

An effort is being made in Germany to unify the 40 systems of stenography now used in that country.

Makes the laundress happy—that's Red Cross Ball Blue. Makes beautiful, clear white clothes. All good grocers. Adv.

The Right Way.
"How did he overcome that labor trouble in his place?"
"By his capital management."

A GRATEFUL ACKNOWLEDGMENT.

Mr. F. C. Case of Welcome Lake, Pa., writes: "I suffered with Backache and Kidney Trouble. My head ached, my sleep was broken and unrefreshing. I felt heavy and sleepy after meals, was always nervous and tired, had a bitter taste in my mouth, was dizzy, had floating specks before my eyes, was always thirsty, had a dragging sensation across my loins, difficulty in collecting my thoughts and was troubled with shortness of breath. Dodds Kidney Pills have cured me of these complaints. Dodds Kidney Pills have done their work and done it well. You are at liberty to publish this letter for the benefit of any sufferer who doubts the merit of Dodds Kidney Pills."

Dodds Kidney Pills, 50c. per box at your dealer or Dodds Medicine Co., Buffalo, N. Y. Write for Household Hints, Dainty Recipes; also music of National Anthem. All 3 sent free. Adv.

To Increase Supply of Salmon.
Important experiments have recently been made by the fisheries expert for British Columbia in connection with the hatchery operations. Last year at Seaton lake, instead of placing all the sockeye salmon eggs in trays, as has been the custom heretofore, a plan was adopted more in keeping with the natural methods followed by the fish. The eggs, after having been inoculated with the fungus, were buried under five to seven inches of sand and gravel. Over 200,000 ova were thus treated in tanks especially made therefor, and as a result 180,000 healthy fry have been taken out with the possibility of more to follow. This is a splendid record, as compared with the old pan system, and it is believed by the experts that the new method will revolutionize the business of the hatcheries.

Stork's Good Memory.
While visiting the Berlin zoological gardens, says Lustige Blatter, little Gretchen saw a great white bird standing on one leg in a cage. She threw in a piece of candy; the bird gobbled it up eagerly, and thrust its head through the wire for more.

Presently Gretchen's mother came along. "Oh, mother, see here! What kind of a bird is this?"
The mother pointed to the sign on the cage, which read, "The Stork."
"The stork!" cried the little girl enthusiastically. Oh, mamma, do you know, he actually recognized me?"

Lucky Hubby.
Mrs. Green—Do you ever flatter your husband?
Mrs. Wyse—Yes, I sometimes ask his advice about things.—Boston Transcript.

Occasionally we meet a man who speaks his wife's mind when he talks.

PRESSED HARD.
Coffee's Weight on Old Age.

When people realize the injurious effects of coffee and the change in health that Postum can bring, they are usually glad to lend their testimony for the benefit of others.

"My mother, since her early childhood, was an inveterate coffee drinker, had been troubled with her heart for a number of years and complained of that 'weak all over' feeling and sick stomach."

"Some time ago I was making a visit to a distant part of the country and took dinner with one of the merchants of the place. I noticed a somewhat unusual flavor of the 'coffee' and asked him concerning it. He replied that it was Postum."

"I was so pleased with it that, after the meal was over, I bought a package to carry home with me, and had wife prepare some for the next meal. The whole family were so well pleased with it that we discontinued coffee and used Postum entirely."

"I had really been at times very anxious concerning my mother's condition, but we noticed that after using Postum for a short time, she felt so much better than she did prior to its use, and had little trouble with her heart, and no sick stomach; that the headaches were not so frequent, and her general condition much improved. This continued until she was well and hearty."

"I know Postum has benefited myself and the other members of the family, but not in so marked a degree as in the case of my mother, as she was a victim of long standing." Name given by Postum Co., Battle Creek, Mich.

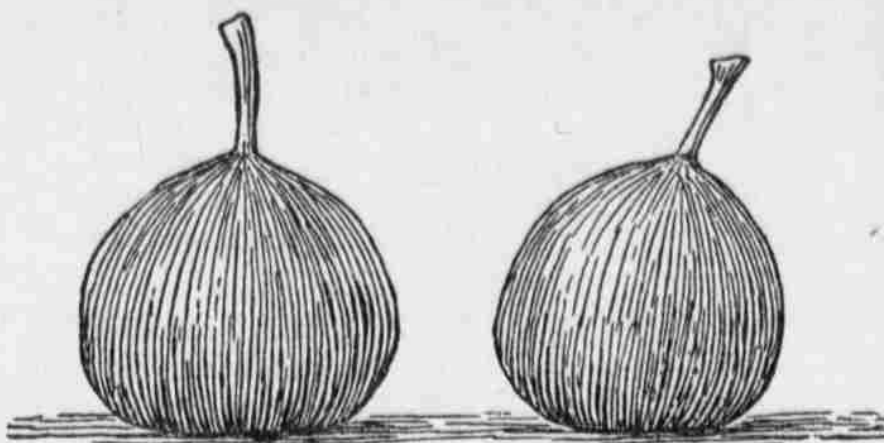
Postum comes in two forms:
Regular Postum—must be well boiled. 15c and 25c packages.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

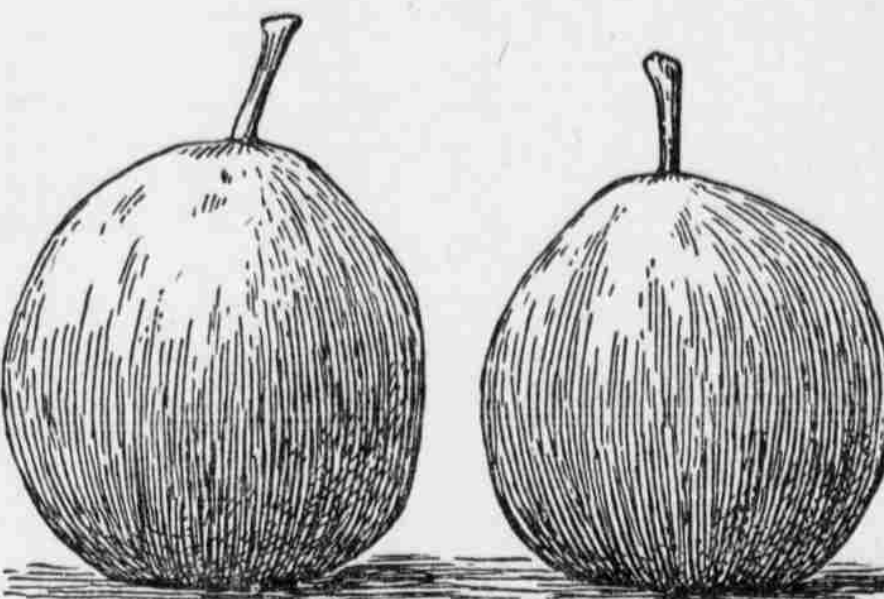
The cost per cup of both kinds is about the same.

"There's a Reason" for Postum.
—sold by Grocers.

INFORMATION PICKED UP IN THE ORCHARD



UNSPRAYED



SPRAYED

The Effect of Spraying.

Plant apple trees five or six inches deeper than other fruit trees.

It is a mistake to assume that always a big tree will come into bearing sooner than a small one.

It too big the storms may cause them to be seriously injured before the roots become firmly fixed.

A new orchard should be cultivated from the start.

A tree which is infested with insects will not thrive any better than a pig covered with lice.

The farmer who starts an orchard and has not studied the effects of spraying might as well save his time and expense. He will fail without spraying.

The Ben Davis makes a brave showing on the city fruitstands, but doesn't it cause a prejudice among the ignorant against all apples?

An old broom from which most of the brush has been worn off will remove loose bark from the trunks of trees, and at the same time destroy many hiding places of insects.

A tree which is properly sprayed and cared for, however, seldom has any rough bark to remove.

Do not let the pears remain on the trees until thoroughly ripe, or they will become soft and "mealy."

Pears should be picked when the fruit is fully matured and placed between blankets in a dry, moderately warm room to ripen.

If your peach trees were loaded with very small fruit this year try picking off every other one when the fruit is just formed next year, and you will

probably have much larger peaches and a much better quality.

In yellow apples the only test of ripeness is the seeds. When they have turned a light brown it is time to pick.

It is safe to leave red apples several days after the seeds indicate ripeness, because the warm, mellow days of autumn add to their ripeness and beauty.

Pears are likely to be spotted or injured in other ways if Bordeaux mixture isn't sprinkled on the orchard.

It is not generally known that all varieties of Japanese plums are sterile and will not bear fruit unless crossed by other varieties.

It is generally true that self-pollinated fruit is not as large or vigorous as fruit from crossed-sterilized blossoms on the same tree.

To produce apples which best conform to the ideals of mankind requires the best of effort and craftiness to outwit insects and disease.

In describing the fruit the word "base" means the part of the apple at the stem end; "apex," the portion at the blossom end; "cavity," is the depression around the flower end; "calyx," the so-called flower in the apex of the apple. The general form is referred to as being "round," "oblate," "conical," and "oblong." As regards size, apples are said to be "small" when two and one-half inches in diameter or under; from two and one-half to three and one-half inches they are termed "medium," and above this, "large."

KEEPING CEMENT BUILDING WHITE

Decidedly Important to Work on Wet Wall as Cement Will Not Adhere to Dry Surface.

Cement frequently has several shades of color after it is dried. The practical way is to wash the entire surface with cement made by mixing two parts of Portland cement and one part of marble dust, with sufficient water to reduce it to the consistency of white wash, applying with a common white wash brush.

The wall has to be thoroughly dried for several hours previous to applying the wash and must be kept constantly wet during the work and the day after.

It is decidedly important to do the work on the wet wall, as it will not adhere on a dry one.

Planting Strawberries.
Strawberry plants fail to grow more frequently from being set too deeply, than from any other cause. The crown should always be above the surface of the ground. A dibble is better than a trowel for planting. When the hole is made the long, fine roots should be placed in the hole, and the earth pressed very tightly about them.

If there is danger of a dry time—water may be put in the dibble hole, and allowed to soak away before the plant is set in.

Taking Care of Your Sheep.
There is an old adage which if kept in mind and acted on by every feeder not only with his sheep, but with all his live stock, he would do much better than the average feeder; and that adage is simply this: "An animal well summered is half wintered, and an animal well wintered is half summered," which means that the year through you should keep your animals in nice smooth plump condition.

Boosting Dairy Business.
The dairyman should grow as many acres of alfalfa as he raises acres of corn for his silo, and boost this dairy business above drudgery by having a system that will bring things around on time.

Well Under-Drained Soil.
Do you know that soil well under-drained can be worked deeper and will stand drought and wet spells much better?

PLAN FOR RIPENING THE LATE TOMATOES

One Good Way Is to Use Shelves of Kitchen Cupboard, as Fruit Needs Darkness.

(By J. FIELD.)
Dig up the plants with plenty of roots and spread on spaded ground in a well-sheltered corner along a fence. Cover with straw, leaves, burlap, or old carpets or quilts.

Another way is to dig up and shake the soil from the roots and hang roots up in the barn or shed.

A neighbor spreads leaves in an old cold frame several inches thick, and on this puts a lot of green tomatoes. At night, or when it rains, he lowers the shutters.

Another neighbor uses the shelves of a kitchen cupboard for ripening green tomatoes, stating they want heat and darkness.

Selecting Seed.
No matter what you select as the kind of seed you grow after you have studied the soil, location, climate and market, there is another thing which you must bear in mind: "Gardens are not made by saying: 'How beautiful! and sitting in the shade.' There is a great deal of hard work connected with the garden if it is to be beautiful and profitable."

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The KITCHEN CABINET

Let every dawn of morning be to you as the beginning of life, and every setting sun be to you its close; then let every one of these short lives leave its sure record of some kindly thing done for others, some goodly strength or knowledge gained for yourselves.
—Ruskin.

THE CEREAL PROBLEM.

In most families cereal is served once a day. We have such a variety to choose from that we might have a different one each day if waste and expense were not to be considered.

Many cereals are eaten and enjoyed with fruit that would be otherwise refused. The daintiness of serving the cereal and fruit bears no small part in the manner of its reception. As variety is the spice of life, as well as other things, it is well to change often the form of serving the same food.

When cooking cream of wheat mold it and fill the center with fruit of the season and have it served at the table after the eye has been charmed with the sight. Such a dish will be greeted with pleasure and if accompanied with cream will quickly disappear. For the cool fall days more heavy, rich foods are needed; cornmeal mush and hominy are good and any leftover may be fried.

The use of the uncooked cereals is a great saver of time and fuel and many prefer them. They combine especially well with fats, and combined with bananas make a most appetizing breakfast dish.

All dry prepared cereals should be crisped in the oven before serving. Whole wheat, fresh from the field, after long cooking makes one of the best of breakfast foods. It will need to be soaked over night and cooked long and slowly to bring out the flavor and soften the fiber. A fireless cooker or double boiler makes a most desirable way of cooking wheat.

Cooked cereals may be served as dessert with cream and fruit. Oatmeal with sliced apples, a cherry on each slice. Sauté the apple in butter until tender and serve the cereal on each slice.

A spoonful of sliced peaches or berries on the side of the cereal dish is another simple combination.

Wheat with pineapple. A mold of cooked cream of wheat with the center filled with slices of pineapple rolled into petals makes a most dainty looking dish.

It is good to do battle, to suffer, to be thrown overboard and left to save ourselves. What we lose in comfort we gain in energy, and energy is the most precious of man's weapons.
—Chas. Wagner.

A FEW DAINTY WAYS WITH VEGETABLES.

The wholesome parsnip which is so often refused because of its sweetness may be parboiled for a while and the water poured off to modify the sweetness. They, when cooked and mashed, make most tasty fritters or made into cakes and fried are very nice.

A nice way to serve onions is to make a ring of mashed potatoes, put the plain boiled onions in the center and pour over some melted butter and put into the oven to get piping hot.

Spinach may be canned and is a most appetizing and wholesome vegetable, to be served with a pot roast. Swiss chard is another good green which is most palatable canned and can then be served at any time during the winter. Turnips and potatoes cooked and mashed together, after seasoning well, serve as one does mashed potato.

Hot Slaw.—Cut cabbage with a slicer very fine. Some bruise it with a wooden potato masher to bring out the juice. Beat two eggs, add two tablespoonfuls of sugar, a piece of butter the size of an egg, a teaspoonful of mustard, a dash of cayenne, and a cupful of mild vinegar. Cook in a double boiler until smooth, then stir while hot over the cabbage.

Carrots and peas seem to go well together, cooked to combine the flavors, and serve in a white sauce. Sweet potatoes are excellent pared and baked with link sausages. Potato cups filled with mashed turnip are a pretty dish to serve with boiled or roasted mutton. Carrots may be cooked whole and hollowed out in the form of a boat, then filled with seasoned and cooked peas.

Baked cabbage is more delicious

Postal Rates.
Mail matter addressed to countries in the Universal Postal union is subject to the following rates: Letters and sealed packages five cents for first ounce or fraction thereof, if prepaid, and three cents for each additional ounce, or fractional ounce, if prepaid, and double that amount if not prepaid, except Great Britain, Canada, Mexico, Panama, Cuba and Germany (if sent by steamers plying to Germany direct), to which countries the rate is two cents per ounce.

than the usual boiled kind. Cook in the oven in water and drain, seasoning with butter, salt and pepper.

Sweet potatoes in another way, though not new, are very good. Cook until tender, slice and sprinkle with sugar, add bits of butter and brown in a hot oven. The sugar caramelizes and makes a delicious sauce.

Let me but do my work from day to day.

In field or forest, at the desk or loom,
In roaring market place, or tranquil room,
Let me but find it in my heart to say,
When vagrant wishes beckon me astray:
This is my work, my blessing, not my doom,
Of all who live, I am the one by whom
This work can best be done in the right way.
—Henry Van Dyke.

FOR SCHOOL SPREADS.

For the refreshments served at school spreads one must have dishes that may be easily and quickly prepared, with little or no cooking.

A chafing dish is indispensable and may be used for warming food or for cooking many simple dishes as well as candymaking.

Most tasty little cracker cookies may be made by putting chocolate creams on crackers; set them in a hot oven and remove when the chocolate is melted.

Snowdrifts are graham crackers spread with jelly and two marshmallows placed on each; put into the oven until they are well puffed, but not brown.

Small oyster crackers split and put together with peanut butter are very tasty and are good served with chocolate or cocoa.

Surprise Sandwiches.—Spread honey, jelly or jam on milk crackers, sprinkle thickly with chopped nuts, figs or dates and serve.

Cinnamon Cream Tarts.—Beat a teaspoonful of butter, add a half cupful of powdered sugar and a half teaspoonful of cinnamon in a bowl. Place a half dozen crackers which have been split and placed hollow side up in a baking pan, drop a spoonful of this mixture in each half and bake for two minutes in a hot oven.

Cream Candy.—To a pint of water add a pint of sugar and two tablespoonfuls of vinegar, boil until it hardens to a firm ball, pour on buttered plates and pull when cool.

Some perfect day I shall not need
To bend my brow o'er baffling tasks;
Some perfect day my soul shall read
The meaning hid 'neath clouding mists;
Some perfect day I shall attain
The dim ideal my spirits ask.

THE COOKING PROBLEM.

In fireless cookery there is no eleventh hour planning, for the meal must be planned and put to cook in time to be ready for the meal several hours hence.

Cheaper cuts of meat are best for this cookery, as the flavor is developed by long, slow cooking. Vegetables of various kinds may be put to cook with the meat or it may be reheated and they may be added later as they need less time to cook.

Fireless cookery is a study and must be planned for and carefully carried out to have good results. When one knows how to manage there are always good results and a most acceptable meal from soup to roast and dessert may be easily prepared.

Escalloped Tomatoes With Cheese.—This is an excellent cold weather dish and is a good one for the cooker. Canned tomatoes well seasoned with grated cheese and bread crumbs in layers and covered over the top with buttered crumbs is the whole process. With a glowing hot radiator above and below the whole dish is well cooked and the top nicely browned.

Cherry Puffs.—Cream a third of a cupful of butter, add four tablespoonfuls of powdered sugar, two well beaten eggs, one cupful of sweet milk, two cupfuls of flour sifted with three teaspoonfuls of baking powder. Stir in two cupfuls of canned cherries, which have been drained from their juice. Pour into one of the triple sections of a cooker and steam three hours, or longer; will not injure the texture. Heat the radiator fifteen minutes before putting it into the cooker.

Nellie Maxwell.

Ever-Popular Sassafras.
Sage tea was an old beverage and sassafras tea had a great vogue, a vogue which lingers to some extent among us. It is drunk as a spring medicine, but it is undeniably fragrant and even to some up-to-date palates has a pleasing flavor. One of the things which impressed the earliest white settlers in the country and of which they glowingly wrote as one of the charms and appealing features of the new world was the abundance of sassafras.

Time for Action

IS NOW. Don't neglect or postpone helping your stomach, liver and bowels when there is any indication of weakness. To do so only invites sickness. Take

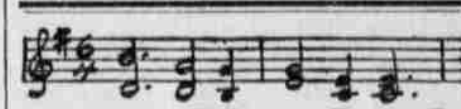
HOSTETTER'S STOMACH BITTERS

today and let it help you back to daily health and strength

Hard on Some People.
"Americans must learn to use home-grown tobacco," a trade journal declares. This will go hard with those persons who haven't been in the habit of using any kind of tobacco at all.—Youngstown (O.) Telegram.

Money for Christmas.
Selling guaranteed wear-proof hostery to friends & neighbors. Big Xmas business. Wear-Proof Mills, 3200 Chestnut St., Philadelphia, Pa.—Adv.

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"What's become of the great basso, De Celeri?"
"He's honking for an auto livery."



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