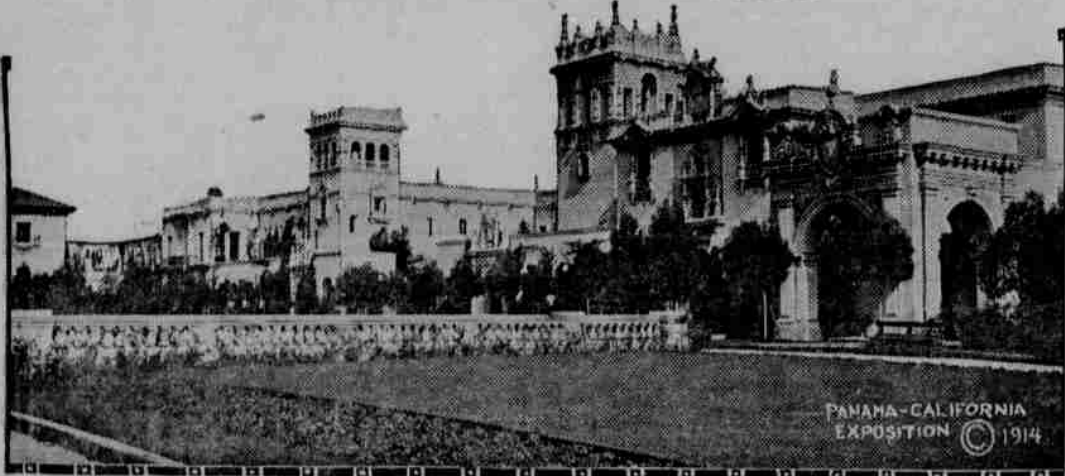


ROMAN FORUM, SHAKEN BY THE GREAT EARTHQUAKE



View of the Forum in Rome, whose famous ruins were sadly disturbed by the earthquake that devastated all central Italy.

SAN DIEGO'S BEAUTIFUL EXPOSITION



The Panama-California exposition, which opened at San Diego on New Year's day, is receiving high praise for the beauty and artistic effect of its buildings. The illustration shows the Home Economy and Foreign and Domestic Arts buildings.

ST. PETER'S SQUARE IN ROME



St. Peter's square in Rome was hard hit by the earthquake. The obelisk seen in the foreground in the photograph, was shaken and badly damaged; the famous colonnade, seen at the right, was lowered four feet, and the adjacent house, once occupied by the sisters of Pope Pius X, was seriously cracked.

HOW THE FRENCH TRENCHES LOOK

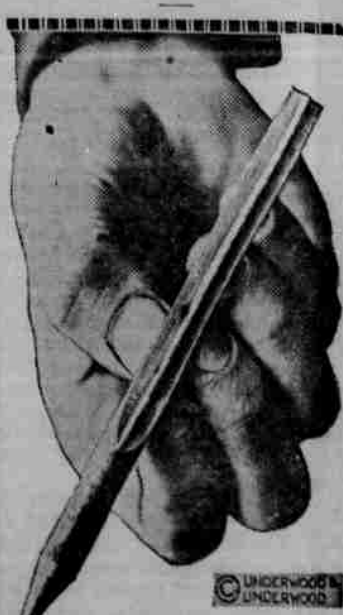


WALES AS A MESSENGER



The prince of Wales has earned a name for himself in the war and now has been promoted to be a dispatch bearer. He is here shown equipped for the duties of that position.

AVIATOR'S DEADLY WEAPON



This little steel arrow, the flechette, as it is called, when dropped from a height of 3,000 feet, will penetrate a man from helmet to feet.

CHEAPER MEAT DISHES

FOR THOSE TO WHOM ECONOMY IS OF MOMENT.

Flank Beef Cooked in Casserole May Be Made as Desirable as the More Expensive Cuts—Good Stew of Neck of Mutton.

To the women who are compelled to economize in household expenses, the following recipes will prove of interest:

Cut up from two to three pounds of the thick flank or log-of-mutton piece of beef into neat pieces, place it in a casserole with one quart of cold water or bone stock, bring this to the boil, then let it simmer gently for an hour, when you add to it the white part of six leeks and two or three turnips sliced, a lump of sugar, a small teaspoonful of salt, and half that quantity of pepper, and let it all stew gently together for one and a quarter hours to one and a half hours longer. Serve in the dish in which it was cooked.

Take a pound of liver, wash it to get rid of all blood, etc., and dip it in flour. Wash, peel and slice four pounds of potatoes, chop up finely two onions and two apples (the latter softens the liver); put one ounce of dripping in a pan and when melted and quite hot put in the liver, sprinkle it with a little of the onion and apple and fry till nicely colored; add a little powdered sage; now put the liver into a saucepan or casserole, add the sliced potatoes, the rest of the onions and apples, a seasoning of salt and pepper, and three-quarters of a pint of water; bring just to the boil, then draw the pan to the side of the fire and let the contents simmer for 45 minutes. Serve in the casserole or turn out onto a hot dish.

Take the scrag end of a neck of mutton and cut it up into neat pieces, cutting away all unnecessary fat; dissolve two ounces of clarified dripping in a casserole, and add to this two ounces of flour, and when thoroughly blended and of the consistency of cream, but only lightly colored, lay in the meat and cook for 20 minutes, stirring it constantly; now add enough stock or water to cover the meat thoroughly and stir it all together till it comes to the boil, when you draw the pan to one side and let the contents simmer gently, seasoning it with salt and a dust of pepper; it will take from two to three hours slow cooking. Meanwhile peel and cut up into dice two carrots and two turnips and slice thinly an onion; now toss all these vegetables in a pan over the fire with one ounce of dripping till nicely colored, when you add them to the meat, etc., and let them all stew gently till the meat is cooked. Lift out and serve with the vegetables in the center.

Put into a casserole a dessert spoonful of dripping and let it get hot, then fry in this two sliced onions. Take one and a half pound of neck of mutton, wash it well and put it in the pot with the water which clings to it, cover down closely and let it cook gently for 45 minutes. Meanwhile trim, and slice down a cabbage into eight pieces and put these in water; peel six potatoes and cut them into slices about half an inch thick and place these also in water. When the meat has been simmering for forty-five minutes lift out the cabbage and potatoes dripping with water and pack them round the meat, season with a teaspoonful of salt and half a teaspoonful of pepper, cover down the pan closely again and simmer for forty-five minutes longer. It must be cooked very slowly or it will burn.

Swiss Potato Soup.

Wash, pare and cut in halves four small potatoes. Wash, pare and cut in slices one large white turnip. Par-boil together ten minutes, drain, add half an onion cut in slices, and three cupfuls of boiling water. Cook until vegetables are soft; drain, reserving the water to add to the vegetables after rubbing them through a sieve. Add one quart of scalded milk, reheat, and bind with shortening and flour cooked together, using four tablespoonfuls shortening and half a cupful of flour. Season with salt and pepper.

Hazelnut Taffy.

Mix a pinch of salt, a pinch of cream of tartar, a teaspoonful of vinegar and half a cupful of water and add to a pound of lump sugar which has been put into a saucepan with two tablespoonfuls of butter, melted. Stir constantly until boiling and then add two cupfuls of hazelnuts, which have been shelled and halved. Stir and cook until the candy is brown, add a scant teaspoonful of vanilla and pour into butter pans. Mark into squares when cool.

Better Griddle Cakes.

When making griddle cakes of buttermilk, they will be much lighter and more tender if one small cupful of very dry bread crumbs is added to each pint of buttermilk. Less flour will be needed, and the dry bread will be utilized.—"Home Department," National Magazine.

Cold Chicken Soup.

Cook one chicken, half bunch of celery, quarter cupful of rice in two quarts of water, cool, skim, add minced parsley, two tablespoonfuls grated cooked ham, juice of a lemon, two cupfuls cream, salt, white pepper, and dice of white bread.

USE FOR LEFT-OVER TURKEY

Probably There Is No Better Way Than by Converting It into a Salad.

Generally there is quite a bit of the turkey left over, not enough perhaps for a full meal again but quite sufficient for an excellent salad for an evening function, high tea or a course luncheon. If the white turkey meat does run short it is an easy matter to supplement it with some of the dark meat or even roast veal or fresh pork and no one will be the wiser. Cut the meat into dice, then measure and allow an equal quantity of celery, cut in fairly good-sized pieces. If you have any walnuts, butternuts or almonds, cook them in a little stock or boiling salted water for twenty minutes, then chop fine. At serving time mix together the turkey or other meat, nuts and celery and allow to each quart of the mixture, a teaspoonful of salt, a quarter teaspoonful of paprika, a teaspoonful of Worcestershire sauce and if you like it a tiny piece or clove of garlic, just enough to give a suggestion to the palate, without the odor. Toss and mix well and having lined your salad bowl with crisp lettuce leaves, put in the salad mixed with a little mayonnaise, heap up, mask with more mayonnaise and serve. A pretty garnish for this is the stuffed olives or bits of the sweet red peppers that come in cans. Chicken salad is made in the same way. A few spoonfuls of the stock in which the chicken has been boiled, makes a richer salad.

YEAST FOR THE QUICK BREAD

Its Proper Preparation Has Much to Do With the Success of the Baking.

Two hour bread is mixed, kneaded, raised, and baked in two hours. But first there is yeast to make for it. To make yeast for the two-hour bread, boil six potatoes until soft. Take out, mash them, and add them to the water (there should be one quart of this) with four tablespoonfuls of sugar, two tablespoonfuls of salt, two tablespoonfuls of shortening, either lard or butter, and set all aside until lukewarm. Add, then, half a cake of yeast which has been dissolved in half a pint of lukewarm water; stir in half a cupful of flour and let the yeast stand 36 hours. Use one and a half cupfuls of this liquid for each loaf and just enough flour to keep the dough from sticking to the board. Stir in with a spoon, then knead on the breadboard for 20 minutes and shape into loaves. Let these rise again until they are the size you wish the loaves to be, put them into the pan, and bake 30 or 40 minutes.

Lamb Souffle.

Melt one tablespoonful butter, add one-half tablespoonful flour and stir until well blended; then pour on gradually, while stirring constantly, one cupful of milk. Bring to the boiling point, add one-quarter cupful of soft stale bread crumbs, one-half teaspoonful salt, one-quarter teaspoonful celery salt, few grains of pepper and a few drops of onion juice. Remove from the range, add one cupful finely chopped cold cooked lamb, yolks of two eggs, beaten until thick and lemon-colored; then cut and fold in the whites of two eggs, beaten stiff and dry. Turn into a buttered baking dish and bake 30 minutes in a moderate oven. Serve with tomato sauce. Beef, veal or chicken may be used instead of lamb. This dish is easily prepared and a splendid way to use leftovers.

Baked Apples.

Baked apples have an excellent effect upon the whole physical system, feeding the brain as well as adding to the flesh and keeping the blood pure. Baked sweet apples are a very pleasing addition to a saucer of oatmeal when served with sweet cream. They are very appetizing. Thousands of bushels of sour apples are used for pies in hundreds of families, whereas well-baked apples would prove more nourishing food and much more economical. They are good for old people, and are usually greatly relished by them.

Clam Broth à la Bellevue.

Take a dozen large cherry-stone clams. Wash them well and place them in a deep pan, covering them with a pint of water. Let them boil for ten minutes; the hot water will open the clams. Remove the clams and strain the broth through a cloth. Cut up the clams in tiny bits and put them in the soup. For company you can add a little chicken broth to the clam broth and a touch of whipped cream on the top of the individual cups.

Cleanse Sweeper.

When a carpet sweeper gets full of dust, remove all waste collected, take out the brush and carefully pick out all lint, etc. Then apply kerosene on a woolen cloth and rub the ends of the bristles thoroughly with the cloth. It prevents dust rising when the sweeper is used, and brightens the carpet. A drop of machine oil in the holes where the ends of the brush revolve will do as much as any one thing to preserve your sweeper.

When Making Cakes.

A quick way to clean currants when making cakes is to put the fruit into a colander with a sprinkling of flour and rub round a few times with your hand. It is surprising how quickly the stalks are separated and come through the small holes.

Newfangled.

A steam launch belonging to a British battleship recently sprang a leak while crossing from Portsmouth and rapidly sank. Nearby an old salt was leisurely rowing a boat, but he made no attempt to come to the rescue. The launch's crew managed to swim to the boat, and as they scrambled in one of them said to the boatman: "Why on earth didn't you give us a hand? Didn't you see we were sinking?" "Lor' bless yer," said the boatman stolidly, "I thought yer craft was one o' those blessed submarines!"—Philadelphia Public Ledger.

A Puzzle.

The lady of the house was explaining things to the new maid. "An' what's this, missus?" asked the girl, indicating a metal bottle. "That is a bottle which will keep things either hot or cold, whichever you desire," replied the mistress. "Well, for the land sake!" ejaculated the girl. "How is it giv'ing to know whether you want things hot or cold?"—Philadelphia Chronicle-Telegraph.

Conservation.

Moe Rose—They say women lose more than 50,000,000 hairpins every year.

Joe Cose—Yes. And it is such a waste of our natural resources that they are talking conservation by making wireless hairpins.—Browning's Magazine.

No Compromise

You must conquer Stomach Ills at once if you would retain the controlling power in health matters. Such ailments as Poor Appetite, Indigestion, Bilioesness, Constipation, Colds and Grippe soon undermine your health. Help Nature conquer them with the valuable aid of

HOSTETTER'S Stomach Bitters

TRY IT

A Puzzle.

"The soldiers who use noiseless rifles, pa—"

"Well, my son?"

"How can they make reports?"—Baltimore American.

Unpleasant Constraint.

Teacher—Johnny, can you decline to eat?

Johnny—Yes'm, I can, but I don't like to.—Comic Cuts.

Her Charms.

"I suppose you meet many kinds of people."

"No, they're all alike," said the shoe clerk. "Every woman who comes in here thinks she's a Cinderella."—Pittsburgh Post.

Happy.

"There goes a happily married couple."

"That so?"

"Yep. Neither of 'em cares for the modern dances."—Detroit Free Press

The average man shudders when he sees those lurid Yuletide cravats in the shop windows.



Neuralgia

There is no need to suffer the annoying, excruciating pain of neuralgia; Sloan's Liniment laid on gently will soothe the aching head like magic. Don't delay. Try it at once.

Hear What Others Say

"I have been a sufferer with Neuralgia for several years and have tried different Liniments, but Sloan's Liniment is the best Liniment for Neuralgia on earth. I have tried it sincerely; it has never failed."—F. H. Williams, Augusta, Ark.

Mrs. Ruth C. Claypool, Independence, Mo., writes: "A friend of mine told us about your Liniment. We have been using it for 13 years and think there is nothing like it. We use it on everything, sores, cuts, burns, bruises, sore throat, headaches and on everything else. We can't get along without it. We think it is the best Liniment made."

SLOAN'S LINIMENT

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