

GREEN TOMATO USEFUL

IN MANY WAYS EXCELLENT FOR COOKING PURPOSES.

Other Vegetables That Might Be Utilized to Better Advantage Than They Are at Present—Some Suggestions That May Help.

Comparatively few housekeepers know that green tomatoes are just as good for cooking as the ripe tomato, and, being quite different in flavor, thus provide a variety and a new article of food at little cost.

Cucumbers also may be utilized in many delightful ways, not generally known. Green peppers, now in the market, have qualities which should be understood and made use of at this particular time and season. Southern people are well versed in their virtue and use, and understand that their warm, peppery quality is conducive to health and comfort in warm weather.

Likewise the tender little green okra should be eaten frequently and while the pod is quite young.

Spinach is still in market and is always a valuable addition to the diet, fresh or canned, but is apt to be like all late summer greens, rather tough in fiber and therefore better served in some of the many ways which require it thoroughly chopped or in a puree. Garden lettuce of late summer growth is coarse and often rather bitter, and most people discard it for this reason, but this is wasteful, if you have your own vegetable garden, to allow it all to go to seed or waste, for there are many very nice ways of serving it.

A few suggestions from other housewives and good cooks give us an idea of the possibilities of these vegetables, and it may help many to solve the food cost problem, in individual cases at least.

Stewed Green Tomatoes.—Pare six large green tomatoes and peel three good-sized onions. Slice the onions very thin into a saucpan, in which has been melted a tablespoonful of lard or butter. Let them fry five minutes, but do not scorch, then season them with a teaspoonful of salt and two dashes black pepper and mix well. Slice the pared green tomatoes into the saucpan and add half a cupful of hot water. Stir all together and let them stew under cover for ten minutes or until the tomatoes are soft. Add a heaping teaspoonful butter and serve on a hot dish.

Fried Green Tomatoes.—Cut six large green tomatoes into slices about an eighth of an inch thick. Beat the yolk of an egg with a tablespoonful of cold water. Dust the slices with salt and pepper, dip into the beaten egg and cover with fine dry bread crumbs. Fry them in good bacon or ham fat or butter until a nice brown and tender, and then serve with following gravy.

Gravy for Green Fried Tomatoes.—Rub together a tablespoonful of flour and two of butter, and when well creamed, brown in a frying pan or saucpan in which tomatoes were fried. Then add a cupful of milk, stirring constantly until it boils up thick. Season to taste with salt and paprika and serve. A teaspoonful of Worcestershire sauce improves this sauce.

Green Tomato Oysters.—Slice green tomatoes and remove the seeds and lay slices in salted water for 20 minutes, then take out and drain. Wipe dry, and dip each piece in beaten egg, then roll in flour to cover well and fry in drippings or butter.

Milk in Saucepans.—Cleaning a saucpan in which milk has been boiled is often a troublesome task. A simple method is to quickly replace the lid after pouring out the boiling milk, so that the steam will not have time to escape and allow the saucpan to cool before taking the lid off again. Then put the pan in cold water to soak; afterward it can be washed easily and quickly without the bother of scraping.

Obstacles Everywhere.—Life is like walking along a crowded street; there always seem to be fewer obstacles to getting along on the opposite pavement; and yet if one crosses over matters are rarely mended.—Thomas Huxley.

Try This.—Sponger (meeting acquaintance)—"Do you know, old man, I really believe I'm losing my nerve? I'm getting so I hate to ask any one for a loan. As soon as I saw you I began to tremble."—Boston Times.

She Is Not Yet Extinct.—What has become of the old-fashioned mother who thought that her small son was destined to become a great musician because he could get a tune out of a mouth organ?—Exchange.

What's Yours Is Mine.—"I consider that whatever belongs to my husband belongs to me."—A woman witness in a Jersey City trial. The general feminine view and in practice the usual condition.—New York World.

FOR DINNER AND DESSERT

Good Method of Preparing Flank Steak—Strawberry Cup Pudding to Finish the Meal.

Stuffed Flank Steak en Casserole.—Lay the steak upon a board, spread over it a thin layer of bread dressing, roll up very compactly; fasten the side and ends to inclose the dressing secure. Cut a slice of fat salt pork or bacon in bits and let cook until the fat is drawn out. Dredge the roll of meat with flour and rub it in thoroughly; then brown it in the fat, turning the roll as it browns until the whole surface is nicely colored. Set the meat in a casserole or an agate dish that can be tightly closed; put in also an onion, sliced very thin, half a carrot cut in thin slices and a cupful of tomato puree. Rinse the frying pan with a cupful of boiling water, turn this into the dish, cover and let cook three hours or longer, in the oven. Let the heat be very moderate. Have ready two tablespoonfuls flour, half a teaspoonful salt and one-fourth teaspoonful pepper, mixed to a smooth paste with cold water. Stir this into the liquid in the casserole. Let the sauce boil two or three minutes, then strain it over the meat. Set boiled onion around the dish.

Strawberry Cup Pudding.—Butter and dust with sugar five cups; fill three-quarters full with the following mixture: One cupful bread crumbs, one cupful hot milk, four tablespoonfuls sugar, two eggs beaten very well and a half pint of strawberry preserves. Mix all together, set the cups in a pan of water and bake about thirty or forty minutes. Serve hot with thin cream.

MENU FOR HOT WEATHER

Ideas That Will Save Time When One Is Not in Particular Mood for Working.

On warm days, when one's enthusiasm for cooking or baking is on the wane, the following suggestions may be of help:

Buy a plain cake from the baker's. Cut it through the long way twice, making three layers. Then mash two or three ripe tomatoes or other fresh fruit and spread on layers. For a frosting use confectioner's sugar, mixed with a little water and flavoring. Then sprinkle with coconut. Or make frosting of sweetened condensed milk mixed with melted, unsweetened chocolate. This makes a fair imitation of a good home-made cake.

For soup purchase a can of tomato soup. Cook half a cup of rice or barley, mash through a sieve and add to soup. This adds a little "home taste" to the concoction.

Then with a salad made of crisp lettuce and cucumbers, olive oil, lemon juice, served with a few salted peanuts or other nuts, one will have an attractive, satisfying supper that has required little labor.

When You Bake Cake.

The evenness and smoothness of a cake depends to a large degree on the way the batter is put into the baking tins. Care must be taken that the corners are filled and that the batter does not lie thicker in the middle of the pan. A list or bulge in the center of a baked cake is often the result of lack of such precaution. Smooth the batter lightly with a spoon. It is very necessary to have special baking pans for different varieties of cakes such as the angel food pans shown by dealers. The moment the batter has been spread the cake should be put into the oven, as it will lose its lightness if allowed to stand.

Some of the most delicious cakes are ruined while turning them from the pan. If the pan containing the cake is set on a cloth wrung out of warm water and left for a few minutes the cakes will turn out without any trouble.

Filling for Floor Cracks.

Tear up some newspapers into strips. Cover them with boiling water. If after a little while the newspaper has not absorbed all the water, add a few more strips. Mix together a quarter of a pound each of alum and flour for each three pints of water, add to the newspaper pulp when it is quite soft, stir, place over a gentle heat and cook until the mixture is as thick as putty. Use while warm, pressing it well into the cracks with a pliable knife. It must dry thoroughly before the floor is stained.—Miss A. L., B. C.

To Clean a Mincing Machine.

The following is an excellent way to clean a mincing machine: It is very difficult to dry the inside; therefore it is best to grind stale pieces of bread through it. This will collect all grease, fat and skin from the small knives. Wipe with a clean cloth.

Timely Tip.

A puree of apples or tomatoes, sweetened or seasoned, makes a delicious filling for savory rice or fried bread croutades, and should also accompany roast pork or sausages.

In a Hundred Years.

From the hillside a group of men watched with great interest developments on the plain below. A squadron of cavalry made a brilliant dash up the slope. From the top of the grade a line of lurid flame shot out and men and horses fell in a heap. Back of the lines clouds of belching black smoke showed where howitzer shells were bursting. From the trenches hordes of men swarmed with bayonets flashing and put to rout an advancing brigade of infantry. Overhead a dirigible was seen to collapse and fall to earth, pursued by a swarm of monoplane. Ambulances and Red Cross corps hurried to and fro. Reenforcements appeared to the west and soon the carnage began anew. The field was covered with dead and dying men, dead horses, demoralized artillery and fallen standards.

"What unprecedented carnage? What strange warfare do we behold?" cried a startled spectator in alarm. "Merely a bit of war stuff that the moving picture men are doing in re-acting the war of 1914," said the other, as he hailed a passing Zeppelin and skimmed back to the studio.—Exchange.

DOES YOUR SKIN ITCH AND BURN?

If you are suffering with eczema, ringworm, rash or other tormenting skin eruption, try resinol ointment and resinol soap. You will be surprised how quickly the itching stops and the skin becomes clear and healthy again. Prescribed by doctors for 19 years. All druggists sell resinol ointment (50c and \$1.00), and resinol soap (25c).—Adv.

"Why did you quarrel?" "She wanted me to hold her hand at a crowded reception." "Why didn't you?" "I was already holding a plate of salad in one fist and a cup of coffee in the other, with no earthly chance to set anything down."—Kansas City Journal.

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The nervy correspondent, Do a funny wartime stunt. They follow in the army's rear When they can not reach the front.

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I can't endure the social lion, Who makes himself a bore, I can not lionize him, yet He makes a mighty roar.

A safe indication of nothing doing are the flatly contradictory reports from Berlin, Paris and London.

A NURSE TAKES DOCTOR'S ADVICE

And is Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Euphemia, Ohio.—"Because of total ignorance of how to care for myself from verging into womanhood, and from taking cold when going to school, I suffered from a displacement, and each month I had severe pains and nausea which always meant a lay-off from work for two to four days from the time I was 16 years old.

"I went to Kansas to live with my sister and while there a doctor told me of the Pinkham remedies but I did not use them then as my faith in patent medicines was limited. After my sister died I came home to Ohio to live and that has been my home for the last 18 years.

"The Change of Life came when I was 47 years old and about this time I saw my physical condition plainly described in one of your advertisements. Then I began using Lydia E. Pinkham's Vegetable Compound and I cannot tell you or any one the relief it gave me in the first three months. It put me right where I need not lay off every month and during the last 18 years I have not paid out two dollars to a doctor, and have been blest with excellent health for a woman of my age and I can thank Lydia E. Pinkham's Vegetable Compound for it.

"Since the Change of Life is over I have been a maternity nurse and being wholly self-supporting I cannot over estimate the value of good health. I have now earned a comfortable little home just by sewing and nursing. I have recommended the Compound to many with good results, as it is excellent to take before and after childbirth."—Miss EVELYN ADELA STEWART, Euphemia, Ohio.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

WINCHESTER



Self-Loading Shotgun
12 GAUGE, 5 SHOTS

The recoil reloads this gun. You simply pull the trigger for each shot. This new gun is safe, strong and simple. It has all the good points of other recoil-operated shotguns, and many improvements besides. Among them are Nickel steel construction and a reloading system that requires no change for different loads.

It's the Fowling Gun Par Excellence

Not the Friday Odor.

Our contributor's small friend, Little Rollo, aged 5, had always observed that fish was the big dish at his home on Friday. And he had observed that the rule held in the neighboring households.

Recently Little Rollo was sent out to visit his grandma in the country. And after a day or two he missed something.

"Grandma," said he, "ain't it ever Friday in the country?" "What a question!" she laughed. "Of course, it is. Today is Friday, dear."

"Well," said Rollo. "It don't smell like Friday."—Atlanta Journal.

Decollete Dress.

"Clever deduction is everything," declared Sherlock Holmes. "For instance if you see a lady going out in ball costume it is safe to deduce that she is going to a ball."

"Not at all," objected Doctor Watson. "Many of our girls have adopted it for ordinary street wear."—Louisville Courier-Journal.

For the privilege of being battered up Antwerp is asked to dig up a cool \$100,000,000. Other cities wanting similar publicity address W. Hohenzollern, Potsdam, Prussia.

Radium Greatest Invention.

Over a million magazine readers have declared that Radium stands foremost among the 7 wonders of modern times. For 3 years we have been experimenting with the different quartz emitting Radio activity and have at last succeeded in perfecting our "Radio Active Pad," which has been successful beyond our expectations. These pads on test under the electroscope emit 1000 mache units every hour, and will last for years; when placed on the seat of pain will, in almost every case relieve the sufferer at once. In cases of Stomach Troubles, Rheumatism, Insomnia, Nervousness, Run-down conditions, its effect is almost every instance is marvelous.

The price of the "Radio Active Pad" is \$5.00, but for a short time to introduce them in your community, on receipt of \$1, with a description of your sickness and a confidential list of 2 or more sick people in your neighborhood, we will send you the Pad with full instructions and all charges paid. Send at once as only a limited number will be sold at the introductory price. Atlas Radio Active Pad Co., 237 Cactus Drive, Portland, Ore.

You Will Never Know.

You will never know just how to improve your stock until you see some that is better than your own. The fairs are good places to look up such things.—Southern Agriculturist.

Not Particular.

"I never feed tramps at the door." "That's all right, ma'am; serve it in the dining room. I ain't particular."

A Pocket Kingdom.

"You come from the kingdom of Andorra, you say?" "Yes." "That's the smallest kingdom on earth, isn't it?" "Not so loud, please. Somebody may think we're big enough to hold an ultimatum."—Cleveland Plain Dealer.

The Helpmeet.

Mr. Newlywed—Did you sew the button on my coat, darling? Mrs. Newlywed—No, love; I couldn't find the button, and so I just sewed up the buttonhole.—Judge.

Flattery.

Mrs. Green—Do you ever flatter your husband? Mrs. Wyse—Yes, I sometimes ask his advice about things.—Boston Transcript.

Making Allowances.

"Our government," said the man of intense idealism, "must keep faith. It must fulfill every promise to the letter." "Oh, come now!" protested the patient person. "You can't expect the weather bureau to make good on every prediction."—Washington Star.

New Management.

"This hotel is under a new management." "Why, I still see the old proprietor around." "Yes, but he got married last week."—Louisville Courier-Journal.

Just Between Friends.

"Julian has saved my life nine times this year." "So that is what he means when he called you a cat!"—Puck.

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Social Uplift.

"You should join our discussion club; it is no end of benefit."

"Do you cover a wide range of subjects?"

"Oh, no. We confine ourselves exclusively to bridge and tango."—Cleveland Plain Dealer.

Somebody has figured out that the war is costing \$55 per second. Now we understand why neither side can afford to lose a minute.

The citizens of Antwerp must have a great aeroplane fleet. We read where thousands of them are flying to Ostend.

A patent has been granted a Dresden inventor for an application of the principle of the thermopile for the direct production of electricity from coal without the intervention of a boiler, engine or dynamo.

Most Skin Trouble Readily Overcome

The Active Principle of a Famous Remedy Works Wonders.



Many people have marveled the way S. S. S. overcomes skin troubles. The explanation is the fact that S. S. S. works in the blood and the blood is really a most intricate and extraordinary mass of arteries and veins.

When you come to realize that the skin and the flesh beneath are composed of a network of tiny blood vessels you solve the mystery.

There are wonderful medicinal properties in S. S. S. that follow the course of the blood streams just as naturally as the most nourishing food elements.

It is really a remarkable remedy. It contains one ingredient, the active purpose of which is to stimulate the tissues to the healthy selection of its own essential nutriment. And the medicinal elements of this matchless blood purifier are just as essential to well-balanced health as the nutritious elements of the meat, grains, fats and sugars of our daily food.

Not one drop of minerals or drugs is used in its preparation. Ask for S. S. S. and just insist upon having it. And if you desire skillful advice and counsel upon any matter concerning the blood and skin, write to the Medical Department, The Swift Specific Co., 529 Swift Bldg., Atlanta, Ga. Do not allow some zealous clerk's eloquence over something "just as good" as S. S. S. to fool you with the same old mineral drugs. Beware of all substitutes. Insist upon S. S. S.

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