

FRUIT FOR AVERAGE FARM FAMILY



Do Not Neglect the Orchard, Nor Farm—It Means Dollars and Cents to the Enjoyment of the Owners.

SKIM MILK HAS BIG FOOD VALUE

Specialists of Department of Agriculture Recommend Its More Liberal Use.

IS LACKING IN BUTTER FAT

Nutritive Part Consists Very Largely of Protein and There Are Many Uses to Which It Can Be Put in Preparing Meals.

Prepared by the United States Department of Agriculture. Skim milk, though often wasted, is a very economical food material.



Corn Chowder is an Excellent Way in Which to Utilize Skim Milk.

Rich in Protein. Since the nutritive part of skim milk consists very largely of protein, it is to be classed with such food materials as eggs, meat, fish, poultry and cheese.

Save All Odds and Ends. Keep all odds and ends of food in small pieces of meat, a spoonful or two of left-over vegetables, a little dairy or so on, in these things sugar, combined in very good soup.

CAMILLA

By MOLLIE MATHER.

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This is the story of a model sort of Cinderella and her step-sisters. There is not a doubt that Camilla was so sweetly charming that the step-sisters above mentioned had little chance of attention while in her company.

Camilla's mother had died when she was born, which had in a measure placed her under her step-sisters' control. However, as time passed and the Thornton business dwindled, Camilla, who had not been fitted either by her step-sisters or by her step-mother for the position of heiress, took up cheerfully the necessary tasks of the household and fell heir to her fortune.

As Grace was taller than she, and Gwendolen fatter than she there was always material enough for modeling. And Camilla was very clever in the remodeling, so much so, that the step-sisters gained the credit of the work.

And again, Camilla did not mind. In fact her elder sister's impressive language never failed in its purpose of rousing her to the level of her superiority to which she had been raised.

It was a serious, humorous, interesting sort of fun this, who had moved there in order to complete the writing of his great book. Father told her this on one of their happy talking things-over-together evenings.

Curd Cup Cakes. 1 cupful dry curd, 4 eggs, 1/2 cup sugar, 1/2 teaspoonful salt.

Bear the yolks of the eggs thoroughly; add the sugar and the curd (which must be very dry), and beat until the mixture is smooth.

In order to prepare the curd, take two and one-half or three quarts of your skim milk; heat to the boiling point and strain; when no longer boiling, add fresh curd, and stir between cloths or dry it in a warming oven.

If the curd from the quantity of milk given amounts to more than a cupful it is too wet.

If a very sweet cake is liked, as is the case in parts of South America, where the cheese curd is very rich, use two cupsful of sugar; but be used with two cupfuls of the cottage cheese and four eggs.

Household Questions

Milk, whole-wheat bread and fruit make a well-balanced lunch.

Any scrap of preserves or jelly added to mince-meat will make it richer.

Do not pile too many hot cakes on one plate as the steam will be apt to make them soggy.

Draw a white stocking over the sleeve hank. It makes a good cover and requires no ironing.

If there are flowers about the yard, the women folks must have to see to it. What are you planning?

To prevent silver or gold cloth slippers from tarnishing, wrap the heels with tissue paper when slipping them away.

Smoked salmon or halibut can be flaked for creaming, cakes, or other desirable uses, or it may also be broiled.

Servicable table pads are made of old counterpanes. Cut pieces of the desired shape, double thickness, and cover with muslin. Machine-stitch around edge and crosswise through center.

BLOUSES LURE US SHOPWARD



Go out in the spring to look for spring and summer blouses with the same zest that attends our visits to the woods or fields for early blossoms, or our excursions to the mill-river. And each year the manufacturers seem to do more than ever before to add to our joy in looking at lovely clothes.

For the Magnificent Hour



MANY materials are called upon to make the gay or gorgeous gown which women emerge from the restraint of a daylight world into another that invites them to indulge their love of splendor.

Kimono Bathing Suit. A Japanese parasol generally completes the kimono bathing costume. The effect of this bathing suit is somewhat like the kimono.

High-Crown Hats. A tendency to high crowns is evidenced in some of the imported millinery displays.

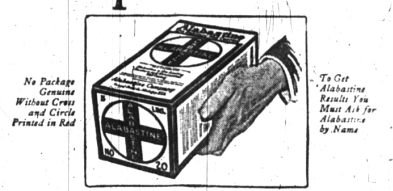
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The Nationally Accepted Wall Tint



Beautiful—Sanitary—Durable—Economical For Homes, Schools, Churches and all Interior Wall Surfaces.

Alabastine can be applied to plastered walls, wallboard, over painted walls that have become soiled, or even over wall paper solid on the wall and not printed in amine colors.

You will readily appreciate the economy of Alabastine over paint or wall paper, and its results will be most gratifying.

New walls demand Alabastine, old walls appreciate Alabastine.

Oh, Those Children. Little Eve—Say, auntie, can you give me a new tongue as they call it with teeth? Auntie—No; what made you think that?

Why Druggists Recommend SWAMP-ROOT. For many years druggists have watched with much interest the remarkable record maintained by Dr. Klinger's Swamp-Root.

It is a physician's prescription. Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder to do the work nature intended they should do.

Important to Mothers. Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of Dr. J. C. Feltman.

BROUGHT BACK OLD TIMES. Captain Recognized Prospective Marine Engineer as a Man After His Own Heart.

Arkansas Consolation. Some of these fellows who are always complaining that the world doesn't understand them ought to be glad of it—Wainwright Ridge Blade.

Opussums Instead of Cats. A writer in a nature publication says: "I kept a pair of opussums in the cellar of my home. One night when all was still I was surprised to hear grunts coming up from the cellar. I had not known that opussums grunted like pigs.

There's a Reason. If Coffee don't agree DRINK POSTUM.

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