

The Woman Motorist Answers This Question.

The November "Woman's Home Companion" has an automobile department conducted by a woman motorist and in the November issue she answers some questions. Here is one of them:

"From 'Just a Fellow'."

"Can just a regular fellow ask you a question—and get an answer—or does he have to be a woman motorist? Anyway, I'd appreciate some hints on how to increase the mileage of my tires."

R. B. S., New Hampshire.
 "Yes, indeed, any fellow can ask me anything, and if I know the answer get it just as quickly as if the fellow were a 'woman motorist.'"

"Observance of the following rules ought to do something toward increasing the mileage of your tires: Keep the tires properly inflated—twenty pounds to each inch of diameter. Thus, three-inch tire, sixty pounds, four-inch tire, eighty pounds etc."

"Stuff small cuts which go through the tread with tire dough and leave over-night without use or vulcanize them. The small cut of today is the blow-out of tomorrow. Water rots the fabric, sand cuts it."

"Don't start or stop abruptly. Nothing tears a tread loose from the fabric more than violent starts and stops."

"Be sure wheels are in line. Let a competent repair man do this, because front wheels are normally 'toed in' when stationary and only get 'lined up' in motion. But front wheels not infrequently 'toe in' too much, which means heavy wear on treads."

"Don't drive in ruts, and never on car tracks. Nothing cuts a tire up quicker than driving with the wheels on rails."

"Don't overload your car. Four people where three ought to sit means wear on all tires."

"Don't carry spare tires uncovered. Hot sun 'cures' the life out of tires."

"Don't let tires stand in oil. Oil takes the life from rubber."

"Don't drive with tight chains. They must be loose enough to slip around the tires."

"Don't drive fast on a stony road. Stone bruises mean broken fabric threads and blow-outs."

"Attention to these points should mean at least a thousand miles, and perhaps more to any tire."

Crowded Roosts and Cool Nights Bad for Chickens.

Egg production is lowest in fall and early winter, at which season mature fowls are moulting from the moult. Pullets hatched during March and April to the middle of May will, if properly reared, begin to lay during October and November and continue throughout the winter. Pullets that start laying in July or August will stop when fall comes and will not resume laying until spring.

Pullets must be depended upon for eggs during the time of high prices. The laying flock should be kept closed in the house during the winter, should never be frightened, and feeding should be done at a regular time each day. Poultry authorities at the Pennsylvania State College recommend that pullets be put in the permanent house soon after September so as to become accustomed to their new quarters before starting to lay. When first placed in these quarters they must be carefully watched to prevent crowding on the roosts at night or roosting in the windows and catching cold. The practice of allowing birds to roost in trees or similar places during chilly nights should be discouraged.

The Wife Had the Will.

"My husband was a confirmed smoker when I married him a year ago, but today he never touches the weed."

"Good!" said one of the group. "To break off a life-time habit like that requires a pretty strong will."

"Well, that's what I've got."—San Francisco Bulletin.

Careful.

"Had your vacation yet, old man?"
 "Not yet. I'm going to take mine the same time the boss takes his. Then he can't see how easily the office can get along without me."—New York World.

Nuts are Nourishing Food.

The sharp winds of autumn are bringing in their train not only sparkling cheeks and increased appetites, but a harvest of rich food value. However, it frequently happens that we do not appreciate sufficiently the things that are close at hand and inexpensive, and this seems to be true of our native nuts—hickories, chestnuts, butternuts, black walnuts, filberts—which may all be found in the woods and along the road.

Until recently always regarded as a delicacy or a confection, nuts are at last taking their place as true food, giving us the highest food value, comparable to meat, fat and starch, in the smallest condensed shape. It is no longer a joke that a handful of peanuts furnishes as much nutriment as a pound of meat, or that a dozen almonds are sufficient for half the food supply of a meal. Most nuts consist of protein and oil. The exceptions are that group to which the chestnut belongs, and which consists almost entirely of starch. The poorer people of foreign countries have shown us its possibilities as a stuffing, boiled as a vegetable or preserved as those delicious "maroons."

Although nuts may have been considered indigestible, these unpleasant results have been due generally not to the nut itself, but to the manner in which it was eaten. Of course, they will prove a tax if eaten on top of an otherwise heavy meal, or when combined with rich sugar or if they are not thoroughly masticated. But children should have nuts, and plenty of them, and should be taught to chew them thoroughly, and in case of some nuts, especially almonds, the tough outer coating of the nut itself should be removed by blanching in boiling water.

It is also an easy matter to grind nuts through the meat chopper, either in coarse particles or in the form of a "butter," which can then be spread on bread. The nut bowl should be kept heaped on the side table, as an otherwise hasty, inadequate meal can be made substantial by the addition of walnuts, almonds or filberts. The protein of nuts is exactly what growing children should have, and it is not an extravagance to keep a supply on hand, even if native ones are unavailable.

The old-fashioned method of cracking nuts with the edge of a flatiron or a hammer resulted not only in loosened kernels, but in bruised fingers, so it has always been considered that "nut-cracking" is an unpleasant, untidy proceeding, better to be done at some other place than the family table. This criticism, however, does not stand before the up-to-date cracking devices, which make it possible to do the work both efficiently and pleasantly at the table. One of these is a large scissors-like gripper, which has enough leverage to crack the nut so that the meat comes out whole. Another novelty is a bowl of polished wood with a permanent sheller, operating by the pressure of a screwing handle, which bears down on the nut, thus bursting it and allowing the nut meat to fall out whole. The same device comes with a clamp, which can be fastened to the edge of the table. For kitchen use the latter is most practical and far superior to the old simple lever "cracker."

If the housewife who thinks that nuts are a luxury or sweetmeat will once try making nut dishes, she will be surprised at their number and variety. When meat falls or when its price is soaring too high, try a nut roast. A nut hash is much more attractive than meat hash. Peanuts can be combined in numberless ways and a most delicious cream puree made, using peanut butter. Use chestnuts for fowl stuffing or as a vegetable accompaniment to beef-steak and you will be surprised at the delicious, novel piquancy of this inexpensive dish.

It is far wiser to use nuts as food than to combine them in cake and sweet dishes. Of nut salads there is a great variety, as apple, celery and peanut, banana and peanut, chestnuts and orange, cabbage and walnut.

It is much cheaper and wiser to crack nuts at home than it is to buy the shelled nuts put up, as it frequently happens that these nuts are shelled under most insanitary conditions, in immigrant homes, etc. Never make the mistake of buying "mixed" nuts, as it is almost unfailingly true that the "mix" contains a larger proportion of the cheaper nuts than of the better ones.

—They are all good enough, but the WATCHMAN is always the best.

German Rubber Trade Hit.

The war has had its effect on the rubber trade in Germany. The manufacture of rubber sporting goods, toys, articles of luxury and the like has been almost entirely curtailed. Had a demand existed, the lack of the necessary raw materials, even in substitute quantities, would not have been forthcoming. Business is very slack in sanitary and surgical goods, because the essential, fine crude rubber can only be had for military purposes, and skilled labor, which is very important in this line, is very scarce. The enormous consumption of solid and pneumatic tires by the German army has given the manufacturers all they can handle. Business decreased appreciably, however, towards the

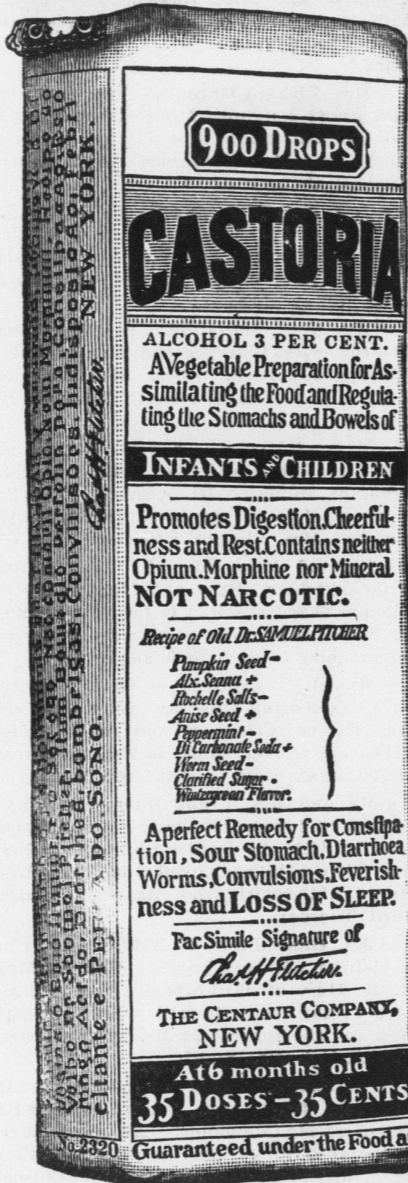
close of the year 1915. The cycle tire industry has not been favored by war conditions. Only reclaimed rubber has been available for making casings and only very limited quantities of crude rubber have been allowed for inner tubes. The restrictions on the use of cotton fabrics has practically stopped the making of cycle tires for other than military purposes.—Popular Science Monthly.

Bertie's Ready Money.

"Bertie seems to have more ready money since he became a futurist. Does that mean that he is making it pay?"
 "It means that he has applied the futurist principal to his dealings with tradesmen."—Puck.

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