

FAMILIARITY AND CONTEMPT.

Familiarity, of course, is a term of straight inheritance from "familia," the Latin name of family; and it is too bad that a word which stands for the beautiful relationship of intimacy in the household should also have come to do duty for another meaning, that of disrespect, says the Philadelphia Ledger. Why shouldn't ripening acquaintance mean a continual accession of reverence? Why is it that "no man is a hero to his valet?" Must it be that only the glaring deficiencies and discrepancies progressively appear instead of the graces and the virtues as the points of high relief in the closely scrutinized character? In the ideal family life there is generous concession, each to each, in the point of view. There is a real affection which creates an atmosphere of tolerance and kindness. The parents remember that they were not always as old and as wise as they are now. They realize that a child cannot look through their own bifocal lenses on life's problems at quite the same angle or in exactly the same light. Age with increasing wisdom, the "sour saws" and the "severities" ought to bring an added disposition to give youth and impulse the benefit of the doubt. Old age and youth may not always agree; January and May are traditionally at odds; but they can afford to let each other live, and neither can afford to be condescending. "We are none of us 'infallible,'" said Jewett, "not even the youngest of us."

The young girl who killed herself through frenzied adoration of a grand opera prima donna was probably mentally deranged and would have killed herself over any other matter which affected her imagination. To draw morals from her fate is superfluous, says the Baltimore American. The usual adoration of the average matinee girl for stage idols is a very harmless thing which arises from the confusion in an immature mind between the stage character and the person representing it and wears itself out in the course of time, leaving no scars behind, being a matter more of amusement for the idols themselves than anything else. Even its illness is a passing phase, and beyond care to check its extravagant expression has nothing for alarm. In cases of really unbalanced brains, like the one cited, it is merely incidental and by no means a cause in itself.

Pupils of the public schools in a Pennsylvania town were taken in divisions to see moving pictures of the Panama canal as a way of impressing upon them their geographical studies. There does not seem much doubt that moving pictures will play a large part in the conduct of the schools in the future. Their illustrations will supplement books to a large extent, since to the childish mind, especially, things seen are mightier than things heard.

Now a Chicago experimenter comes forward to deal another telling blow to the down-trodden sex in his conclusions on animal observations, that the female of the species is more intelligent than the male. He hints in a traitorous way to his own sex, that while these observations may not apply to the human race, it is more than suspected that they do. After a while mere man will be thankful that he is allowed to exist.

A letter from Dublin says that English middle-class parents are taking to sending their sons to Ireland to receive their education, the Irish, middle-class schools and colleges being less expensive than their English equivalents and without the vicious attractions which often environ educational centers in Great Britain. The result is that the young men usually secure a better education than if they were kept on their own side of the channel. This state of things revives memories of Ireland's days of glory, when the green isle was the nursery of learning for all Europe.

A scientific expert in Los Angeles is experimenting to produce a breed of zebra-striped rats. What result to the human race the success of this experiment would be hard to tell, except to render the horrors of a late, inbred homecoming more poignant than ever, if a feasting rodent happened to be disturbed by the late comer.

As a divorce paradise Reno is wiped off the map. A whole year is now required as residence in the state of Nevada for citizenship purposes, and from the lamentations over the act of the other and less complaisant states, residences in Reno must be something of an exile.

A man in New York clubbed by a policeman collected several hundred dollars damages. The policeman should have hired a third party to perform the assault.

# The KITCHEN CABINET

**W**HOSO will observe the wonderful providences of God shall have wonderful providences to observe.

The planet and the people goes attended by its shadow.

**H**IS gracious presence upon earth  
Was us a fire upon a hearth.  
As pleasant songs at morning sung,  
The words that dropped from his sweet tongue  
Strengthened our hearts, or heard at night  
Made all our slumbers soft and light.  
—Longfellow.

FOODS FOR THE CHILDREN.

Milk is the ideal food and drink for the growing child, but it also needs food to add bulk to the diet; foods to use and exercise the teeth upon, as well as to excite the digestive juices.

Cocoa is a good drink for children, and should be often given. Hot water and milk supplies a simple and hot drink, but coffee and tea should never be allowed.

Well cooked rice in almost any form is relished by children, and is a good, wholesome food. It should be well cooked, and be thoroughly soft. When served plain, with top milk, it is a meal in itself.

Baked with egg and a few raisins and milk, it is still more nourishing, and is quite a favorite dessert with most little people.

Raisins, dates and figs add to the food value of any dish, are high in regard and should take the place of much of the candy.

Custards, baked and boiled, of all flavors, combined with chocolate or caramel are another valued food for the child.

Baked potatoes, apples, scraped beef, milk toast, well cooked oat meal and other cereals cooked for hours are all good.

**Coddled Eggs.**—Place the eggs in boiling water, a pint to the egg, cover and stand back on the heater or in a warm place. Remove the eggs at six or eight minutes for a soft one, fifteen for a medium-cooked, and a half hour for a hard-cooked egg which can be digested by the most delicate stomach.

**Apple Whip.**—Cook apples until soft by steaming, press through a sieve and to the well beaten white of an egg. A fourth cup of the pulp and a little powdered sugar will be sufficient for one egg white. Season with grated nutmeg, if liked. This makes a simple and easy dessert to prepare for the child.

To scrape beef, lay a thick slice of round steak on a board, and with a knife or sharp-edged spoon scrape against the grain, make in balls and broil in a hot, slightly greased frying pan. Serve with toast.

**L**ET any man once show the world that he feels  
Afraid of his bark, and 'twill fly at his heels;  
Let him fearlessly face it, 'twill leave him alone;  
But 'twill fawn at his feet if he flings it a bone.  
—Robert Lytton.

WAYS OF PREPARING FISH.

One must use care in the buying of fish from the market. Look for one with eyes of bright color, flesh firm and the gills of bright color. The sooner a fish is scaled after coming from the water the easier it is done. Take a small, sharp knife and scale from the tail to the head. Many find that pouring boiling water over the fish helps the scaling process, but it must be done quickly, not allowing the fish to lie an instant in the water. Hold the knife in a slanting position and the work will be easier.

Split the fish after it is scaled, remove the entrails and wash quickly, not allowing it to lie in the water, as this will cause it to lose its flavor.

Salt fish should be soaked in water and softened by slow cooking. If boiled rapidly the fiber will be toughened.

When a fish is to be boiled, lay it in a thin piece of cheese cloth or muslin, tie up well and lay in a kettle of boiling water. A bay leaf, pepper corns, onion or parsley may be used for seasoning. Simmer gently, allowing ten minutes to the pound for cooking. Lift out carefully, remove the cloth and garnish with parsley and lemon quarters.

**Fish a la Creme.**—Carefully remove all the bones from cold boiled fish, flaking the meat with a fork. To a bubbling hot tablespoonful of butter add a tablespoonful of flour, then add a pint of milk; season with salt and cayenne pepper. Put a layer of the flaked fish in a well buttered baking dish, add a layer of the white sauce, more fish and sauce, then sprinkle the top with well buttered bread crumbs. Bake until brown. For many, a sprinkling of grated onion adds much to the flavor of the dish.

KITCHEN SHORT CUTS.

Life is short and time is fleeting, and the up-to-date, progressive woman is learning to divide her hours of labor and multiply the hours of leisure and self-improvement. Why spend two hours preparing a meal which can be done in one by having the materials for use easy of reach and quickly replaced. The pauses in work due to lack of forethought and planning are enormous leaks in the day's time.

If a trip to cellar or storeroom is necessary, make one trip do; carry a tray and save time and strength.

Anybody who has tried it, knows that no household can be run on an iron-clad rule, for things are always upsetting our plans and changing the routine, which makes life worth living. Monotony is the rust that eats out many lives.

However, any housekeeper is greatly assisted by a schedule which is as carefully followed as possible, which makes the getting of meals and doing of housework a pleasure. A slate or tablet hanging on the wall, with an outline of the week's meals, will prove to be a wonderful saver of time.

A small kitchen, with utensils and materials within easy reach, should be the aim of every householder when it is possible. Two steps extra to table, stove and sink amounts to many weary yards in the course of a year.

When one is waiting for something to cook that cannot be left, occupy the time getting bread crumbed, or raisins cut, and food mixed for pastry, opening new packages of spices and baking powder. Small glass cold cream jars, labeled with the name of spice or article make fine receptacles for holding any of these commonly used things. A spoon can be filled in, used them without spilling, and they look neat and attractive on the shelf.

A fireless cook stove is another short cut in the kitchen which one can not afford to be without. A meal may be prepared early, put to cook, and one may then spend the time in other ways.

**N**OT a truth has to art or to science been given  
But brows have arched for it, and souls  
Told and striven.

How can we expect a harvest of thought who have not a seed time of character.

HAVE YOU TRIED THESE SALADS?

Take a few fresh, boiled, green peas or canned ones will do, add a few peanuts, the small spanish variety, and a few pieces of chopped pickle. Serve on lettuce with any kind of a salad dressing. French dressing is the ideal one, for it may be quickly prepared, and is most palatable if one is sure to buy the best olive oil. Use one part of vinegar to three of oil, beat well and add a teaspoonful of salt and a few dashes of cayenne pepper.

A few stalks of nicely cooked, tender asparagus set in a ring of red pepper or a ring of tomato on lettuce, with a boiled dressing, is a nice-looking, as well as good-tasting combination.

**Cheese Salad.**—Grate half a pound of good cheese and mix it with enough boiled dressing (or mayonnaise is better) to make it creamy. Press it through a fruit press or sieve on nicely blanched lettuce leaves, dot with bits of chopped olives and serve ice cold.

**Fish Salad.**—Cut the remains of boiled or baked halibut into bits, or better, flake it with two forks; season with lemon juice and arrange lightly on a bed of lettuce in a salad bowl. A mixture of water cress with the lettuce is an improvement. Peel and boil three large potatoes until they are mealy, drain and dry, then beat until light and add a little salt, mustard and two tablespoonfuls of olive oil or butter, the yolks of two eggs well beaten and a tablespoonful and a half of vinegar, beating all the time as added. Pour this over the fish, and serve.

*Nellie Maxwell.*

**Suspicion.**  
The Hotel Clerk (suspiciously to prospective guest, whose bag has come apart thereby disclosing a strange contrivance)—May I ask what that queer thing is?  
The Prospective Guest—This is a new patent fire escape. If your hotel caught fire I could let myself down from the window so easily—see?  
The Hotel Clerk—Exactly; our terms for guests with fire escapes are invariably cash in advance.—The Sketcher.

**Exploded Theory.**  
"Disease," said the doctor, "always attacks the weakest spot." "Oh," she replied, "that can't be true. If it were, my husband would have brain fever or something like that instead of liver trouble."  
**Wrong Way.**  
"That fellow will never get along in life the way he treats people."  
"How does he act?"  
"Why, he is polite to people who can't do the least thing for him."

## Attractive Gown of Blue Charmeuse for Young Girl



Gown of blue charmeuse with lace vest and square neck. The draped skirt reveals an underskirt with three folds.

### VEILING MUST BE PLENTIFUL

Without a Liberal Supply of Material It is Impossible to Get the Proper Effect.

It is poor economy to buy too scant measure when purchasing face veiling. A smartly adjusted veil can never have a skimpy effect, as when the back of veiling is straining at the edges of the veil pin, or when there is not sufficient material left at the ends to be tucked from view. Wide veiling and plenty of it must be used on even a small hat. An excellent idea is to have elastic cording run through the meshes of the veil at the top, being so measured as to fit firmly at the base of the crown. This method avoids the pinning of the veil to the hat brim, which is never a very secure way of fastening it and is difficult to do if the hat brim is stiff, and is apt to leave pin marks in any event. The fulness should be evenly distributed around the crown and the edges of the veil at the bottom caught at the nape of the neck with a veil pin or barette. The ends are then drawn straight up to the back of the brim and invisibly tucked under the elastic at the crown. When the veil loses its freshness and begins to sag at the chin twist this portion round and round and tuck it under its own surface; this will give trimness to the otherwise untidy appearance.

### SMART TAILOR MADE SUIT



A tailor made suit of light suede broadcloth with collar of white crepe, cerise embroidery and black tie.

### WAYS OF FINDING PARTNERS

Some New and Original Ideas Which Intending Hostesses May Find of Real Value.

A correspondent kindly tells of these ways to find partners:  
"One girl had conundrums written on cards and given to the girls; the answers to these were handed to the gentlemen and they were numbered corresponding with the numbers on the girls' cards; they were told to find who their partners were. Another girl had the girls' names written backward on cards and handed them to the gentlemen and told them to make out who their partners were. Another girl had a small piece cut out of the card; the pieces were given to the girls and the other portions of the cards were given to the gentlemen and they were told to look for the girl who held the card corresponding with theirs. Another put the girls' names on cards and they were put in envelopes and sealed and hid in different places in the parlor."

### In Pastel Shades.

It has become quite a fad to have the combinations, corset covers, petticoats, gowns, etc., in colored batiste to match the costumes with which they are to be worn, or else to harmonize with the decorations of the boudoir, particularly in the case of gowns and petticoats. The trimmings are usually lace of the shadow or val variety. Cluny, baby Irish and venise are used on gowns and petticoats. This fad will probably continue until hot weather arrives, at which time there is nothing better than white.

### Summer Living-Room Rugs.

Rugs are a problem, summer or winter, but particularly in the summer we long instinctively to get rid of those with a deep velvety surface. One of the best summer rugs made of wool, appropriate on that account for all seasons, is the homespun rug. The weave is flat, without a nap, and the colors are very soft and cool-looking. These rugs cost from three to three dollars and a half a yard, according to the color and quality.—Harper's Bazar.

### Hang Up Blouses.

To keep blouses fresh and unrumpled screw five hooks into a piece of broomhandle about two feet long. Opposite the middle hook fix a large screw-eye through which the bar may be hung from a small pulley attached to the cupboard or wardrobe ceiling. Put the blouses on clothes hangers, slip one on each hook, and pull the whole up into the empty space in center of cupboard.

### Costs Less Than a Two-Cent Postage-Stamp

An average of less than a cent and a third a pair is paid for the use of all our machines in making two-thirds of the shoes produced in the United States—assuming that all our machines are used. The most that can be paid for the use of all our machines in making the highest-priced shoes is less than 5¢ cents a pair. The average royalty on all kinds of shoes is less than 2-3 cents a pair. From this we get our sole return for the manufacture and use of the machines, for setting them up in factories and keeping them in order. You pay two cents for a postage stamp or a yeast-cake and five cents for a car fare and don't miss it. Where do you get more for your money than in buying a machine-made shoe?

Write us and we will tell you all about it. The United Shoe Machinery Company, Boston, Mass.—Adv.

**Suffer Little Children.**  
"He says he loves little children."  
"Ho ought to. He employs about 2,000 of them and they are making him rich."

Red Cross Ball Blue will wash double as many clothes as any other blue. Don't put your money into any other. Adv.

Square Sawyer says the pace that kills is largely set by fluffs and frills.

## Get "In the Game"

but remember you must be strong and robust to win. A sickly person is the loser in every way; but why remain so?

## HOSTETTER'S STOMACH BITTERS

will aid digestion and help you back to health and strength. Try a bottle today. Avoid substitutes.

## SPECIAL TO WOMEN

Do you realize the fact that thousands of women are now using

## Paxtine

A Soluble Antiseptic Powder as a remedy for mucous membrane affections, such as sore throat, nasal or pelvic catarrh, inflammation or ulceration, caused by female ills? Women who have been cured say "it is worth its weight in gold." Dissolve in water and apply locally. For ten years the Lydia E. Pinkham Medicine Co. has recommended Paxtine in their private correspondence with women.

For all hygienic and toilet uses it has no equal. Only 50¢ a large box at Drug lists or sent postpaid on receipt of price. The Paxton Toilet Co., Boston, Mass.

## Your Liver Is Clogged Up

That's Why You're Tired—Out of Sorts—Have No Appetite. CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do their duty. Cure Constipation, Biliousness, Indigestion and Sick Headache. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

## ALBERTA

THE PRICE OF BEEF IS HIGH AND SO IS THE PRICE OF CATTLE.

For years the Province of Alberta (Western Canada) was the Big Hatching Country. Many of these flocks today are immense grain fields and the cattle have given place to the cultivation of wheat, oats, barley and flax. The crops are always good, the climate is excellent, schools and churches are convenient, markets splendid. In either Manitoba, Saskatchewan or Alberta. Send for literature, the latest information, railway rates, etc., to

## Free Homestead

of 160 acres (and another as a present) in the newer districts and province either cattle or grain. The crops are always good, the climate is excellent, schools and churches are convenient, markets splendid. In either Manitoba, Saskatchewan or Alberta. Send for literature, the latest information, railway rates, etc., to

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