

.. The ..
Home Maker

EDITED BY
ALICE F. TALCOTT.

Physical Familiarity and Morals.

One of my peculiarities has always been that I do not like physical contact with others than my most intimate friends. Whether it is a natural trait, I cannot say, but I know that my mother and some of my teachers taught me early to be "a little reserved," "not to allow familiarities." Today I honestly believe that I am rather too fussy about this, but when I look around in my little world I do most sincerely wish that a good many young girls I see could have the same kind of teaching that I had. They need it for their own safe-guarding. My idea is that the mother's aim should be not merely to tell girls that they ought not to allow free personal familiarities, that such things are improper, but that the teaching and training should be aimed at helping them really to dislike this rather dangerous practice.

The physical nature falls so readily into habits through repeated doing that liking and disliking are very easily cultivated. The more that young people indulge in the little informalities of holding hands, walking arm in arm, mild scuffling, playing games that require personal contact, and the like, the more fond they become of so doing and the easier it becomes. On the other hand if a child is taught easily in life to be a little particular, to see that too much freedom with another is not polite, the habit grows, develops dislike of such things and the first dangerous steps are not easily taken.

I ask all of you who may be inclined to think me over-particular to watch the young girls you know for a few years, and notice whether those who are a little reserved have to pass under in the shadow of reproach, and how many of those who are careless do.—Parliament for Mothers, in Mother's Magazine.

COOKING RECIPES.

Pork Sausage.

To put up freshly made sausage to keep for a year in perfect condition, fry as for immediate use. Have ready new quart tin cans, pack the sausage in them; have good lard melted and pour over, sealing hot with wax or waxed strings in convenient size for family use.

Salmon Salad.

Here is a quickly made salad that is good: Put a can of salmon in a salad dish, pick out the bones, peel one large or two medium sized onions, chop fine and mix with the salmon. Pour over this a half cup of vinegar, mix again, let stand 15 minutes, garnish with parsley, and serve.

How to Cook Greens.

A most delicious dish of greens is cooked in this way: Wash them thoroughly, and shred if the leaves are large. Let stand a short time in cold water. Place, dripping, in a kettle having a very tight cover, and set over moderate heat. If pork is desired with them, cut it in slices and boil in a separate kettle with a little water. When the greens have cooked for 15 minutes in their own steam, add the pork slices and a very little of the water in which it was cooked, and continue the cooking until the greens are tender. If pork is not used, add a seasoning of salt, pepper and butter when the greens are done. Cooked in this way, they have a much finer flavor than when boiled in a quantity of water. The kettle must cover very tightly so that the steam is retained, as this improves flavor.

Boston Brown Bread.

Mix thoroughly a cup each of graham flour, wheat flour and corn meal and stir in a teaspoonful of salt. Warm together a cup of milk in which is dissolved a small teaspoonful of baking soda and a teaspoonful of molasses. Pour over the mixed flour and meal a cupful of boiling water and then add the warm milk and molasses. Beat hard and long and turn into a greased pudding dish with a closely fitting top. Cook in an outer vessel of boiling water for three hours. Remove from the mold and set in the oven for ten or fifteen minutes, or until the bread is dry about the edges. Turn out, wrap in a napkin and send to the table.

Rice Cream.

One-half cup of rice, 2 even tablespoonfuls of sugar, small 1/2 teaspoonful butter, 1 quart milk. Bake in slow oven two hours. Wash rice well and put into the milk (cold) and the other ingredients. When baked about one hour stir in an extra cup of milk. Eat hot or cold.

French Pickles.

One peck of green tomatoes, slice and add 1 teaspoonful of salt. Let stand over night; drain, add 2

MORRIS SHEPPARD.

Texas Congressman Indorsed For the United States Senate.



quarts of vinegar to 1 quart of water; boil for twenty minutes, drain again. To 3 pints of vinegar add 2 pounds of brown sugar, 2 tablespoonfuls each of ground cinnamon, cloves, allspice and ground mustard. Boil slowly until tender. This does not require sealing.

Banner Ginger Snaps.

Scald 1 cup of molasses and pour it over 1 egg beaten with 1 cup of sugar, 1 tablespoonful of ginger and 1 of soda. Then add one tablespoonful of vinegar and flour enough for a stiff batter. Knead quite hard, then they will not fall and will keep crisp for a long time.

How to Make Sausage.

To every 12 pounds of meat take 3 tablespoonfuls of salt, 3 of black pepper, 6 of powdered sage and 1 tablespoonful of red pepper. Grind the meat through the mill, then mix in the seasoning thoroughly. Let stand half an hour, then grind again, stuff and hang in a dry, cool place. After they hang a week or ten days, or until the skins are dry, take down, rub well with corn meal and place in a wooden box with brown paper between each layer. Sausage may also be kept fresh if fried, placed in jars and covered with the drippings. If not sufficient, make up the deficiency with melted lard. Keep the jars well covered in a cool place.

Chocolate Cake.

Sift together 1 cupful each of flour and sugar. Add 1 teaspoonful of baking powder, put into a cup a tablespoonful of melted butter, break 2 eggs in with the butter and fill the cup with milk. Beat all briskly with the flour and sugar, flavoring with vanilla or lemon. Bake in three layers. Filling—Mix 1 cup of grated chocolate and sugar, melt with strong coffee and spread between layers and on top of cake.

Making Bread Crumbs.

A quick way of making bread crumbs is to put the crumbs from a stale loaf into a muslin bag, tie it at the top, then rub gently between the hands for a few minutes. The crumbs will be fine enough for any purpose.

Baked Prunes.

Soak a pound of French prunes, drain them and put in a covered baking pot with about a cupful of cold water; add a cupful of sugar, half a lemon rind and 3 cloves. Cover the vessel and bake slowly for three hours. This is a good sweet for the young and delicate, and if whipped cream is added to the prunes when cold the prunes will seem more than ever delicious.

HOUSEHOLD HINTS.

When washing white worsted or silk garments do not hang them in the sun, for this will turn them yellow.

If by accident hot lard has been spilled on the floor, dash cold water on the spot immediately, as this prevents the grease from soaking into the wood.

Slightly soiled white lace may be cleaned by sprinkling it with magnesia, laying sheets of paper on both sides and keeping it between the leaves of a book for a few days.

When mixing mustard for table use, add to each scant tablespoonful of mustard 1 teaspoonful of melted butter and 1 teaspoonful of syrup. The result is similar to the best French mustard.

When you suspect that your cooking has been scorched, lift the vessel holding the food quickly from the fire and stand it in a pan of water for a few minutes. In almost every case the scorched taste will disappear.

Mix the juice of a lemon with the whites of 2 eggs beaten lightly until the albumen is well cut, but do not

CURE IS A SUCCESS—18 pt

Ohio Doctor Cured by Friedmann Tuberculosis Cure, Says Cable From Berlin.

Berlin, Jan. 31.—Strong praise for the efficiency of Dr. Franz Friedmann's tubercular cure was voiced here today by Dr. Otto Stutz of Upper Sandusky, Ohio, the first physician to submit himself to treatment.

"For two years," said Dr. Stutz, "I have been a victim of tuberculosis. I came to Berlin in desperation, hoping to find a cure for myself and my tuberculosis patients in Ohio.

"Dr. Friedmann gave me an injection of the turtle serum in the thigh 16 days ago. I suffered no inconvenience except a slight soreness lasting about a week. Within four days after the injection the pain in my lungs began to lessen. My weight has increased six pounds and my appetite, which had been very poor, is now ravenous.

"I now can climb four flights of stairs daily to my room, an impossible feat for me three weeks ago. I can only say that something little short of marvelous has befallen me.

"I do not know whether Dr. Friedmann will give me a second injection as I am doing so well. I feel sure I will be able to leave for home March 1, by which time I expect to be entirely cured.

"From what I have seen of Dr. Friedmann's serum I would give it to my patients in Ohio without hesitation. I make this statement with the greatest care, fully realizing it would be criminal to raise false hopes in American sufferers. My message to American doctors is to withhold all criticism until they understand the facts."

This Los Angeles Man Must Be Deaf, Blind and Dumb.

Los Angeles, Jan. 30.—E. S. Bresbach of Los Angeles never heard of the dynamiting of the Los Angeles Times. Clarence Darrow and the McNamara brothers might be Chinese health officials so far as his knowledge of them extended, and for him newspapers might as well not be printed, for he never reads one. Admission of these trifling differences from the average citizen caused Bresbach to be peremptorily challenged by the defense after he had been temporarily passed today as a juror to try Clarence Darrow on a jury-bribing charge.

A. V. Frazier of Pasadena also was peremptorily challenged by the defense. Darrow acted personally in each case, challenging after the talesmen had been temporarily accepted by both sides.

The defense now has but two peremptory challenges and two more jurors must be chosen.

Castro Debarred.

Washington, Jan. 30.—Cipriano Castro, former president of Venezuela, was today denied admission to the United States as a visitor by Secretary Nagel of the department of commerce and labor. The Venezuelan unswervingly refused to answer a question whether, while president of his country, he was a party to the killing of General Paredes, and this was the cause of Nagel's order for his deportation. Nagel based his decision on the grounds that silence on this subject might be taken as an admission of guilt, and the law bars any person who admits the commission of a crime involving moral turpitude, providing the offense is not purely political.

Very few American families spend less than \$150 a year for meat, and milk and butter cost the average family at least \$75 a year.

To bore the deepest hole in the world, an opening in Silesia 7,350 feet deep, it cost more than \$10 a foot.

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beat to a froth. Add 1/2 cup of water and strain through a sieve. Serve in a glass with small lumps of ice. In this way a patient who might otherwise have been nauseated with the mention of nourishment in any form can be given from two to six egg whites a day without his knowledge.

Use a tray to fetch and carry dishes from the dining room. Miles are saved when this is done habitually.

Dishes that have held eggs, milk, cream or dough should be rinsed out with cold water before putting into the dishwasher, as the hot water cooks such things and makes them harder to remove.

Scorch stains on clothes can be removed if they are immediately rubbed with dry starch and then sponged off. Repeat the process until the stain disappears.

To keep away ants sprinkle a little powdered borax when they come and they will leave immediately.

IRRIGATION BONDS.

Constitutional Amendment Permitting Them Prepared.

Salem, Ore., Jan. 31.—Issuing of bonds by the state for the development of waterpower for irrigation and manufacturing purposes is today given the stamp of approval by the senate judiciary committee. It was unanimously agreed to give a favorable report on Senator Thompson's resolution to submit a constitutional amendment to the people on the lines mentioned.

This amendment would lift the ban on the \$50,000 limit of state indebtedness for the purposes named, the chief objections of which would be irrigation development in eastern Oregon and the big waterpower project at Celilo. If the legislature approves, the question will be submitted to the people in 1914.

Wireless to Yukon.

Traders, freighters, homesteaders and officers of the Royal Northwest Mounted Police in Edmonton and northern Alberta are unanimously in favor of the proposal to establish a series of wireless stations from Athabasca down the Mackenzie river and from there to Rampart House, in the Yukon. This plan was discussed at Ottawa recently at a conference between Dr. Thompson, M. P. for the Yukon, Bishop Stringer of the Yukon diocese, and Dr. Stringer, director of the astronomical department. It is said here that the establishment of a chain of stations will be the means of securing much scientific data of value and assist in opening the far north country. The stations would also be of value to the meteorological department, giving the observers a wider field from which to make forecasts and placing them in touch with a now almost unknown territory, north of the 55th parallel.

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William P. Stark, America's Foremost Nurseryman

Another Horticultural Triumph—The "J. H. HALE" Peach

My new book describes what is destined to be the greatest money-making peach in America. It was discovered and propagated to perfection by J. H. HALE, "The Peach King," of South Glastonbury, Conn. The fruit is 1/2 to 3/4 larger than Elberta; smooth, thick skin, a peach without fuzz; perfect freestone, with juicy, tender, melting yet solid flesh. Solid enough to ship in barrels, like apples; extremely brilliant in color. The most delicious peach flavor you ever tasted. Superb for canning and preserving. Tree is vigorous, hardier than Elberta, Carman, Fox or other hardy varieties; an abundant bearer. Mr. Hale has fruited it successfully for 8 years in over 3,000 plantings, and deems it the crowning triumph of his great career as a peach-grower.

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To the Reader

No woman ever had all the money she wanted to spend. This applies to both rich and poor. The farther you can make a dollar go, the nearer you will come to having what you desire your money to buy. Get the most or the best your money will buy by patronizing the men who advertise in the

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