

THE HISTORY OF SALT IS GIVEN BY MRS. WILSON

And Some Recipes for Salts to Be Used as Flavoring in Soups or Goulishes—Explanation of Various Sayings

By Mrs. M. A. WILSON

IF THERE is not sufficient amount of salt given to the blood stream, it becomes slow and sluggish; the bodily secretions, such as bile and gastric juice, become slow and torpid, and in due time the whole organism requires the use of about twelve grains of salt per day.

In some form or other salt is now widely distributed throughout the world, so that it is possible today to obtain it in more or less abundance. The ocean may be made to yield salt and masses of rock salt with their briny spring yield an almost endless supply. In fact, as one writer puts it, "salt is dispensed over all nature, it is treasured up in the bowels of the earth, it impregnates the ocean and descends in the rain."

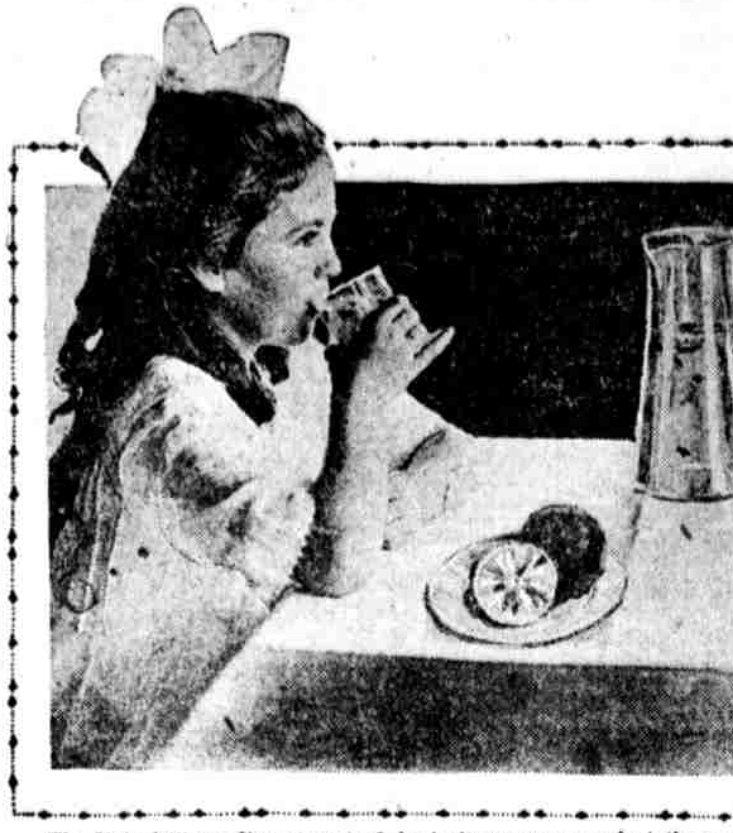
Various flavored salts may be prepared for seasoning: Onion Salt. Place in a shallow baking dish one cup of fine table salt. One and one-half cups of fine chopped onions.

Blended Seasoning. One-half cup of table salt. One level tablespoon of white pepper. One level tablespoon of paprika. Pinch of cloves. One teaspoon of powdered thyme. One-half teaspoon of sweet marjoram.

Use the green leaves of the celery and put through the food chopper. Measure and then place in a shallow baking dish. One and one-half cups of salt. Rub between the hands to mix and then dry and rub through a sieve. Garlic Salt. Four cloves of garlic crushed fine. Dry and then sift and seal in a jar.

Menu Contest Honor List. Mrs. Cornelia A. Patterson, Mrs. Jennie Burke, Mrs. Thelma E. Dietz, Mrs. Donald E. Eastlake. Lists various menu items and prices.

ORANGE JUICE FOR CHILDREN



The United States Department of Agriculture warns against the use of liquids that are sold as fruit juices and contain none of the pure juice of the fruit.

Two Minutes of Optimism

By HERMAN J. STICH

Burglars, it has been said, so far as they personally and individually are concerned are most admirable persons. Their business develops initiative, resourcefulness, fearlessness, self-reliance and capacity in emergency.

CARELESS HEARTS

By HAZEL DEYO BATCHELOR

Alice wanted freedom. When Diana Long agreed to a separation from Julian she did it because she felt that her life was her own and that she had a right to do as she pleased.

Your Soul's in Your Hand

By IRVING R. BACON

A flexible hand is indicated; one that is extremely versatile and adaptable to any circumstances or surroundings.

Hands and fingers show by their degree of flexibility or inflexibility the degree of the pliancy or adaptability of the mind. If you can bend your hands back at the knuckles, and the separate joints of the fingers can also be bent backward, the indication is that your mind is extremely elastic and adaptable to almost any circumstances.

Please Tell Me What to Do

By CYNTHIA

Jimmie Resents "Mushiness". Dear Cynthia—Just a word to "Two Distinguished Girls." This letter is for those readers who have talked about fellows being "mushy."

What Shall He Do? Dear Cynthia—I am a married man, good character, but am not living with my wife, who was faithless, but to save the children's names I did not get a divorce.

Girl Was to Blame. Dear Cynthia—I heartily agree with you in your statement that in the majority of cases it is the girl's fault.

Disagrees With Cynthia. Dear Cynthia—I certainly cannot agree with you, when you say that you are strongly in blaming girls for lewd conduct on the part of men.

The Question Corner. Today's Inquiries. Describe an easily made inexpensive window curtain that is novel and dainty.

Yesterdays' Answers. When a bath brick will not affect the rust on iron or steel, pour kerosene on it and allow it to stand for a few minutes before scouring with hot, soapy water.

Markets Throughout the United States. Special Fish Reaches Us Exactly 5 Hours After Being Caught in the Nets.

Our Fish Reaches Us Exactly 5 Hours After Being Caught in the Nets. Cape May Goodies 12 1/2 lb Fresh Mackerel 20c.

Porgies 12 1/2c lb Flounders 15c lb Weakfish 15c lb.

Shoulder Milk-Fed 25c lb Breast Milk-Fed 18c lb RACK VEAL 30c lb.

Legs of English MUTTON 28c lb Shoulder English MUTTON 16c lb Rack Chops of MUTTON 25c lb.

Choice Stewing MUTTON 10c lb. Open Saturday Until 9 P. M.

WHAT'S WHAT

By HELEN DEGRIE



In the breakfast coat the modern woman possesses a garment which fills the main requisites for the morning.

Fashion Illustrating. Dear Madam—Will you kindly tell me the name of the dress or jacket where a fashion illustrating is shown?

Their Brother's Wedding. Dear Madam—Kindly let me know through your column if it is proper for a brother to wear a tuxedo when he goes to see his friends at their wedding.

A CONSTANT READER. This would be perfectly proper if the bride wants her future sister-in-law to be her maid of honor and the bridegroom wants his brother to be best man.

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THE BOYS DIDN'T LIKE HER BECAUSE SHE WASN'T NEAT

She Was Pretty, She Sang Well and She Was Funny, but Charlie Wanted Something More—He Likes Carefully Dressed Girls

SHE was one of the most popular girls at the resort this summer. All the girls were crazy about her. She was one of those girls who can play a ukulele and sing anything at all.

GIRLS sometimes get the idea that as long as they look pretty the boys will like them, no matter how untidy they are. They fix the front of their hair, and they see that their collar is pinned and arranged becomingly—and they spend hours putting on a hat.

AND a girl can be just as pretty as anybody else, even if she does take care of her hair and those little things that take so much time, show so little and mean so much—things like cuffs, straight collars, hair nets and belts.

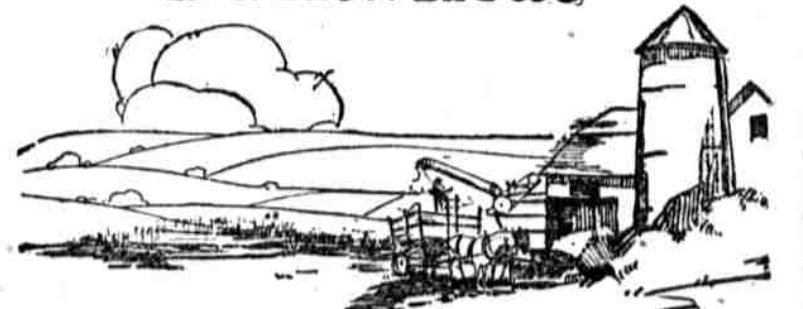
The chances are ten to one that you will need at least one pair of gloves for fall—either a fabric pair or a well-worn, I saw some chamoisette gloves that slip on over the wrist in scoured style for \$1.25 a pair, which, I believe, is very reasonable.

With sugar scarce and costly, more and more interest is naturally being shown in that self-sweetened food—Grape-Nuts



This ready-to-eat cereal food is abundantly supplied with sugar, developed in the process of making from the choicest parts of wheat and malted barley. Flavor tells—Made by Postum Cereal Company, Inc. Battle Creek, Mich.

All the Meat of the Buckwheat



and all the rich, nutty flavor of the carefully selected grain are in I-Spy. All I-Spy ingredients, corn and wheat, milk and corn sugar, are of the best—that's why I-Spy Buckwheat Mixture always makes perfectly delicious hot cakes.

I-SPY Buckwheat Mixture. is of course a quality product—it's a Gambrill product, and is of course very reasonably priced. C-A GAMBRILL MFG CO. I-SPY a GAMBRILL Product.