

EGGS IN EVERY LAND

HOW HEN FRUIT IS SERVED BY VARIOUS PEOPLES.

Variety of Recipes Which Offer Pleasing Change From Common Methods of Cooking Eggs—Fried Egg Popular in America.

Russian Eggs.—On delicate slice of toast spread a layer of caviar and place a fresh poached egg on top; pepper, salt and a few drops of lemon juice are added, and a garnish of parsley; serve at once.

Turkish Eggs.—Boil six kidneys and six chicken livers and hearts with an onion and a spice bag, throwing off the water six times. Make a rich brown sauce, adding a little wine, and add the kidneys; pour on a hot platter and place as many carefully poached eggs over the top as there are guests.

Norwegian Eggs.—Place on a platter large flakes of smoked salmon, scramble six eggs in butter, season and spread over the top of the salmon; serve hot.

Hungarian Eggs.—Arrange hard boiled eggs and cold boiled potatoes in alternate layers in a pudding dish, with butter, pepper and salt, and pour over the top sour cream enough to just cover the ingredients. Bake a delicate brown.

Spanish Omelet.—Cut three slices of bacon into dice and fry a delicate brown, then add two sliced tomatoes, one onion minced, six sliced mushrooms, pepper and salt. Stir and cook ten minutes. Break six fresh eggs into a bowl, beat lightly with a fork. Put a small lump of butter into the omelet pan, and when hot pour in the eggs and shake gently until set, then turn on the other mixture and fold the omelet and serve quickly.

Irish Eggs.—On delicately broiled slices of bacon poached eggs are placed and covered with a rich cream sauce.

American Eggs.—Needless to say that the best known egg dish of the country is the fried egg served with fried ham, though the best known dishes of other nations find their way to all the menus of the best hotels and restaurants.

DON'T EXERCISE OUR TEETH

Reason Americans Have Such Poor Grinders, According to a Dental Authority.

The reason Americans have such bad teeth is that they don't exercise them enough, according to Dr. Herbert L. Wheeler, president of the American Dental Hygiene council, who is delivering a course of lectures at Columbia university. "We Americans are living in the lap of luxury," said Dr. Wheeler, in his opening lecture, "and our food is so well prepared for us that we don't use our mouths enough. Regular exercise for the teeth is as beneficial as any other kind of gymnastics."

He found from an examination of several hundred savages' teeth that the increased work which their teeth had been made to do had resulted beneficially for their teeth. It was also a fact that the front teeth of savages were more worn than those of civilized people, being that the savage cuts his food with his teeth.

Rhubarb Jelly.
Wash the stalks well, but do not peel them. Cut into pieces about an inch long, put into preserving kettle with about half enough water to cover and boil to a soft pulp. Strain through a jelly bag. To each pint of this juice add a pound of sugar. Boil again, skimming often, and when it jellies on the skimmer remove it from the fire and put into glasses, having previously dipped glasses in cold water so that the jelly will turn out nicely.

Frizzled Beef.
Take one pound of smoked beef and have it chipped very fine. The outside must be carefully removed as the mould would spoil it. Have two tablespoons of butter, browned in an iron spider, then by degrees sprinkle in the beef, stirring it constantly until it is crisp and brown. Add by degrees two tablespoons of flour and stir until it is browned, being careful not to scorch. Add boiling water enough to make a thick gravy. Season with a little pepper. Good with batter or buckwheat cakes.

Onion Sauce.
Boil the onions until tender. Mix with them half a pint of melted butter and a quarter pint of new milk, a little salt and pepper. Stir the sauce over the fire until it boils and serve as hot as possible. Time three quarters of an hour.

Sauce for Chops.
Mix with vinegar some grated horseradish, tomatoes, Spanish peppers and cook for 15 minutes. Strain through a sieve and serve with boiled meats or chops.

WAYS OF SERVING BANANAS

Fruit is Nourishing and Should be Served Often, Say Stomach Specialists.

Palates that revolt at raw bananas can enjoy them well cooked. Stomach specialists—some of them—say this fruit is nourishing and should be served often.

Banana recipes are here given to help out the housekeeper troubled over her weekly menu.

A simple pudding is made from a quart of milk, slightly sweetened. When the consistency of thick cream pour it over thin slices of banana in a pudding dish. Put meringue of whites of eggs on top and brown slightly in oven. Serve cold with cream.

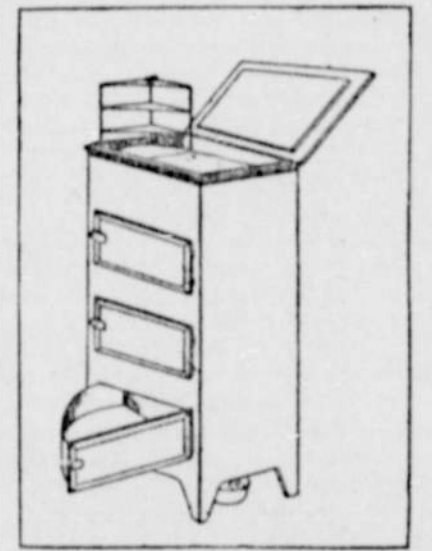
Sliced bananas mixed with corn starch just before it stiffens and served with fresh strawberry sauce are delicious.

Baked bananas are sometimes used as a vegetable. Peel and cut in half, lengthwise. Divide if large. To each banana allow a tablespoonful of sugar, two tablespoonfuls of water, a teaspoonful each of lemon juice and melted butter and a pinch of salt. Put slices in shallow casserole and bake slowly for half hour, keeping them well basted.

NEW KIND OF REFRIGERATOR

Has Drawers That Swing in and Out in Place of Having Shelves.

A different kind of refrigerator has been invented by a Georgia man and is shown in the cut. In place of the row of shelves with which the ordinary refrigerator is equipped this new ice chest has a series of drawers, which swing in and out and make the articles kept within much easier of access. The ice compartment is at the top, as in most other types, and alongside it in one corner is a row of shelves which lift up and on which may be kept those things which should be close to the ice. The



lower part of the refrigerator is equipped with drawers which swing in and out on a hinge at one side. They are rounded at one end and only come out a certain distance. That part of the bottom of the drawer which extends outside when the latter is moved to the limit of its outward range is solid, the other segment being perforated to permit the cold air to pass through more readily. In this type of refrigerator it is not necessary to remove the things in front to get at those in the rear.

Baked Apples.
Take as many apples as there are people to be served. Peel and remove core. Fill with chopped hickory and English walnut meats. Sprinkle with white sugar. Put in oven and bake slowly, basting all the while with sirup, made of one cup sugar, one-third cup water, cooked until in threads. Bake until apples are clear. Serve with whipped cream.

Pancake Pudding.
Sift 1/2 cup flour into a basin, add 1/2 teaspoon of salt, 2 well-beaten eggs, 1/2 a pint of milk and one tablespoon of melted butter. Melt 2 tablespoons of butter in a small frying pan. When very hot pour in the mixture and keep moving the pan till it has set for the under side. Turn it quickly with a broad knife or turner, cook 1 minute over the fire, then put the pan into a hot oven for 10 minutes. It will puff up. Put a spoonful of preserves in the center, roll up and serve on a hot dish.

Onions for Colds.
Mash onions and make a poultice as hot as can be borne; rub well with turpentine and lard; apply to chest and to the soles of the feet if a child and draw the stockings on; leave on for two or three days and the cold will be gone. I saved my little girl's life with this simple remedy and perhaps it will help some other mother.

Rough Skin.
Mop on skin roughened by winter winds a mixture of witch hazel and rose water, half and half.

SELECT MOST POPULAR BREED IN COMMUNITY

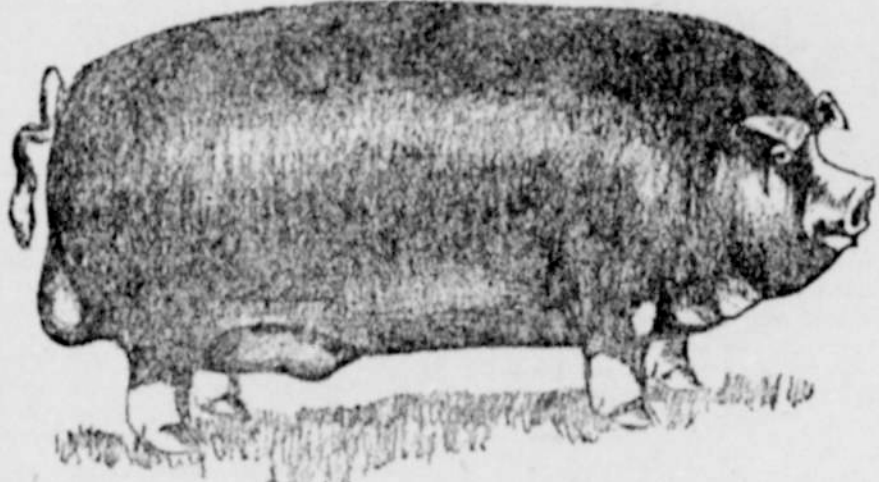
So Much Depends Upon Tastes of Individual, Environment and Requirements of Neighborhood, Useless to Name One Breed.

Many communications are received by this paper during the year asking for information on the best breeds of live stock. Sometimes these inquiries relate to draft horses, at other times to beef cattle, frequently concerning the breeds of dairy cattle and the last one received asks for information concerning the best breed of hogs.

We have repeatedly stated in these columns that it is strictly impossible to give advice on the question of breeds as applied to any class of live stock, says the Homestead. So much depends upon the tastes of the individual, upon the environment and upon the requirements of neighboring farmers that it would be time wasted

the bulk of the hogs in a particular locality were grade Poland Chinas we would by no means take up that breed and likewise if they were Durocs we would start up business as a breeder of the red hog, and the same might be said of the Chester Whites or Berkshires. As a rule the beginner in the pure-bred hog business has his hardest sledding the first two years and many a man becomes disgusted when he finds that he has kept over a big bunch of males that he cannot dispose of, thus making it necessary for him to dispose of them later on as stags and thereby incur an actual loss.

It must be admitted that there are exceptional cases and sometimes the



Yearling Poland-China Boar.

to mention specifically one breed and then undertake to prove that it was better than any or all others.

We take it for granted that in this case it is the intention of the subscriber to handle pure-bred hogs and we presume he is a beginner in the business and under these circumstances something may be said on the topic that will throw a little light on the subject for those just starting. The average man will do a little better right from the start if he takes up the breed that is popular in his community. The reason for this is that he will have less difficulty in disposing of his surplus males early in the season than if he starts in with a breed with which his neighbors are unfamiliar. We mean by this that if

best profits are realized in handling a new breed. A good example of this could be found in popularity of the Hampshire hog. On account of the growthiness of this breed, their prolific character and their general constitutional hardness these hogs have rapidly grown in popularity and in every instance that has been called to our attention where a beginner has started in with the right foundation and handled them properly he has had a brisk demand for his surplus hogs that were good enough to go into the breeding pen.

Salt for the Calves.
Salt should be kept before the calves all the time, the same as before the older stock.

GUINEA HENS ARE PROFITABLE

Bakers Always Glad to Get Their Eggs Because They Can be Used to Good Advantage in Cake Baking.

By WALTER B. LEUTZ.
There is no doubt that if the guinea hen is properly cared for at all times that it will prove almost as profitable as any of the ordinary breeds of chickens.

Guinea eggs are not always salable to country merchants because many people say they are not palatable and their color is against them, but bakers are always glad to get guinea eggs because it is claimed they can be used to better advantage in cake baking than any other, except duck eggs.

If the eggs can be obtained from

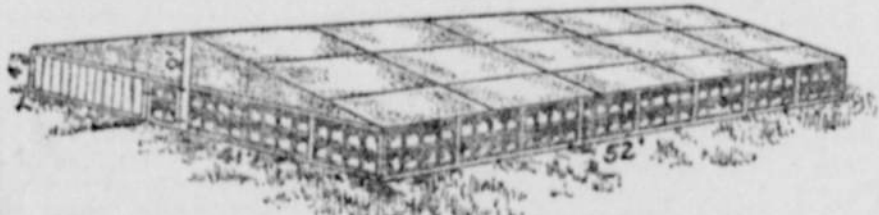
guinea hens that have been confined for a season or whose ancestors have been treated as domestic fowls, the birds will, in time, become almost as tame as chickens.

When the hens are left out in the open they make their nests in brush heaps or out-of-the-way places, and when their nest is once located they rarely leave the vicinity, and it is, therefore, easy to find the nests. It is always better to place the eggs under a chicken hen for hatching unless the guinea hen has been confined.

Unless the guinea hen is confined she will take her brood on long journeys through the damp grass, and many are likely to die from this cause.

One difficulty about raising guineas is that the young birds are very easily killed by mites and lice. They are apparently more tender than the chickens and many will quickly die, particularly if the big head louse attacks them.

COVER FOR TOBACCO PLANTS



The production of good, healthy tobacco plants fit for transplanting in the field is one of the most important operations of tobacco growing, says the Orange Judd Farmer. It is the well-known policy of most tobacco growers to plant more seed and have larger beds than necessary when the weather and everything are favorable to production of good, strong, healthy plants. W. S. Belmer of Connecticut, after losing several years in succession, decided to make a bed this spring in which he was sure to grow as many and healthy plants as he wished. The cost of this bed, he claims, is about one and one-half day's extra labor, or three dollars more than what his old beds cost him. This seed bed, as illustrated above, is 41 feet wide, 52 feet long and four and one-half feet high to the eaves and about nine feet high in the center. On the west and south sides are placed the glass

frames which were formerly used on the old beds. When placed in this manner, the sun shines into the tent from some direction at all times of day. The ridge wire is stretched from one center post to the other; then extending from one side to the other across this ridge wire every four feet is a rope, and every ten feet a wire. Mr. Belmer says if he were to build it over, he would place ropes every two or three feet. In dry weather the tent tends to sag, but when it rains or in damp weather the ropes tighten and hold the top of the tent well in position.

Making Butter.
Butter should come in 20 minutes of churning, and never longer than in half an hour. Good salt should be used, and great care taken that it is well worked in. When butter is gathered in the cream in granular form it is never overworked.

COLDS



Munyon's Cold Remedy. Relieves the head, throat and lungs almost immediately. Checks Fever, stops Discharges of the nose, takes away all aches and pains caused by colds. It cures Grip and obviates Coughs and prevents Pneumonia. Write Prof. Munyon, 53rd and Jefferson Sts., Phila., Pa., for medical advice absolutely free.

Wille's wish.
"Wish I was a horse," said Wille, as he watched his father's horse prancing. Then, after a moment's reflection, he added, "Except at dinner time."

MY DAUGHTER WAS CURED

By Lydia E. Pinkham's Vegetable Compound

Baltimore, Md.—"I send you here, with the picture of my fifteen year old daughter Alice, who was restored to health by Lydia E. Pinkham's Vegetable Compound. She was pale, with dark circles under her eyes, weak and irritable. Two different doctors treated her and called it Green Sickness, but she grew worse all the time. Lydia E. Pinkham's Vegetable Compound was recommended, and after taking three bottles she has regained her health, thanks to your medicine. I can recommend it for all female troubles."—Mrs. L. A. COLEMAN, 1103 Rutland Street, Baltimore, Md.



Hundreds of such letters from mothers expressing their gratitude for what Lydia E. Pinkham's Vegetable Compound has accomplished for them have been received by the Lydia E. Pinkham Medicine Company, Lynn, Mass.

Young Girls, Heed This Advice.
Girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should take immediate action and be restored to health by Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by its use.

Write to Mrs. Pinkham, Lynn, Mass., for advice, free.

In net results.
Speaking at the church congress, the bishop of Bristol expressed the view that motoring had done much for the church. Yes, but not so much as it has done for the churchward.—Punch.

Constipation causes many serious diseases. It is thoroughly cured by Doctor Pierce's Pleasant Pellets. One laxative, three for cathartic.

Tiles Made by Saxons.
In the north of Staffordshire, within the parish boundaries of Stoke-upon-Trent, lies the district called the Potteries. Though little is known of the earliest days of its history it is certain that tiles were made there by the Saxons, as some have been found during excavations made in recent times, and fragments of cooking and domestic utensils, probably of Roman origin were discovered there also.

Heartburn!
DID YOU SAY?

Then you really need

Hostetter's Stomach Bitters

It tones the stomach, aids digestion, prevents after-eating distress.

Don't suffer any longer. Take home a bottle today and be able to enjoy your meals.

It is also excellent for Malaria, Fever and Ague.