

Anti-Skid Chains for Shoes

Planned to Obviate Accidents on Slippery Pavements



Chains for shoes as a protection against slippery and icy sidewalks is the latest device being used by men, women and children. Antiskid chains are to be the human what the heavy chains are to the automobile, and may greatly reduce the number of accidents. Cut shows close-up view of the antiskids and the contrivance in position.

War Bread

By Dr. Samuel G. Dixon, Commissioner of Health of Pennsylvania

Facing the great economies that must be practiced in the time of war and in the future as the population increases and the natural products of the earth become depleted, it will be necessary for us to adjust what we have in the way of essentials. Especially is this so of foodstuffs.



It therefore becomes important to know what combinations can be made and the relative food value of such combinations with our standard foodstuffs. One of Philadelphia's able chemists has given me a bread combination, which he has worked up with his wife's cooperation.

They use corn flour, which heretofore has been almost unknown in our domestic bakeries, and it would seem to open the way for a very large saving of our wheat flour. It must be distinctly understood first that there is a great difference between corn flour and corn meal. The corn flour in composition is practically the same as the corn meal, but it contains a little more protein and starch, and a little less moisture and fat, the shortage of fat being due to the fact that the germ is extracted before grinding. It must be further understood that you cannot replace all of the wheat flour with corn flour, as the corn contains no gluten, which is the constituent in wheat flour that makes it possible to obtain a raised dough.

However, bread and rolls made with 20 per cent of corn flour have little or no corn taste, and this is the percentage, which has been found after long experiments, to produce the best bread. The same proportion can be used also for griddle cakes, pastry and cakes.

To make bread as it is made in the average household, where a sponge is set and no accurate measure of the flour is made, the better plan is to mix a quantity of the two flours, keep it on hand and use the mixture instead of wheat flour. For a 20 per cent mixture, take one quart of corn flour and four quarts of wheat flour, mix thoroughly, preferably by putting through a flour sifter three or four times. Of course, larger quantities may be mixed at one time, keeping the proper proportion. In pastry even larger proportions of the corn flour may be used. In making bread, pastry, etc., use this mixture in exactly the same proportions and treat it exactly as you would ordinary flour.

In no way will the difference between the saved flour be as great as that of all-wheat flour. In fact, it is very small. Their food value is practically the same, and if white corn flour is used the bread has the same appearance as the all-wheat bread.

This bread has a decided advantage for every-day consumption over most of the war breads made of whole wheat, oat flakes, bran, etc., by being free of the roughage, and consequently

Efficient Arrangement of Kitchen Will Eliminate Many Steps for Busy Housewives

"Woman's work is never done" is an expression which could be banished forever if efficiency were faithfully practiced in the homes, according to Miss Margaret Haggart, professor of domestic science in the Kansas State Agricultural college.

Poor arrangement of utensils in the kitchen is an important cause of waste. Many women double the time of making a cake because they do not group the ingredients all on the table at once. Instead, they cream the butter and sugar, then stop to get the flour or run to the ice chest for a cup of milk.

Only small kitchens can be really efficient. The large kitchen found particularly in the country, necessitates hundreds of extra steps. If stove, sink and table are in the right relation to each other, much energy can be saved. In preparing a meal one should not have to retrace one's steps from sink to table and back again.

To make pantries for breakfast in the efficient kitchen the housewife takes the materials from the icebox, turns a step to the right where she beats the ingredients on the surface of the cabinet one more step to the right for the stove. With the last step to the right she has the cakes on the serving table and then carries them to the dining room.

Washing dishes becomes an art when labor-saving devices are used. Points out Miss Haggart, for a woman five feet in height the proper height for a sink is 36 inches or 38 inches, and for a woman 5 feet 2 inches, 34 inches or 36 inches.

The ideal arrangement of the sink provides a drain board on each side of the sink. The drain does away with all wiping of dishes. The glass must be wiped of course, because hot water cannot be poured on it. Hot water gloves to china a polish which will be destroyed if wiped with a cloth. Energy can be saved if the woman will sit down to work whenever possible. When one stands there is a strain to keep the body erect.

Mother's Cook Book

Let the household hold together, though the house be no so small. Strip the rice-husk from the rice grain. And it grows hot at all!

GOOD ECONOMICAL DISHES.

Dishes that are reasonable in price and good in food value are growing more popular each day.

Carrots With Rice.
Cook a dozen small carrots until tender in a very little water, season with salt and pepper, then place layers of the carrots with cooked rice in a well-buttered baking dish. Over each layer spread a rich white sauce made of two tablespoons each of flour and butter cooked together, a cupful of rich milk and salt and pepper to season. Cover with buttered crumbs and bake in a hot oven until the crumbs are brown.

Cabbage and Cress Salad.
Shred a small cabbage and mix it with watercress or make a mound of the cabbage with a ring of cress surrounding it, garnish with radishes and serve with a hotted dressing.

Eggless Devil's Food.
Cream four tablespoons of butter substitute with a cupful of brown sugar, add a half a square of chocolate melted with four tablespoons of boiling water, add two tablespoons of molasses, to take the place of two eggs, a cupful of sour milk, a teaspoonful of soda, a tablespoonful of baking powder, two cupfuls of flour and a teaspoonful of vanilla. Mix and beat well, bake in a sheet.

Pear Salad.
Take canned pears well drained, remove the core, if whole, after cutting in halves, turn them cut side down in a heart leaves of lettuce and place a large spoonful of mayonnaise dressing at the side. Serve with toasted crackers.

Salmon croquettes molded around a teaspoonful of cooked green peas and served hot with a highly seasoned sauce, using some of the oil from the can of salmon with chili sauce for seasoning make a tasty dish.
Salt mackerel soaked long enough to remove the salt, then baked in cream or rich milk, is delicious as a breakfast dish with buttered toast.

Fish cakes in white sauce on toast or served with baked potatoes is another favorite dish to help save meat.

Nellie Maxwell

Antidote for Gas Poison Is Injected Into Patient's Arm

A newly discovered antidote for gas poisoning which succeeds where all other methods have failed, was used at the Cumberland Street hospital in Brooklyn, N. Y., as announced to the press. Dr. H. H. Post, superintendent of the hospital, said that it had been tried on a number of cases with gratifying results.

The antidote is injected into the arm of the patient and is a solution of sodium hypochlorite in sterile water, prepared so as to combine with the blood. It was discovered by Dr. Wilfred G. Frick of Manhattan.

Its use is being continued under careful examination. Data are being gathered. Stimulants and the inhalation of oxygen are generally used in gas poisoning cases.

Lights and the Color Scheme

Did you ever wish that you could get electric light bulbs to match the color scheme of your room? If so, you may be glad to know, if you have not already discovered the trick for yourself, that you may color them at home to suit your own taste. It is very simple. Just buy some water-color paints, a soft brush, and set to work. You may paint them any shade that you desire, and get a lovely effect of soft light through the painted glass. For instance, if your living room is done in shades of brown and yellow, you can get a beautiful sunshiny light through bulbs, painted a delicate yellow.—Christian Science Monitor.

Refining of Metals

A smelting and refining company handles nearly all metals except iron in producing brasses, bearing metals, solders, type metals, etc., using copper, tin, lead, zinc, antimony, aluminum, nickel, manganese, bronze, phosphor bronze and tin and bismuth. The daily production includes 40 miles of wire, 50,000 pounds of brass, 20,000 pounds of babbitt and three miles of lead pipe. The refining each day aggregate 10,000 pounds of copper, 10,000 pounds of zinc, and 30,000 pounds of lead.

North American Moose

The moose is the largest living representative of the deer family, and is found in North America. The elk is a member of the same family and is found in North America and is considered by many zoologists to be the same species except that it is smaller. A full grown moose may be six and a half feet high, and weigh as much as 1,000 to 1,500 pounds. On account of its size and strength, the moose is frequently symbolic, persons of unusual power being said to be "strong as a bull moose."

Father of Punctuation

The present system of punctuation, now used in all modern languages, but insignificant variations, was introduced in the first half of the fifteenth century by a Venetian printer named Aldus Manutius. He is the real father of punctuation marks—the full stop, comma, semicolon, colon, question, and exclamation marks, apostrophe and inverted commas. Manutius' system was adopted later by all printers until it finally established itself throughout Europe.—Louisville Courier-Journal.

His Sphere of Travel Limited

Ray's mother is teaching him to stay in front of his own doorstep, and it is evident from the following incident, that she has succeeded. Ray has a policeman's suit, and one day while parading in front of his home, clad in this uniform, a woman came along, to whom he said: "Miss Lady, if you see any naughty children, send them down here. I don't go so far."

Airplane Developed by War

When the war began the highest type of airplane could not be depended upon to do much more than 50 miles an hour. Today the speeder war planes make 120 miles an hour in long flights. Where the best machines formerly carried two men, or their equivalent in weight, the large machines of the present will safely carry a ton or more of cargo.

Carillon

This is the name given to a set of bells arranged in such a way as to be capable of giving forth a regular music melody. A much greater number of bells is required for a carillon than is usual for a general bell of bells. A large set of carillon bells consists of 10 or 12, while a smaller carillon may consist of only as few as 40.

Lucid Explanation

Jan. being under the doctor's care was telling John what good pills Doctor K. gave. John said: "Doctor K. was no use to me, but just gave the chloroform." No answer from Jane, so John said: "Jane, do you know what chloroform is?" Jane said: "No, and John said: "Oh, just something so you won't get your feelings hurt."

Cremona Violins

Small splinters of the wood of old Cremona violins, when vibrated with a bow have been found to give invariably the same note, and that note is always a tone higher when the wood is taken from the belly of the instrument than when it comes from the back.

Moon Superstition

Among the Hindus and Egyptians the mouse was carried to the moon. Dr. Gubernatis says: "The pagan sun-god crushes under his foot the mouse of the night. When the cat's away the mice will play. The shadows of night dance when the moon is absent."

Daily Thought

We reap what we sow; but nature has its own way, and when that justice comes we shall know and blossom and our seeds from our planting of ours.—George Eliot.

The Collar Bone

It has been found that the collar bone is more frequently broken than any other bone in the body.

Cure for Shooting Corn

A shooting corn, if wrapped up in ivy leaf well soaked in vinegar, will cease from troubling.

Facts About Prolific Fish

The cod is estimated to yield 4,000,000 eggs each season. As many as eight, nine, and even nine and a half million eggs have been found in the roe of a single cod. An eel was caught in Scotland some years ago which was 32 inches long and weighed about two pounds. The ovary was about 12 inches long as it lay in the fish, but when opened out it was nearly 30 inches in length, and it was calculated that this contained upward of 10,000,000 eggs, rivaling, if not surpassing the cod in this respect.

Seal Used on Our Paper Money

A relic of the revolutionary days when we were not yet a nation still remains on our paper money, says the Popular Science Monthly. The seal which appears on every bill issued by the government contains the abbreviated words "Thesaur. Argent. Septent. Sigitl." The full phrase is "Thesaur. Argent. Septent. Sigitl. Americana Septentrionalis Sigitlum," which simply means "Seal of the Treasury of North America." Our distinguished ancestors felt that if a thing were to be said with dignity, it had to be said in Latin.

"Irish" Potatoes Unknown in Ireland

"We speak in this country of the Irish potato," remarked H. O. Conner, a native of Ireland, at the Raleigh. "Nobody in Ireland would know what is meant by an 'Irish' potato. There are five distinct varieties of potatoes in Ireland—the Champion, which is the potato we call in America the White Rose, the White Gem, the White Wonder, the White Wonder and the Sherry, which is a cross between the so-called Irish potato and the Yank."—Washington Star.

Choosing a Wife

It was Sir John, more father of the more famous Sir Thomas, who said: "I would compare the multitude of women which are to be chosen for wives unto a bag full of snakes having among them a single eel. Now, if a man should put his hand into the bag, he may chance to light on the eel but it is a hundred to one he shall be stung by a snake." Sir John had evidently lighted on a "snake," which accounts for his lack of civility.

Japanese Teas the Best

One feature which marks tea curing in Japan is the proverbial cleanliness which is characteristic of the Japanese people. The rules of sanitation are strictly observed by the tea growers of Japan. Not only the health and sanitation of workers are strictly examined by local tea associations, but also the process of curing is inspected with great care. Japanese teas have never been artificially colored as have been teas from some other countries.

Unsatisfactory Visit

"Congressman Twobottle writes that he is my representative and wants to serve me," said Mr. Dubwaite. "What are you going to ask for?" "Nothing. The last time I visited Washington, with the fond expectation of hobnobbing with the great, he turned me over to his secretary, and the most important person I met was a hotel doorman."—Birmingham Age Herald.

A Novel Treatment

Wherever there is a bay window invariably associates it with a window seat. A departure from this is a broad window shelf to hold here and there a potted plant, or a book or two. The one drawback to this feature is that one is too apt to clutter it with trifles. If the broad expanse of shelves is kept clear this treatment is both restful and decorative.

Not Quite So Uppish

The fact is, we may during the current year change our whole attitude toward Ben Davis apples and carrots with cow liver for breakfast yesterday and a rosinate outlook for another dose of rabbit stew tomorrow, the things we once despised are now losing much of their hatefulness.—Houston Post.

Eskimos

The original Americans of the far North are brown instead of red and are not Indians. Their name, Eskimos, which they dislike, means "eaters of raw fish." But they haven't been driven yet to change their name by cooking the fish, says the World Outlook.

No Chance for Lawyer

"What's this?" asked the acquitted man. "The bill for my services," said the lawyer. "Go on! You proved that I was insane, didn't you?" "Yes," "Well, you can't do business with an insane man. You ought to know that!"—Boston Transcript.

Gnat a Source of Musk

To the list of sources of musk must be added a kind of gnat, order hemiptera, class rostrilidae, genus amulsus (stol.), which is so common in the Australian bush at times as to fill the air with a musky odor.

The Heavy Hand of Justice

We need not envy of a brother who was discharged for being light fingered if he is not careful to pay particular attention to the way it is stacked on the building site. Lumber may be dry and well seasoned when leaving the lumber yard but unless it is stacked in straight piles and covered with boards to protect it from the weather it is liable to warp and twist.

Genius

It's wonderful how a landlady can serve so many things you don't care for.—Kansas City Journal.

Beaver on the Increase in Wisconsin, but Extinction Feared Within Few Years

Although beaver are apparently doomed to extinction, Wisconsin game wardens report an increase in the Lake Superior country, in spite of the work of poachers.

A year or so ago state conservation wardens received orders to trap the beaver from the big Bibon swamp, which covers the bottom lands for miles between Mason and Grand View some farmers complained that the swam upon their lands, and the wardens were finally ordered to trap the animals in ordinary steel traps, wound with cloth, in the hope of catching them alive without the infliction of serious injury, they to be taken alive and transported to a state game preserve.

A few beaver were removed in this way, but there are still quite a number of beaver in the Bibon swamp. In three Wisconsin counties, including Sawyer and Rush, the season was open during December, but it is not reported that beaver in any large numbers were caught, for it is illegal to set traps within 500 feet of beaver houses, and trappers who confined their operation strictly within legal limits, did not report much success.

The poachers, however, levy constant tribute on the beaver, still remaining in the country, and in spite of increases reported during the past year, will cause extinction within a few years.

A FEW SMILES

A Stay-at-Home

Mrs. Plathurst—Saw your husband in a khaki uniform today.

Mrs. Benschur—Yes; he belongs to the Home Guards.

"Good! Distinguish bit?"

"Well, he's dissatisfied, because he's all dolled up and no place to go."

Required Coal at Home

Church—You and your wife spend all your time in your car, don't you?

Gotham—Pretty near.

"What's the big idea?"

"Oh, you see we don't require any coal in the car."

The Only Way

"Smith gave me a couple of seats for the theater today."

"Topping! I'll get ready immediately."

"Do; and p'raps you'll be in time for one. The seats are for tomorrow evening."

His Order Meatless

"I say, waiter!"

"Yes sir."

"Is this a meatless day?"

"It is, sir."

"Then give me a double portion of grilled bones please."

His Case

"I know a man who knows perfectly well how to manage a wife in every particular."

"He may know how, but does he do it?"

"No, because they won't let him out of the insane asylum long enough to try."

Those Girls

"Jack said my face was a poem."

"It is, dear—like one of Browning's."

"How do you mean?"

"Some of the lines are so deep."

Very Likely

"They tell me Jones is dead."

"Ah! That's probably why we see him so seldom."

Should Set Brains of the Country to Conserving Coal

It requires 2,900,000 tons of coal for the daily needs of the United States in times of peace. Just how great has been the increase in consumption due to war conditions is not authoritatively stated, but the country must be burning nearly 5,000,000 tons of coal each day. One-third of this fuel is not consumed in the stoves and furnaces but goes out with the ashes.

One-third is used for purposes which are of no real value to the nation and confer no benefit upon the individuals who burn it. The other third of the coal used in the United States is the necessary amount which is vital to the conduct of the nation's affairs. And the individual and the official and the power plant should set the best brains of the country to the task of conserving the two-thirds of the nation's coal which now are wasted.—Houston Post

Properly Stacked Lumber

In order to be sure that every piece of lumber is straight and true before being used in a building it is necessary to pay particular attention to the way it is stacked on the building site. Lumber may be dry and well seasoned when leaving the lumber yard but unless it is stacked in straight piles and covered with boards to protect it from the weather it is liable to warp and twist.

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It's wonderful how a landlady can serve so many things you don't care for.—Kansas City Journal.

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