

IT IS BETTER.

It is better to lose with a conscience clean than win by a trick unfair: It's better to fail and to know you've been... For the one who lost will be glad at heart...

NOBLESSE.

Margaret Lee encountered in her late middle age the rather singular strait of being entirely alone in the world. She was unmarried, and as far as relatives were concerned...

Margaret had not married when her flesh had been comparatively later, when it had become superlative, she had no opportunities to marry.

Margaret's stepmother had been a child in spite of her two marriages, and a very silly, although pretty, child.

Margaret's stepmother had been a child in spite of her two marriages, and a very silly, although pretty, child. The daughter, Camille, was like her, although not so pretty...

She always remembered one little dark man with keen eyes who had seen her disappearing through her door of a Sunday night when all these gay, bedraggled birds were at liberty...

She stood among them, silent, immense, clad in her dark purple silk gown spread over a great hoop-skirt. A real lace collar lay softly over her enormous, billowing shoulders...

Camille adored Jack, and cared for no associations, no society, for which he was not suited. Before the trotter was bought, she told Margaret that the kind of dimers which she was able to give in Fairhill were awfully slow...

In a few days she knew the worst; and the worst was beyond her utmost imaginings. This was because the days of moving-pictures shows; it was the day of humiliating spectacles of deformities, when inventions of amusements for the people had not progressed...

"The Leaches are a very good old family," said Margaret feebly. "I don't care for good old families when they are so slow," retorted Camille.

"The fellers we could have here if we were rich enough, come from fine families, but they are up-to-date. It's no use hanging onto a lot of out-of-style old silver; so there."

Two generations ago there had been French blood in Camille's family. She put on her clothes beautifully; she had a dark, rather fine-featured, alert little face, which gave a wrong impression, for she was essentially vulgar.

Speak that she did not jar Margaret, although unconsciously. Camille meant to be kind to the stout woman, whom she pitied as far as she was capable of pitying without understanding.

For a long time matters had been worse than usual financially in the Lee house. The sisters had been left in charge of the sadly dwindled estate, and had depended upon the judgment, or lack of judgment, of Jack.

Then Margaret and the Desmonds went to the city, and lived in a horrible, tawdry little flat in a tawdry locality. Jack roared with bitter mirth when he saw poor Margaret forced to enter her tiny room sideways; Camille laughed also, although she chided Jack gently.

For a few weeks Margaret's life in that flat was horrible; then it became still worse. Margaret nearly filled with her weary, ridiculous bulk her little room, and she remained there most of her time, although it was noisy and its one window giving on a courtyard strung with clothes-lines and teeming with boisterous life.

Camille and Jack went trolley-riding, and made shift to entertain a little, merry but questionable people, who gave them passes to vaudeville, and entertained in their turn until the small hours.

Unquestionably these people suggested to Jack Desmond the scheme which spelled tragedy to Margaret. She always remembered one little dark man with keen eyes who had seen her disappearing through her door of a Sunday night when all these gay, bedraggled birds were at liberty...

Then Camille screamed, the shrill, raucous scream of the women of her type, for Margaret had fallen back in a dead faint, her immense bulk inert in her chair. Jack came running in alarm. Margaret had suddenly gained value in his shrewd eyes. He was as pale as she.

Magaret had great pity. She kept constantly before her mental vision the fact in which she believed, that the world which she found so hard, and which put her to unspeakable torture, was not all. A week elapsed before the wretched little show of which she was to be a member went on the road, and night after night she prayed.

Magaret had great pity. She kept constantly before her mental vision the fact in which she believed, that the world which she found so hard, and which put her to unspeakable torture, was not all. A week elapsed before the wretched little show of which she was to be a member went on the road, and night after night she prayed.

Magaret had great pity. She kept constantly before her mental vision the fact in which she believed, that the world which she found so hard, and which put her to unspeakable torture, was not all. A week elapsed before the wretched little show of which she was to be a member went on the road, and night after night she prayed.

Magaret had great pity. She kept constantly before her mental vision the fact in which she believed, that the world which she found so hard, and which put her to unspeakable torture, was not all. A week elapsed before the wretched little show of which she was to be a member went on the road, and night after night she prayed.

Magaret had great pity. She kept constantly before her mental vision the fact in which she believed, that the world which she found so hard, and which put her to unspeakable torture, was not all. A week elapsed before the wretched little show of which she was to be a member went on the road, and night after night she prayed.

Magaret had great pity. She kept constantly before her mental vision the fact in which she believed, that the world which she found so hard, and which put her to unspeakable torture, was not all. A week elapsed before the wretched little show of which she was to be a member went on the road, and night after night she prayed.

Win the War by Giving Your Own Daily Service.

Save the Wheat.—One wheatless meal a day. Use corn, oatmeal, rye or barley bread and non-wheat breakfast foods. Order bread twenty-four hours in advance so your baker will not bake beyond his needs.

Our wheat harvest is far below normal. If each person weekly saves one pound of wheat flour, that means 150,000,000 more bushels of wheat for the Allies to mix in their bread.

Save the Meat.—Beef, mutton or pork not more than once daily. Use freely vegetables and fish. At the meat meal serve smaller portions, and stews instead of steaks.

We are today killing the dairy cows and female calves as the result of high price. Therefore, eat less and eat no young meat. If we save an ounce of meat each day per person, we will have additional supply equal to 2,200,000 cattle.

Save the Milk.—The children must have milk. Use every drop. Use buttermilk and sour milk for cooking and making cottage cheese.

Save the Fats.—We are the world's greatest fat wasters. Fat is food. Butter is essential for the growth and health of children.

Use one-third less per day of animal fat and 375,000 tons will be saved yearly.

Save the Sugar.—Sugar is scarcer. We use to-day three times as much per person as our Allies. So there may be enough for all at reasonable price, use less candy and sweet drinks.

Save the Fuel.—Coal comes from a distance and our railways are overburdened hauling war material. Help relieve them by burning fewer fires.

Use the Perishable Foods.—Fruits and vegetables we have in abundance. As a nation we eat too little green stuffs. Double their use and improve your health.

Use Local Supplies.—Patronize your local producer. Distance means money. Buy perishable food from the neighborhood nearest you and thus save the transportation.

GENERAL RULES

- Buy less, serve smaller portions. Preach the "Gospel of the Clean plate." Don't eat a fourth meal. Don't limit the plain food of growing children. Watch out for the wastes in the Community. Full garbage pails in America mean empty pails in America and Europe.

HERBERT HOOVER.

United States Food Administrator.

"big," replied Camille. "You will make us all rich Margaret. Ain't it nice?"

Then Camille screamed, the shrill, raucous scream of the women of her type, for Margaret had fallen back in a dead faint, her immense bulk inert in her chair.

Magaret had great pity. She kept constantly before her mental vision the fact in which she believed, that the world which she found so hard, and which put her to unspeakable torture, was not all.

Magaret had great pity. She kept constantly before her mental vision the fact in which she believed, that the world which she found so hard, and which put her to unspeakable torture, was not all. A week elapsed before the wretched little show of which she was to be a member went on the road, and night after night she prayed.

Dig Up and Grin.

We'll all dig up with cheerful grin, to help our noble legions win, and we should have the coin on hand, if we would aid our native land.

The Difference.

"Grandma" asked six-year-old Paul, "What makes Helen such a pretty little girl?"

"She is pretty," grandma replied, "because she is such a good little girl."

Swallowing Glory.

Marjorie startled the family the other morning by exclaiming at the breakfast table "I'm full of glory."

Obedying the Law.

"See here, waiter, the ice in this lemonade is all melted."

"Yessah; we ain't allowed to serve only soft drinks, sah."

FOR AND ABOUT WOMEN.

DAILY THOUGHT

He needs must fight To make true peace his own; He needs must combat might with might Or might would rule alone.

—Alfred Tennyson.

Important amounts of perishable foods are made dangerous or inedible in households because they are exposed unnecessarily to heat, germs, dust, dirt or to flies and other insects.

Much food is spoiled quickly because it is kept uncovered in warm kitchens. Close observance of the doctrine, "Keep perishable food, especially milk, cool, clean, and covered continuously," may make a striking difference in the food bills of many families.

In other cases, one or two vegetables, beets or carrots, for instance, not needed immediately are thrown out or allowed to spoil instead of being used in soups or combination dishes. Fruits which could be stewed and kept are allowed to spoil.

Much food is ruined by being stored in wire cages or other insect, or rats and mice can get at it. Much cereal food is ruined because it is not protected against weevils or other insects.

It is interesting to notice how personal a thing fashion really is and how the woman who can see herself as others see her always succeeds in looking her best, whereas the woman who blindly follows the mode of the moment falls into countless snares and rarely looks as well as she might.

It is a point for each of us to note, as it affects the outlay of a limited purse considerably. A tall, graceful creature came into the car the other day in a black dress, soft and clinging, with some white about the bodice, and a big black hat swathed in tulle; beside her sat a small slim woman in a long light gray coat and a hat of gray, uncurled ostrich feathers, over which a veil of invisible mesh acted as a controller to any desire of the plumes to riot in a wind.

Both looked their best, but if the little lady had put on a plain black dress and a hat, with no coat, she would certainly have looked wrong; she had neither height nor circumference, nor youth enough to dispense with the dignity which a coat seems to give.

To keep the new sailor or any other straw hat having a flat crown and brim fresh and unfaded, brush it occasionally with ammonia water (use a teaspoonful to a cup of water) and, while still damp, lay over it a dry cloth and press with a moderately hot iron.

The ammonia restores the color and the moisture and pressing will give it its original stiffness. Faded wings or flowers may be touched up with water color paints with good results.

Do You Know?—That if your iron becomes overheated it will never again retain heat so well? That a piece of waxed paper placed over the meat or fowl in the oven will prevent its burning?

That fresh mint can be kept growing in a glass of water? That you can clean white painted woodwork with hot water and bran? That the United States is now the champion cocoa drinking country, importing more than 213,000,000 pounds a year?

To whiten the skin take a teaspoonful of the tincture of benzoin to an ounce of rosewater which forms a well-known lotion and is excellent for whitening the skin.

Smocks for garden wear are being taken up with enthusiasm by the younger matrons—and the older ones whose proportions are not hopelessly incompatible with flowing lines. They are especially effective in rose, dull blue and gray, and are being seen on the tennis courts quite as frequently as the time honored middie blouse.

For those who do fancy work there are many patterns offered for smocking, some intricate and some simple. This trimming is especially suitable for baby dresses and dainty blouses, and is not a very difficult matter to learn.

Concerning Blankets.—It takes some care and thought to buy blankets that is, if one is particular about getting good value received for his money. A pretty design is not the main nor the first point to be considered. It is a bad plan to buy cheap ones; good blankets wear so much longer and better and are far more satisfactory in all ways.

It is wise to remember that they are most comfortable when they are not only warm but light. The best blankets have surface resembling a rather thick bed of wool, and they are soft and silky to the touch. The prettiest ones are usually bound in silk, in a color to match the design woven in. Pink and blue and yellow are the colors most often seen in decorative designs on blankets.

It is a good plan to have the better grade of blankets dry cleaned. If they are to be washed, however, great care should be taken that they do not shrink. They should be washed with tepid water and a good wool soap, on a bright, sunny day, and dried out of doors.

Blankets should be bought to fit the beds on which they are to be used—of course, large enough to be turned in at the foot and sides, but not so large that they will touch the floor. Most blankets come double, that is, all in one piece, but it is usually much more convenient to handle them if one cuts them into two separate blankets.

FARM NOTES.

HOW MILK BECOMES DISEASED.

According to the United States Department of Agriculture, bacteria find their way into the milk from a number of sources. Some come from the udder itself, where they grow in the milk cisterns and ducts. The greater number, however, come from the dust of the air, the dirt from the udder and flanks, from the milk and from unclean utensils.

The consumer is sometimes responsible for the contamination of the milk. Milk bottles should not be taken into a sick room, because infectious diseases can be spread by carrying infected bottles back to the dairy farm. If bottles are left where there are contagious diseases, they should not be collected by the milkman until they have been properly disinfected by the Board of Health.

WHY CLEAN MILK IS IMPORTANT.

The consumer is interested in clean milk primarily because no one cares to use a food which is not produced and handled under sanitary conditions. There is a more direct interest, however, because of the danger of contracting disease which may be communicated by this means.

Cleanliness is not an absolute safeguard against disease, but it is the greatest factor in preventing contamination. From the health standpoint there is great danger not only from the specific disease-producing bacteria previously mentioned, but from milk that contains large numbers of miscellaneous bacteria, which may cause serious digestive troubles, especially in infants and invalids, whose diet consists chiefly of milk.

Most producers of market milk have experienced the chagrin of having a shipment of milk refused or returned because it reached the market sour, tainted or otherwise in poor condition. Although such milk may be used for feeding pigs, it usually means a complete loss to the producer, as it costs too much to transport it back to the farm, and because, depending on the market as an outlet for his milk, he has no means for utilizing small amounts at uncertain intervals.

SOUR MILK A LOSS TO PRODUCER.

Safeguarding the purity of the milk in several ways. First, the health of the farmer's family, who use a portion of the milk themselves; second, the health of the calves, which live largely on milk. Healthy cows to breed from and pure milk to feed upon are two important factors in rearing thrifty calves, and in the development and maintenance of a healthy and profitable herd.

—Milk Must be Kept Clean and Safe.—For the production of clean and safe milk it is necessary to have clean, healthy cows and keep them in clean, light, well-ventilated stables. It is also equally important to have a clean, well-drained barnyard; clean utensils, thoroughly sterilized; clean, healthy milkers, who milk with dry hands; immediate cooling of the milk to 50 degrees Fahrenheit, or lower, and the storage of the milk at low temperature until delivered.

Too much care cannot be taken to keep and deliver the milk in a sanitary condition. Where it is possible to have a separate house for handling the milk it will help greatly in this work. The hog is a profitable market through which to send your corn. You made money feeding 50c corn to 5c hogs, and you can make more money feeding \$1.50 corn to 15c hogs.