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PARTIAL TO LAMB

Armenians Make Meat Staple Article of Diet.

Methods of Preparing It Seem Strange to Those Accustomed to Western Cooking—Eggplant a Favorite Vegetable.

Lamb appears to be the basic item of the Armenian diet if one is to judge by the number of Armenian dishes in which it plays a part. No less than 23 ways of using this meat are given in a list of typical Armenian dishes prepared by an expert.

Roast lamb with matzoon sauce and lamb broiled whole are substantial features of Armenian banquets. Then there is boiled lamb, lamb roasted in paper, lamb roasted with tomato, whole spring lamb roasted, lamb stuffed with rice, steamed lamb, lamb broiled, hunter style; lamb grilled on skewers, braised lamb with wine sauce, braised lamb with currie, braised lamb with tomato sauce, braised lamb with onions and braised lamb in paper dishes seasoned with peas.

Kouzou kapama is an elaborate lamb dish in which the meat is steamed with scallion and lettuce; kouzou guvey is lamb roasted in an earthen pot with rice and tomatoes.

Eggplant is a favorite Armenian vegetable which is often used with the lamb to make a delicious dish. Hankair beyendi is mashed eggplant and potted lamb; patjian cheep kebab is fried lamb and eggplant grilled on skewers; eggplant stewed in lamb broth and braised lamb and eggplant are other savory dishes.

All sorts of vegetables and even fruits are stewed in lamb broth to give them that richness which is a feature of the national taste in cookery. Fresh peas, artichokes, string beans, celery, leeks, spinach and quinces are mentioned in Armenian culinary lore as being the better for simmering slowly for some time in the lamb broth. A variation dish is nohud yahn, Turkish peas stewed with onions in lamb broth.

Ouscounri dolma is an elaborate Armenian dish, composed of mackerel stuffed with onions, pine nuts and currants, fried in olive oil and served cold. Eggplant stuffed with rice and onions and cooked in olive oil is also served cold. Fassouli pulaki is beans stewed with vegetables and olive oil and served cold.

Pine nuts and currants are favorite ingredients of stuffing, appearing not only in the stuffed mackerel but also with rice as a stuffing for turkey in a dish called Hindi dolma. Harpoot keoftch are delicious boiled meat balls prepared with cracked wheat and stuffed with meat, pine nuts and currants. Stuffed vine leaves, yalanji dolman and yaprak sarma are other favorite dishes. The leaves of the grapevine are used for the outer wrappings of these viands. In the yalanji dolman rice and onions already cooked through are wrapped in the vine leaves and the whole again subjected to a slow simmering process in olive oil. In the yaprak sarma the rice and meat are cooked together or, rather, the rice is cooked in a rich stock and then wrapped in the vine leaves and simmered in oil.

The names of these Armenian dishes cannot be translated according to their sound, for hashlama is not an effort to orientalize the well-known boarding house viand of lamb hash, but plain boiled lamb, and shish lebab instead of being a Turkish form of T.N.T. is a mild and savory dish of lamb grilled on skewers.

Making Thrift Compulsory.

In the police courts of New York state it is getting to be a common practice to sentence minor offenders to a term of saving, and in Syracuse last year \$5,000 was invested in this way in War Savings stamps, all later returned to the men or used to help their families. At Niagara Falls, when David Broderick was placed on probation six months ago and ordered to give the probation officer \$12 a week for War Savings stamps, he complained bitterly. At the end of six months he received \$230.50 worth of stamps, and he voluntarily placed himself on indefinite probation, promising to bring \$10 a week to continue his savings investment.

Outguessed Him.

Pauline Lord went to call on William Harris, Jr., agent an engagement just before he set sail for Europe. "What's your salary?" demanded Harris, after the other details had been discussed. Miss Lord told him. "Ouch!" decried the manager, wincing at the sum. "Why, don't you think I'm worth it?" Miss Lord asked. "Yes," admitted Harris, "but I didn't think you did."

Some Kicks.

"And you say the mule kicked you, Sam?" "Deed he did, boss." "How far did he kick you?" "Wahcher mean, boss?" "How far were you from him after he kicked you?" "Does you mean how far was I from him after he kicked me de first or de las' time, boss?"—Yonkers Statesman.

Land for National Forests.

To date the national forest reservation commission has approved for purchase 1,751,115 acres for national forest purposes in the mountain areas of the eastern national forests.

"BAYER CROSS" ON GENUINE ASPIRIN



"Bayer Tablets of Aspirin" to be genuine must be marked with the safety "Bayer Cross." Always buy an unbroken Bayer package which contains proper directions to safely relieve Headache, Toothache, Earache, Neuralgia, Colds and pain. Handy tin boxes of 12 tablets cost but a few cents at drug stores—larger packages also. Aspirin is the trade mark of Bayer Manufacture of Monoacetic-acidester of Salicylicacid.—Adv.

Sad Old Story.

"You are a Socialist, are you not?" "No, sir." "What made you change your mind?" "I had some funds that I had earned by lecturing on 'Socialism. Some of my fellow Socialists found it out and decided it was time to divide even all around."

AMERICANS MAKING GOOD AT SIXTY-FIVE

Don't worry about old age. A sound man is good at any age. Keep your body in good condition and you can be as hale and hearty and able to "do your bit" as when you were a young fellow.

Affections of the kidneys and bladder are among the leading causes of early or helpless age. Keep them clean and the other organs in working condition, and you will have nothing to fear. Drive the poisonous wastes from the system and avoid uric acid accumulations. Take GOLD MEDAL Haarlem Oil Capsules periodically and you will find that you are as good as the next fellow. Your spirits will be rejuvenated, your muscles strong and your mind keen enough for any task.

GOLD MEDAL Haarlem Oil Capsules will do the work. But be sure to get the original imported GOLD MEDAL Haarlem Oil Capsules. They are reliable and should help you, or your money will be refunded. For sale by most druggists. In sealed packages three sizes.—Adv.

Not in the Running.

"How are you getting along with Miss Peacher these days?" "Not well, I'm afraid. She wants to put me back on a prewar basis." "What does she mean by that?" "I don't know exactly, unless she discounts the eighteen months I spent in France."—Birmingham Age-Herald.

Shave With Cuticura Soap

And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Adv.

Something Different.

"Operatic robbers and brigands are stale." "True." "We ought to have something new." "Yep; might have Jazz bandit!"—Louisville Courier-Journal.

WORTHY TO ADORN THRONE

Gifted East Indian Empress Remembered for Remarkable Beauty and High Intellect.

Nur Jahan, Light of the World, in becoming empress had free scope to establish her real and remarkable individuality as a great statesman, a brave warrior, a noble ruler and a most charming poetess. Her combined attractions of person and high intellect have left many vivid records. Her creative faculties produced new developments in beautiful flowing costumes, of delicate designs and artistic workmanship, and in the setting of jewels, the invention of perfumes and many other luxuries of living.

Nur Jahan's name was associated on the coin with that of Emperor Jahangir, in his graceful couplet: "By the order of the Emperor Jahangir, the value of this coin is increased a hundredfold by the name of the Empress Jahan."

There are many instances of her clever and witty literary repartee, an exchange remarks. One day Nur Jahan and Jahangir saw a child playing with a ball of flowers. The emperor tried in vain to catch the child's attention, and remarked to Nur Jahan: "The youthful sweetheart does not turn toward us." To which she aptly replied: "While the flower is still a bud it does not shed its perfume."

On another occasion Jahangir, seeing an old man with a bent back, remarked: "Why do the world-experienced old men walk with bent backs?" Nur Jahan answered: "They are searching under the dust for their lost youth."

Proud Daughter.

Rebecca, age eight, was very proud of her father's rank as a first lieutenant, and grew quite indignant when a neighbor boy called him "captain."

"I'll have you understand that my daddy is not a captain," she said, "he's a lieutenant."

"Oh, it doesn't matter," replied the boy, "he is an officer."

"Indeed he is not an officer," she protested.

"Yes, dear, a lieutenant is an officer," interrupted Rebecca's mother.

"Well," persisted Rebecca, still determined to maintain her daddy's dignity at all cost, "he's not much of an officer."—Buffalo Commercial.

Wrong Place to Hurry.

Bob Bailey, stateroom elevator operator, was chaperoning his elevator as usual, one morning, when in dashed a dashing stenographer, who cried out: "Hurry, Bob. Hurry up. I'm forty-five minutes late. You're so slow." Bob operated the elevator leisurely, as usual, but finally reached the desired floor. The D. S. ran to her room and Bob turned to a bystander and said: "She lost forty-five minutes making up this morning, and gets mad at me because I can't make it up for her in a seventeen seconds trip on the elevator."—Indianapolis News.

Money Not Everything.

Tryin' to figure everything out on a dollar an cents basis is a dangerous business, because there's thousands of things worth more'n money.—Exchange.

Many a poor man has nothing but money.

TO ALL WOMEN WHO ARE ILL

This Woman Recommends Lydia E. Pinkham's Vegetable Compound—Her Personal Experience.

McLean, Neb.—"I want to recommend Lydia E. Pinkham's Vegetable Compound to all women who suffer from any functional disturbance, as it has done me more good than all the doctor's medicine. Since taking it I have a fine healthy baby girl and have gained in health and strength. My husband and I both praise your medicine to all suffering women."—Mrs. JOHN KOPPELMANN, R. No. 1, McLean, Nebraska.



This famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, has been restoring women of America to health for more than forty years and it will well pay any woman who suffers from displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues" to give this successful remedy a trial.

For special suggestions in regard to your ailment write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.

BILIOUSNESS Caused by Acid-Stomach

If people who are bilious are treated according to local symptoms they seldom get very much better. Whatever relief is obtained is usually temporary. True biliousness to its source and remove the cause and the chances are that the patient will remain strong and healthy.

Doctors say that more than 75 organic diseases can be traced to an Acid-Stomach. Biliousness is one of them. Indigestion, heartburn, belching, sour stomach, bloating and gas are other signs of acid-stomach. EATONIC, the marvelous modern stomach remedy, brings quick relief from these stomach miseries which lead to a long train of ailments that make life miserable if not corrected. EATONIC literally absorbs and carries away the excess acid. Makes the stomach strong, cool and comfortable. Helps digestion; improves the appetite and you then get full strength from your food. Thousands say that EATONIC is the most effective stomach remedy in the world. It is the help YOU need. Try it on our money-back or not-satisfied guarantee. At all drug stores. Only 50 cents for a big box.

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Lucky Foot.

"How was the show last night, old man?" "Miserable! My foot went to sleep and I envied it."

That man is idle who does less than he can.

Same as Algy. "Algy always reminds me of a puzzle." "In what way?" "Simple when you know it."

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Western Canada offers the greatest advantages to home seekers. Large profits are assured. You can buy on easy payment terms. Fertile Land at \$15 to \$30 per Acre—land similar to that which through many years has averaged from 20 to 45 bushels of wheat to the acre. Hundreds of cases are on record where in Western Canada a single crop has paid the cost of land and production. The Governments of the Dominion and Provinces of Manitoba, Saskatchewan and Alberta want the farmer to prosper, and extend every possible encouragement and help to Grain Growing and Stock Raising. Though Western Canada offers land at such low figures, the high prices of grain, cattle, sheep and hogs will remain. Loans for the purchase of stock may be had at low interest; there are good shipping facilities; best of markets; free schools; churches; splendid climate; low taxation (some on improvements). For particulars as to location of lands for sale, maps, illustrated literature, reduced railway rates, etc., apply to Supt. of Immigration, Ottawa, Can., or G. A. COOK, DRAWER 197, WATERTOWN, S. DAK.; R. A. GARRETT, 311 JACKSON ST., ST. PAUL, MINN. Canadian Government Agents.

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