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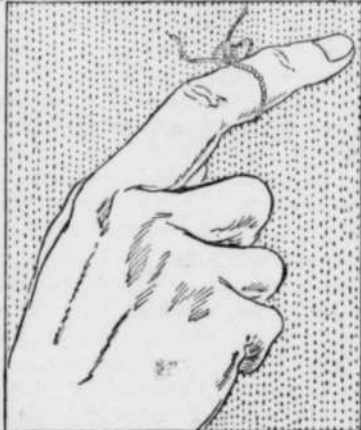
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HEALTH VALUE OF FRUITS AND
VEGETABLES.

Vegetarian schools have great faith in tomatoes as a medicine for biliousness and all forms of liver trouble; this is because of the vegetable calomel in large quantities which is found in that fruit.

Rhubarb or pie plant, when properly cooked, is a good laxative, while its agreeable acid is cooling and stimulating. The tender green leaves, combined with other greens, are especially good served as greens.

Lettuce is considered a sure remedy for nervousness and insomnia. Even Shakespeare has one of his characters remark: "Did I eat any lettuce to supper last night that I am so sleepy?"

And of water cress, "a cheap but wholesome salad from the brook." Containing so much sulphur, this dainty little green tends to purify the blood. This sulphur, in vegetable form, is all ready to be assimilated, while the form we buy is not.

Dandelion greens carry a high percentage of iron, while the tender young leaves make a fine salad. Mixed with potato, it improves both kinds.

Spinach, which is called the broom of the blood, stands at the head of vegetables in percentage of iron. This vegetable has a most healthful action on both bowels and kidneys.

The onion, too often snubbed by those who would be ultra fine, holds a high place as a flavor vegetable, stimulating, laxating and generally purifying the whole system.

Beets are a nerve tonic, make new blood; the Greeks held the beet ideal for brain workers.

Cucumbers are rich in potassium and phosphorus; even in ancient times they were used for the complexion, internally as well as externally.

Carrots rank still higher in these days with the beauty specialist; when eaten raw, one a day, they are a sure cure for a muddy complexion.

Grapes are one of the favorite fruits and are usually taken by all with cleansing and tonic effect.

All art starts from simplicity; and the higher the art rises the greater the simplicity.—William Morris.

How can any one start the day properly if he wakes in a room where the paint and wall-paper are constantly making faces at the furniture?

DAINTY COMPANY DISHES.

A dish of baked bananas to serve with broiled steak is a most appetizing dish and is prepared thus: Remove the peeling from a half dozen large bananas, scrape to remove all the coarse threads and lay in a well-buttered glass

baking dish. Grate the rind of an orange and one-half a lemon and add the juice of each with one-half cupful of sugar. Pour over the bananas, adding two tablespoonfuls of butter. Bake during the baking, about twenty minutes.

Sour Cream Pie.—Beat the yolks of four eggs until light and creamy, add a cupful of sugar, the same of chopped raisins and sour cream, with one-fourth teaspoonful of cloves. Place in a double boiler and cook until smooth and thick. Line a pie plate with rich pastry and bake the crust. Fill with the mixture, cover with a meringue, using the whites of the eggs mixed with four tablespoonfuls of sugar. Heap roughly over the top and place in the oven to brown lightly.

Pear Salad.—Take halves of peeled very ripe pears, or the canned variety may be used if drained. Sprinkle with a teaspoonful of lemon juice and fill the center with a ball of cream cheese. Place on lettuce leaves and cover with a dressing made with the pear juice, if canned fruit is used, or with a little pineapple juice, olive oil, catsup, lemon juice and paprika, with a dash of salt, and sugar if fresh fruit is used.

Vegetable Dish.—This is the season to cook young onions, carrots and peas together, adding a bit of browned salt pork cut in bits, a cupful of milk and seasonings, just as it is ready to serve. Cut the carrots and onions in thin slices.

Potato Souffle.—Boil and mash ten potatoes, press through a sieve, add two onions chopped fine, three slices of bacon, chopped, the yolks of four eggs well beaten; two tablespoonfuls of chopped parsley. Add a cupful of milk, mix and fold in the stiffly beaten whites. Bake in a buttered dish until puffed and brown. Serve at once.

Neelie Maxwell

SPECIALISTS GIVE DIRECTIONS
FOR PUTTING DOWN EGG SUPPLY

What Is Needed in Preserving Eggs for Winter Supply.

(Prepared by the United States Department of Agriculture.)

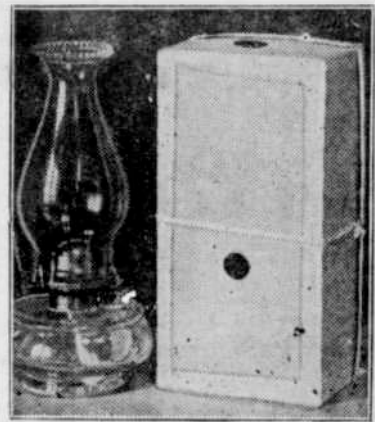
Boys and girls who are members of poultry clubs, or those who are interested in any way in chickens, should learn how to handle and preserve eggs. Canning means the sorting out of bad eggs before a strong light in such a manner that the rays of light come to the eye through the egg so that the contents can be seen and the condition noted.

The shell of a newly laid egg has a soft "glow" or "bloom" which is a sign of perfect freshness. This glow or bloom is destroyed by handling, and in any case disappears after the egg has been exposed to the air for a short time. After that it is difficult to distinguish a fresh egg from an old one by the appearance of the shell, so candling becomes necessary if you would be sure that the egg is good.

Candle Eggs in a Dark Room.

Eggs can be candled best in a dark room, by the use of a bright light inclosed in a box or case having a hole a trifle smaller than an egg directly opposite the light. The egg is held at this hole for examination. An ordinary hand lamp, a lantern, an incandescent bulb, or a flashlight can be used. If you are using a box and a hand lamp the box should have a hole at the top, otherwise the heat from the top of the chimney would set the box on fire. A tester chimney made of tin, such as is used on a lamp for testing eggs in incubators, may be used for candling, in which case you would not need the box, as the eggs are tested by means of a hole in the side of the tin.

A perfectly good, fresh egg shows "full" and "clear" before the light.

A Shoebox and a Lamp Will Do for
Candling Eggs.

There is almost no air cell at the large end and the yolk outline is only faintly visible. A fixed air cell of one-eighth to three-sixteenths of an inch in depth indicates a fresh egg, as eggs run generally. A larger air cell with a movable lower line indicates—according to sizes and fluctuations—a stale egg or one becoming weak and watery. Very small dark spots sometimes seen usually are blood clots. Large dark spots, blood rings, and shadows are due to heat and germination, and indicate first stages of decay. An egg that appears very dark or black, except for a large fixed air cell, contains a chick at an advanced stage of incubation.

Fresh eggs, properly preserved, may be kept from six to ten months and be almost as good for household purposes as fresh eggs. Another reason for preserving eggs in water glass, for instance, is the fact that they do not acquire the objectionable "cold-storage taste."

Allow Three Dozen to Gallon.

To preserve 15 dozen eggs in water glass these directions are given by the specialists of the United States Department of Agriculture:

Select a five-gallon earthen crock, clean it thoroughly, scald, and allow it to dry. Heat ten to twelve quarts of water to the boiling point, and allow it to cool. When the water is cool, measure out nine quarts, put in the crock, and add one quart of sodium silicate, commonly called water glass, which can be bought at any drug store. Stir well, so that the solution becomes thoroughly mixed.

The solution thus prepared is ready for the eggs, which may be put in all at once, or from time to time as they are obtainable. Care should be taken in putting them into the jar not to crack, or break the shells; also be sure the solution covers the eggs at all times. Put the crock containing the preserved eggs in a cool, dry place, and cover with a tight lid or waxed paper to prevent evaporation.

To preserve a smaller or larger number of eggs, the solution should be mixed and prepared in the same proportions.

Use Only Clean Fresh Eggs.
Best results are to be obtained if eggs should be clean and fresh,

and preferably infertile. For this reason it is always best when possible to candle the eggs carefully before preserving them unless they are known to be strictly fresh. If an egg is only slightly soiled a cloth dampened with vinegar may be used to remove stains, but eggs should never be washed with water or soap and water, as water removes the protective coating on the shell and may tend to cause the contents to spoil. Never use badly-soiled or cracked eggs. They may spoil all the others.

Fresh eggs preserved according to these directions usually will keep for from six to ten months, and can be used satisfactorily for cooking and for the table. If, however, preserved eggs are to be boiled, a small hole should be made with a pin in the larger end of the shell before placing them in the water, to allow the air in the egg to escape when heated, and thus prevent cracking.

POOLING FEATURE IS
MOST FEASIBLE IDEA

Each Grower Receives Same
Price for His Products.

Individual Members Ample Protection
From Loss Because of Unfavorable Market Conditions of
a Temporary Nature.

(Prepared by the United States Department of Agriculture.)

The pooling of products sold through co-operative organizations is an important feature of co-operative marketing, specialists of the United States Department of Agriculture have found. By pooling is meant averaging the returns received for products sold during a certain period, or for certain shipments, so that each grower having products of the same grade receives the same price. The success of a pooling system depends upon the observance of uniform grading and packing of the products.

This method of operation, it is said, protects the individual member from loss because of unfavorable market conditions of a temporary nature. Some farmers' marketing organizations, especially grain-elevator companies, purchase the members' products outright. Conditions and practices in grain marketing make such a plan feasible, but organizations handling other products usually find it to their advantage to pool shipments and await returns before making payments to the growers.

In this way the association is relieved of speculative risks, the avoidance of which is highly desirable. Co-operative creameries, which prorate to the members monthly, in accordance with the amount of butter fat each has delivered the preceding month, the returns received for products sold less operating expenses, are good examples of pooling.

The length of the pooling period varies with the products handled and the local conditions. Thus there are car lot, daily, weekly, semi-monthly, monthly, and seasonal pools.

MATERIAL FOUND IN WHEAT

Specialists Define Terms Used in Federal Standards—Dockage Is Easily Removed.

There are two terms in the federal wheat standards which apply to foreign material, explain specialists of the bureau of markets, United States Department of Agriculture—"dockage" and "foreign material other than dockage." The term dockage is applied to the foreign material which can be removed readily from the wheat by the use of appropriate sieves, cleaning devices, or other practical means suited to separate the foreign material present. Foreign material other than dockage is the foreign material that is not separated in the screening and remains in the dockage-free sample and is a factor in the grading definite percentages being permitted within each numerical grade. Dockage does not affect the grade.

CUT CLOVER EARLY

Do not delay overmuch in getting off the first crop of clover; often the early cut field will yield a really worthwhile crop in September, and price or no price, clover in the mow is a comforting asset when the winter snows drift over the fields and yards.

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Some pieces of furniture seem made
to hold more things than others. There
are tables that are positively magnets.
They attract the entire deposit of the
day. You may put such a table in per-
fect order in the morning, and by night
it will be completely hidden beneath
an accumulation of newspapers, no-
tions and small wares. In the same
way, certain backs of chairs form nat-
ural hanging places for caps and book-
strap, and shopping bags. "Have you
looked on the back of the Morris
chair?" "Have you looked on the hall
table?" Magnetic furniture governs
not only the domestic trade-routes and
thoroughfares and the lines of traffic
from room to room; it governs also
the line of argument when things are
lost and not found.—Frances Lester in
the Atlantic Monthly.

Motor Gig Burns

San Francisco—The motor gig of
Commander Percy W. Foote of the U.
S. S. Salem burned to the water's
edge in San Francisco bay shortly be-
fore midnight Monday, severely burn-
ing the officer and two of the five
men with him. They were returning
to the Salem from shore at the time.
Commander Foote and the sailors
jumped overboard from the gig when
it started to burn and they were pick-
ed up some time later by a boat from
the U. S. S. Tennessee.