### OUR NEIGHBOR MARS.

Now comes the famous astronomer Professor Worthington, to support Professor Lowell's idea that Mars is inhabited by a superior race of beings; that they are far ahead of the human race that people the earth. They must be entirely different, for all the physical conditions are wholly unlike those on the earth. Water there boils at 110 degrees, and the atmosphere is less dense and both are slowly disappearing. This fact, according to the evolutionary idea, will cause the physical natures of the people there to change or it will soon be a dead world. Its destiny is very interesting to us, for what will become of the Martian people will become of us. This whole universe started with mind. Its first objective force was light; and then on to every form of matter. Mars is going back to its first estate, and its dwindling material forces are being succeeded by spirit. The receding air and water have excited their intelligence to the utmost to provide physical conditions in harmony with their needs. This very effort has lifted htem up to a higher intellectual plane. So Mars teaches the doctrine, from matter to spirit,, and probably, some day, the earth will learn the lesson.

Candles in birthday cakes is a German custom adopted into this country. The candles are equal in number to the years of the celebrant. A thick one in the middle is called the "lebenalicht" (the light of life). Only he or she who celebrates his birthday may put out the "light of life;" it is unlucky if done by any other member of the family. We see in the lights the symbols of life and its portions the years; and what sign for them could be more beautiful than light? Death was represented by the ancients as the genius with a turned down torch. When we refer to a man living too last we say "he is burning the candle at both ends." One of the folktales collected by Bechstein shows death introducing a man into a cavern and showing him a number of candles burning, some nearly burnt to the end. These candles represent the lives of men. Macbeth, speaking of life, says: "Out, out, brief candle." Undoubtedly light being taken as the symbol of life was the suggestion of candles for the birthday cake.

American architecture has two starting points-the home and the office. In both it has done much copying and experimenting, and made not a few mistakes. But in both it is winning to solid ground at last and achieving this world—a kind of hedgehog forgive-ness shot out like quills. Men take one typical office building is the steel skyscraper. This, when treated as a skyscraper, is one of the most impressive forms of architecture on earth. Not to mention local examples, the West street and Woolworth buildings in New York, have a beauty all their own-a towering grandeur which owes little to buildings of any earlier age. No single type of building will become universal as a home in a country as vast as America. The colonial house, the "mission" house, the bungalow and many other forms are used by progressive architects. The French chateau has left a lasting impress on the designs of more costly homes. But the age of imitation is past. Homes nowadays are being built for comfort and beauty, not in servile copy of "classic" styles.

Judging by the amount they are alleged to expend for music it would seem that the inhabitants of the United States, of all people in the world, should be free from inclination to "treason, strategem and spoils." For why? Because they have music in their souls! John C. Freund, the veteran editor of Musical America, declares that the Americans spend for music the enormous sum of \$600,000,-000 per year. Mr. Freund seems to think the aggregate cost of maintaining the army and navy in time of peace is \$100,000,000 per annum. In fact, in 1912 it was half as much again, or nearer \$300,000,000 per annum. Perhaps his estimate of the cost of music is as much too high as his estimate of the cost of the army and navy is too

A university girl in her commencement oration declares "freedom has degenerated." This statement from such a source will, no doubt, make the leaders of the nation sit up and take notice.

A sea serpent with a head as big as a barrel has been sighted off Long Island. This fact shows that notwithstanding the iconoclasm of the age, the old familiary traditions are firmly rooted in the affections of the people.

A billy goat held up Broadway trafno for 12 minutes the other day before it could be captured. Generally speaking. New York does the job much quicker than that

# TheKITCH

ON'T come into my parlor,' said the housewife to the

There's a screen at every window, and your entrance I defy. There are microbes in your footsteps and a crust upon your head, Which, if not microscopic, would fill our hearts with dread.

"If you enter, I have polson all prepared for you to eat, And paper spread to tangle your germ-

inden wings and feet. will polson, trap or smash you if you do not leave my door; our modern sanitation will endure your calls no more. -Adalena F. Dyer.

### SUGGESTIVE HELPS.

A trained nurse prevented all disagreeable after effects of chloroform after an operation by the use of vinegar. Cause the patient to inhale the fumes of vinegar from a saturated cloth. She said she had never known of bread crumbs, add two tablespoonit to fall.

To clean a silk or net waist, put it into a two quart fruit jar nearly filled ly. Pour the sauce around the omewith gasoline. Let it stand over night. and in the morning, shake it back and hot platter. forth. If quite soiled it may need rinsing in fresh gasoline.

When staying over night in a strange hotel, look for and locate the way to the fire escape before going into your room. Place a book or chair on the floor under the electric light fixture, so that it will be easy to find | butter. the globe.

Those of us who have groped for several minutes for a light fixture wow how annoying it can be.

For a bruised finger nail, dip it in cold water and hold it upright for an hour and your nail will not turn black. Open the faucet at the bottom of the hot water tank and let the water tun off. This will remove the accumulation of rust in the pipes of the stove.

Dress shields covered with ailk like the lining of the coat are not noticed and double the wear of the lining besides giving it the protection of the shield

Slice the oranges on a potato chip slice for orange marmalade, and they will be as thin as the famous imported marmalade.

One careful housekeeper keeps her plate racks always clean by washing one with each regular dish washing.

When carrying three or four books. slip the cover of one inside the other. which will keep them from slipping.

who has offended and set him down be-fore the blowpipe of their indignation and scorch him and burn his fault into him, and when they have kneaded him suffi-ciently with their fists, then—they for-

-Henry Ward Beecher.

### MEATS.

The German sour meat is not well known among other nationalities, and is so altogether good that it should be better known.

German Sour Meat .-- Add to a half cup of vinegar a cupful of water, one onion and a teaspoonful of whole allspice, one tablespoonful of sugar and salt to taste. Put a piece of meat for roasting in this, turning it often; let stand three days, when it is ready to brown in fat and roast, using the pickle to baste it when roasting.

Sour Batten.-Take a nice piece from the round, lay in vinegar, with an onion, salt, allspice and pepper, with one bay leaf; let stand three to five days, depending on the amount of the meat. Brown the meat in a deep frying pan, pour in the vinegar and sufficient water to cover the meat; simmer until the meat is tender. Strain the gravy from the spices, and thicken with flour before serving.

Mutton With Peas.-Cut mutton in serving sized pieces, brown and put to cook in a small amount of water; when nearly done add a can of peas and season well. Serve with the peas

poured over the mutton. Brown Stew .- So few people know how good a brown stew may be. Cut the meat, which may be the tougher portions of the round or a piece for stewing. Cut up in small pieces and brown in a little hot suct which has been tried out. Add a small chopped onion, and let it brown with the meat. Dredge with flour, which will give the gravy thickening, and cook with boiling water, just kept at the simmering point until the meat is tender. Serve with boiled potatoes. The seasoning may be given before the flour is added to the meat.

Hamburg Steak .- Season hamburg steak with a chopped onion, alispice,

Victoria's Musical Voice.

upon delivery for its impressiveness.

Queen Victoria's first speech drew

praise from Frances Anne Kemble,

who was provided by Lord Lansdowne

with a seat in the house of lords. The

queen's voice, she declared, was ex-

quisite, "nor have I ever heard any

spoken words more musical in their

gentle distinctness than the 'my lords

cloves, paprika and salt. When ready to serve pour over a cup of well seasoned tomato sauce.

One chicken will serve a small family for several meals. Fry the bits liked best, stew and have biscuits and gravy with the larger portions.

The reason that cooking so falls of its purpose, is that its practice is far below the rank of other human industries, and therefore oftener more of a hindrance than a help.—Ellen Richards.

### SPANISH DISHES.

Spanish cookery is quite simple, the most important ingredient used is the

Spanish Omelet.-The sauce must be prepared first, to serve with this dish, which is a meal in itself. Fry a good sized onion until golden brown, add a quart of tomatoes, four or five red peppers, two tablespoonfuls of butter and a pinch of salt, and set the mixture on the back part of the stove to simmer. To prepare the omelet, pour a cup of warm milk over a cup fuls of butter and six well beaten eggs, the yolks and whites beaten separatelet when it has been placed on the

Mexican Scrambled Eggs.-Roast a dozen fresh green peppers, peel, remove the skin and seeds, and chop, then boil in a very little water until tender; season well with butter. Beat six eggs, add seasoning and the peppers, and cook for a moment in hot

Mexican Stew .- Put a pound of round steak through the meat chopper, mold into small balls. Into a hot frying pan put a minced onion, a cup of tomatoes, two or three peppers and a quart of water. When it boils add the meat balls and simmer for half an hour, then add two or three diced potatoes; season with salt and pepper and serve with toasted bread.

Chili Con Carne.-Prepare a dozen fresh chillies by putting them on to cook in cold water, bring to the boiling point, and when tender plunge in cold water; remove the skin, seeds and white veins. Cut in pieces a pound of beef, brown in a little lard, season, add an onion and a clove of garlic, add a tablespoonful of flour. Simmer in a little water with the peppers.

The highest duty of the state is to so legislate and minister as to make good homes, for it is only a larger home, and for the same use, that the state exists.

## BROTHS FOR THE SICK.

Broth is a liquid containing the luices or soluble parts of meat and bone which have been extracted by long, slow cooking. When cold, it is more or less solld, according to the gelatinous nature of the ingredients.

The chief object in making broth is to obtain the largest possible amount of nutriment from the meat, so we cut it in small pieces and soak it in cold water, using the water as well as the meat in the slow cooking which follows. A tightly-covered kettle which will retain the steam is desirable, otherwise much of the flavor is lost by evaporation.

Mutton Broth.-Mutton broth is the accepted kind for the convalencent. Wipe a piece of the neck weighing two pounds, cut off all skin and fat and cut the meat in small pieces. Put the bones into the kettle with the meat. add cold water and let them stand an hour to extract the juices. Heat gradually to the boiling point, season with salt and pepper and simmer for two hours, but do not allow to boil. Remove fat and strain through a coarse sieze. Serve hot. In re-heating, use a double boiler.

Three tablespoonfuls of rice or barley may be added; soak the barley over night, add to the broth and cook until the grains are tender. If the broth is made the day before and cold, the fat may be easily removed.

Nutritious Beef Broth.-Cut three pounds of solid meat from the shoulder or shin in small pieces, put the cracked bone into an earthen jar, cover with cold water and cook slowly with the meat ten or twelve hours in a slow oven. A fireless cooker is an ideal place to prepare this broth. Strain through a colander, add salt and gool quickly. When cold, remove the fat. Serve cold as a jelly or heat to 170 degrees; not higher, as boiling injures its value.

Egg Broth.—Beat the white and yolk of an egg separately and add the yolk gradually to a cup of hot beef broth. stirring constantly. Add sait and fold in the white of egg, reheat carefully and serve hot.

Nellie Maxwell.

upon that fair flower of royalty. The

The royal speech depends mainly enunciation was as perfect as the in-

tonation was melodious, and I think it is impossible to hear a more excellent utterance than that of the queen's English by the English queen."

Coccanut Butter Industry. Marseilles annually exports about \$10,000,000 worth of cocoanut butter, and gentlemen,' which broke the the business having been developed breathless silence of the illustrious since 1897. Most of it goes to Engassembly, whose gaze was riveted land, Holland and Scandinavia.

# THREE PRETTY MORNING DRESSES



Models of flowered material and black and white checked volle. Lace and sailor collars with sashes of taffeta.

EXCELLENT FOR TENDER SKIN BETTER THAN ANY COSMETIC Victim of Sunburn Will Find Relief in This Preparation, Which Is a Home Remedy.

A preparation that will suit most tender skins or skin that has been sunburned is made by mixing together four ounces of pure almond meal, an ounce of powdered orris, two ounces of powdered castile soap, onehalf drachm oil of bergamot, four drops of bitter almond oil and a quarter of a drachm of extract of musk.

Only tepid water should be used on the skin and after wetting it rub on some of the above preparation instead of using soap, using the hands to make the application because a wash cloth usually causes friction and strength, more impressive than the this, added to a sunburned skin. would make it sore and tender. More with the hands and finally rinsed several times and with old soft towels patted dry. Then a mere suspicion of cold cream is massaged into the on complexion and figure, which no skin and so left for the night.

Any girl or woman who will be careful to protect her skin and care learn to take things easy. Repose is for it as just described even though more beautifying than rouge, and re-It is naturally of a dry texture will layation more not burn or tan hearly as quickly as will the girl with the oily skin. One would think that a girl with oily skin would not burn as readily as the girl with the dry skin on account of sufficient oily moisture, but nevertheless it has often been proven that she burns even more quickly. Why this varieties are best. Let stand in a is so is because of the difference in the skin tissues.

### SMART TAILOR-MADE SUIT



Model of black and white checked shepherd goods with cutaway jacket. Long lapels and shawl collar.

Black Evening Gloves.

Black gloves for evening wear are loop on the rack, nail or any available coming back into fashion, as are dark | place. gray and brown instead of white as accessories for afternoon wear. The novelty in the new black gloves lies in the fact that many are buttonless, while others have fancy buttons from gloves, only a few of the upper ones being used as fastenings.

Combination of Repose and Relaxation is the Only Beauty Secret That is Worth Knowing.

There is a beauty secret, not found in cosmetics, and which does not linger in the perfume-laden hangings of the parior of the masseuse. It is a secret which any woman can possess, and its magic effect is almost instantly noted. The secret is merely a combination of repose and relaxa-

A restful woman always appears to advantage. There is culture in a repose of manner that makes itself felt both at home and in public. There is a suggestion of reserve intellectual uneasiness of the woman who feels that her tongue or her body must be water is used and the skin is cleansed in motion to let the world know she

At the same time, the wear and tear will leave the marks of strain creams or lotions can remove. To grow old gracefully and beautifully, body-building massage.-Leslie's Weekly.

For the Rose Jar. The following mixture has kept its fragrance for twenty years: Gather

the rose petals on a sunny day, in the morning. The common, sweet-scented cool place for two hours, toss them and put into a bowl or covered dish in layers. Sprinkle each layer with salt. Keep adding to these until you have enough "stock." Into a large glass jar place two ounces of crushed cinnamon; then put in the stock, which has been shaken up every morning for two weeks. When all is in the jar, let stand for eight weeks, covered. It is now ready for the permanent jar. Add two ounces of lavender flowers and one ounce of shredded (not powdered) orris root. Mix well, put into rose jar in alternate layers with the rose stock and a few drops of oil of roses. Over this pour a wine glass of good cologne, and from time to time add fresh lavender flowers and rose petals.

Draped Lace Tunics. Although, perhaps, the lace tunic has a tendency to age its wearer, it has compensating merits which recommend it to women of middle age and even younger women who have a tendency to stoutness. For the close fitting pointed tunic of black lace cut with the upper part in the form of a coat tends to make the figure look slim in a manner that many, alas, find eminently desirable as years come fast upon them.

The favorite lace employed is Chantilly, and when one knows how to drape artistically nothing can be more elegant. On the contrary, nothing can be dowdier than a drapery which seeks to be artistic and fails lamentably in the attempt.

Put Loop in Hat. Women know what a hard task it is to hang up their hats. The office girl finds a new place every day for her hat. It is on the desk, the shelf or pinned on the wall with big hatpins. A new way, says the Los Angeles Express, is to take a piece of tape or baby ribbon, make loop about four inches long, sew it to the gathered part of the lining of your hat andthat's all. Hang up your hat by the

Buttons as Trimmings. Porcelain buttons decorated with nompadour designs in dainty colorings are used on small vests, and linen the wrist to the extreme edge of the dresses are trimmed with white porcelain buttons with tiny figures of the same color as the dress.

COCA COLA HABIT, A GHOST.

We have all heard of ghosts, but none of us have ever seen one. It's the same way with coca cola "fiends;" you can hear about them but you might search for them until doom's day and you would never find one. Physicians who have treated hundreds of thousands of drug-habit cases, including oplum, morphine, cocaine, alcohol, etc., say that they have never seen a case where the use of Coca-Cola has so fastened itself upon the individual as to constitute a habit in the true sense of the word. Although millions of glasses of Coca-Cola are drunk every year, no Coca-Cola fiends have ever made themselves visible at the doors of the sanitariums for

the treatment of drug habits.
The Coca-Cola habit is analogous to the beefsteak habit and to the strawberry habit and the ice cream habit. People drink Coca-Cola first because they see it advertised and thereafter because it tastes good and refreshes their minds and bodies. They drink it when they can get it and contentedly do without it when they can't get it. If you had ever witnessed the ravings of a real drug flend when deprived of his drug, if you had ever observed the agony he suffers, you would never again be so unfair as to mention Coca-Cola in the same breath with the "habit-forming" drugs.-Adv.

Square Meal.

Jones, who is somewhat of a philanthropist, went to his favorite restaurant at noon for lunch.

"Say," he began, addressing the manager, "a poor fellow came to me this morning asking for food, as he sald he was starving. I gave him my card and sent him to your restaurant and told him to get a good, square meal and I would pay for it. How much is the bill?"

"Fifty-five cents, sir." "What did the poor man have?" "Nine beers and a cigar."

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Chart Hillithirs.

A Doe For Over 30 Years. Children Cry for Fletcher's Castoria

Canaries Warn of Danger.

Canary birds are now part of the equipment of very well regulated mines. If the atmosphere is questionable the birds are carried into it and they show signs of its effect at

Going Away. "You seem sad. Family going away for the summer?" "No; the cook."

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

Love may make the world go round, but sometimes it takes marriages to square it.

# "Better Be Safe || Than Sorry"

It is far better to give the Stomach, Liver and Bowels some help at the beginning than to keep putting it off until sickness overtakes you. Be wise, and keep

# HOSTETTER'S **Stomach Bitters**

handy and take it promptly. It helps overcome all Stomach, Liver and Bowel Ills, also prevents Malaria, III Fever and Ague.

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By remedy guaranteed under Food and Drugs Act, delivered at your home, where it will give immediate relief. If you suffer from Rheumatism, this layour chance to get cured. We have hever known of a case where our remedy falled to give entire satisfaction. If it doesn't satisfy you, we absolutely guarantee to refund your money. Unsolicited testimonials and bank references. If you want to be cured at small cost, send for particulars. Benoit's Rheumstie Liniment Co., North Yakima, Wash,



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