

# WAR ECONOMIES

Here Are Ways of Saving Food Scraps From Waste.

## DON'T FILL THE GARBAGE CAN

How to Utilize Leftover Bits of Nourishment That Are Usually Considered Too Small to Fuss With—Clever Combinations by an Expert.

Trimings From Salad Greens.—Stew in water or stock, together with a little pickle spice, add rice to thicken (three tablespoons to a quart of vegetable stock) and at the end of the cooking strain and season with a bouillon cube. A real blood tonic. Use crisp in the same way; also mince any leftover sprigs and sprinkle over steak or fish.

Caullflower Leaves.—Cook twice as long as the caullflower, chop, season as greens and use to supplement the flower itself.

Celery Tips.—Spread on papers, dry, store in jars and use for seasoning. Use fresh as a basis for soup, a garnish for salad or meats and for frying in a thin batter.

Odds and Ends of Fruit.—Use in fruit salads, fruit gelatins, fruit cups, fruit soups, fruit beverages, tapiocas, compotes of rice and farina and, in case of juicy berries, as raspberries, strawberries and so on; use in drinks and comestarch puddings.

Leftover Fish.—Use in croquettes with rice or potato, creamed as a sauce over brown rice, in salads with celery, cabbage, radishes or shredded romaine, cream of lettuce or use to season cream of fish soup or for stuffing peppers, tomatoes, cucumbers or cabbage leaves.

Bits of Cheese and Rinds.—Put these scraps through food chopper and use in Welsh rabbit, cheese sauce for fish, rice or hominy; in vegetable scallops, creamed potatoes (German style), cheese croquettes, etc.; grate cheese from rinds and use on spaghetti, in creamed vegetables, to make cheese sticks, cheese biscuits, cheese pie crusts for fruit pies, cheese toast, and serve with stock vegetable soups.

Bacon, Ham and Sausage Fat.—Use for sauteing when savory tastes are desired, in seasoning spaghetti, savory rice, savory hominy, browning meat for steaks or casseroles, in shortening gingerbread or spicy cakes of dark color, in making spice and ginger cookies and in shortening quick grain breads or the crusts for meat, vegetable or fish pies.

Chicken Fat.—Try out and use in making "three minute pie crust," cakes, cookies and for sauteing.

Leftover Vegetables.—Peas, carrots, lima or string beans, corn, asparagus, radishes, green peppers, cabbage, cauliflower, use alone or in any combination in soups either in stock or with bouillon cubes, salads or scallops; turnips, carrots, beets, lima beans, potatoes, etc., use in vegetable hash, soups, casseroles, with ham or smoked fish; stewed or scalloped tomatoes use in casseroles with baked beans; in soups to make aspic, in sauces and bread or cereal dressings.

Cooked Cereals.—Use in stock pot, soups, scallops, meat, fish and vegetable loaves, griddle cakes, waffles, muffins, puddings and croquettes.

## THEY SAW THE DOCTOR.

And After the Interesting Visit the Physician Also Saw.

A Chicago specialist got, on a certain morning, the card of one of the richest of our western millionaires. He went down instantly and found a well-dressed man, who said:

"I am here, sir, on a delicate and painful matter. My wife is a victim of kleptomania, and, knowing your skill in mental diseases, I have brought her on for treatment under you."

"Bring the lady to see me tomorrow morning," said the physician. "It will be best not to bring her to your office," faltered the millionaire. "The sight of other patients might excite her. I suggest—"

"I'll receive her in my drawing room. Will that be better?" asked the physician.

"Oh, much better!" said the other in a relieved tone.

And the next day the western millionaire led into the physician's drawing room a young woman of singular beauty. She was magnificently dressed, but her eyes were furtive and restless, and when she thought no one was looking at her she secreted under her coat three or four very valuable ornaments. The physician and westerner smiled slyly at one another.

The physician, after his examination of the patient, told the husband to return next day alone.

"And when I come," the husband answered, "I'll bring back these things that she has taken."

"Do," said the physician. "I will," said the westerner. But he didn't and he won't.—*Minneapolis Journal.*

### Looked That Way.

She—Do you really think I married you for your money? He—Well, the way my money has been going it looks suspicious.—*Boston Transcript.*

### Misunderstood.

Marcella—I don't understand you to say Gerty Gibbard won't take you seriously? Waverly—Not exactly. I said seriously, she won't take me at all.—*Youngstown Telegram.*

I will listen to any one's convictions but pray keep your doubts to yourself I have plenty of my own.—*Goethe.*

# In the Arena of Sports

## Gardner of the Red Socks.

Among the players on whom the Boston Americans rely to again win the pennant is the veteran Larry Gardner, sterling third baseman. Larry is a native of Vermont and a graduate of the University of Vermont. He signed with the Red Sox in 1908, spent a sea-



Photo by American Press Association. LAWRENCE GARDNER.

son in the New England league, was recalled the next year and has since played for the Boston club. In all around value to his team Gardner ranks high. He is a splendid fielder and an excellent batsman, besides being speedy on the bases. He bats left handed and throws right handed.

## Rabbit and Nemo.

The shortest players in the major leagues this year are Rabbit Maranville, shortstop of the Boston Braves, and Nemo Leibold, one of the outfielders of the Chicago White Sox. Both are five feet five inches tall and weigh just 150 pounds. Furthermore, they were born in 1892 and each began his professional career in 1911. Miller Huggins, who wound up active work on the diamond last season, is five feet four inches tall.

## Mack's New Scout.

Connie Mack has a new scout in the person of Pat Flaherty, once a famous major league southpaw. Flaherty has finished coaching the Athletics' young pitchers and is now looking over promising recruits who may be turned loose by the other big league teams. Flaherty has been scouted for Mack takes the place of Ira Thomas, who has permanently left the employ of the Athletics.

## Quinn Succeeds Rickey.

Robert Quinn, who has been prominently identified with baseball for many years through his connection with the Columbus club of the American association, has been engaged as business manager of the St. Louis Browns, succeeding Branch Rickey.

## Feeding Table Scraps To the Poultry Flock

During the present year of high priced feed it is quite likely that the small flock will receive greater quantities of table scraps than ever before, writes J. R. Kessler in the Country Gentleman. But table scraps must be fed with judgment, for they are usually very rich and if fed in too great quantities are sure to bring about bowel disorders.

The only safe way to feed such material is to watch the dropping boards of the poultry house and at the first sign of disorders to stop the table scraps entirely for a few days.

There are three things that can be done to avoid bowel disorders from feeding table scraps—first, drain all water from the material and feed as dry as possible; second, see that the scraps are not soft when fed and that the allowance given the fowls is consumed at once so it will not become sour from lying about; third, keep a hopper of charcoal before the birds all the time so they may eat of it at will. The charcoal will correct the majority of slight disorders and is particularly necessary when table refuse is fed regularly.

When a large quantity of the material is had it will be found a good plan to do away with all mash mixtures, both dry and wet, and to feed the table scraps once a day at noon in place of the mash, allowing grain in the usual quantities morning and night.

To keep the scraps from being sloppy when fed it is a good plan to mix in a little dry wheat bran or alfalfa meal to absorb the excess moisture.

## TRUE FRIENDSHIP.

The most holy bond of society is friendship. It has been well said by a shrewd satirist that "rare as true love is, true friendship is still rarer."—*Mary Wollstonecraft.*

# Home Cookery

**Cabbage Salad.**  
Cut a very small head of cabbage in quarters and let it stand in ice water to chill. Drain, cut out and discard the hard center, dry thoroughly and shred finely. Shred also a green pepper, freed from seeds and veins—exceedingly fine and add to the cabbage with one tablespoonful of minced parsley. For a pint of the combined vegetables mix half a teaspoonful of salt, one-quarter of a teaspoonful each of mustard and paprika, four tablespoonfuls of oil and two tablespoonfuls of vinegar. Blend the dressing with the salad and garnish with slices of cooked beef and lengthwise quarters of hard boiled egg.

**Scalloped Bananas.**  
Cut half a dozen bananas into half inch slices. Cut some bread into small pieces and put a layer of this into the bottom of a buttered baking dish. Add a layer of bananas and half a tablespoonful of lemon juice. A sprinkle of sugar may be used. Repeat these layers until all have been used, having bread as the top layer. Sprinkle the top with sugar and bake for thirty minutes in a quick oven.—*Country Gentleman.*

**Olive Sandwiches.**  
Use the small stuffed olives and chop finely. Add to each half cupful of the olives two tablespoonfuls of minced celery tops and one chopped hard boiled egg. Moisten with either a boiled or mayonnaise dressing and use between alternate slices of buttered white and graham bread. Cut into rounds.

**Beef and Tomato Pie.**  
Slices of cold beef should be arranged in a pie dish with layers of thickly sliced tomatoes and onions, then add seasoning. Continue the layers till the dish is full. Add sufficient gravy to moisten the whole, cover with parboiled potatoes cut in slices and bake in a moderate oven for an hour.

**Potato Doughnuts.**  
One cupful of mashed potatoes, one large cupful of sugar, one cupful of sweet milk, two tablespoonfuls of shortening, two eggs, nutmeg or mace, salt, three teaspoonfuls of baking powder, flour enough to roll.

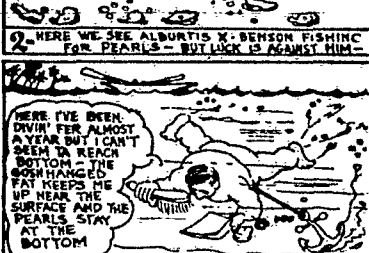
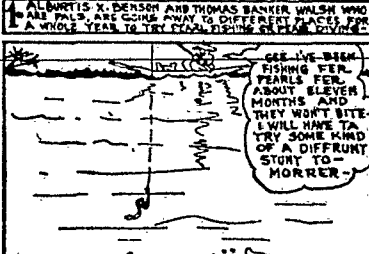
## Home Vegetable Garden Needs Good Cultivation

The importance of thorough and continuous cultivation in the home vegetable garden is pointed out in a new farmers' bulletin of the United States department of agriculture. After the weeds have sprouted or after the plants have been set in their permanent location continued cultivation becomes necessary.

The gardener should never permit the surface of the soil to become baked or even to form an appreciable crust. Constant stirring with hand tools or a wheel cultivator should be practiced between the rows and about the plants. Such a stirring permits the air to penetrate the soil, where it facilitates chemical action and bacterial activity, destroys weeds which otherwise would utilize large amounts of plant food and finally conserves the moisture supply.

The rake is perhaps the gardener's most valuable tool in cultivating. This can be passed backward and forward over the ground until it is in an open, mellow condition. Where vegetables grow closely in the rows it often will be necessary to supplement the cultivation by hand weeding. Small implements are made for this purpose and may be purchased cheaply. It is well also in some cases to pull up weeds by hand, especially where they grow close by about the stalks of the garden plants.

## Luck of the Pearl Fishers



# THE WHITE HOUSE

## Only Two of Our Presidents Died Within Its Walls.

## FIVE DIED WHILE IN OFFICE

But of These Lincoln, Garfield and McKinley Met Their Tragic Ends Away From Their Official Home—Thrice Has It Mourned a Dead Mistress.

Deaths in the White House have rarely been comparatively rare events in the history of the famous official residence of the chief executive of our nation, when we consider the number of persons who have been housed within its walls since the establishment of this government.

Five presidents of the United States died during their terms of office, but only two of them in the executive mansion.

The three-martyr red presidents breathed their last away from the official residence of the president, Lincoln in a house in Washington near Ford's theater, where he was assassinated; Garfield at Elberon, a seaside resort in New Jersey, and McKinley at Mr. Milburn's house in Buffalo.

The first president to die in the White House was William Henry Harrison. He survived his inauguration only one month. His death occurred on April 4, 1841, more than two score years after the building was occupied for the first time by John Adams.

Harrison had lacked but two years of fulfilling the allotted span of man when he went to Washington. Never very robust in health, he had passed through a most exciting campaign and made his journey to Washington at an inclement season.

The day of his inauguration was cold and gloomy, and he spoke in the open air for an hour. About the 1st of April he caught a chill from careless exposure, which his frame lacked vitality to resist. It developed into pneumonia, and he died four days later.

The funeral of the first person to die in the White House was a most impressive one. About his coffin, aside from the members of his family, sat the new president, John Tyler, former President John Quincy Adams, members of the cabinet, foreign ministers with their respective suits, and congressmen and their wives. Two of the late president's swords were placed upon the pall, and at the foot, upon the table, were the Bible and prayer book of the deceased.

The pallbearers, who numbered twenty-six, wore white scarfs and black crepe. The funeral procession is said to have extended more than two miles and to have contained 10,000 persons. The body was placed in a magnificent funeral car drawn by eight white horses, attended by grooms dressed in white. The car was covered entirely with black velvet embroidered with gold.

The death of the second and last president to die in the White House occurred a little more than nine years later, President Zachary Taylor. It seems that even before he took the oath of office Mrs. Taylor expressed her intuitive belief that something sad or something dreadful would overtake him.

President Taylor had been invited to attend the laying of the cornerstone of the Washington monument. It was a hot July day, and upon returning home he complained of feeling very prostrated. He died on July 9, and the family remained in the mansion only until the funeral was over. In the funeral procession the general's aged war horse followed his owner's body to its last resting place.

Three times has the White House stood swathed in black while its mistress lay dead within. First, when Mrs. Tyler died; next, when Mrs. Benjamin Harrison died, and later at the death of President Wilson's wife. Mrs. Tyler died in 1842, about a year after the death of President Harrison, and hers was, accordingly, the second death within the White House. Mrs. Harrison died on Oct. 24, 1891, her funeral taking place in the White House on the 27th. Mrs. Wilson died Aug. 6, 1916.—*Philadelphia Press.*

**Weather and Sky.**  
The old remark about a red evening and a gray morning as indicating good weather, alluded to in the gospel of St. Matthew still holds good, as well as that which says that a red sky in the morning foretells bad weather, with much rain and perhaps wind. One of these remarks has taken form in "A red sky at night is the sailors' delight; a red sky at morning is the sailors' warning."

**Sciatics Only a Symptom.**  
Dr. Mark H. Rogers points out in the Journal of the American Medical association that sciatics is not a disease, but a symptom and almost always of strain in the joints of the lower part of the spine. Therefore the usual methods of treating it are useless except in so far as they may relieve the pain.

**So He Has to Suffer.**  
Mrs. Simmer—Your husband seems to be getting thinner every day. Mrs. Fortleigh—Yes, poor fellow! But I was getting so awfully stout we have to diet.—*Boston Globe.*

**Quite at Home.**  
"Is Mr. Jones at home?" "Yes, sir. You'll find him at the club."—*Passing Show.*

Keep your heart high. That is the sun of philosophy.—*Consin.*

# REAL LIFE INSURANCE.

Its Cost is Simply the Price of the Prevention of Disease.

"Real life insurance," says the North Carolina state board of health, "is not the kind on which you have to pay annual premiums as long as you live in order to hold it or for your family or some one else to get the benefits only when you are dead. Real life insurance is that which insures you against death—preventable sickness and a premature departure from this world—and allows you to enjoy the benefits while you yet live. Furthermore, it promises you long life and a prosperous one. It may be had by anybody, and, like other kinds of insurance, he who puts most in it gets most out of it.

"Real life insurance has its price. The adoption of correct living habits—moderate eating and drinking, regular work and play, plenty of rest in the fresh air and a disposition not to worry—is the price of a long, happy life, free from diseases of the kidneys, heart and arteries, the diseases that sneak in upon a man's life when he is not aware.

"Then there's another source of attack you need protection against—typhoid fever. Homes with pure water, screened doors and windows, clean premises free from flies and anti-typhoid vaccination is the price you pay for protection against typhoid. The price against malaria is whatever it takes to prevent mosquitoes from breeding and from biting you after they have bitten people with malaria.

"Security against tuberculosis, bronchitis, grippe, colds and pneumonia is to be had mainly at the great price of preventing people from spitting in public places. It is to be had also by living on friendly terms with fresh air day and night, by avoiding overheated homes or offices, by creating a resistance to cold by a daily cold water bath about the neck and shoulders and by proper living habits.

"After all, the prevention of disease is the price of real life insurance. If we invest liberally and wisely in the means and methods of preventing sickness we may expect handsome returns in a long, useful, happy life."

## EDISON IS AN INVENTOR.

And That, He Claims, is Very Different From a Discoverer.

Thomas A. Edison has always disliked the term "discoverer" as applied to himself. "Discovery is not invention," he once remarked to an intimate associate. "A discovery is more or less in the nature of an accident. A man walks along the road intending to catch a train. On the way his foot kicks against something and, looking down to see what he has hit, he sees a gold bracelet imbedded in the dust. He has discovered that, certainly not invented it. He did not set out to find a bracelet, yet the value of it is just as great to him at the moment as if, after long years of study, he had invented a machine for making a gold bracelet out of common red metal.

"Goodyear discovered the way to make hard rubber. He was at work experimenting with India rubber, and quite by chance he hit upon a process which hardened it—the last result in the world that he wished or expected to attain. In a discovery there must be an element of the accidental, and an important one, too, while an invention is purely deductive.

"In my own case but few, and those the least important, of my inventions owed anything to accident. Most of them have been hammered out after long and patient labor and are the result of countless experiments, all directed toward attaining some well defined object.

"All mechanical improvements may safely be said to be inventions and not discoveries. The sewing machine was an invention. So were the steam engine and the typewriter."—*Chicago News.*

## Our Government.

We customarily speak of this republic as a new nation, although our senate has been in continuous existence as a legislative body since 1789. How many nations have maintained unchanged a system of government for a longer period? What a distinction it would be—for a republic—to present the oldest structure of government on earth, and we are well in the forefront of that race now. Look over the nations and see.—*Boston Herald.*

## Modern Improvements.

Patient—Doctor, I'm having an awful lot of trouble with the gas in my stomach. Doctor—Yes, yes, I know. Those old-fashioned fixtures are giving people a lot of unnecessary trouble these days. Just step into the next room, and I'll have my engineer wire you for electric lights.—*Puck.*

## Playing For Bigger Stakes.

"Why didn't you accept the Browns' offer to take us in their car to the party?" "I thought I'd wait. They have just an ordinary auto, and the Watsons have a limousine. They might offer to pick us up."—*Detroit Free Press.*

## Also Think of the Advice He Had.

"How did King Solomon get the reputation of being so wise?" "Well, you see, he had a very great number of wives, and every woman does her best to brag about what an awful smart man her husband is."—*Washington Star.*

## Some Support.

"Mr. Flubdub, I am a candidate for your daughter's hand." "Well, I'm unpledged, my boy. If a ballot's taken you can have my vote."—*Kansas City Journal.*

# Admiral Palmer, Chief Of Navigation Bureau

As chief of the bureau of navigation Rear Admiral Leigh C. Palmer holds one of the most responsible billets in the United States navy. The duties of the bureau of navigation comprise the issue, record and enforcement of the orders of the secretary of the navy to the individual officers. It also has charge of the enlistment, assignment to duty and discharge of all enlisted



REAR ADMIRAL LEIGH C. PALMER.

persons and the operation of the radio service, naval militia and naval districts. Rear Admiral Palmer is a native of Missouri, forty-four years old and was graduated from the Naval academy in 1890. During the Spanish war he served on board the armored cruiser New York, then flagship of the North Atlantic fleet. He has had a wide experience both afloat and ashore, having served as director of target practice and chief of staff of the Atlantic fleet. During President Taft's administration he was naval aide at the White House, while serving as chief of navigation he has the rank of rear admiral, although his actual rank is that of commander.

## Timely Advice About Building a New Lawn

Thorough preparation of the soil is the first requisite in building a lawn, points out M. E. Ahearn, professor of landscape gardening in the Kansas State Agricultural college. Plow deep and disk and harrow the soil until it becomes finely pulverized.

Seed is used oftener than turf in making a new lawn because it is cheaper. Sod may be laid at any time. It brings quicker results than sod, but requires constant watering the first season. Use sod for planting narrow strips, borders and terraces. In all other cases sod will give satisfaction. Thick sowing will be most satisfactory, as it prevents the growth of weeds and other grasses.

Watch for the first appearance of weeds in the lawn and destroy them immediately. The only way to get dandelion out is to remove the roots.

Kentucky blue grass is the best grass to plant. It thrives in almost any soil. Keep the front of the lawn clear of shrubs. Plant only in the corners, at the sides and back. A flower bed has no place in a small lawn.

## Mother's Doll Story

### The Woolly Lambs

There were once two little boys who each had a woolly lamb to play with. The boys were twins, so of course their woolly lambs were just alike too. "Let's have a race!" cried one twin. "Goody!" cried the other twin. So they set their woolly lambs side by side in the doorway, stood back, counted five and then shouted "Go!"

Away the woolly lambs raced till they came to a little wire netting around a flower bed. They were so eager to win the race that neither of them saw the netting. So into it both the woolly lambs dashed, quite upsetting themselves.

"Ouch!" they both cried. And when the twins caught up with them they found both the woolly lambs had torn a hole in their heads. So they both had to have bandages over their eyes. And that ended the race till next day.

### Boy Scouts Do Not Carry Guns.

The boy scout movement does not put the idea of killing in the minds of boy scouts; it does not put instruments of death into their hands. Uncle Sam does not want boy soldiers. Military work is a man's work. There is no reason why the nation should ask its boys to become soldiers. They are needed for boys' work.

**Cleaning Houses.**  
I'm cleaning house like mother does. From cellar up to attic; My duster is a fearsome thing; My broom is most emphatic.

But springtime cleaning must be done. It's really necessary; For we must have a spotless home. All sunny and all dry.