirty aurochs were living in Poland in 1564. In 1627 a few half-domesticated aurochs were still in existence, but the race has since become extinct. The typical color of the aurochs was black, but there was a gray variety in Poland and a red one in Germany.

A Trouble Maker.

Towne—The other day I helped your friend Dubley to select a beautiful etching—

Browne—Don't mention Dubley to me; he's no friend of mine.

Towne—Why, he told me he was going to send the etching as a present to you—

Browne—So he did and my wife made me rearrange all the other pictures in the parlor to make room for it and I'm not done yet.

A FRANK STATEMENT.

From a Prominent Fraternal Man of Rolla, Missouri.

Justice of the Peace A. M. Light, of Rolla, Mo., Major, Uniformed Rank, Knights of Pythias, Third Battalion, Second Regiment, Missouri Brigade, says: "I am pleased to endorse the use of Doan's Kidney Pills, a medicine of great merit. Having had personal experience with many kidney medicines, I am in a position to know whereof I speak, and am pleased to add my endorsement and to recommend their use."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Courtesy at Home.

We are all creatures of habit, men and women alike, and the habits and surroundings of daily life have a powerful influence on the character of both. The root of all bad manners is selfishness; when self ever is first, foremost consideration for others always lags much in the rear, and drops so far behind in time that it disappears altogether. "One cannot keep up the ceremony and etiquette of society when at home." True, for between friends these can be laid aside. They merely are the rivets that keep society together, but not courtesy and consideration. The latter ought to be so much the habit with each of us that it will become our second nature, and therefore can be no more laid aside than can an arm or a leg.

AWFUL EFFECT OF ECZEMA.

Covered with Yellow Sores—Grew Worse—Parents Discouraged—Cuticura Drove Sores Away.

"Our little girl, one year and a half old, was taken with eczema or that was what the doctor called it. We took her to three doctors but by this time she was nothing but a yellow, greenish sore. One morning we discovered a little yellow pimple on one of her eyes. Doctor No. 3 said that we had better take her to some eye specialist, since it was an ulcer. So we went to Oswego to doctor No. 4, and he said the eyesight was gone. We were nearly discouraged, but I thought we would try the Cuticura Treatment, so I purchased a set of Cuticura Remedies, which cost me \$1, and in three days our daughter, who had been sick about eight months, showed great improvement, and in one week all sores had disappeared. Of course it could not restore the eyesight, but if we had used Cuticura in time I am confident that it would have saved the eye. Mrs. Frank Abbott, R. F. D. No. 9, Fulton, Oswego Co., N. Y., Aug. 17, 1906.

Another Brand.

"I suppose you realize the danger of firewater?" said the man who tries to benefit people.

"I do," answered the Indian, thoughtfully; "especially the kind the paleface puts in his automobile."

Only a simple man tries to act unnecessarily strenuous.

WHEN you buy oatmeal always buy

Quaker Oats

It's the best oatmeal made and in the twenty-five cent family package you get a beautiful piece of American china. There is a nice assortment of cups and saucers, plates, bowls, etc. It's easy to furnish your table this way.

The Quaker Oats Company

CHICAGO

Quaker Wheat Berries is the newest thing in cereal foods—delicious. Buy a package today. Two quarts 10¢.

Very Handy.

"Among the people who greeted the President upon his arrival at Oyster Bay," says an exchange, "none attracted so much attention as a woman who carried two children in her arms and led another by the hand." It strikes us that a capable woman like that would attract attention anywhere. —Washington Post.

People Tell Each Other About Good Things.

Twelve years ago few people in the world knew of such a preparation as a Powder for the Feet. To-day after the genuine merits of Allen's Foot-Ease has been told year after year by grateful persons, it is indispensable to millions. It is clearly, wholesome, healing, and antiseptic and gives rest and comfort to tired aching feet.

It cures while you walk. Over 30,000 testimonials. Imitations pay the dealer a larger profit otherwise you would never be offered a substitute for Allen's Foot-Ease, the original foot powder. Ask for Allen's Foot-Ease, and see that you get it.

He that does good shall find good; he that does evil shall find evil.—Turkish.

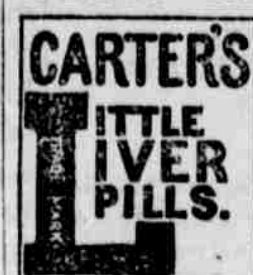
Lewis' Single Binder straight 5c. Many smokers prefer them to 10c cigars. Your dealer or Lewis' Factory, Peoria, Ill.

Men enjoy farming—if they have enough money to hire it done.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Saying well causes a laugh; doing well causes silence.—French.

SICK HEADACHE



Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Costive Tongue, Pain in the Side, TORPID LIVER.

They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.



Genuine Must Bear Fac-Simile Signature

REFUSE SUBSTITUTES.

READERS

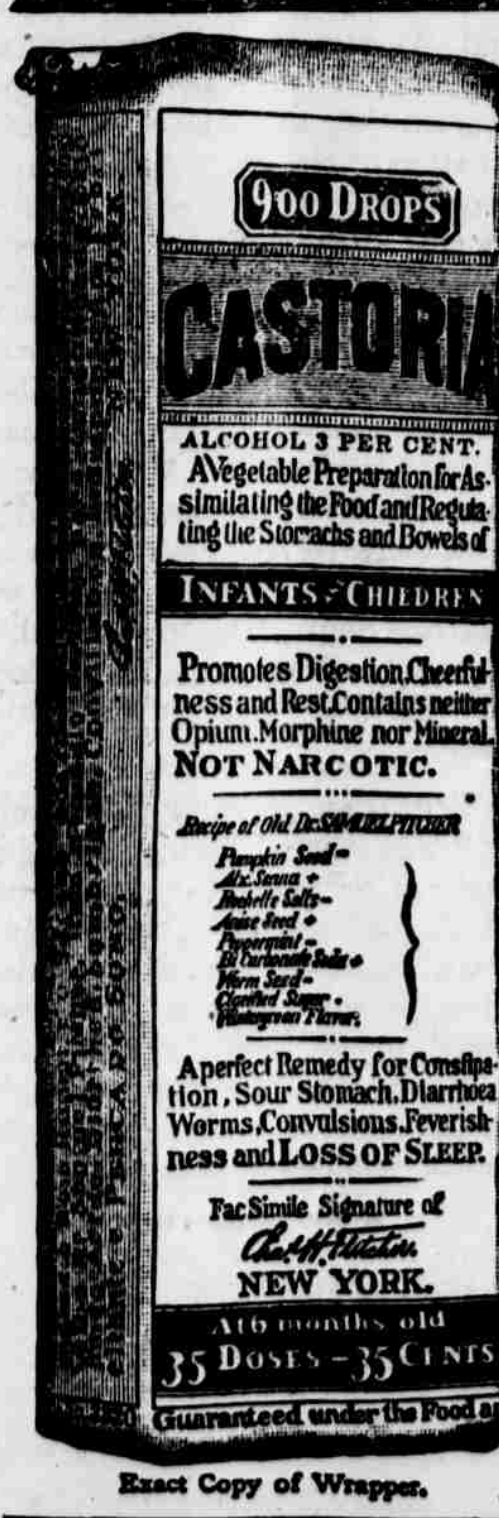
of this paper desiring to buy any thing advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.

THE DAISY FLY KILLER

destroys all the flies and affords comfort to every home. Kills the entire season. Harmless to persons. Clean, neat and will not soil or injure anything. Try them once and you will never be without them. If not kept by dealer, sent prepaid.

For 30c. HAROLD HONKUS, 149 DeKalb Ave., Brooklyn, N. Y.

W. N. U., LINCOLN, NO. 30, 1907.



CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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Bears the Signature of

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