And some say live to eat, But look at it which ever way, Tis true, to live, we eat

SUGGESTIONS FOR HOUSEWIVES.

When choosing fish see that the eyes are bright, not glazed and sunken, with flesh firm and

odor good It is up to you to protest against the bread from the baker's carts being carried uncovered from the cart or

the uncovered hands of a driver. See that each loaf is wrapped in sanitary paper or that the basket is protected from dust and germs.

Before using a casserole or any ting it into cold water and boiling it, then let it cool gradually.

Add sugar to the fruit when using rubbing. it for sauce; after it is partly cooked

remove stains from under the nails, for making jelly. Apply with a toothpick or an orange stick.

Look to see that your milk bottles are holding the standard measure. Wipe carefully before opening and pouring out the milk or cream.

An easy way to fill preserve jars is to use a gravy boat. The handle makes | Jelly to be clear should drip through it easy to dip and the spout is just a jelly bag and never be squeezed. right to enter the jar top. Surgeons' plaster is most useful for

them moist and, like the wicked, they "will cease from troubling."

cool and harden the fat and it can, another not common salad. most of it, be scraped off before it has soaked into the wood.

to sag wet them with hot soapsuds dish and a palatable one, too. on the bottom, rinse in hot water and

they stay on better than the larger dressing. ones.

keep white. Keep a cork on the letter file or spindle on the desk. It may save an eve or more.

The art of cooking cannot be learned out of a book any more than the art of swimming or the art of painting. best teacher is practice, the best guide, sentiment, says Louis Four-teenth, We would add to sentiment a little sense, for good cooking needs judgment as well as sentiment.

SUMMER SALADS.

There is but one meal a day and that is the first, when a salad is not served or we feel that



the meal lacks balance. There are so many kinds of fruits, fish, flesh. fowl and vegetables that lend themselves to salad be deprived of one to his

Wedding Salad .- Serve half of a canned pear or a very ripe fresh one on heart leaves of lettuce, cover with cubes of pineapple, blanched almonds and the usual mayonnaise dressing. If a bit of color for garnish is desired a maraschino cherry is

added. Chopped young tender well-cooked beets, mixed with mayonnalse dressing that has been finted a light pink, makes a beautiful salad, and is as good as it looks. Asparagus and string beans make a most satisfying combi-

nation, served with French dressing. Thinly sliced crisp red radishes used as a garaish, unless some other color is used, makes a pretty salad out of simple foods. Too many colors should never be used in any dish, our artists tell us, and surely we would not mix colors, even in a salad, which were not agreeable to each other.

A spoonful of several left-over dishes will often make a most tasty salad. The things at hand and the genius of the cook will often produce pleasing surprises.

Veal and Chicken Salad .- Cut bits of tender chicken and veal which have been cooked and seasoned together, add chopped celery to taste, or, lacking enough, a little tender white cabbage. Let stand with a light dressing of French dressing to season and serve with a boiled dressing. A cupful of mayonnaise or boiled dressing is usually sufficient for a quart of salad.

The blanched leaves of tender dandelions with lettuce is a most valuable salad combination, good for a

Surprise Salad,-Cut in bits two cold cooked lamb chops, freed from skin and bone. Make a jelly by straining and seasoning a cupful of tomato pulp and adding an eighth of a box of gelatin. Fill small cups and when nearly firm stir in the meat, cover well with the gelatin and chill. Unmold on lettuce leaves and serve with any desired salad dressing.

up but what we give up that makes us rich.-H. W. Beecher.

HELPFUL REMINDERS.

Save any bits of left-over paraffin from jelly glasses, wash well, melt and strain and it will be ready for use another year.

Paraffin is fine to keep the irons smooth while ironing: it also keeps the kitchen range bright and good-looking, and should be used freely if

bread handled with a range stands unused any length of time.

When pouring anything very hot into a glass dish set the dish on a wet cloth. Kerosene is a great saver of scouring soap and labor. Use a earthen baking dish, temper it by put- cloth dampened with kerosene to wipe out the boller after using. It will keep the sink free from grease with little

It is seasonable just now to bear in it will require less sugar to sweeten it. mind that fruit picked after a heavy Keep a little powdered pumice to rain loses its flavor and is not good

> Fruit for jelly making should not be too ripe, as the pectin is found in larger amount in unripe fruit; this is the thickening quality which gives to jelly its consistency.

> Currants and raspberries in equal quantities make a delicious jelly.

The uncooked stems of mushrooms shredded and mixed with blanched and many things. Bind a piece over a shredded almonds served on lettuce hard corn or callus. This will keep with French dressing, makes a most dainty salad. Little bits of left-over salmon mixed with coconnut, fresh, or, When hot fat is spilled on the floor if dried, the sugar washed out of it. dash on cold water at once. This will with a chopped pickle or two, makes

Lettuce that has become too old for fresh use may be cooked and served When the cane seats in chairs begin as greens, making another vegetable

Any of the cooked lettuce left over may be served with hard-cooked egg Use the small-sized clothespins, as as a salad with a spoonful of boiled

Save the meat and gather mush-Never let dishwater dry in the rooms now up to frost time. The large towels; rinse first in cold water to variety of edible ones will offer a harden and remove the grease, if any, change of flavor, yet if one is fond then wash in hot soapsuds, rinse again of them, they can be served in some and dry. Towels treated in this way way for each day. Do not risk pickand not used on baking dishes will ing mushrooms unless you are sure of the variety.

> We shall be so kind in the afterwhile, But what have we been today? We shall bring to each lonely life a But what have you brought today?

EVERYDAY FOODS.

"Eat an extra potato and save a slice of bread" has been our slogan for several weeks



and will be for weeks to come for all who are trying to conserve food. The custom in England which has always prevailed, that of serving no butter with the

dinner when meat and meat sauces making that none need are used, is one worthy of our observation, for fats are much needed for our armies and as necessary as meat. Here is a good dish to conserve both wheat and meat:

> Cornmeal Cheese Dish .- Put two cupfuls of water and a half tenspoonful of salt over the fire; when boiling hot add a cupful of cornmeal mixed with a cupful of cold water, adding the moistened meal gradually, swrripg constantly, keeping the mixture at the boiling point. When all the meal has been added, set the boiler over boiling water and wook for an hour longer, stirring occasionally. Just before serving, stir in a cupful of grated cheese. Serve sprinkled with grated cheese. Onlons on toast will conveniently piece out a light dinner, or serve as a vegetable on fish day. Pare, chop and cook in butter one Spanish onion, add pepper, salt, and a teaspoonful of sugar, cover and cook until tender. Spread on slices of buttered toast, flatten a tablespoonful of mashed potato on top of each, dust with grated cheese and set in the oven long enough to melt the cheese.

Onions in Ramekins .- Peel and boil quart of onions, drain and break them up. Add pepper, salt, a little sugar and a small lump of sweet fat of any kind, add a half cupful of grated cheese and a cupful of smooth tomato sauce. Line well buttered ramekins with mashed potato, fill the center with the onion mixture. dust the top with buttered crumbs

and bake until brown. The dish is most satisfying with white sauce instead of tomato, using the cheese just in the same manner,

Banana Balls .- Use a French potato scoop and cut balls from firm but ripe bananas. Let them marinate in French dressing, then roll in chopped nuts or serve plain. The left-over bits of banana may be used in countless ways; put through a sieve and added to other fruit fuices, or creamed, then frozen, it makes a delicious ice cream.



Outdoor Church Services Popular at Capital

WASHINGTON.-Washington's latest churchgoing is out of doors. Al fresco vespers on the ellipse back of the White House grounds were held last Sundry at five and will occur regularly until October. The district

war camp community service is in charge and the navy yard band provides the music. Clergymen from all denominations make addresses, while the congregation, drawn from every state and all ages and conditions of war workers, constitutes the choir.

These outdoor services offer many amusing incidents. Prayerful posture with bended head disappears when the birdmen cut capers in the sky directly over the preacher. The drone of the biplane drowns the minister's

voice, and whispers of "Look, oh, look! a nose dive-now he's righted himself"-interfere with the dominie's exhortations, The religious character of these Sunday afternoons was repeatedly

stressed by the earnest young man in charge, probably because the social and sentimental side stuck out so prominently. Pretty heads resting on manly shoulders, furtive handclasps-notes thrown from a group of sailors to a bunch of giggling girls-spurs entangled with fluffy petticoats-with the big congregation sitting around on the grass, it's natural enough that picule manners displace proper church behavior.

Washington is a city crowded with unattached males and females, boys training at the navy yard or at Camp Meigs and Washington universitygirls from every city and hamlet. They are the nicest, cleanest, happiest young people in the world, a slice of young America which is neither the upper nor the lower crust, but they're lonesome and bored in their few leisure moments and want to play together.

How the "Boys" Outwitted the Commanding Officer

TROOP train stopped at Laurel, Md., one morning not so long ago. On A that train were hundreds of Washington boys. The commanding officer, fearing that his train would be besleged by thousands of relatives if they stopped in Union station, had the train go through to Laurel, and there



It was an all-day wait, too. The boys felt pretty much cut up about being deprived of the opportunity of meeing their folks, but, of course, they said nothing.

They just did something. Nobody can get ahead of American soldlersnot even the commanding officer! The major or colonel, or whatever

rank he was, I have forgetten, was

just congratulating himself on his sagacity, when the first relative from the national capital put in appearance. "Just chance," thought the commanding officer.

Then relatives began to stream into Laurel from Washington by the score, in flocks, in droyes. They came in automobiles, buggles, wagons and on foot. They came all afternoon. The boys and their folks had a great

I'll bet to this day the commanding officer doesn't know how the men worked it. But here is the way it was done: Two of the men decided they were going to see their relatives. Once they had determined that much, the rest was easy.

They hopped a freight back to Washington.

When they hit Union station they made for the telephone, called up their own people and told them that the train would be at Laurel all day, and This council was constituted at the instructed them to notify friends. Then they tackled the telephones again. Between them they called up the relatives of nearly every man on the train and told them where they could see their boy on his way to France.

Then they hopped another freight back to Laurel. No wonder the Yanks are going through to Berlin!

Ride on Drawspan Recommended as Novel Thril

OU may have taken rides in airplanes, tanks, battleships, automobiles choo-choos, etc., but unless you have swung around on Capt. Robert L. Tillert's "craft" you have missed a mild thrill. Tillert's "craft" is the draw-

span of the Highway bridge. He is the senior operator and vessels which have to wait for the draw have to wait on Tillert. He doesn't keep them waiting very long.

There is a tremendous toot, a great grinding and the draw begins to operate. You are standing talking to the captain, when you feel the Iron bar against which you were easily leaning begin to revolve. It revolves calmly, pleasantly, brushing you aside, as it were. But when you feel it re-

her companion of the shopping bag:



volving you jump as if you were shot, and nearly fall out the window into the river. Captain Tillert gesticulates at you, waving one arm. The draw is now well out over the river.

"What does he mean?" you wonder, looking wildly about. "Does he want me to jump out the window?"

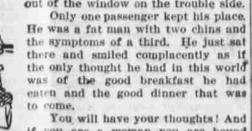
The captain keeps on waving his arm at you.

You step to the door and look out. You see the great gap in the bridge, and on the other side the gates down and a policeman holding back auto-

Then it dawns upon you that the captain is merely trying to get you to a point of vantage, where you may watch the operation of the draw. So you stand at attention, while the great span screeches, the tug goes through and the span slides back into the bridge once more. It's a novel five-minute ride.

Women Passengers Had Misjudged the Fat Man

THE car came to a sudden stop with the grinding noise that means the wheels have slipped the track. The motorman jumped out. The conductor and man passengers followed suit, and every last woman poked her head out of the window on the trouble side.



You will have your thoughts! And if you are a woman you are bound to put them in words, which accounts for one market-basket lady saying to "I'd like to have an even dozen hus-

bands like that-with one over for good measure-"One would be an overdose for me. But that fellow's no marryin' man! He's too set on his own good times to tie himself down to any one woman. Bet he's a fast flyer, all right."

But he wasn't a fast flyer, for just then a husky black man came to the fat passenger put an arm around him, lifted him up, gave him a crutch and half carried him from the car. And the fat passenger accepted his own helplessness with the docility of a good, but not overbright child.

We are all right, women dear, take us by and large, but-When we stop our criticizing of people and things we know nothing Nettie Maxwell about this world will be wearing wings.



SHIPPING BY MOTORTRUCKS

Possibilities Shown Recently by Success in Hauling Eggs and Other Farm Products.

(Prepared by the United States Depart-ment of Agriculture.) Investigations of the use of motortrucks in hauling farm produce to market are being carried out and in some



Heavy Truck Passing Over Macadam Road in New Jersey.

cases actual shipments of farm products are being supervised.

A motortruck route from Vineland N. J., to New York city has been established, over which trucks travel regularly picking up eggs from producers and delivering them direct to wholesale dealers in New York city, The first load went through without a single egg being broken and made better time than express shipments.

FEDERAL CONTROL OF ROADS

Organization Formed of Representatives of Various Departments to Supervise Work.

(From the United States Department of All functions of government agencies

relating to streets and highways hereafter are to be co-ordinated in a body called the United States highways council, composed of one representative each from the war department, the department of agriculture, the United States railroad administration. the war industries board and the fuel administration. The council was formed primarily to prevent delays, financial loss and uncertainty incident to the method of taking up each highway problem in its turn with a separate and distinct government agency. suggestion of the secretary of agricultablished, both formally by law and inhighway commission in each state of the Union.

Membership of the board follows: War department, Lieut, Col. W. D. Uhler; fuel administration, C. G. Sheffield; war industries board, Richard L. Humphrey; railroad administration, G. W. Kirtley; department of agriculture, L. W. Page. These representatives have selected Logan Waller Page, director of the office of public roads, department of agriculture, as chairman, and J. E. Pennybacker, chief of management of that office, as secretary.

The council utilizes the organiza tions of the forty-eight state highway departments with their trained personnel and their knowledge of local conditions and provides a single agency where all highway projects calling for governmental action of any character, whether it be a question of finance, of materials, transportation or of war necessity or desirability, may be dealt with. The council has provided a deflnite form on which applications for relief are to be made through the respective state highway departments, and has sent supplies of the forms to the departments. It emphasizes the great need of conservation of money, transportation, labor and materials by restricting highway and street work to most essential meeds. It ranks maintenance of existing streets and highways first, reconstruction of badly damaged streets and highways next and it places last new construction justified only on account of vital war or economic necessity.

Realize Value of Good Roads.

Today the farmers realize the value of good roads as never before. It is stated that about \$300,000,000 worth of farm products are ruined yearly because of the poor roads over which the farmers are expected to haul crops to market.

Power Wasted on Roads.

The difference in power required between good roads and poor is power wasted. The loss is borne not alone by the farmer but by all of us who consume farm products and who pay to have them hauled to us.

Work Drag After Each Rain.

It pays to work the road drag on the road a little while after every rain. Compare right now state roads which have been dragged regularly and some of the country roads which have been allowed to cut into ruts.



MAIN OBJECTS OF STANDARDS

Aim Is to Secure Uniformity and Establish Series of Grades as Basis of Trading.

(Prepared by the United States Depart-ment of Agriculture.)

The object of making standards for poultry is the same as the object of making standards of weight, volume, or quality for any product or commodity; that is, to secure uniformity and establish a series of grades as a basis of trading in the article.

In making standards for poultry which apply in the process of production the principal points considered are size, shape and color.

Size and shape are breed characters and largely determine the practical values of poultry. Many standard breeds are divided into varieties differing in color, but identical in every other respect.

Color is not a primary utility point, but as a secondary point often comes in for special consideration. For example, a white variety and a black variety of the same breed are actually identical in table quality, but because black birds do not dress for the



Mature Early Hatched Pullet.

market as clean and nice looking as white ones, it often happens that they are not salable.

When a flock of fowls is kept for egg production only, uniformity in color is much less important than approximate uniformity of size and type, yet the more attractive appear ance of a flock of birds of the same color justifies selection for color as far as it can be followed without sacrificing any material point.

When a poultry keeper grows his own stock year after year he ought by all means to use stock of a wellture. Through the department it will established popular standard breed, continue the close contact already es- By doing so and by selecting as breeders only as many of the best specimens formally by practice, with the state of the flock as are needed to produce the chickens reared each year, a poultry keeper maintains in his flock a highly desirable uniformity of excellence in every practical quality and with little extra care and no extra cost can have a pleasing uniformity

CHICKENS TAKE FIRST PLACE

Some Reasons Why They Lead in Scheme of Poultry Production-Utilize Much Waste.

(Prepared by the United States Department of Agriculture.) Chickens, in any general scheme of poultry production, of course must take first place. They are best adapted to general conditions, take a wider range of feeds and convert them, perhaps, with the greatest margin of profit. Chickens, better than any other class of poultry, utilize table scraps and the general run of waste from the kitchen door, all the way from apple and potato parings to sour milk. Chickens far surpass all other kinds of poultry in salvaging waste grain from the stables, from the shed or lot where the cattle are fed, and from hog pens. During the winter months on farms where any considerable number of live stock are kept, the hens would take their living from these sources with only slight additional feeding from time to time. Chickens are great destrovers of insects, including many injurious forms, in yard, pasture and orchard. They utilize also many grasses and weeds, and seeds from the same, that would otherwise be of no use. Except in isolated instances the part of wisdom would be, undoubtedly, to keep more chickens than all other kinds of poultry combined, but there should be, in a majority of cases, some of all the other common kinds of poul-

TURKEYS GIVEN FREE RANGE

Two Broods in One Flock Are Easy to Care for-Larger Number Is Not Favored.

When two turkey hens with broods of about the same age are turned out on free range together they will remain in one flock, and this makes it. easier to hunt them up and care for them. It is not a good plan to have more than this number of young poults in one flock, however, as they may all try to crowd under one or two hens to he hovered.