

# THE BEE'S PURE FOOD PAGE

A wire letter tray is as useful in the kitchen as it is in the office. Get a two or three-story tray and use it for vegetables. The tray allows free circulation of air and keeps the vegetables from coming in contact with each other. In cold weather they should not be put in the ice box, and if kept separated they will not spoil.

**OMAR WONDER FLOUR**



**"Pineapple Glide"**  
Sunday's Special

**Delicia**  
ICE CREAM

Your Druggist Can Supply You

**The FAIRMONT CREAMERY CO.**

**OMAR WONDER FLOUR**

## The Bee's Household Arts Department

WITH the servant question becoming more exasperating and impossible by the minute, things electrical loom larger and become more and more necessary to all housekeepers. And don't think the manufacturers of such devices are sitting back, satisfied with what they are showing, for they are not. On the contrary they are busily engaged all the time trying to improve on electrical dish washers, clothes washers and everything else in this line.

Speaking of clothes washers, have you seen the new ironer? It looks very simple with heated rolling device, stands on a firm four-legged base and it irons everything but waists and skirts. The greatest quantity of plain clothes can be ironed in the shortest possible time and the beautiful part of it is it costs but a few cents to operate and

complete a good-sized ironing. Electric toasters are not new, and having been on the market for a number of seasons now there are any number of different styles. The very latest and most practical, however, is what they call the flip-flop toaster. After a few seconds, just the right number for the bread to be toasted on one side, this is turned over, it all being done without human hand touching it. It is mechanically turned, in other words. This is a tremendous improvement over the old style toaster.

Electric table stoves are also commonly seen these days, and they, too, are a joy to those who wish to get up a light meal in a very short time. There are several different styles of these also, but the most complete is so made that one can bake, fry, broil and steam all with this one little stove, and, what is

more, it does all of these things most perfectly.

One shop is showing the most complete little electric range, designed especially for kitchenette service. It is made so that it can be placed on table or sink, giving the same service as the larger model ranges do. There are places for two saucepans and on the right is a small oven. Toylike in size, it takes up but little room, yet what it is just as practical for the bachelor maid as the large range. And how very much less trouble it is to take care of!

Progressive women are finding the freless cooker more and more practical, which means these things are going to become much more commonly used. The freless cooker with electrical attachment is far simpler and easier to use than any other kind, for all one has to do is to turn on the current for a certain length of time, switch it off again, and the cooking finishes on the strained heat. Could anything be simpler?

### My HEART and My HUSBAND By ADELE GARRISON

The Thought that Troubled Madge After the Birth of her Son.

The Braithwaite's left the next morning, Harriet's face swept clear of the lines which had shadowed it for so many months. Her big, genial husband was wholly ignorant of the little drama which had been played around him as the central figure and would always remain in ignorance of it. There was no possible obstacle now to their finishing their days in the perfect comradeship and understanding which had always characterized their union.

Their train was an early one, so I had Katie get the special at breakfast, thus avoiding any further meeting between them and Jack and Katherine. Jack had behaved wonderfully at last, but thought there was no use tempting Fate when matters could be so easily arranged. "Goodbye," he big doled me as he was wringing my hand at parting. "You're just about the finest little hostess going. I never had a better time in my life."

His wife said nothing, but the grip of her arms as they went around me and the kiss of her lips told me that the biggest sister-in-law would not forget the small part I had had in clearing up the problem which had given her so much anguish and speculation, and that I had made a friend worth having.

Dicky's Comment. I confess that I dreaded meeting Katherine that morning. The evening before, after Jack's explosion and apology, there had been no chance for me to see Katherine alone. Dr. Braithwaite and Dicky had seized the conversational ball and kept it in the air all through dinner and the evening following. It took the keenest attention of every one, to follow them, a state of affairs which I suspected both men meant to bring about. Without dreaming of that which lay beneath the surface, the air all strained and dynamic situation, and exerted all their diplomatic powers, no mean possession in either of them, to ease matters.

"Did't your husband cover himself with glory tonight?" Dicky had demanded when, after ushering out guests to their rooms, my husband and I strolled across the lawn to the room Mrs. Durkee had put at our disposal while our own home was so crowded with guests. "Indeed you did, and I thank you," I had responded demurely.

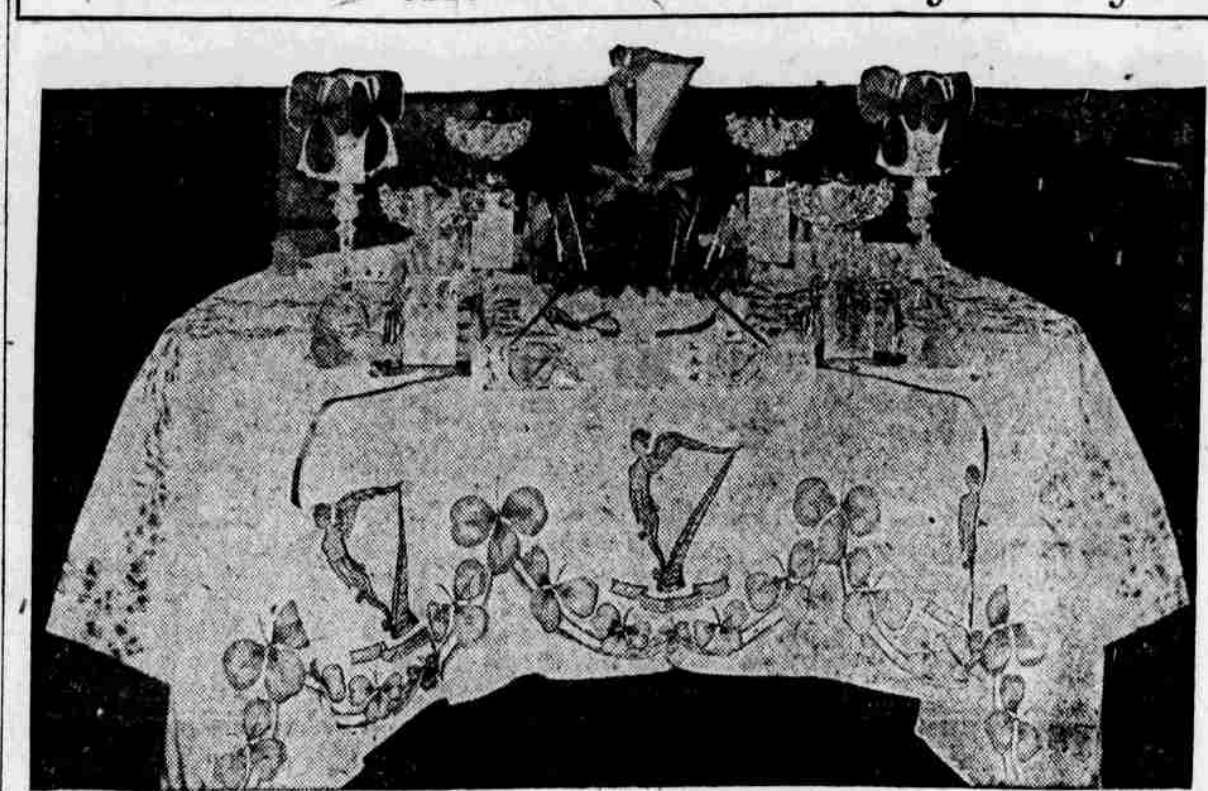
Madge's Resolution. "Say, weren't you absorbed with grief tonight because you hadn't copped dear Jack long ago when he was squiffy about you?" This was Dicky's next remark, so boyish in its whimsicality that I overlooked the coarseness of the reference. "There's a delicate considerate lad for you. Didn't he stage a nice jealous performance last night with old Ed? I never did anything as bad as that, now did I?"

I wondered if his conscience had been prodded by the sight of Jack's ridiculous exhibition, and knew that I must answer his query with the utmost care. "Of course, not, goose!" I said soothingly, squeezing his arm, and hastened to change the subject with a comment upon the frailty of Katherine's appearance.

"She'll look worse than that by the time she gets through humoring that gink," Dicky returned, and he saw that the old animosity against Jack was peeping through the layer of liking which he had carefully built up for my brother-cousin after the signal service Jack had done him. "Take it from me old dear, Katherine's the kind of girl who breaks under heartache. And the queer thing about it is that Jack's simply mad about her. But he'll kill her with that icy-I-am-supreme-let-no-one-dispute-me sort of manner. Somebody ought to kick some sense into him, would it I knew him well enough?"

I did not reply, for I surmised that Dicky meant me by the vague "somebody" he had mentioned, and I certainly did not see my way clear to "kicking sense into Jack." But I resolved to watch matters carefully

## Table for the St. Patrick Day Party



Here is a table for the St. Patrick's day party which will enthrall your guests with the spirit of the occasion. The decorations are inexpensive and easy to prepare. A decorated paper table cover which has a border design of shamrocks and a printed runner through the center is used for the spread. The candle shades are simply six-inch ruffles of white crepe paper pasted around cardboard rings. (Asbestos rings which fit the candle holders should be used around the inside of the shades.) Three shamrock cut-outs pasted on the ruffles decorate each shade.

The Jack Horner pie is made as follows: Cut a circle 12 inches in diameter from cardboard. Cut a band of mat stock four inches wide and long enough to go around the circle. Fasten the band to the cardboard with gummed cloth tape. If you happen to have a round cardboard box of about the above dimensions it will do just as well. Gather a piece of white crepe paper about seven inches wide and paste it around the box you have made, leaving an inch and a half edge top and bottom. Cut two harps from a decorated crepe paper and paste them together with a wire between them. Cut a circle of cardboard for the cover of the pie and then push the wire holding the harps through

during the few days they were with us, if the opportunity offered to do my best to serve Katherine. My opportunity, however, would, of course, be predicated upon Katherine's attitude towards me. I had read forgiveness in her eyes at the end of Harriet Braithwaite's explanation the evening before, but no one knew better than I how different a thing might seem in the exaltation of an emotional moment, as weighed against the cold viewpoint of solitude and introspection. Therefore, I waited my first sight of Katherine with trepidation.

But I need not have feared. She met me at breakfast with the same sweet, friendly light in her eyes, and at the first opportunity drew me aside. "Dear girl," she said, "please don't let yesterday trouble you any more. I'll admit I felt very resentful toward you for a little while, but there isn't a shred of it left. I realize just why you did it, and it is all right. And—do you think I look seems—so—different—since—so—much—kinder."

She turned away hurriedly, and I knew that she was angry at herself for the implication she had let slip that her husband was not all right. And I—do you think I had made to talk to Jack was strengthened by the sight of her dismay. (Continued Tomorrow.)

**Dainty Draperies**  
Something that every housekeeper needs to renew here and there in the home once and so often are the draperies and floor coverings. One of the new ideas for windows is the ready made panel of net. This comes in many shapes and sizes to fit numerous windows. Many of them are made of the Nottingham weaves, with small artistic designs and at the bottom a lace finish. Most new curtains are either very sheer or else very heavy. One especially good style is net with filet trimming. Silk finished cords are employed as side drapes in such shades as mulberry, gold, blue or rose.

Carpets which have come in with the revival of period furnishings are old, now new, velvet, Axminster and Wiltons that come by the yard. In rugs one of the new kinds is a rag rug that is a combination weave of "rags" and rush fibre. It is both durable and good looking for such places as the bedroom, porch, sun-room or den, not to mention the living room of the summer home. Hand crocheted rugs have a charming old fashioned atmosphere of grandmother's day.

## Fish Steaks

The fish steaks, which are expensive but cheaper than beef steaks, can be broiled or planked or even braised like the various cuts of beef steaks. The simplest and most satisfactory way to cook a fish steak is to broil it and serve it with a sauce made of lemon juice and hot melted butter. The planked fish steaks are delicious and attractive. They are highly decorative and can serve as the main course of a company dinner. It takes some time to prepare a planked fish, but if done once in a great while it is worth the time and effort put into the making.

There are also the smaller kinds of fish which are better fried in deep fat, and the even less expensive types, which make very good steaks and fritasces. For souffles and jellied dishes, it is an extravagance to buy the large, higher-priced kinds of fish. The fish has to be flaked in both cases and the small white meat fish are very good flavor and will serve the purpose at about half the cost.

Haddock is one of the medium-priced fishes; it has a very decided flavor. Fish that has a strong flavor should not be cooked with delicately flavored sauces. The best way to cook such fish is to avoid the "fishy" taste is to dip it in egg and bread crumbs and fry it in hot fat. If used in combination with vegetables, it should be fried slightly before it is combined with the vegetables and then tomato should be added. The recipes given are to show the possibilities of the fresh, canned and dried fish. One of each kind doesn't begin to show what can be done, but it is an indication.

## Born in 1839 Dr. Caldwell Still in His Office Daily

Wonderful vigor of the founder of Dr. Caldwell's Syrup Pepsin. Millions now use his famous prescription

Physicians know that good health depends largely upon proper digestion and elimination and that much sickness results from constipation. No one knows this better than the "family" doctor, the general practitioner.

Dr. W. B. Caldwell of Monticello, Illinois, was and is a family doctor. The whole human body, not any small part of it, was his practice. More than half his "calls" were on women, children and babies. They are the ones most often sick. But their illnesses were usually of a minor nature—colds, fevers, headaches, biliousness—and all of them required first a thorough evacuation. They were constipated.

Dr. Caldwell in the course of 40 years' practice, for he was graduated from Rush Medical College back in 1875, had found a good deal of success in such cases with a prescription of his own containing simple laxative herbs with pepsin. In 1892 he decided to use this formula in the manufacture of a medicine to be known as Dr. Caldwell's Syrup Pepsin, and in that year the preparation was first placed on the market. The picture of Dr. Caldwell that appears on the package was taken in that year.

The preparation immediately had as great a success in the drug stores as it previously had in the doctor's private practice. Today the third generation is using it.

Mothers are giving it to their children who were given it by their mothers. Every second of the working day someone somewhere is going into a drug store to buy it, for Dr. Caldwell's Syrup Pepsin is selling at the rate of over 6 million bottles a year. Its great success is based on merit, on repeated buying, on one satisfied user telling another. There are thousands of homes in this country that are never without a bottle of Syrup Pepsin, and the formulator of that prescription is fortunately living to see its wonderful success.

Women, children and elderly people are especially benefited by Dr. Caldwell's Syrup Pepsin. While it is promptly effective on the most robust constitution and in the most obstinate cases, it is mild and gentle in its action and does not cause griping and strain. Containing neither opiates nor narcotics, it is safe for the tiniest baby and children like it and take it willingly.

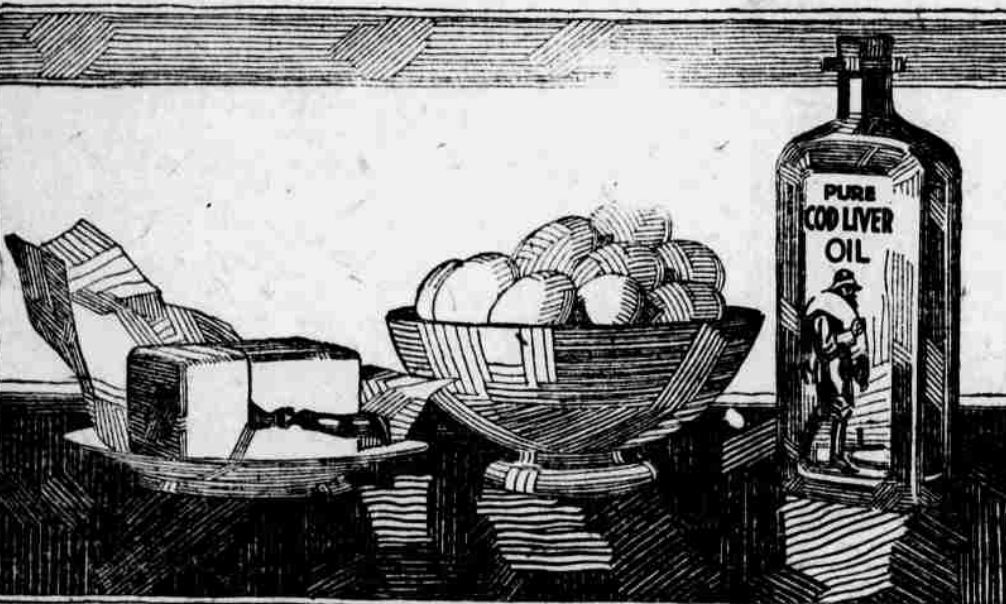
Every drug store sells Dr. Caldwell's Syrup Pepsin. Keep a bottle in your home. Where many live someone is sure to need it quickly.



DR. W. B. CALDWELL TODAY  
Born Shelbyville, Mo., March 27, 1839  
Began the manufacture of his famous prescription in 1892.

In spite of the fact that Dr. Caldwell's Syrup Pepsin is the largest selling liquid laxative in the world, there being over 6 million bottles sold each year, many who need its benefits have not yet used it. If you have not, send your name and address for a free trial bottle to Dr. W. B. Caldwell, 511 Washington St., Monticello, Illinois.

## The Story of Modern Bread Making—Chapter IX.



## ONLY THREE FATS

Properly Promote Growth in Children

THE medical profession have shown within the last three years, as a result of experiments in feeding young animals, that there are three kinds of fats most conducive to the growth of the young.

Of these three—namely, butter, cod liver oil, and egg yolk—only one has both shortening and tissue building properties. That one is butter fat.

Other ordinary food fats possess shortening and food value. But they lack the vital qualities which promote growth and sturdiness in children.

**BETSY ROSS** Bread is made with whole condensed milk containing 8 per cent of butter fat.

This is a highly important factor in making

**BETSY ROSS Bread**  
"The Perfect Balanced Ration"



**Jay Burns Baking Co.**

Made in Large Size Only

**LUDEX'S**  
GIVE QUICK RELIEF  
FOR PAIN IN HEAD

**OMAR WONDER FLOUR**

## Best Goods

LOWEST CASH PRICES  
SQUARE DEALING ALWAYS

EGGS, Strictly Fresh Country, doz. 40c  
Butter, best Creamery, lb. 74c  
Fairly Soda Crackers, per lb. 20c  
Peanuts, 2 1/2-lb. cans, each 34c  
Apples, 2 1/2-lb. cans, each 34c  
Pumpkin, 2-lb. cans, each 5c  
Grapefruit, 3 for 25c  
Pancake Flour, 2 lbs. for 25c  
Tomato Soup, per can 10c  
Mince and Ketchup, pints 25c  
Matches, per box 25c  
Lima Beans, dry, 2 lbs. for 35c  
Nut Oils, sweet and creamy, lb. 35c

Tender, Juicy, Enjoyable Meats at Lowest Cash Prices.

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For All Purposes, Per Ton—  
**\$11.00**  
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**EGGS** STRICTLY FRESH  
Every Egg Guaranteed, dozen 43c  
**U. S. Gov. Flour** Pure Wheat, straight, 24 1/2-lb. sack \$1.55  
**FAIRCO** Pure Vegetable Shortening 55c  
2-lb. pail  
**Sugar Cured Skinned Hams** lb. 31c  
**Wilson's Nut Margarine, lb.** 32c  
**Wilson's Certified Oleomargarine, lb.** 42c

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Granulated Sugar, a Limited Supply in All Basket Stores.

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