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when you decide to help Nature overcome that stomach weakness and bowel irregularity with the aid of

## HOSTETTER'S Stomach Bitters

#### HIS SILENCE A COMPLIMENT

Too Many Men Are Apt to Make the Mistake That Is Recorded of This Husband.

The coffee was weak, the bread underdone, and the fowl tough, or at least he said so. His wife's long pa tience gave way.

"John Henry," said she, "I've tried faithfully to cook to suit you for twelve long years. No one in the town has better-cooked food, yet you are always finding fault. Why can't you praise me once in a while, I'd like to

He looked up in astonishment. "Well, if you ain't the most unrea sonable woman I ever saw, "he ejaculated. "Why, many and many is the time I've sat down to a meal and nev er said a word about it. Anybody would know there wasn't any fault to be found, or I'd 'a' found it, and yet you want a better compliment than that! That's just like a woman-they can't tell a compliment when they get

The most pitiful objects in the world are girls who act like men and men who act like girls.

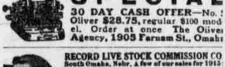
The man who is an expert with the garden hoe seldom plays golf.

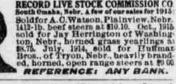
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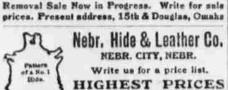
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Economy is usually confined to the management of money, but it may be shown on many other occasions. Economy may be exercised in taking care of whatever belongs to us.—Maria

THE KITCHEN. The ideal situation for the kitchen

is considered by popular opinion to be with north and east exposure. Nowawant a kitchen, if it is not to be used as a dining room, to be small, so that time and strength may be saved in the

preparation of meals. The sink and table, stove and cupboards should be within speaking distance of each other. The dining room should open directly into the kitchen or pantry between so that the shortest possible routing would be accomplished in serving a meal.

Windows should be plentiful and so placed that plenty of light and ventilation could be obtained. Artificial light should be planned to fall where it is most needed, over sink and stove and table

If swing doors are placed between the kitchen and dining room the kitch. dish. en need never be in view when sitting at the dining table.

The floor should be covered with linoleum or finished in such a way that scrubbing is unnecessary.

Tables and sink as well as stove and ironing board should be of the height to suit the person to use them.

Over the sink a shelf with hooks be neath to hold all the much-used things like a soap shaker, measuring cups, dipper, dish mop, and potato masher, may be easily placed. On top of this a pinch of salt, and pour into the shelf have your scales, a small clock, pretty receptacles for pepper and salt and the much used condiments. The best arranged kitchens are

to shut from the dust all utensils that are not washed twice or three times a day. If the cupboards are not so close that the dishes may be wiped and set at once to the shelves have a small table with casters to move about. This same table will be invaluable to have near the stove when cooking, and should be covered with zinc. A wheeled tray or tea cart is another most convenient utensil to save steps as it can be loaded with food for the table and remove it and the soiled dishes after the meal, with but one or two trips.

The best quality of tea leaves must have creases like the leathern boot-of the Tartar horseman, curis like the dewlap of a mighty bullock, unfold like a mist rising out of a ravine, gleam like a lake touched by a zephyr, and be wet and soft like fine earth newly

#### TEA MAKING AN ART.

Every woman longs for the dainty appointments of a pretty tea table, but do not wait to realize these longings, but serve tea to your friends with the equipment at hand. A sewing table, lunch cloth, tea tray, teapot and a few pretty cups will be sufficient. The tea wagon is, of course.

a wonderful assistance. On this may be placed the small cakes, creamer and sugar bowl, teaspoons and cups and saucers. Cups may be had that are artistic and shapely from ten cents to as many dollars, but the tea tastes as well from the ten-cent one and if one is broken, your heart is not. Tea is served at four o'clock so that it does not interfere with the six o'clock din-

ner and is not a meal in any sense. The correct way of preparing tea is to take the freshly drawn water at the first boil, scald the teapot, then add tea a teaspoonful for each person and one for the pot; cover with the water, then let stand five minutes, add enough water to serve, allow it to

stand a minute then pour. If you desire to make the tea with a tea ball it may then be served of oven to finish cooking. Cook about required strength to suit the individual taste. A pretty pitcher of hot water is another requisite, as well as a bowl to empty the tea for a fresh cup. Tea served in a moderate quantity, not too strong, is a fatigue remover as well as a nerve soother. Serve cream rather than milk as it makes a great difference in the flavor. Those who enjoy Russian tea with the lemon will take a clove or two A pretty way to add flavor as well as sugar is to rub the cubes of sugar over orange or lemon rinds to absorb the volatile oils.

Some Truth in This.

"I got my suspicions," said Uncle Eben, "dat Satan ain' bliged to lay in wait foh a whole lot of people. Dey takes deir checkbooks in hand an' natchelly pesters him to name his own price foh temptations."

Remedy for a Cold. When you feel a cold coming on, take a half teaspoonful of ginger, one teaspoonful of white sugar, mix thoroughly with about three tablespoonfuls of cold water and drink.

that error, when she retraces her steps, has farther to go before she can

Happy Solution. suffrage problem it would be if all women who are fit for the ballot could

the right need never lose their

Do without stimulants. Let fresh air and cold water be your stimulants.-

#### SUPERIOR FIGS AND DATES.

Dates and figs are rich in nutriment and contain food enough to supply an excellent dessert for

a light meal. Fig Custard. - Wash a pound of figs and cover them with water to cook an hour, add the juice of a lemon, a few bits of peel, which may be removed after the figs are tender. Make cup custards, using four eggs, a half cupful of sugar and a

quart of milk and a pinch of salt. Cook the custards and on top of each place two spoonfuls of the fig mixture, cover with a meringue or whipped cream and serve cold. Chopped dates and figs, mixed with chopped nuts and a little cream to make it of spreading consistency is

fine for sandwich filling. Dates on top of coffee cake, with raisins, makes a most dainty and wholesome breakfast Fig Loaf Cake.—Take two cupfuls of chopped figs, two cupfuls of sugar, a half cupful of butter, a cupful of milk.

four cupfuls of flour, four eggs, three

teaspoonfuls of baking powder, mix as usual and bake in a loaf. Date Pie,-Make a rich pastry shell and bake it. Fill with the following mixture: Wash a pound of dates, heat them (after removing the stones) in a quart of milk, when soft run through a sieve and add one egg well beaten,

baked shell. Cover with whipped

cream and serve cold. Dates and figs added to a simple apple and celery salad add much of those with plenty of cupboard space richness and flavor to it. Stuffed dates may be made with fondant for filling or cream cheese. Figs stewed in water and lemon juice with a little sugar make a most delicious sauce to serve on ice cream. In fact these fruits can hardly be out of place, they are so well liked.

#### SEASONABLE DISHES.

The simple curled bucon seems to be somewhat of a puzzle to many



cooks. To prepare it first have it cut very thin; the butcher will do this on the driedbeef cutter. Then place it on ice to chill. Have a heavy iron frying

pan very hot and stir constantly while cooking. Tip the pan while it is cooking, so that it may not stew in its own grease. Bacon should always be served dry and crisp enough to eat from the fingers.

Broiled Ham .- Cut thin slices from ham and cover with sour milk and let stand over night. In the morning rinse well and broil over coals or in a hot pan. In either case the cooking should be done quickly and the ham browned.

Fried Chicken With Olive Sauce,-Cut up well-dressed chicken, dip in seasoned flour and brown in butter, then cook slowly until thoroughly

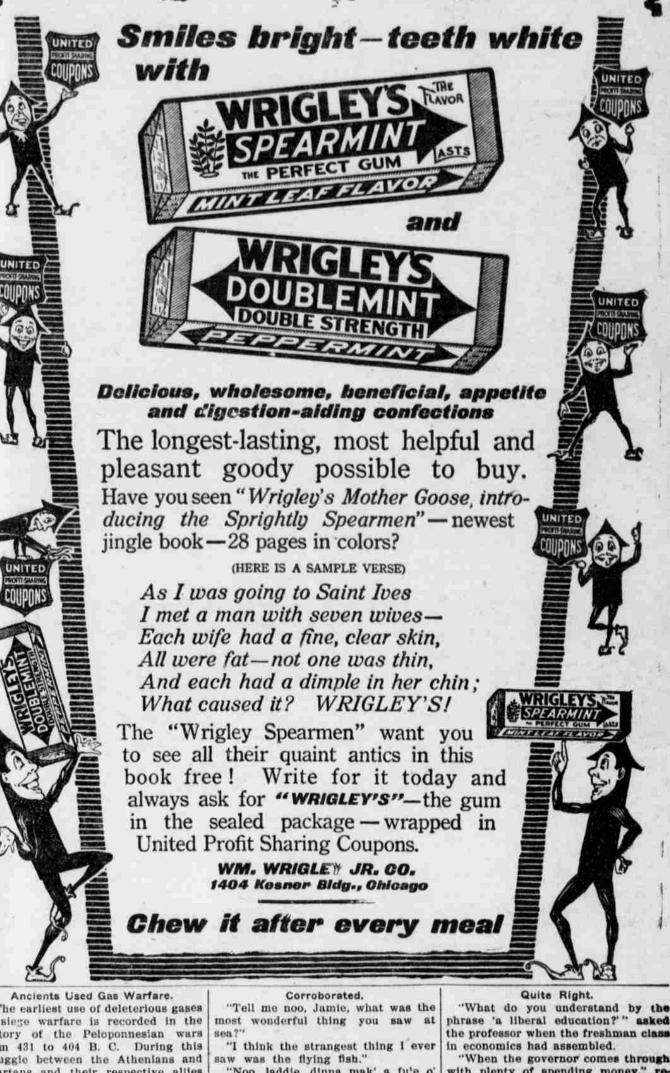
done. Serve with olive sauce. Olive Sauce.-Brown two tablespoonfuls each of orion and carrot in a tablespoonful of butter, add a tablespoonful of flour and brown. Stir in a cupful of stock, that from beef extract will do if no other is at hand, and cook until smooth. Add one dozen stuffed olives and let stand un-

til the olives are well heated through. Planked Whitefish .- Heat and oil a plank made for this purpose; oak or maple make suitable boards. Spread upon this board skin-side down a whitefish, cleaned and split down the under side; brush over with butter or oil, and set in the dripping pan under the gas; after cooking a few minutes remove to the floor of the twenty-five minutes, basting often. Set the fish on the plank upon a platter, spread with butter that has been mixed with lemon juice in the proportion of three tablespoonfuls of butter to one of lemon juice, season with salt and pepper and serve piping hot. Garnish the edge of the plank with mashed potato, put through a pastry bag and tube. Parsley and lemon is used to finish the decora-

Handicap of Ignorance. Ignorance has no light, but error follows a false one. The consequence is

arrive at truth than ignorance.-Col-

What a happy solution of the equal vote in place of the men who are



The earliest use of deleterious gases in siege warfare is recorded in the history of the Peloponnesian wars from 431 to 404 B. C. During this struggle between the Athenians and Spartans and their respective allies the cities of Platea and Delium were

Wood saturated with pitch and sulphur was set on fire and burned under the walls of these cities in order to generate choking and poisonous fumes which would stupefy the defenders and render the task of the attacking forces less difficult.

And Lots of Them.

"I see where the Russian cavalry rode down the Germans in the trenches where they were digging in themselves for the winter."

"See, that was a horse on them!"

Wise Beyond His Years. Teacher (of geography class)-Johnnie, how is the earth divided? Johnnie-Nobody will know until the European war is over.

The more a man is envied the less real happiness he has.

"Noo, laddie, dinna mak' a fu'e o' yer mither. Wha ever heard o' a fish

fleein'?" "Another strange thing I saw when crossing the Red sea. We dropped anchor, and when we raised it again

there was one of the wheels of Pharaoh's chariot entangled on it." "Aye, laddie, I believe that. We've scripture for that."-London Tit-Bits.

Impossible. "Now, as to the Balkan situation-" "You'll have to excuse me. I'm in

"Why, I was going to sum up the situation in two words." "It can't be done."

A mother's idea of the only safe place for a boy to go swimming is in a bathtub.

Death is assured, otherwise men would not require life insurance.

phrase 'a liberal education?'" asked the professor when the freshman class When the governor comes through

with plenty of spending money," replied the first youth called upon.

Just It.

"I see by the papers old Tompkins has failed for half a million." "Why, I had no idea he had half so

much." "He didn't."

Not Gray Hairs but Tired Eyes make us look older than we are. Keep your Eyes young and you will look young. After the Movies always Murine Your Eyes— Don't tell your age.

Evasion.

"Pa, what's an eye opener?" "Why-er-an alarm clock, my son." -Boston Evening Transcript.

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It's the little troubles that wear away a man's conceit.



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