

One of the Numerous Fine Dairy Herds in the Puget Sound Country



The wonderful adaptability of the logged-off lands of Western Washington to the dairying industry is verified by the prevalence of herds of fine blooded stock to be found all up and down the coast of Puget Sound. Here the abundant rainfall keeps the grass green almost the year round, and the climate is never so severe that cattle cannot roam at large in winter. Conditions in general are such as to make possible the development of the highest type of animal life. Nearly all the representative breeds of cattle are to be found here, and large shipments of beef and dairy products are made from the railroad stations and Puget Sound ports daily. Yet the industry is still in its infancy.

RECIPES FOR THE HOUSEWIFE

**Fruit Cookies.**  
Cream half a cup of butter and gradually add third of a cup of fine granulated sugar, a well-beaten egg, a scant cup of sifted flour, a scant teaspoonful of vanilla, and beat to a smooth batter. Butter a baking sheet well, and taking up the batter on point of a spoon drop onto the tin about two inches apart and flatten out thin with a spoon dipped in cold water. Hollow each cake slightly in the middle and decorate each cake with strips of blanched sweet almonds, shreds of citron, and Sultana raisins. If you want to make them quite Christmasy, use candied cherries, green citron and the blanched almonds to decorate.—Exchange.

**Seafoam Fudge.**  
Put two cups of light brown sugar in a saucepan, add enough water to cover it and boil until a little forms a ball when dropped in ice water. Have ready the beaten white of an egg and pour the sirup on this, stirring continually. Beat quite stiff, and take out by the teaspoonful, dropping it in cones on buttered paper. Eat when cold.—Exchange.

**Rock Cakes.**  
Beat two ounces of butter to a cream, then beat in four ounces powdered sugar and a little vanilla, then rub in one-half pound flour. Add three ounces raisins and one-half ounce of lemon peel. Beat up two eggs and mix the whole together into a very stiff batter. Drop in small rocky lump on a greased tin. Bake 15 or 20 minutes in a moderate oven.—Exchange.

**Honey Ginger Snaps.**  
One pint of honey, three-fourths of a pound of butter and two teaspoonfuls of ginger; boil together for a few minutes. When cool add enough flour—which has been prepared with usual amount of baking powder—to make a stiff dough. Roll thin and bake quickly.—Country Gentleman.

**Honey Caraway Loaf Cake.**  
Cream half a cupful of butter, add half a cupful each of sugar and honey, two well-beaten eggs, two cupfuls of flour sifted with one teaspoonful of baking powder, and one teaspoonful of caraway seeds. Pour into a buttered shallow loaf pan and bake about 25 minutes.—Country Gentleman.

**Honey Angel Cake.**  
Sift one and a half cupfuls of flour four times, add one teaspoonful of cream of tartar and sift again. Beat the whites of eleven eggs until stiff, add one and a half cupfuls of fine white honey, beat lightly, then add the flour. Do not stop beating until you put it in the pan. Bake in a moderate oven.—Country Gentleman.

**Honey Mousse.**  
Beat the yolks of four eggs, then beat in one cupful of strained honey. Heat gradually, stirring constantly until thick. Remove from the fire and cool; then add the stiffly whipped whites of four eggs and one pint of whipped cream. Mix well, pack in ice and salt and freeze without stirring.—Country Gentleman.

**Simmered Sausages.**  
Select plump sausages, prick with a fork and place in a frying pan, with barely enough water to cover the bottom. Cook gently till browned all over, turning constantly, and serve with a gravy made from the drippings in the pan.  
IDA C. B. ALLEN.

**Chicken Italian.**  
One fowl, six green peppers, two onions, two cups tomato pulp, salt and pepper, three tablespoons olive oil. Boil the fowl till tender, then disjoint and skin it. Shred the peppers and onions and cook till softened in the olive oil. Add to the tomato pulp, season highly, and pour very hot over the chicken.  
IDA C. B. ALLEN.

**Banana Cake.**  
One cup sugar, three tablespoons melted butter, one egg, one-half teaspoon orange extract, one-half cup milk, one and one-half cups flour, one and one-half teaspoons baking powder, few grains salt. Beat the sugar, butter, egg, extract and salt together. Mix the baking powder with the flour, and add alternately with milk to first mixture. Beat thoroughly. Bake in two layers and put together with banana filling. Ice with plain frosting.

**Banana Filling.**  
Four bananas, two tablespoons sugar, few grains salt. Put the banana pulp through the potato ricer, and scald with the sugar and salt. Cool, add the lemon juice, and use as a cake or sandwich filling.  
IDA C. B. ALLEN.

**Hard Work.**  
Jim and Joe, respectively aged 19 and 12 years, were told to go out and cut and pile wood. Both played until dusk. After supper their mother inquired of Joe:  
"Well, my boy, how much have you done today?"  
Very meekly came Joe's answer: "I have done nothing."  
To Jim, entering just too late to hear his brother's remark, was put the second question: "And what have you been doing?"  
Quick as a flash the unfortunate young fiber answered: "Oh, I've been piling it up."—Country Gentleman.

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Pears never spoils the natural flesh tints. It improves them, by keeping the skin soft, fine and pure. Its influence is so kind, beneficial and refining that its use means the preservation of the dainty pink and white of a perfect complexion from infancy to old age. Pears is in accord with Nature first and last.

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It is music to Johnny's ears if he starts the day with a warm, nourishing breakfast of SHREDDED WHEAT—and it's so easy to get him off to school without fuss or worry because it's ready-cooked and has in it everything he needs for study or play. It's the whole wheat, cooked, shredded and baked to a crisp, golden brown.

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The Only Breakfast Cereal Made in Biscuit Form

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Physician Proposes to Substitute Laboratory for the Electric Chair

"The great need of the day in experimental medicine and surgery is a supply of live human beings to experiment upon. I have no doubt that with plenty of human material to experiment upon wizards like Carrel and Flexner would within the next two years solve almost all the problems which are yet baffling the medical profession."

Thus spoke Dr. George G. Rambo, director of the Pasteur Institute. "I hold no brief to speak in behalf of those scientists, and it may be that they would even disapprove of my suggestion, but I can't help feeling that rabbits, sheep or even gorillas are very poor substitutes for human beings when it comes to testing the remedies to be applied to human beings."

"Let me give you a personal example of the difficulties we encounter in our experimentation. Take hydrophobia. The period of incubation is rather indefinite, though never shorter than three weeks. I have known people to be attacked by hydrophobia as long as a year after being bitten."

"At the present day there is no cure for hydrophobia. We can prevent it, but can not cure it. And even our preventive medication is not perfect. We give the patient one injection daily for eighteen days. Fourteen days afterward immunity is assured. Eighteen and fourteen days make thirty-two days from the time the patient is bitten until the preventive cure takes effect."

"We may make successful a dangerous experiment on the whole animal series from the guinea pig to the gorilla. But then it takes a pretty nifty man, I would almost say a conscienceless dare-devil, to jump from gorilla to man. You are justified in experimenting on a man who is in a hopeless condition. If a patient is doomed and a daring operation might either save his life or kill him, you might take the risk. But when a subject is otherwise strong and healthy what can we do?"

"I once saved a man's life by injecting tetanus serum directly into his brain, an operation never performed before in this country. I might have never dared to do it, however, if the other surgeons hadn't declared the patient beyond their help. If the man had had even the slightest fighting chance I would not have submitted him to an untried experiment of whose technique I was practically ignorant. As a matter of fact, intracerebral injections are not the least bit dangerous, but at the time they were considered as bound to result fatally."

"The cure for exophthalmic goitre, or Graves' disease, was found in the same way. A physician's wife was suffering terribly from the disease and losing ground very rapidly. In fact, a brother physician had declared to her husband that how long she would live was only a question of hours."

"My proposition may sound dreadful to some sentimental and ignorant souls. Still every man engaged in surgical or bacteriological research could recite cases of people who have volunteered to take the place of rabbits or guinea pigs in laboratories. Everybody has read about the poison squad—how easy it was to find a group of healthy young men ready to submit themselves to the action of certain poisons under the supervision of a scientist. There was no material inducement; not even fame was promised them."

"Dr. Carrel of the Rockefeller Institute once received a letter from a boy who offered himself for experi-

ments of any kind provided he could obtain a pension for his mother.

"There is good material going to waste every year in every state prison, going to waste without being of any use to the world. I allude to the men sentenced to death. Why destroy their lives wantonly, stupidly, with the excuse that we are making them pay their debt to society? The fact is that they are not paying anything at all."

"If a man has destroyed life can we say that he reimburses the world by having his own life destroyed? If a firebug burns down my house shall I go and burn his house? That is too primitive, too childish to be even discussed. By executing a murderer we make the world poorer by two human lives instead of only one, the victim's. If a man destroys value, property, isn't it more logical to set him at work creating anew the things destroyed, replacing the property damaged? Such is the use to which I would put convicted criminals."

"Instead of the lethal chamber, with its absurd and wasteful electric chair, I would have in Sing Sing and other prisons an experimental laboratory. This was done in past centuries and many a time surgeons of the French and German courts were authorized to try difficult operations on people sentenced to die."

A GOOD EXAMPLE

Mr. Vincent Astor, who recently became of age and came into the inheritance of his father's estate, has shown his manliness and his disposition to exercise a careful supervision over the vast amount of wealth now in his possession by making a personal investigation of his estate as one of the first acts of his majority, in order that he might be conversant with each separate piece of property, but particularly that he might know if any of his numerous buildings were being used for immoral purposes. This step on the part of Mr. Astor was prompted by the revelations during recent investigations into the vice situation in New York City that many of the most notorious resorts of the city were owned by men of at least nominal prominence. In many instances these conditions existed because the immediate owners had placed their property in the hands of others who did not exercise the proper amount of precaution in leasing the buildings. Mr. Astor has forestalled any such condition in his properties by a personal inspection of them, doing it quietly and without ostentation. It is apparently a genuine and unselfish attempt on the part of a large property owner to inform himself immediately and thoroughly of the condition of the property for which he is ultimately responsible. This action of Mr. Astor is laudable and affords an excellent example to other large property owners.

**An Even Break.**  
Mr. Jinks: "You've spent 14 mortal hours and \$35 and what have you got to show for it? One hat, worth about \$3.50."

Mrs. Jinks: "True. And last week you spent 5 days and \$118, and what have you got to show for it? One fish story about a big trout that got away, and an awful cold in your head."—Country Gentleman.

In the death of Whitelaw Reid the nation loses a valuable servant.

High Cost of Living Due for a Drop

"I believe the high cost of living bugaboo will have disappeared two years from now."

Such was the declaration of Daniel O. Lively, chief of the livestock department of the Panama-Pacific Exposition, in the court of a discussion in the international livestock show in Chicago recently.

"This country is going to see wonders worked by the farmers and livestock raisers within the next few years," he said. "Everywhere I go and everything I hear indicates that we are on the threshold of an era of great prosperity."

Mr. Lively blames the underproduction of cattle for the present condition of living costs. He said the bulk of Western lands are best fitted for stock grazing and that the farmer sold his birthright for a mess of cold turkey when he turned from the splendid beef production of the old days to raising grain.

"The production of livestock is going to grow in leaps and bounds for the reason that the farmer and small ranchman finally have realized the profit there is in raising livestock—especially as contrasted against truck farming," he continued. "The generous prices paid for stock in the open market, combined with the work of the agricultural colleges toward this end, has helped convince the farmer that he'd better change and reap this new field. Two years will see the West back at its old game of cattle raising—and perhaps the old-style cowboy may come back, too."

Big Land Sale

Gradually and surely, the remaining lands in Indian reservations are being sold out to settlers and the native American is being crowded into closer quarters. Just now the biggest sale of lands ever conducted by the Government is in progress in Oklahoma, in the Choctaw and Chickasaw nations, the area comprising agricultural, coal and timber lands.

It was begun at Chickasaw and will close at Odabel, in McCurtain county, on December 24th. The land is in 22 counties and is being sold at the county seats.

Some of the 900,000 acres contains timber, but the most of it is valuable for agricultural or grazing purposes. When the lands of the Choctaws and Chickasaws were allotted among those tribes there was a considerable portion left over in each of the Indian nations, and it is this residue that is now being disposed of.

In addition to the unallotted lands there are to be sold also the segregated coal and asphalt lands and timber tracts of the Choctaw and Chickasaw nations, and it is understood that these will go on the market soon after January 1st. There are 445,000 acres of the mineral and coal lands, and 1,292,000 acres of segregated timber lands.

The men who appraised the Oklahoma timber lands were experts, who came as a rule from British Columbia and other portions of the Northwest.

The expert appraisers were amazed at the conditions they found and which upset the theories of the Forestry Bureau relative to reforestation. They found that the areas from which timber had been cut was reforesting naturally and the new growth of timber to be in a flourishing condition. In the rapidly disappearing pine forests of the north, and on the mountain ranges of the Northwest, it is well established that the only means of reforesting an area from which the timber has been cut or burned is by a tedious and expensive method.