

### Your Margin of Health

is very small, indeed, when the appetite is poor, the digestion bad, the liver lazy and the bowels clogged—but don't remain that way; take

### HOSTETTER'S STOMACH BITTERS

today and let it help Nature restore these organs to their proper functions. Be sure to GET HOSTETTER'S

### SPECIAL TO WOMEN

The most economical, cleansing and germicidal of all antiseptics is

### Paxtine

A soluble Antiseptic Powder to be dissolved in water as needed.

As a medicinal antiseptic for douches in treating catarrh, inflammation or ulceration of nose, throat, and that caused by feminine ills it has no equal. For ten years the Lydia E. Pinkham Medicine Co. has recommended Paxtine in their private correspondence with women, which proves its superiority. Women who have been cured say it is "worth its weight in gold." At druggists. 50c. large box, or by mail. The Paxton Toilet Co., Boston, Mass.

**TYPHOID** is no more necessary than Smallpox. Any experience has demonstrated the almost miraculous efficacy, and harmlessness, of Antityphoid Vaccination. Be vaccinated NOW by your physician, you and your family. It is more vital than house insurance. Ask your physician, druggist, or send for "Have you had Typhoid?" telling of Typhoid Vaccines, results from use, and danger from Typhoid Carriers. The Cutter Laboratory, Berkeley, Cal., Chicago, Ill., Producing Vaccines and Serums under U. S. License.

### LIMITED CHOICE OF VIANDS

Guest Who Didn't Care for Salmon Was in Fair Way to Have Hot Breakfast.

In some parts of the Canadian back country the recurrence of boiled salmon, broiled salmon, salmon cutlets, and salmon steak at every meal becomes, after a few weeks, a trifle monotonous. To the native palate, brought up on it, this constant reappearance of the selfsame dish is a matter of course; but to the newly arrived tourist it grows at least into a feeble joke.

"Is there nothing else for breakfast?" said one such victim of colonial hospitality, as a whole fish and a pot of mustard were laid before him on the table.

"Nothing else!" replied the host, in surprise. "Why, there's salmon enough there for six, ain't there?"

"Yes," responded the guest, mildly; "but I don't care for salmon."

"Well, then, fire into the mustard," was the rejoinder.

#### Generally.

"Where was that big sea fight of which you were speaking?"

"On the front page, I think, my dear."

It's a pity the people who quarrel over trifles haven't something worthy of their talents.

### Superior—

"Surpassing others in greatness, goodness, extent or value of any quality."—Century Dictionary.

That's the definition, and that's why Post Toasties are called the

### Superior Corn Flakes

—the surpassing, delicate Indian Corn flavour being sealed in by skillful toasting with sugar and salt.

### Post Toasties

are made in clean, airy, modern factories—cooked, seasoned, rolled and toasted to crisp golden flakes—

Ready to serve direct from the package.

To secure the Superior Corn Flakes, ask for

### Post Toasties

—sold by Grocers.

## The KITCHEN CABINET

"Recent achievements have done much for modern science, alleviating toil and discomfort in many branches of labor, but no branch of industry has been more revolutionized than that of cooking, by the fireless cooking method."

Another stride which the fireless cooking has made in developing power is the fact that a demand is made upon the executive sense which is so often much neglected by housekeepers in general.

### BEETS BAKED AND BOILED.

It would almost seem that there was nothing to say that has not been better said about beets, yet there are always some new thoughts to add to each one's knowledge even about beets.

As a garnish they are especially fine if not used in combination with some clashing color like carrots, for example. With the white of potato or the green of peas or cucumber, they are exceedingly agreeable to the eye.

For a simple meat relish try this: Boil and mash fine a few beets, season with salt and pepper with a generous amount of butter, then add grated horseradish to suit the palate, with a little lemon juice or vinegar to give it piquancy.

Beets should be carefully washed not to break the skin, and then boiled until tender in salted water. The skins will then slip off, if the beets are dropped in cold water, then they may be treated as one's taste dictates.

**Beet Relish.**—To one quart of cooked chopped beets add one quart of chopped cabbage, two cupsful of sugar, one tablespoonful of salt, a teaspoonful of pepper, a half teaspoonful of cayenne, one cupful of grated, fresh horseradish, and vinegar to make it of the consistency to use as a sauce. Can cold. This will keep all winter and is very good.

**Beet and Rhubarb Jelly.**—Measure equal quantities of new beets and rhubarb, cook until tender in as little water as possible, as the rhubarb is very juicy, mash and strain through a sieve, when tender, then drain in a jelly bag. Measure the juice and allow equal measures of jelly. Cook the juice ten minutes before adding the sugar heated, when it jellies on a cold plate pour into molds and chill. This old-fashioned preserve is especially good with meats.

### TEMPTING SALADS AND SANDWICHES.

One of the perplexing things which disturb a hostess, is what she shall serve for food and drink at little informal gatherings. There are many salads which may take the place of the well liked chicken salad at much less cost. Chicken salad however may be combined with veal using a third as much veal per pound as chicken.

cooking it together it will all be flavored with chicken and prove quite a little cheaper, especially when serving a large company.

**Nippon Salad.**—To one cupful of crab meat add one dozen stuffed olives chopped, two cupfuls of celery, add French dressing to marinate and serve with mayonnaise dressing, garnish with pickles and capers.

**Sandwiches.**—Savory butter sandwiches are made by creaming a cupful of butter, add a teaspoonful of made mustard, the hard cooked yolks of two eggs, a teaspoonful of anchovy paste, all well mixed together and spread on bread.

A half cupful of nuts and a cupful of chopped raisins moistened with orange juice and used for a sandwich filling is excellent. If there are any pieces left in shaping the sandwiches they are used for a delicious bread pudding.

Salted chestnuts are good to serve at any season when they may be prepared. Blanch them and cook in salted water until tender, drain and cook fifteen minutes in a tablespoonful of olive oil, sprinkle generously with salt and use a dash of cayenne.

**Cocconut Sandwiches.**—Add to a cupful of cocconut a teaspoonful of lemon juice, a cupful of walnuts, a

**Uses of the Chin.**  
The newest theory regarding the chin and the one which seems the most reasonable yet advanced is that the chin is purely and simply a factor in the mechanical force exerted by our lower jaw in chewing our food, and in speech. According to this theory the chin is situated at the outer end of the jaw lever, where the momentum is greatest, and is made up of a heavy mass of bone and flesh in order that it may help give greater force to the jaw's motion.

fourth of a cupful of cream whipped, and powdered sugar to taste. Use on brown or white bread.

**Pimento and Cheese.**—Chop a can of red peppers, mix with the liquor from the can, add the yolks of two hard cooked eggs, and one cream cheese, creamed. Form into balls and roll in browned cracker crumbs which have been crisped in the oven. Serve with the salad course.

If a man find himself with bread in both hands, he should exchange one loaf for some flowers of the narcissus, since the loaf feeds the body indeed, but the flowers feed the soul—Mahomet.

### THE THANKSGIVING BERRY.

Tradition tells us that the wild Cape Cod cranberry accompanied the first Thanksgiving feast of wild turkey and venison, so we naturally feel that the feast is incomplete without the berries which graced our Pilgrim mothers' tables. Our early mothers did not know why they served the acid fruit with meat, but they knew they tasted good and that was then enough for them.

Cranberries contain an acid which is said to be especially good for biliousness, and after some of our Thanksgiving feasts no doubt they will get in good work with very little credit.

Eaten freely after typhoid fever they are said to clear the system. Care should be taken when cooking this acid berry not to use any tin utensil.

**Good Cranberry Jelly.**—Put through the meat chopper, after washing and picking out all the soft berries. Put over the heat in a granite saucepan, using a cupful of water to a quart of berries. When partly cooked add the sugar, as it takes less to sweeten them than if the sugar is added at once. Cook slowly until thick. This way the jelly does not need putting through a sieve.

**Baked Cranberries.**—Choose a wide, flat earthen dish large enough to allow a pint of berries to lie on the bottom. Pour over them a sirup made with two cupfuls of sugar and a cupful of water. Place in a slow oven and bake until done. Take from the fire, but do not stir until cold, when each berry will be coated with jelly, and when piled in a pretty glass dish look like candied cherries.

The buds may blow and the fruit may grow, And the autumn leaves drop crisp and new; But whether the sun, or the rain, or the snow, There is ever a song somewhere, my dear. —James Whitcomb Riley.

### GOOD THINGS TO EAT.

Having a half cupful of grape juice left over it was added to a cupful of raisins, a tablespoonful of flour and a tablespoonful of butter put into a rich crust and baked, making a most delicious raisin pie with a new flavor. Chop the raisins and add a half cupful of sugar with the grape juice, simmer with the flour and bake the shell first if so desired covering with whipped cream when ready to serve.

**Empress Cream.**—Soften a tablespoonful of gelatin in a quarter of a cupful of cold water, add a quarter of a cupful of hot milk, a half cupful of sugar, and the softened gelatin. Strain into a dish and set in cold water. Beat as it begins to thicken and when light fold in the stiffly beaten white of one egg, one tablespoonful of lemon juice, a little of the grated rind, half a cupful each of chopped dates, nuts and figs and a half pint of cream beaten stiff. Turn into a mold and serve, when molded, with small cakes.

**Hot Potato Salad.**—Boil a half dozen potatoes and slice while hot. Fry thin slices of bacon and cut them into small pieces until there is half a cupful. Pour off the fat from the pan, leaving two tablespoonfuls, into this stir a tablespoonful of flour, mix one-quarter of a tablespoonful of mustard, a few dashes of pepper and a quarter of a tablespoonful of salt. Stir constantly until smooth adding gradually a half cupful of mild vinegar. Let the dressing boil add the bacon and a small onion finely chopped and the potatoes, serve very hot. This makes a good supper dish.

Nellie Maxwell.

**Improvement on the Saw.**  
The efficiency of the saw has been greatly increased by the recent invention of a Frenchman. The teeth of the new saw are arranged in alternate groups—four pointing forward, and then four pointing back. For cutting metal the new saws are almost twice as efficient as saws of the usual pattern. They last six times as long. The blades do not break easily. They cut either wood or metal and are made in a great variety of shapes and styles.

## Horticultural Advice

### HARD TASK FOR ORCHARDIST

Problem of Growing Finely-Colored Apples for Market is Difficult—Effects of Spraying.

(By W. S. TREATOR.)  
One of the greatest problems confronting the apple grower is how to get color in his fruit; where the orchard is cultivated color is too dull. We may some day know more about it. I find that a few kinds will color well naturally when under tillage. The Jonathan is an eminent example. With Baldwin and most other kinds the color remains dull unless they hang

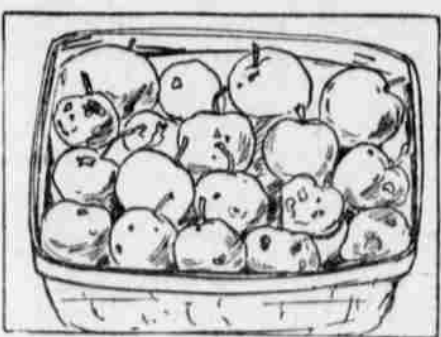


Apples Sprayed.

until fully ripe; even then there must be plenty of sunshine. I find that color is added very rapidly during the last three or four days preceding the correct picking time. A tree in enfeebled health or whose leaf functions are in any manner disturbed will grow highly colored fruit, but these are conditions that we naturally do not want. I will cite as a notable illustration a Northern Spy crop that I grew two years ago. The trees were very vigorous and under cultivation. They received two drenchings of a strong solution of lime-sulphur just before budding time; the first, applied during a heavy wind was not deemed sufficient as we could not do good back spraying. A day or two later the spraying was repeated with an opposite wind, and they were overdone, no doubt of it. The result was that the foliage did not develop well. Fifty per cent of it never got more than half size, the remaining leaves never became large, but they had good color. The trees produced a heavy crop of wonderfully beautiful fruit of the highest color and flavor. I felt that it was a marvel that they could carry through so fine a crop with this scarcity of foliage and that it would be such a drain upon their vitality that they would never recover; but there were seemingly no ill effects for these trees had more than ordinary foliage and growth last year.

Would this serve as a hint? Can we get fine color through the means of lime-sulphur in the manner described? It might be dangerous to put through such an experiment in a wholesale way.

The crying need of our markets is for apples with their color. The bulk of the Baldwin crop does not have a chance to get its color as it is gath-



Apples Not Sprayed.

ered too soon, and this is a situation that the orchardist cannot always help. The fruit must be gathered before the storms come or there will be great loss. If the crop is large the work must begin early unless help is abundant enough to care for it in a limited period. However, color is the thing to strive for and it may sometimes pay to take a little risk in waiting for more maturity. I feel that much can be done in this way to improve the selling qualities of apples. The grower who has a few of the standard kinds following each other in the natural order of ripening has an advantage; he has a more extended picking season.

I make a close study of the exact time of maturity of the various kinds and aim to gather each kind as nearly as possible at this precise period.

**Care in Handling Apples.**  
The degree of care it will pay you to exercise in handling your apples will be determined largely by the grade of fruit you are putting on the market and the care with which you guard your reputation as a fancy fruit producer.

**Canning Outfit Essential.**  
Every owner of a fruit orchard, particularly peach orchard, no matter whether large or small, should have a canning outfit. Village and city residents are always glad to buy peaches ready canned at high prices.

### TILLAGE OF STRAWBERRY OF IMPORTANCE



Ideal Rows of Early Ozark—the Best Early Strawberry.

The nature and habits of the strawberry require that tillage be continuous through the season. Down in the crown of the plant are being perfected fruit buds which are large or small, strong or weak, as the conditions for their development are favorable or unfavorable.

The strawberry plant requires plenty of moisture for its proper development. Weekly stirring of the surface soil secures the earth mulch and holds soil moisture for the use of the plants. Not only so, but this continuous stirring of the soil preserves ideal conditions whereby the soil life

manufactures food, so to speak. The bacteria which work upon the elements of plant food in the soil, converting them from an insoluble to a soluble form, play a most important part in plant life. Soil aeration is one of the things required by these bacteria and this condition in the soil is secured by continuous and thorough cultivation.

If during the fall season there is a large precipitation the moisture question is solved. Yet even then we would keep the cultivator and hoes going in order to keep the ground free from weeds and the land in good tith

### METHODS OF FRUIT PACKING IMPORTANT

Too Many Farmers Kill Their Trade by Giving Their Customers Inferior Product.

Transportation facilities and the increasing demand for fruit of all kinds has made the consideration of methods of packing fruit important.

The fruit that brings the top price is first-class fruit that reaches the market in as good condition as it leaves the orchard and packed in a neat and attractive manner.

All fruit shipped should grade up to a certain standard. First grades should be the best you have to sell, of uniform size and quality; second grade is usually what is left, although in some instances and in some seasons two grades are made, the third being the culls.

In all cases exclude bruised fruit. Decay in transit and in storage generally develops from a wound on the surface. Punctures by insects, by the stems of one fruit penetrating another, by dropping fruit onto sharp surfaces, are the cause of the commonest injuries. To overcome possible faults rigid inspection should be made by some one who is responsible for the packing of the entire crop harvested. The more local the market the more exacting that market is and details must be looked after with care. The keynote is to cater to the taste of your customers. It will pay in all lines in marketing farm products.

In no case should packing of apples, pears, peaches, grapes, etc., be hastened. Have everything in readiness, and, if it is necessary to market rapidly, provide plenty of help to see that the work is done properly. Establish a reputation for an honest package, good quality of fruit and square dealing. Too many kill their trade by putting off on customers inferior fruit, short in weight and shorter in quality. It doesn't pay.

**Fighting Hog Cholera.**  
While the matter of fighting the disease of hog cholera successfully is a matter largely of cleaner and more sanitary hog houses and hog yards and of a larger use of pastures and forage crops during the growing season, the presence of the disease germs generally through the hog-producing sections, requires also that we must exercise care along other lines.

**Provide Plenty of Nests.**  
It is a good plan to provide plenty of nests for the hens to lay in. When there are not enough, hens are apt to quarrel and fight for their possession, and in the scuffle eggs are broken which are eaten by the hen, causing the egg-eating habit to be formed.

**Thin Shelled Eggs.**  
Thin shelled eggs are the cause of a good deal of loss in handling. A hen lays a thin shelled egg because there isn't enough mineral matter in her ration to put a thicker shell on it. She needs lime and two or three other things.

### MORE CULTIVATION OF ORCHARD NEEDED

Farmers Awakening to Fact That Old Habits of Neglect Are Not Profitable.

Most farmers who have the home orchard of 50 or 100 trees on their farm seem to regard this portion of their equipment as a source of perpetual income, needing no care or attention other than harvesting the fruit. They have awakened to the fact during the last few years that the old methods of neglect, as practiced by their fathers, will no longer bring results. Their orchards have ceased to bear marketable fruit and have become a public nuisance in that they are a breeding place for myriads of insect pests and fungous diseases. Does it not seem incongruous when the commercial fruit grower must do everything known to horticulturists in order to bring good fruit, that the farmer should expect even partial success from a system of neglect? Aside from thorough spraying, there is no one operation that will do more to provide good fruit than cultivation.

### KEEP GARDEN PATCH IN GOOD CONDITION

Rake Up and Burn the Old Stalks, Leaves and Fallen Fruit to Prevent Diseases.

In the control and prevention of plant diseases sanitation of the garden is important. There is a number of our fungous diseases which rest over the winter on or in decayed stalks, leaves or fruit. The resting stage of the fungus, says a Colorado bulletin, is resistant in winter conditions. Among such diseases which rest over in the above manner are: Club root of cabbage, onion mildew, leaf spot of strawberry; leaf spot of beets, early blight of celery, late blights of celery and asparagus rust.

If a disease is not destructive one season this is no sign it will not be another season. Rake up and burn the old stalks, leaves and fruit left in the garden patch.

**Maintain Fertility.**  
Any permanent system of farming requires that the roughages produced on the farm be returned to the soil in order to properly maintain the fertility and at the same time return a market value for the feed consumed.

**Care of Separators.**  
Cream separators cost money and they will last twice as long if they are kept perfectly clean and all the bright parts are polished every day. Rust has no place with the separator.

**Keep Carrots Fresh.**  
One of the best ways to keep carrots from withering in the cellar is to put them in a box and cover them with sand. They will keep nice and fresh and come out plump and good.