

Worth Careful Thought

Do you read the label to know whether your baking powder is made from cream of tartar or, on the other hand, from alum or phosphate?

Royal Baking Powder is made from cream of tartar, derived from grapes, and adds to the food only wholesome qualities.

Other baking powders contain alum or phosphate, both of mineral origin, and used as substitutes for cream of tartar because of their cheapness.

Never sacrifice quality and healthfulness for low price.

ROYAL BAKING POWDER CO.
New York

How to Recharge Your Battery

Did it ever occur to you that rest is an antidote for more things than every day physical weariness? It is one of the weapons with which a man or woman may fight emotional strains of any kind. And the reason is an extremely simple one. Let us resort to the faithful old device of a diagram.

In the center of the chart suppose we put the word "energy." That is the thing that we have to work with in this life. Now on one side let's write a list of our "energy drains." All the things which call for an outlay of energy. In this list is brain work, physical or manual work, emotion and diversion. These are the things that we spend our store of energy for. Every day we spend ourselves either physically, or mentally, or emotionally, or in some manner which may be a combination of any of them and which constitutes our diversions.

So much for the expense account. What shall we put in a list on the other side of the column that we might call income? How, in other words, do we accumulate energy?

Here are some of the ways. "Food," of course, and then "rest," "good air" and some of the other lesser ways which are productive of a renewed sense of energy, such as good grooming and inspiring associations.

And it is pretty true that you may add to your bank account and thus offset any sort of an expenditure with any sort of an income. That is, if we are working hard and playing hard, we need a little more fuel in the way of food to keep the supply of energy up to the standard. And so, too, a little added rest will offset not only a physical, but an emotional strain.

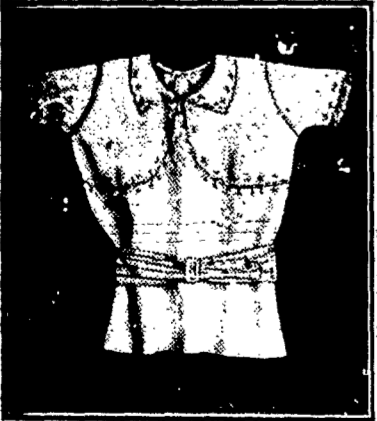
Sometimes sleep is a better antidote for suffering than diversion, be used diversion, after all, calls for an expenditure of energy, while suffering or an emotional strain of any sort has at ready taken a pretty full toll of the supply on hand.

Study the chart, then, and learn not only to spend wisely of the things that represent our outlay, but learn, too, to collect generously from those common sources of supply which are open to every one—food, fresh air and rest.

FOR TODDLERS.

New Modish the Two-year-old May Be This Spring.

White linen cut with kimono sleeves, the neck and sleeve buttons belted edged with narrow tulle, gives this attractive little frock. A Lulero is



MINIATURE STYLE

outlined with hand embroidery, and the crushed elastic run through a crushed elastic is pale blue tulle ribbon.

Cake Fillings and Icings. Filling for Orange Cake. One medium orange, juice and grated rind, two tablespoonsful butter, one egg, one cupful sugar, beat sugar, orange juice and rind and butter, add beaten egg, cook until it thickens; use cold. Butter Frosting.—Two cupfuls powdered sugar, two tablespoonsful milk, two tablespoonsful melted butter, two tablespoonsful vanilla; stir until creamy. Cake Filler.—A good cake filler, one

ly made, is a cupful of sugar and one half cupful sweet milk, boil until it "bairs," beat until cold enough to spread.

Lemon Filler.—One egg, well beaten, one cupful sugar, juice and grated rind of one lemon, piece butter size of egg, cook over hot water until thick.

Pineapple Filling.—One and one-half cupfuls of coffee, one cupful sugar, one tablespoonful of shredded pineapple, one half teaspoonful of vanilla, boiling water to make creamy. Spread at once.

Chocolate Filling.—Two teaspoonfuls of cocoa, two tablespoonfuls of hot water. Cook half a minute, cool, add one tablespoonful of milk; stir in jelly sugar to the right consistency.

Meat Scallops. Materials.—Two cupfuls cold roast beef, one-half cupful onion, one-half cupful butter, one-half cupful flour, a cupful stock of gravy.

Remove the fat from the onion, and serve as a hot sauce. Heat the butter in a saucepan, add the flour and beat together for two or three minutes, then put in the meat and mix with the foundation sauce. Turn into greased scallop shells or small individual dishes, sprinkle buttered crumbs over the top and bake fifteen minutes.

A POPULAR DESIGN.

Jersey Cloth is in the Lead Both For Street Wear and Sports.



SMART AS THEY COME. This silk jersey suit is in deep tan color, with brown glazed leather for cuffs, collar and pocket lids. The stringy belt and novelty buttons give a natty finish. A simple tan straw sash goes with the suit, which is one of the spring's successes.

A CASE OF NERVES?

Is Crossness a Mood or Inherent in Just Things?

Every woman, young and old, knows what it is to have cross days—days when, from the rising up of the sun to the going down of the same, every mortal thing seems to go wrong, no matter how hard one tries to have them go right. For that matter, one always does try harder on such days than on the happy go lucky ones when life flows on smoothly and harmoniously.

Avon Theater.

Keith Wakeman in "The Spoils of War" written by Hilliard Booth will be the big attraction all the coming week at the Avon Theater. It is the most sensational and true to life of the man war drama recently produced in vaudeville and was selected from over one thousand manuscripts submitted to Blanche Walsh when she planned a vaudeville debut with a sketch. A company of eight people play the drama. Manager McCallum saw it in New York and was so impressed by it that he arranged to have it here the entire week instead of three days as was originally intended.

In addition to this act the first three days of the week, Will H. Fox, old-time favorite, who has played in every English speaking country in the world in the past 28 years will appear, in his eccentric piano novelty. Others on the bill the first half of the week will include Jim Halley and Jessie Noble in a comedy, Hon. Thomas F. Crouch on "Falling for Her," Viola DuVal, operatic star and Newport by Carl and William Mattern, Squibs and Squibbles by Dobber, tin and Munding. All enjoyed a good time. The cateress was Mrs. A. Stuermer.

The Holy Rosary Society will receive Holy Communion next Sunday at the 7.30 o'clock mass.

OUR LADY OF PERPETUAL HELP. Thursday morning a high mass of requiem was offered for Philip Eckert.

Friday, March 3rd, the First Friday of the month, a high mass was celebrated in honor of the Sacred Heart.

The members of the Young Ladies' Sodality held a sleigh ride Friday evening. After the ride they returned to the parish hall where supper was served to them. The monthly meeting of the Rosary Society will take place Sunday afternoon.

Holy Family. Sunday evening the Rosary Society will have a meeting.

Next Sunday afternoon at 4 o'clock a lecture will be given in the church on the "Holy Eucharist." Friday, being the First Friday of the month, devotions were held in the evening. Confessions were heard Thursday afternoon and evening.

Next Sunday evening there will be devotions to the Sacred Heart.

Holy Rosary Parish. The marriage of Miss Olive B. Sehm, daughter of Mrs. Mary A. Sehm, to John M. Hedges, took place on Wednesday morning at 9 o'clock at this church. The ceremony was performed by Rev. A. Hughes. Miss Laura E. Hedges, sister of the groom, and Albert G. Sehm, brother of the bride, were the attendants.

After the ceremony breakfast was served to the relatives at the home of the bride's mother, No. 30 Finch street. Mr. and Mrs. Hedges left for an Eastern trip. They will be at home after March 16th at No. 75 Scio Street.

Our Lady of Mt. Carmel. A musical comedy entitled, "The High Jinks School," will be given for the benefit of this church at Mt. Carmel Hall on Monday and Tuesday evenings, March 6 and 7. This play, which is a version of the well-known "School Days" has been specially written by William A. Penn for Charles M. Dispenza, who will direct the company. The sketch includes several good jokes and dances and many of the very latest songs.

"FREE BURNING" HARD COAL. Egg or Stove \$6.00. Nut \$6.25. Pea \$5.00. Per Ton, Delivered.

"Derry" Coke. Egg or Stove \$5.75. Nut \$5.50. Per Ton, Delivered.

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St. Andrew's Church

Tuesday morning the funeral of John Oliver took place at 9 o'clock. He was a member of the H.N.S.

Wednesday morning at 9 o'clock a nuptial high mass was said for John Nusez and Martha Stein.

At 10 o'clock Wed. morning a solemn high mass was said for Mrs. Jas. Frank and Anna Goeth, the celebrant being Rev. Fr. Lieberth, C.S.S.R., Rev. Geo. Eckert acted as deacon and Rev. Fred Straub as subdeacon.

Wednesday evening the Holy Name Society held their first banquet in the parish hall, there being about 200 in attendance. The President Henry L. Schleuter acted as toastmaster and introduced the following speakers: Rev. Fr. Eckert, welcoming all the members in particular for the first time; Mr. Connelly, his subject being a toast to the President, Rev. Fr. Straub, on never being late; Dr. Ready had the house a roaring with jokes and last but not least Hon. Thomas F. Crouch on "Storches and Yarns. Solos were sung by Carl and William Mattern, Squibs and Squibbles by Dobber, tin and Munding. All enjoyed a good time. The cateress was Mrs. A. Stuermer.

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DANCERS IN "PILATES DAUGHTER" Miss Florentine Leicht, Miss Loretta Miller, Miss Lois Asperleiter, Miss Mildred Angele, Miss Marie Sercy, Miss Loretta Angele, Miss Irene Brown, Miss Ruth Schleyer, Miss Agnes Schleyer, Miss Marie Heislein, Miss Clara Ritt, Miss Emma Weidenborner.

Play by the Ladies' Auxiliary of St. Joseph's Church.

"Pilates Daughter," the famous Lenten drama written by the Reverend Francis Kenzel, C.S.S.R., formerly of the Mission Church, Boston, will be presented Monday and Tuesday evenings, March 6 and 7th at St. Joseph's Hall on Franklin St.

New scenic equipment, new costumes and features, together with as clever a group of amateur Thespians as one could imagine, mark this production.

The first act follows the biblical narrative of Christ's life and suffering. It ends with the tragic scene on Calvary in tabernacle. The central point of the story is the endowment of the miraculous power through a rose which little Claudia, Pilate's daughter, cast over the balcony, returned to the parish hall where supper was served to them.

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Book or Job Printing of any kind at 64 North Street, Up Stairs.

L. L. Williams. These is NO BETTER TIME TO TAKE A COURSE in the