

Reading for Women and all the Family



OVER THE TOP!

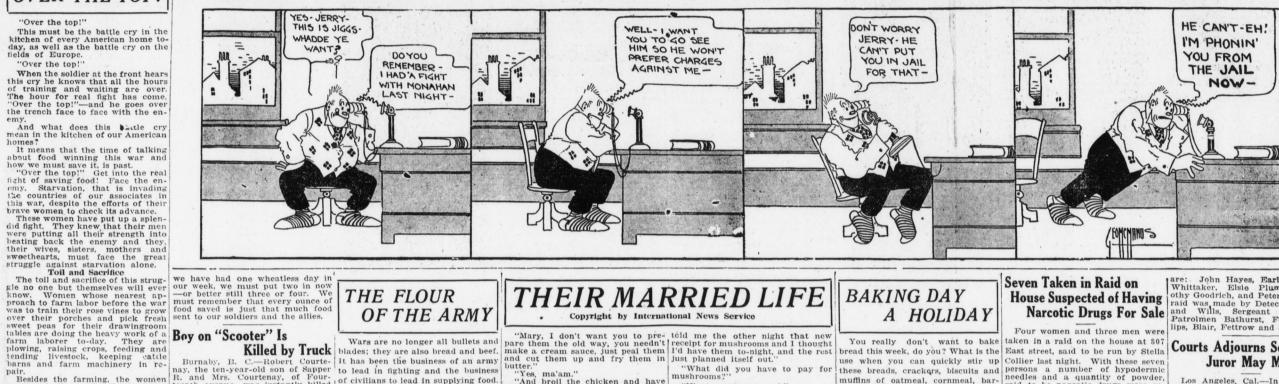
"Over the top!"
This must be the battle cry in the kitchen of every American home today, as well as the battle cry on the fields of Europe.
"Over the top!"

When the soldier at the front hears this cry he knows that all the hours of training and waiting are over. The hour for real fight has come. "Over the top!"—and he goes over the trench face to face with the enterpy."

Bringing Up Father

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By McManus



THE FLOUR OF THE ARMY

Wars are no longer all bullets and blades; they are also bread and beef. It has been the business of an army to lead in fighting and the business of civilians to lead in supplying food. In this war, especially, it is the proud part of the men and women at home to lead in food conservation. killed by Truck

Burnaby, B. C.—Robert Courtenay, or Fourtare practically running the food factories, keeping them going day and
night as long as they can obtain the
raw food products with which to
work.

Down to the last child these people have learned something that veryfew people here in America have as
yet learned. It is this: The strength
of the first line trench depends on
the strength of the bread line. As
long a sthe women can hold the
bread line under the shock of war,
the men can hold the trenches,
When the women fail,
In their hour of need, the women of Europe are calling to you,
women of Europe are calling to you,
women of Europe are calling to you,
women of America. "Over the top!"
Into fight with us against hunger!"

days. The food administration wants you to consume only 150 pounds a year now, so that this imperatively needed wheat may get to the war workers and fighters in Europe.

One hundred and fifty pounds of four per person a year! But you must look to your laurels. Our brave army is leading you on your own field. The soldier boy in the thirty-two camps and cantonments of our country is getting .361 pounds of flour per day. This is at the rate of 131 pounds per person a year. He is 19 pounds ahead of you, stay-athomes! Salute the soldier who is leading you, but make up your mind that in this which is particularly your job, he shall not continue to stay 19 pounds of flour ahead.

Advice to the Lovelorn

Dear Miss Fairfax:

A young gentleman has been calling on me for two years and has often told me he cared a lot for me. He simply raves when I have another fellow. So I try to be true and really am true to him. But the other week, a certain girl came home from school, and I heard that he has been going with her and trying to keep me in the dark of it.

Now Dear Miss Fairfax, what shall I do? Shall I give him the sling? Or shall I not say anything about it and have him the same as ever?

Dear Miss Fairiax:
I am going with a young man and
love him very much, and I think
he cares a great deal for me.
But on the other hand, I go with

so hard, but can't.

Heartbroken.

Dear little Heartbroken:

Jealousy is merely a form of selfithness, and therefore should not be allowed to creep into the character of any of my girls. Do not mind the actions of the girl friend you speak about; if the boy of whom you are so fond really loves you, he will dislike the other girl for her unladylike actions quite as much as you do. The only way to overcome jealousy is to exert all the force of your will. Remember to be selfishly jealous is small, and you must not tolerate such feelings in regard to the man you love or the girl whose friend you are supposed to be.

Don't let the girl friend influence. Heartbroken.

THEIR MARRIED LIFE

proud part of the men and women at home to lead in food conservation. We know as never before that the soldier cannot fight unless he is well fed; that people cannot support all the abnormal conditions of war unless they are well fed.

Bread is the foundation on which we all rest. The most insistent drive of the food administration has been "save the wheat!" We must send 100,000,000 bushels of wheat overseas before the first of June. It cannot come out of our surplus, because there is not any. It must come out of our saving.

Who is helping to save it? Are you? You used to consume 215 pounds of flour a year in pre-wardays. The food administration wants you to consume only 150 pounds a year now, so that this imperatively needed wheat may get to the war workers and fighters in Europe. One hundred and fifty pounds a dyear now, is leading you on your own field. The soldier by in the thirty-two camps and cantonments of our country is getting .261 pounds of flour per person a year. He is 19 pounds ahead of you, stay-athomes! Salute the soldier who is leading you, but make up your mind that that. Mr. Curtis will thoroughly enjoy."

"Yes, it is," agreed Helen. "I'm going out now, so I'll just leave the rest to you."

Helen went out for the afternoon and returned certain that everything was. When she returned about five they was a delicious smell of mushrooms in the hall, and Helen, conscious that Warren would appreciate her extra efforts in the planning of a dinner, went on into the inverse dearn in pre-war days. The food administration wants you to consume only 150 pounds a year now, so that this imperatively not the top of his head.

"Helen went out for the afternoon and returned certain that wereything would be all right at home, and it was. When she returned about five these to you."

"Helen went out for the afternoon and returned certain that wereything was. When she returned about five the rest to you."

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Daily Fashion Hint

Prepared Especially For This Newspaper



OREPE ONE-PIECE PAJAMAS.

Pajamas are gradually usurping the place of nightgowns and the craze for bifurcated garments seems to be extending evening to under garments for day wear. Pink silk crepe is used for the design pictured. Hemstitched pockets and frills of self-material supply the decorative touches. Medium size requires 5% yards 54-inch material.

Pictorial Review Pajamas No. 7660. Sizes. 32, 36 and 42 inches bust Price, 20 cents.

PAJAMAS.

Manufactured From a Tree That Grows in California. It is known as the yucca, or Joshua tree, and is especially suited for this purpose because of the toughness and lightness of its wood.

The yucca tree is a produce of the desert and thrieves in places where nothing else will grow. Ordinarily it reaches a height of from fifteen out of proportion to the trunk. Its wood not only is light in weight and tough of fiber, but can be easily shaped. Surgeon's splints also are made of this wood.—Chicago Journal.

BAKING DAY A HOLIDAY

"Why, yes, dear, I did."
"Well, then, all I have to say is that you are the most extravagant woman I have ever heard of. Don't you know times are serious and we could very well do with less?"

could very well do with less?"
Helen who had imagined that Warren would be delighted with everything, flushed with vexation and disappointment. She ate the crowning glory of Mary's strayberry shortcake in silence, and feit like crawling off in a corner somewhere for a good cry. Warren having had his say was finished, and was much surprised when his efforts to clear matters up afterward met with little response.

Two cups corn meal, 4 teaspoons baking powder, 1 teaspoon salt, 2 cups sweet milk, 1 egg (may be omitted), 2 tablespoons fat.

Mix dry ingredients, Add milk, well-beaten egg and melted fat. Beat well. Bake in a shallow pan for 30 minutes. Two nights later Helen met Warren downtown for dinner, and they went to a hotel at Warren's suggestion. The very first thing that Warren said on picking up a menu was to remark that it was ridiculous to limit each person to two wheat rolls

Scotch Oat Crakers
Two cups rolled oats, 1-4 cup milk,
1-4 cup molasses, 11-2 tablespoons
fat, 1-2 teaspoon soda, 1 teaspoon

salt.
Grind or crush the oats and mix with the other materials. Roll out in a thin sheet and cut in squares. Bake for 20 minutes in a moderate oven. The receipt makes three dozen crackers.

Bodies Reking Powder Biscuits Helen's mind jumped back imme-

en crackers.

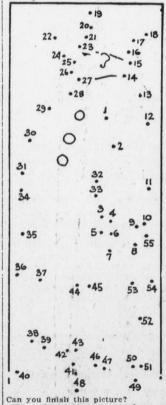
Barley Baking Powder Biscuits
Two cups barley flour, 1-2 teaspoon salt, 4 teaspoons baking powder, 3 tablespoons fat, 2-3 cup milk.

Sift the dry ingredients together, rub in the fat and add the liquid until a soft dough is formed. Roll to about 3-4 of an inch thick, cut with a cookie cutter and bake in hot oven.

Methodists Plan to Renite; 7,000,000 Members

Louisville, Kentucky.—Unification of the two great branches of the Methodist church, the Northern and the Southern, with a combined membership of about 7,000,000 persons, is practically certain to take place within six years, according to a statement by the Rev. Frank M. Thomas, pastor of the Fourth Avenue Methodist Church, who has just returned from Savannah, Ga., where

Daily Dot Puzzle



Draw from one to two and so to the end.



Seven Taken in Raid on House Suspected of Having Narcotic Drugs For Sale

You really don't want to bake taken in a raid on the house at 807 bread this week, do you? What is the East street, said to be run by Stella

are: John Hayes, Earl and Elsie Whittaker, Elsie Plummer, Dor-othy Goodrich, and Peter Zaro, Dor-raid was made by Detectives Speese and Wills, Sergeant Owen and Patrolmen Bathurst, Foultz, Phil-lips, Blair, Fettrow and Schaffner.

Courts Adjourns So

bread this week, do you? What is the use when you can quickly stir up these breads, crackers, biscuits and muffins of oatmeal, cornmeal, barley? Besides, these receipts use no wheat flour, so it's really patriotic for you to take a holiday on baking day.

Barley Spoon Bread
One-quarter cup salt pork cut in 1-4-inch cubes, 4 cups boiling water, 1 cup barley meal, 2 or 3 eggs.
Cook salt park in saucepan until slightly brown, add water and when boiling sprinkle in barley meal, stirring constantly. Cook in a double boiler one hour, cool and add wellbard beaten eggs. Turn into an oiled dish and bake in a moderate over 3-4-hour.

Corn Bread

East street, said to be run by Stella Collier last night. With these seven presons a number of hypodermic needles and quantity of powder, and quantity of powder, onedles and a quantity of powder, onedles and a quantity of powder, and the house by the these seven persons a number of hypodermic needles and a quantity of powder, onedles and a quantity of powder, and the house by the police. Collier woman was held under \$500 bail for hearing to-day.

Several of those arrested last night house by the police, the collier woman was held under \$500 bail for hearing to-day.

Several of those arrested previously in connection with a crusade against F. L. Saxton was drawn as a juror in Attorney Rupert Turnbull's \$50,-000 suit against C. D. Hillman of the house by the police. The Collier woman was held under for the house by the police. The collier woman was held under for the of cows and is drawn on a dury is divided between his duties as a food producer. It thus came to pass that F. L. Saxton was drawn as a juror in Attorney Rupert Turnbull's \$50,-000 suit against C. D. Hillman of the house by the police. The collier woman was held under for the order of cows and is drawn on a dury is divided between his duties as a food producer. It thus came to pass that F. L. Saxton was drawn as a juror in Attorney Rupert Turnbull's \$50,-000 suit against C. D. Hillman of the house by the police. The col

Pure Chewing Gum



Obey the Doctor's Orders---Take Your Baby Out Every Day

Take Him Out in a Goldsmtih Go-Cart

A noted physician says that baby may be taken out-of-doors in from three weeks to a month after birth, and from that time on should be taken out in the open air for a certain part of every day.

The most satisfactory way is to take him out in one of our new Spring style Go-Carts. A big as-

sortment to select fromall styles including the new gondola and shell types-

finest materials throughout-easiest riding-in natural, white, blue or any desired finish.

Strollers \$ 9.00 to \$13.50 Gliders (something new) \$12.00 to \$17.50 Go-Carts \$18.50 to \$22.50 Pullman Go-Carts \$22.50 to \$50.00

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A Remedy That **Makes Life Worth Living** Breutsood

CARTER'S IRON PILLS

Sincerely, Worried.

My dear girl, by no means give the young man the "sling" as you call it, until you have had a friendly talk with him. Ask him frankly about the other girl, and her standing with him. Explain to him that you have always been considerate with him in regard to his wish that you do not go with other fellows, and explain that you expect fair treatment from him. Remind him that it is a poor rule that will not work both ways. If he has come to disregard his liking for you because

both ways. If he has come to disregard his liking for you because of the other girl, he should be frank and tell you so, in order that there is no misunderstanding.

I wonder, Worried, if you are old enough to be devoting all your attention to one young man. Remember, until you are of proper age, it is better always to be a friend to all the boys, rather than too devoted to just one of them.

Dear Miss Fairfax: girl who is very funny in some

a girl who is very funny in some ways.

When this fellow asks me to go for a walk, she seems as though she does not want me to go. If I stand around on the street talking, when I am with her, she always wants to go. When she is standing talking with him while I am not with her, she doesn't mind. She is always acting soft in front of the boys and makes me very cross.

I know I am very jealous and is it wrong for me to stop going with her on account of this? If it is just because I am jealous, please tell me how to overcome it. I have tried so hard, but can't.

Heartbroken.

Don't let the girl friend influence Don't let the girl friend influence you in your treatment of the man you say you love. He can not help any of her actions. If necessary, tell her frankly about her actions, which you do not like, and see if she can not explain those acts of hers which meet with your disapproval, or at least try to overcome them.

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diately to her home dinner, but she said nothing, and as the waiter came up for their order, she looked dreamily about the dining room content to have Warren order what he liked. She was brought back suddenly to a consciousness that he was having an altercation with the waiter. "It's against the rules, sir." Well, it oughtn't to be," Warren

"Warren," expostulated Helen. you couldn't possibly eat more than wo rolls, dear; you never eat much read at home."

"But it's ridiculous to come to a ace where they charge as they do be and to be limited on everything one has the money to pay." Helen, with flaming cheeks, waited ne waiter had gone off to exe-their order before she re-

cute their order before she remarked:

"I think it is a very small matter to make so much fuss about."

There was an unpleasant silence, and when the dinner was finally brought Helen was feeling miserably unhappy. She reflected biterily that Warren made a great deal of her time with him unpleasant, if not actually unhappy. There always seemed to be something for him to find fault with. Helen wondered vaguely if he were ever contented with anything.

She watched the waiter serve the meal and compared the price with

sne watched the waiter serve the meal and compared the price with that of the surprise dinner. The difference in favor of Helen's dinner was almost staggering, and if she had not been afraid of prolonging the discussion the west-decorated. arked on it. As it was, she ate in

arked on it. As it was, she according to the saw Warren finally lean back in his chair with still one of his rolls untouched, she could not refrain from remarking:
"I should think you would be ashamed to have the waiter take that roll away, Warren." She said it with such an air of disgust and the rebuke was so richly deserved that Warren actually had the grace to look sheepish.

To Be Continued

CALF'S EXCITING RIDE.

Runaway Team Carries It a Long Distance When George W. Evans started to When George W. Evans started to town hauling a cow and calf in a stock wagon, the calf became frightened by an automobile that approached from the rear and jumped over the driver's seat on to the horses' backs. The horses then had a turn at the fright and ran away. Evans was hurled from the wagon and the team raced three miles with the calf clinging to the double tree and bawling in fear, the cow bouncing along in the wagon and augmenting the clamor of her offspring. Finally the wagon skidded, struck a telephone pole and rolled down a fifteen-foot embankment. The cow received a broken leg.—Aurora (Ind.) Dispatch.

ARTIFICIAL LIMBS