

WHEATLESS DAY
By VICTOR RADCLIFFE.

"No white bread, sir, this is a wheatless day," the courteous waiter advised Mr. Ralph Embree. Mr. Ralph Embree was a man of importance.

"Eh?" shrugged the customer. "Yesterday was a meatless day and I had to miss my accustomed chop. I suppose it will be meatless day soon, and we will have to roll up in blankets, and heatless day, with no steam on."

He showed no resentment to the government by dispatching the wheatless meal in due order and tipping the waiter.

"I'm not cross," he told himself as he proceeded down the street, "but I don't like my day's set tasks one bit."

Mr. Embree went to a railroad depot and purchased a ticket to Fairdale, a little suburban town twenty miles away.

He had, indeed, something necessary to ponder over. His son, Eldridge, had come to him the day preceding. They had always been in harmonious companionship.

"Father," Eldridge had said frankly, "I have fallen in love with the sweetest girl in the world, and I want to marry her."

"And you have hidden the face from me until you had discounted its cultivation, eh?" the father spoke, half mockingly.

"Not I," demurred Eldridge, in his open, light-hearted way. "Why, father, I never knew she loved me till yesterday! I have been sure of it all one thing: That an angel on earth is embodied in Ruth Verner. That is the name of the young lady who has won my love."

She lives at Hazleton with her old grandmother. Father, and the tones grew pleading. "I shall abide your decision, but I want you to see Ruth and her grandmother, even though you ask that we wait years. Just do this one thing for me."

"All right," assented the father brusquely.

The KITCHEN CABINET

Not to know at large of things remote from me, but to know that which before us lies in daily life is prime wisdom.

GOOD THINGS AND INEXPENSIVE.

We are learning that good, tasty food need not be of high cost.

Beef Liver With Onions.—Slice the liver very thin. Remove all veins and dust with seasoned flour. Slice six onions thin and fry them until soft in a little bacon fat. Remove the onions and fry the liver. When well cooked on one side, turn, put the onions on top and finish cooking. Remove to a hot platter, add a little water to the fat in the pan to make the gravy, then pour it over the liver.

Hominy and Tomato.—Take two cupsful of hominy and combine with well seasoned tomato, using a cupful seasoned with two tablespoonfuls each of fat and flour cooked together, and added with salt and pepper to the tomato. Mix all together and bake in a well buttered baking pan, cover with buttered crumbs the last of the baking. Keep covered until the crumbs are put on, then let them brown and serve hot.

Vegetable Chowder.—Dice six slices of fat bacon and cook it until brown, add two onions sliced thin, and cook until soft in the bacon fat. Combine a can of lima beans with four large potatoes cut in cubes, and a quart of milk. Add the bacon and onions and cook until the potatoes are done. Thicken with two tablespoonfuls of flour mixed with a little of the cold milk, add four and a half teaspoonfuls of salt, a can of okra and stir in a can of tomatoes, adding a fourth of a teaspoonful of soda as they come to the boiling point.

Dried Beans With Cream.—Soak a half cupful of beans, any variety except the navy, and cook in the same water until tender. Season with salt and pepper and sweet cream; two or three tablespoonfuls will be sufficient. This is a most filling and nutritious dish good for a meatless meal.

Bean Loaf.—Take one cupful of lima beans, soak over night and stew until tender, put through a sieve and season well with cream, salt and pepper, with a few dashes of red pepper, add crumbs and form into a loaf, steam or reheat in the oven and serve piping hot.

Nellie Maxwell

THE KITCHEN CABINET

I pray you O excellent wife, not to cumber yourself and me to get a rich dinner for this man or this woman who has alighted at our gate, nor a bed-chamber made ready at too great cost. These things if they are curious in, they may get for a dollar at any village. But let this stranger, if he will, in your looks, in your accent and behavior, read your heart and earnestness, your thought and will, which he can not buy at any price in any village or city.—Emerson.

ORANGE POSSIBILITIES.

Oranges are always in season and are usually reasonable in price, so that they may be freely used as fresh fruit, or as dessert in combination with other materials.

Orange Washington Pie.—Cream together half a cupful of butterine and one cupful of powdered sugar, adding when very light the grated rind and juice of one orange and one well-beaten egg; then stir in alternating half a cupful of milk and a cupful and a quarter of flour sifted with a teaspoonful of baking powder. Bake in two layer cake pans in a quick oven for 15 minutes. For the filling heat a small cupful of cream, add a tablespoonful of gelatin that has been soaked in a tablespoonful of cold water for five minutes, sweeten with a tablespoonful of sugar and flavor with the juice and rind of one orange; strain this into a bowl, place in ice water and whip with an egg beater, adding when quite stiff a cupful of whipped cream and half a cupful of chopped hickory nuts; spread this between the layers, heaping in a small pyramid on top.

Frozen Orange Pudding.—Prepare a custard by using a pint of milk, two eggs and two tablespoonfuls of sugar. Remove from the heat and flavor with the grated rind and juice of one orange. While this is cooling, peel two oranges and remove all of the white and seeds, flaking the pulp in small pieces, sprinkle liberally with powdered sugar and let stand. To the cold custard add a half pint of sweetened whipped cream and turn at once into the freezer, stirring in when half-frozen the prepared orange pulp and a small cupful of grated macaroni crumbs; continue the freezing until very stiff and then pack in a melon mold. Unmold on a large platter and garnish with whipped cream and orange peel.

Nellie Maxwell

SECRET SERVICE
By BOYD RIDGELY MARSH.

"I don't like the fondness of Dolly for this stranger, Radcliffe," spoke Ray Merton.

"Neither do I," supplemented Abel Grimm.

"He seems a generous-hearted, decent young fellow; appears to make friends readily, but he flashes in upon us without credentials or introduction, and outside of the fact that he claims to be looking out for coal possibilities up in the hills, we know nothing about him."

"Nothing whatever," chimed in Abel. "But I'm going to." Vance Radcliffe had been a guest of the local hotel for over two weeks. He lived well, got acquainted with members of the leading social set and was attracted to Dolly Merton from the first hour he met her.

The only pretense Radcliffe made to having business at Clyde was strolls down the river where the big mills were located and tramps among the hills looking for coal croppings that did not exist.

"I'll cultivate this fine young fellow!" resolved Abel, after his conversation with Dolly's brother. "I'll worm myself into his confidence and find out what he really is here for. But his efforts in that direction were not worth the pains. Radcliffe, in his bluff, direct way, laughed at Abel when he one day put the question: 'What business you have down here?'"

"So?" smiled Radcliffe. "Well, you know I'm interested in mineralogy." "Oh, that's bunk," retorted Abel in his rude way. "Everybody knows those old hills haven't an ounce of iron or coal, or anything else but limestone and slate."

"Well, all the same I am under salary and orders from a relative," declared Radcliffe.

Abel was irritated at his failure to entrap or compromise his rival. One day he decided to shadow him on one of his regular strolls down the river. He played the accomplished detective complete. He kept at a safe distance behind Radcliffe. He wore a false beard, a slouch hat, a long enveloping raincoat, carried a cane, limped, and, to the view of a person a hundred yards away, suggested the role he had adopted—that of an old man. When Radcliffe reached the settlement where the workers at the mills had their homes, Abel did not dare to follow him into the houses and restaurants he visited. He finally lost track of Radcliffe completely and, disappointed and baffled, started back for Clyde.

Abel sat down, two miles of his return journey covered, to rest, smoke and think over matters. He was engaged thus when a shout aroused him, and tracing its source to a spot where a bluff rose up boldly, he discovered the object of his distrust and interest. Radcliffe was beating back an assault on the part of three rough looking fellows.

Abel sprang to his feet and yelled lustily at the group. He always went armed in true detective style and carried a revolver. This he drew and began to fire. The three men ran away, but not until one of them had dealt Radcliffe a terrific blow with a cudgel that sent him reeling over the edge of the bluff. He rolled to the road below and lay there impassive. Abel hurried to the spot, and observed a packet of papers that had fallen from an inside pocket of the insensible man.

"They look suspicious," muttered Abel, and they did, and this self-constituted emissary of the secret service looked over them with amazement, and then the most vivid satisfaction and triumph showed in his face.

"I've got the goods on him, sure as fate!"—He y.

STATISTICAL NOTES

Britain supplies armies 2,000,000 pounds of jam weekly. New Zealand in 1916 slaughtered 3,569,117 sheep. Nebraska this year produced 2,500,000 bushels of potatoes. Sao Paulo, Brazil, has 134 metal-working establishments. India's 1917 sugar-cane crop comes from 2,442,000 acres of land. American Bible society is sending 150,000 Bibles to American soldiers.

BUMPER CROPS OF WORLD

Grain Production, According to Figures Compiled by International Institute of Agriculture, Hugs. Bumper world crops of corn, oats, potatoes, rice, sugar beets and tobacco for 1917 are shown by estimates compiled by the International Institute of Agriculture at Rome, made public by the department of agriculture. Wheat, rye, barley and flaxseed, however, have fallen below the five-year average of production, from 1911 to 1915.

The production of wheat in 17 countries, not including the central powers, was 1,868,000,000 bushels, 85.6 per cent of the last five-year average. Corn raised amounted to 3,312,400,000 bushels, which is 14.1 per cent greater than the average production for the same period. Other crops are estimated as follows:

Rye, 147,000,000 bushels, 82.2 per cent; barley, 587,000,000 bushels, 96 per cent; oats, 2,682,000,000 bushels, 113.9 per cent; rice, 70,000,000 bushels, 115.6 per cent; flaxseed, 38,000,000 bushels, 69.8 per cent; potatoes, 719,000,000 bushels, 112.4 per cent; sugar beets, 10,000,000 short tons, 106.6 per cent; tobacco, 1,186,000,000 pounds, 120.5 per cent.

Cheese Muff for Sunday Tea.

The housekeeper always appreciates a recipe of something that can be concocted out of "things in the house." When unexpected company drops in for Sunday supper, cheese muff is delicious—and "filling" also, and its ingredients are always to be had in the Saturday stocked larder, for whether or not one expects to use it, it is always wise to have half a pound of cheese in the house over Sunday.

For cheese muff, butter three or four slices of bread and place in a baking dish. Between the slices put salt and pepper and grated cheese. Beat up two eggs in a pint of milk; pour over the bread; grate cheese on top and put into the oven while you are getting supper. In half an hour the ingredients will have become a fluffy "muff," brown and bubbling on top, and unbelievably delicious—until you have tried it.

Half Million for Paintings.

The acquisition of six rare paintings by Fragonard, the famous French decorative artist, by Judge Elbert Gary of the United States Steel corporation, at a cost probably approaching \$500,000, represents the most important art transaction this season in New York. The five beautiful panels and the self-portrait of the artist, which form this prized collection, are among the most valued items of European art to reach this country this year. The pictures came from the Mortmart-Rocheschum family, with the exception of the portrait, which came from the collection of Baron Maurice De Rothschild, Paris.

Value of Furs.

The fur-making animals of the Pacific coast are estimated to bring a return of \$1,000,000 each year. This is interest at 5 per cent on \$20,000,000. It is worth while to protect this invested capital, notes a writer and to increase it if possible. It is on this account that at the last session of the California legislature a law was passed protecting California's share of the year that the furs are of no value and establishing other restrictions that will aid in conserving the fur industry.

Hang Bath Mat.

Hang your bath mat up when it is not in use. Three little loops of tape, one at each end of one edge and the third in the middle of the same edge, by which it can be hung on hooks on the bathroom wall, will keep the mat cleaner much longer than if allowed to remain on the floor—will dry the mat much more quickly and will keep from becoming wrinkled or worn.

Colored Kerchiefs.

All youngsters like handkerchiefs with colored borders, but they require care in washing, and should first be soaked for ten minutes in a basin of tepid water to which a teaspoonful of turpentine has been added. This will insure them retaining their color.

MAN UNABLE TO OUTDO SUN

Greatest Artificial Light in World, Installed at Niagara Falls, Far Short in Illumination.

One of the biggest artificial lights in the world is the 50,000,000 candlepower light installed at the Falls of Niagara. When this gigantic installation was made it was claimed to be the nearest approach to real sunshine ever devised by man, and that may be true. But it is interesting to ascertain, if possible, how much it fell short of the actual output of light by the earth's great luminary, and, strangely enough, there are figures in existence which enable a comparison to be made. Yet it may be stated at once, observes a scientist, that these figures are so stupendous as to leave the human mind absolutely "in the dark."

Scientists have made calculations, based upon careful and repeated experiments, of the total quantity of sunlight given out by the sun, and found it to be a quantity represented by candles running to 28 figures—candlepower being the official unit.

How many lights equal to the Niagara installation would it require to match Dame Nature's big installation which appears above the horizon so regularly day by day? More big figures! It is estimated that it would require 31,500,000,000,000,000 lights just as powerful as the biggest man has accomplished. So Uncle Sam will have to try again. The Niagara illumination is "some" light, but old Sol is equal to 31½ trillions of them!

Woman Suffrage in Italy.

Italian statesmen, having been asked to go a mile in granting new privileges to women, have gone twice. Minister Sacchi has recently introduced a bill to abolish marital authority—and the parliamentary commission has completed it, and added an article, "intended to recognize woman's right to exercise all liberal professions and be eligible for all posts of public employment except judicial functions, political rights, and the military defense of the state." The commission will demand, among other things, that qualified woman lawyers be allowed to practice.

This movement has already received the support of a large number of deputies, says a correspondent, who will present a resolution that if the government passes the martial authority abolition bill it may include the amendments put forward by the commission.

Glass Fruit Knife.

The ordinary steel or plated knife, as every housewife knows, is attacked by the acids of many fruits, making a stain that is removed only with considerable labor. A glass knife is now on the market which is quite impervious to the most active fruit acid, and it takes a good edge, though, of course, in view of its brittleness, a somewhat thicker one than we are accustomed to. With a little of the care in washing which even now must be bestowed upon the china gravy ladle and similar objects, this knife should prove very acceptable for cutting grapefruit, lemons, oranges, etc.—Scientific American.

Corn Salad.

This is a rather unusual salad, and it is very good. Drain half a pint jar of canned corn cut from the cob, chill on the ice and mix with two tablespoonfuls of chopped sweet pickle and one tablespoonful of chopped pimiento. Moisten with a dressing made like French dressing, save that in place of the plain vinegar the spiced vinegar drained from the pickle is used. Arrange in individual portions in nests of white lettuce leaves.

FLASHLIGHTS

Authority is like a fine instrument; it depends altogether on the hands that are using it. The wisest man in the world has to leave it to the mother to know what the baby is crying for. This is an age of substitutes, but we can remember the time when a small boy could count on a day's vacation every time his schoolteacher had a headache.

To Wash Feather Boa.

Add a teaspoonful of liquid ammonia to a basin of soapy water. Squeeze the boa lightly in this until all the dirt has been removed. Rinse in cold water several times, then pass through a bluing water and hang in the open air to dry. Shake occasionally until the feathers are all opened out.

Salt to Clean Dress.

Clean soiled light cloth garments by rubbing them with half salt. Afterward brush well with a clean brush and dampen and press if necessary.

MEN IN FRANCE MUST EAT

Army of Million Will Require 17 Ships Unloading One Hundred Million Pounds Daily.

The American army in France will need some transporting. Here are figures that are at least approximately correct, writes Charles H. Grasty in New York Times.

It is estimated that 100 pounds of freight a man each day must be unloaded—at the port of debarkation. Therefore, when at the end of two years, we have, say, 1,000,000 men in France we must unload daily 100,000,000 pounds of freight, or 50,000 tons.

Three thousand tons can be unloaded daily from a good-sized ship; hence 17 ships at the wharves, each of them unloading 3,000 tons, will fill the requirements. In the United States 17 ships must be loading 50,000 tons a day. This makes a total of 34 ships at the docks. Taking as a basis a 6,000 ton (dead weight) ship, we see 17 ships must leave New York every two days and 17 ships leave some French port every two days in transit with army freight. Assuming ten days as the time of passage, there would be 170 ships (6,000 tons) on the way to and from the United States, which, added to the 34 at the docks, will make a total of 204 ships, assuming no loss or delay.

With 1,000,000 men there will be approximately 200,000 animals. At 14 pounds of hay a day, there would be required for six months more than 456,000,000 pounds of hay, which must be imported, and also 200,000,000 pounds of oats. Rations will require \$18,000,000 pounds. Ammunition will run into the billions of pounds.

Ways to Save Coal.

Coal may be saved, says the superintendent of a college heating plant in Manhattan, by keeping an even flow in the rooms will not become overworked. At times when the rooms are not occupied the heat should be shut off from them. In case you use a furnace, there should be carefully banked at night so that they will not allow the house to become chilled. Coal should be put in often and in not too large quantities at a time. Keep a full bed of live coals constantly, but be careful not to overload the fire with too much coal. If the furnace has an open, coarse grate, use coarse coal. If it has a fine grate, use fine coal.

It is wasteful to throw large, heavy chunks of coal into the furnace. The lumps should not be larger than three or four inches in diameter. All large pieces should be broken. Frequent stirring of the fire is wasteful, as pieces only partially burned fall through the grate.

HELPING PAPA.



"Ah!" sighs the enamored swain, as the laced roll smoothly and swiftly on its way. "If we might ride on that forever together! Would it not seem heavenly to you?"

"It might be very nice," calmly responds the beautiful creature. "Papa owns a half-interest in this laced company."

Hints for Pie Bakers.

The next time you bake pies, especially juicy pies, try adding a little corn starch to the crust. One teaspoonful to a pie will prevent the tender crust from being heavy. Fry mixing the sugar and flour and adding it to the fruit before putting your pie together. The pie will be more evenly sweetened and you will not bite into any lumps of flour. Do not stretch the top crust. In pressing the edges together push the edge of the top crust toward the center of the pie. This allows plenty of room for the fruit to cook and prevents the crust from bursting open and the juice escaping. Save an ounce of juice in an ounce of meat or potato.

Breakfast Puffs.

Two cupfuls sour milk, one teaspoonful soda, one teaspoonful salt, one egg and flour enough to roll out like biscuit dough. Cut into narrow strips one inch wide and three inches long; fry brown in hot lard, like doughnuts, or fry in spider with hot lard and half butter, browning on both sides. Serve hot. Excellent with coffee.