

the hole, and smooth it down evenly on both sides; set away and let get quite hard, and the vessel can be used for all ordinary purposes.

E. C. Y.—For "egging" foods that are to be fried, break the egg into a shallow dish and beat with a fork until smooth; then add two tablespoonfuls of water for each egg, stirring to blend. Shape the croquette, roll in the crumbs or cracker dust, then dip in the beaten egg, coating it on all sides, then roll again in the crumbs, shaking lightly to remove any loose crumbs. Then drop into very hot fat—merely bubbling will not do. The fat must be smoking (not scorching) hot, or the food will absorb the grease before the outside of it is seared, and it will be "soggy."

If possible, have water piped into the kitchen, and a drain laid to carry the waste water away from the house. If the water can not be brought in, then have the drain to carry it out and away. A drain can be easily and cheaply made by the gude mon, if he will only set about it. Let the drain be long enough to carry all slops quite away from the door yard, and then use plenty of lime over the far end of it, to keep flies from congregating about it.

Try to save all the useless steps, that there may be strength for the thousands of useful and needed ones. Be good to yourselves.

Do not forget that you are going to have a few hardy flowering plants where you can look at them while going about your work. It is better than drugs as a nerve tonic.

Requested Recipes

"Cracker Jack"—One cupful of molasses, two cupfuls of sugar, one tablespoonful of butter, two tablespoonfuls of vinegar; boil altogether until it cracks in cold water, then

MUSIC STUDENTS

Should Have Steady Nerves

The nervous system of the musician is often very sensitive and any habit like coffee drinking may so upset the nerves as to make regular and necessary daily practice, next to impossible.

"I practice from seven to eight hours a day and study harmony two hours," writes a Michigan music student. "Last September I was so nervous I could only practice a few minutes at a time and mother said I would have to drop my music for a year.

"This was terribly discouraging, as I couldn't bear the thought of losing a whole year of study. Becoming convinced that my nervousness was caused largely by coffee, and seeing Postum so highly spoken of, I decided I would test it for a while.

"Mother followed the directions carefully and I thought I had never tasted such a delicious drink. We drank Postum every morning instead of coffee, and by November I felt more like myself than for years, and was ready to resume my music.

"I now practice as usual, do my studying and when my day's work is finished I am not any more nervous than when I began.

"I can not too highly recommend Postum to musicians who practice half a day. My father is a physician and recommends Postum to his patients. Words can not express my appreciation for this most valuable health beverage, and experience has proven its superiority over all others." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

take from the fire, add a half teaspoonful of soda, beat briskly, and pour over popcorn and chopped peanuts.

Fancy Turnovers—One cupful of sugar, two and one-half tablespoonfuls of butter, two eggs, one cupful of milk, one-fourth teaspoonful of cinnamon, two cupfuls of flour, two and one-half teaspoonfuls of baking powder, one-fourth teaspoonful of nutmeg, one teaspoonful of salt. Cream the butter with half the sugar; beat until light, then add the remainder of the sugar beaten well to the eggs; add the flour and other ingredients, knead lightly, roll to one-fourth inch in thickness and shape with doughnut cutter. Place a teaspoonful of nice jelly on half the cake, turn the other half over it and pinch the edges together securely, fry in very hot fat, dry on brown paper and roll in powdered sugar.

For Using Cold Boiled Potatoes—Slice the potatoes and lay in a baking dish; salt and pepper to taste; then, put bits of butter about over them, pour on milk or cream enough just to cover, sprinkle well with flour and set in the oven to cook slowly until a nice brown with creamy sauce.

Candied Orange Peel—Before candying the peel, keep them in cold water for one day; then put them over the fire with enough water to cover them well, and cook until tender, changing the water two or three times while cooking. When the last water is drained off, put enough sugar with them to make a very thick syrup, which must be quickly cooked down until it begins to candy. Stir the peels while boiling in the syrup, and after they are removed from the fire stir until they are perfectly covered with candy sugar. The peels may be cut into strips just before putting in the syrup.

Some Contributed Recipes

Remnants of Beef—Cook inch-long pieces of macaroni in boiling salted water until very tender; drain and make a tomato sauce; heat the macaroni in the sauce, and lay slices of cold roast or baked beef in a deep platter, cover with the macaroni, sprinkle with chopped parsley and grated cheese. Serve at once. Any remnants of beef may be so used.

Cabbage and Pork—For a small head of cabbage, use about a half pound of salt pork; boil the pork gently for three or four hours; prepare the cabbage as for plain boiled cabbage; drain well and put on to boil with the pork about half an hour before serving. The cabbage should cook in about half an hour. Cabbage is nice boiled in the water in which ham or corned beef is cooked.

Plain Boiled Cabbage—Have a large kettle half full of boiling water; put in the cabbage which has been quartered and washed. Add one tablespoonful of salt and cook from half to three-quarters of an hour, then turn into a colander and drain well; put into a chopping bowl and chop rather fine; season with butter, pepper, and more salt if required. A tablespoonful of butter to the pint of the chopped vegetable is right. Serve hot.

Parsnips.—Parsnips may be simply washed, scraped, boiled, cut into slices and seasoned with salt and butter. If just out of the ground, they should cook tender in a little over half an hour. When longer out of the ground, it takes longer to cook them. Parsnips may be boiled until tender, then put into a bake pan, slices of nice pork or fresh meat laid over the top, and the pan set in the oven until the parsnips are nicely browned. Or, for a pint and a half of cooked parsnips, beat together one tablespoonful of butter and one of flour; stir this into a

cupful of hot milk, and simmer parsnips and seasoning together slowly for ten minutes. Parsnips may be cooked until tender, mashed, made into little cakes, rolled in flour and fried as potatoes. Or, they may be merely sliced and fried until brown.

Women

Eat all sorts of indigestible stuffs and then say they inherit dyspepsia from their grandmother.

Say they do not mind cigar smoke at all, before marriage, but thoroughly detest it afterwards.

Look in the mirror every time they pass one, to see if everything is just as it was five minutes before. (It pays to do it, too.)

Worry around down town hunting bargains to save twenty-five cents, and then virtually pay dollars in time and suffering to pay for the performance.

Decry the foolishness of fashion, but meekly wear uncomfortable

shoes, cumbersome skirts and freakish hats to show their loyalty to "what they say."

COLUMBUS, OHIO, PRINTERS

Mr. Bryan has received the following letter:

"Columbus, O., February 5, 1908. —Columbus Typographical Union No. 5, in regular session, unanimously thanks you for having so long stood for employers' liability, the relief of the injured whether employed by the government or by private parties, and against the abuse of the injunction in labor disputes, as lately favored by the president of the United States in a message.

"Most respectfully,
"Columbus Typo. Union No. 5,
"By W. E. BIRD, Sec.-Treas."

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