

SUIT WITH CLOSE FITTING COAT.

SUIT WITH CLOSE FITTING COAT.

There is a choice this season in the little of the silhouette. We may discuss the content of th

bread.

There are different methods of putting in the substitute. One way is to use the correct amount of substitute (1-4 amount of flour usually used) and a small portion of flour when the aponge is set, adding the remaining flour as usual. Another method is to substitute with the remainder of the flour. This last hethod is sepecially good if rye or barley flour is used; mashed potato can also be worked in very satisfactorily at this time. If the potato is used as a substitute allowance must be made for the extra water contents and enough flour added to must be made for the extra water contents and enough flour added to must be made for the extra water contents and enough flour added to must be made for the extra water means in above recipe.

Set the sponge with 3 cups of cathesial scaled with one or two cups of bolling water). When lukewarm add the rest of the flour according to directions. If the short the morning add the rest of the flour according to directions. If the short according to directions. If the short canes and proceed with recip.

Sour Milk Corn Bread.

NOTE—In all of these recipes all measurements are level, and T equals table-spoon, t equals teaspoon. C equals cue, f, g, equals few grains, f, d, equals few

NEW FOOD PROGRAM

Monday is Wheatless. Tuesday is Meatless.

Wednesday is Wheatless.

Saturday is Porkless.
One Wheatless meal every day.
One Meatless meal every day.

Bedding for Sows.

Active sows in comparatively light condition should have a liberal supply of bedding. But sows which are in high condition, or which are at all clumsy, had better be given only a moderate amount of cut straw.

Julia Betternly

HAT STYLES SAIL TOWARD TRIMMINGS.

attic of this season. Correspondows of braid, ending in buttons
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HAT STYLES SAIL TOWARD TRIMMINGS.

New Fabric for Coata.

Hop sacking is one of the newest fabrics for coats when they are made of wool.

'WE WON'T WIN IF WE WASTE"

"WE WON'T WIN IF WE WASTE"

Tested Wartime Récipes

FOR USE IN MICHIGAN

(Clip and save these recipes for future reference.)

War Breads Are Healthy.

parts.

Iter or scald the milk. Put it salt (and fat if used) into it. Pour the hot liquid over t to become lukewarm. Mix h a sittle of the lukewarm id it to the rest of the lit.

Tested Wartime Recipes

FOR USE IN MICHIGAN (Clip and save these recipes for future reference.)

Hints for Wheatless Days

War Breads '(34 or 23 wheyf and 14 or 13 other cereals) are even more healthful than those made extrictly of white flour. They are light, wholes some, taste well, and and very nutritious, though the loavier are 'not all large nor so light, whose the loavier are 'not all large nor so light.

As substitutes for wheat use cats, As substitutes for year nutritious, though the loavier are 'not all large nor so light.

As substitutes for wheat use cats, As substitutes for wheat when the coreals mydet also be used. Grahm four is a 'wheat four; it is a wheat substitute, It's not a difficult matter to make those 'War Breads'. Follow you will be so willing to will be so wil

Pea Roast. % cup bread crumbs
½ cup canned pea pulp
1 tablespoon sugar
¼ cup nut meats finely chopped
1 esg
¾ teaspoon salt

Possibilities of a Can of Corn.

Escalloped
 Croquettes
 Souffle
 Squaw dish
 Cream of Corn Soup
 Corn Oysters

Squaw Dish.

Corn Oysters

Tomato Aspic.

Tomato Sauce

cups green lima beans, or cup dried ones soaked over night tablespoons fat

During the past year every Northern and Western state has had from one to seventy-one home economics workers, numbering in all 445 women in 33 states.

Americans have allowed their fond-ness for sugar to increase to the point where it has passed extravagance and become actual waste.

Soil for Vegetables.
For most of the garden vegetables,
for most of the garden vegetables,
the soil canade such the Tale is especially the case so that,
were torus, cauliflower and colory

The natural life of a sheep is about
tweet cora, cauliflower and colory

ANY TALL & DAMES AND MARY GRAHAM BONNER

THE ROBINS MOVE.

"We must get started, peep, peep, heep, heep he heep to see us, and they say do such other, 'Ah) the spring is hem. Me war probin today.' We bring them so such other, 'Ah) the spring is hem. Me war probin today.' We bring them so such pleasure;" "Still," axid Father Robin, "it's a little bit hard to go quite so soon. It's so apt to be cold. Nice warm days one, and then very chilly ones. And he winds and strong and blow our little feathers."



"She Gives Us Bread Crumbs"

beating fast for he was sad, oh so sad. He tried to love people and this was the way he was treated. "They bother to think about me, he said." They bother to think about me, he

Do the Pulling.

A pull is a good thing if you yourself
do the pulling. Do not rely on favoritism. Do not depend on unfair afarantages. Do not wait for some force
outside yourself to grip you and dragyou have the place where you wish to
your justed, and pull—diris Comyour justedes, and pull—diris Companiod.

Monkeyed Around.

Nephew—I tried to get a raise today, aunt, bit the boss refused it.

Mrs. Blunderhig—Too bad, Dickyl Perhaps you monkeyed too long and didn't approach him at the zoological moment.

Clock Was Standing Still,
"Look and see whether the clock is
running, dear," said grandma to little
Ruth.
"No, it's standing etill, grandma,"
reported Rath, "but it's wagging its
tail."



We Are Big Eaters. Studies of the monthly per capita obsumption of wheat, meat, fat and sigar in the United States and in Eu-opean countries show that, in general, ecopic in the United States eat the nostia person. The German sugar ra-ion for 1916-1917 was hardly more han obserted for our consumption and

To anyone who doesn't know o wonderful advances that have been in the preparation of smoking too in the last few years it may sound sti to speak of toasted cigarettes.

Strictly speaking, we should say cigarettes made of toasted tobacco; the smokers of this country will recognize it more readily by its trade name. "LUCKY STRIKE"—the toasted cigarette.

STRIKE —the toasted cigaretie.

The American Tobacco Company ar producing millions of these toastedicing rettes and these are being bought is enormous quantities through the variou tobacco funds conducted by the newspapers of the country and forwarde through the Red Cross Society to the byp.

The Red Cross purse is always glad to ave a cigarette for the wounded soldier, in most instances, that is the first ing asked for.—Adv,

r Robin, of trills, in start-ins start-Examine carefully every bettle of saw the for infants and children, and see that it year be-tted Miss . It has been seen to the start of the star

In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Clear Pimples With Cuticura And Be Happy

Carter's Little Liver Pills

You Cannot be Constinated and Happy Small Pill
Small Dose
Small Price

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You can nip colds in he bud—Clear you

Try Kondon's for the Cold-in-head (at no cost to you)

KONDON'S

Help wanted by many women I a dimension as Backache, Hea ache, Lassitude and Nervou near—the symptom indica waluable healing remedy with a straight, astringent and ton properties. A local application comes quickly causing refrest ing relief with invigorating effect. Backed by the name piff faction is guaranteen as at faction is guaranteen.

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SELDOM SEE

ABSORBINE

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A BSENCE of Iron in the Blood is the reason for MRTER'S IRON PILLS will greatly help most pale-faced people