

IT ISN'T YOUR TOWN; IT'S YOU.

If you want to live in the kind of a town like the kind of a town you like... You needn't slip your clothes in a grip...

AT THE DOCTOR'S DOOR.

Shortly after twelve o'clock when Ronny Prawl, fat and gallant in crimson doublet and hose, rang the bell at the Plaisted's door...

to make sure that her little silver bottle lay safely within. No sooner had she laid aside her cloak and joined Ronny at the door of the big ballroom...

"Oh, well," began the man, pausing on the verge of an escape. "I'll dance with you," suddenly volunteered Alberta; and the next moment the tall one was escorting her...

Cereal Foods--Continued.

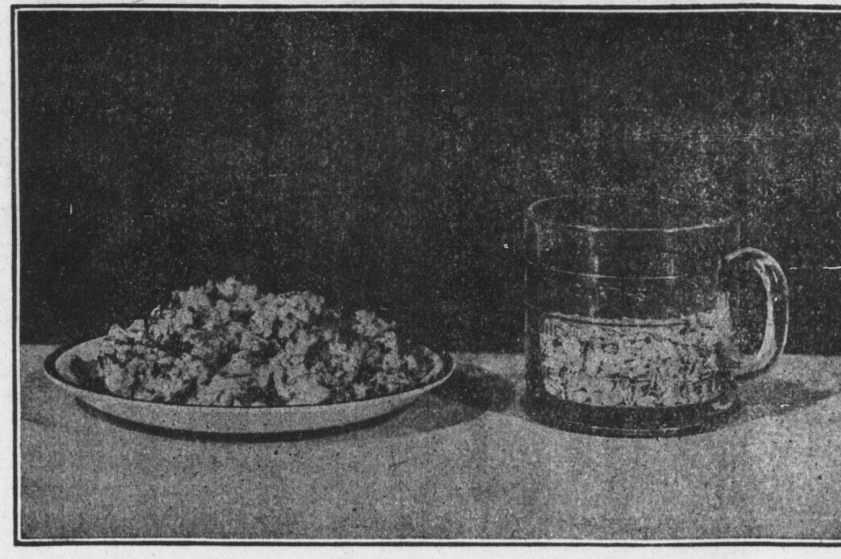


Fig. 4.—Half a cup of oatmeal before and after cooking.

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PREPARED CEREALS. One of the important differences between these preparations depends on whether or not any of the outer coating of the kernel has been left in.

DISHES MADE OF CEREALS.

These include porridge and cereal mush, breads, cakes, puddings, pies, etc. There are even greater differences among this group of cereal foods as they appear on the table than among those from which they are prepared.

HOW MUCH CEREAL FOOD SHOULD BE USED?

Cereal food of one kind or another forms a large part of almost every wholesome and economical diet. As a general rule, the greater the part played by cereals the cheaper the diet.

BREAKFAST CEREALS.

Next to their use in bread, etc., in this country, the most common way of using the cereals for food is in the form of the so-called breakfast foods.

COOKING BREAKFAST CEREALS.

There are several practical points to remember in cooking cereals. One is that there is more danger of not cooking them enough than of cooking them too much.

NURSING AS A CAREER FOR WOMEN.

The Patriotic Service of the Married Nurse.

By Jane A. Delano, Director of the Department of Nursing of the American Red Cross.

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Married nurses by the hundred are "brushing-up" their knowledge of nursing, preparing to give part of their time to the hospitals or other local nursing activities.

Nursing as a profession has made a marked scientific advance in the past few years; and women who have been out of touch with the training for even a short time are eager to have a more up-to-date knowledge of the new methods, and skill in the delicate work that is now required.

Twenty Sheep for Each Soldier.

The wool from 3,600,000 sheep is required to clothe and equip Pennsylvania's 180,000 men in the army and navy of the United States.

Cities to Aid Kansas Harvest.

Topeka, Kan.—Kansas has begun the work of recruiting a farm army of 30,000 men from the cities of the State to help in the wheat, rye, barley and oats harvest of the State this year.

Pig Farm.

A new way of earning money for the Red Cross and at the same time saving \$25.00 a month to the government has been found by New York women, who have installed a large pig farm near Camp Mills.

Eighth German War Loan.

Amsterdam, Holland.—Subscriptions from the army to the eighth German War Loan total 1,438,000 marks, according to advices from Berlin.