Doing This Jeb Only Once a Day, It is Said, Saves Time.

"The careful housekeeper will always resent the suggestion that once a day is often enough to wash dishes," writes Dr. H. Barnard in "Table Talk" in the National Food Magazine. "She cannot train herself to allow solled plates and silverware to stack up from one meal to the next, for she has been taught that such actions are evidence of shiftless, slovenly housekeeping. As a matter of fact, along with many other no-tions which are fixed in the operation of the home, both time and energy are saved by cutting out two of the three

saved by cutting out two of the three daily dishwashing jobs."

Dr. Barnard goes on to recite the experience of one housekeeper who actually dared study the homely work of dishwashing. One week she washed dishes three times a day; the next week she washed each day's dishes altogether. She used the same number of dishes each day in both weeks. She found that it took her fifty-one minutes a day to wash dishes after each meal and forty-one minutes a day to wash them once a day.

day, to say nothing of the saving in

SALT IN THE FOOD.

Why Its Flavor at Times Is Too Weak or Too Strong.

or Too String.

The average housewife wonders why she often over or under saits her dishes when she "knows" that she saited them just right, as she always did and as the recipes called for.

The reason is just this: The seasoning value of different brands of sait varies widely. This is easily proved.

Take five slices of ripe tomatoes; apply equal parts of five makes of sait upon the separate pieces. Eat as soon as the separate pieces. Eat as soon as salted. The difference in flavor, per meation, rapidity and equality of dis solution and seasoning value are read fly detected.

ily detected.

A table salt should be fine, the crystals of equal size, quickly soluble and free from ingredients which absorb moisture from the air. Large and small crystals will not dissolve uniformly; consequently the full salting effect is not obtained until the large crystals are dissolved. The quickly soluble salt diffuses itself through the food at once and gives an equality of food at once and gives an equality of savor. Sticky salt is an intrusive nut

Failures in salting are largely due to changing from one make of salt to another. Get the best grade, grow accustomed to its use and stick to itsan Francisco Chronicle

Single File.

When the Indians traveled together they seldom walked or rode two or more abreast, but followed one another in single file. It has been thought by some that this practice resulted from the lack of roads, which compelled them to make their way through woods and around rocks by nearest. woods and around rocks by narrow paths. If this were the real reason for the practice, then we should expect to find that the tribes who lived in open countries traveled in company, as do whites. The true reason for jourdo whites. The true reason for journeying as the Indians did in single file seems to be a feeling of caste. This feeling was at the bottom of other customs of the Indians. It made their eustoms of the Indians. It made their women slaves and rendered the men silent and unsocial. This peculiarity is Asiatic. How it has warped and disfigured Hindu life is well known. The women of a Chinese household are seldom seen in the street. The children, when accompanying their father, follow him at a respectful distance, in single file and in the order of their ages.

"It's not so awful. But John, dear, hasn't been feeling well, and the doctor gave him pills to take every four hours. I've been sitting up to give them to him, and now it's about time for his medicine, but John has fallen asleep. Should I wake him?"

"I wouldn't if I were you. What is he suffering from?"

"Insomnia." — Pittsburgh Telegraph-Chronicle.

Smoking in Japan.

In Japan woman has smoked ever since tobacco was introduced and invariably used the pipe of metal with the tiny bowl holding only sufficient tobacco to provide half a dozen which was to write the sum of the sum o which was in universal use until the eigarette entered Japan with other western innovations.

His Excuse.

"Your honor, I frankly admit that I was exceeding the speed limit, but I was afraid of being late at court."

"What was your business at court?"
"I had to answer to a charge of exceeding the speed limit."—New York

Friendly Advice. "We surprised all our friends by get-ting married."
"Good enough. Now surprise 'em by staying married."—Exchange.

Patience—Would you like to see the cake I got on my twenty-eighth birth-day? Patrice—Why, yes! Is it well preserved?—Yonkers Statesman.

How blessings brighten as they take their flight!—Young.

KEYSTONE PARAGRAPHS

State headquarters for registration of men between the ages of twenty-one and thirty were opened in Harrisburg and will be in charge of Colonel Lewis E. Beitler and Colonel Frank P. Sweeney, inspector general of the national guard, both of Philadelphia. Colonel Beitler began work today organizing the office force and Colonel Sweeney will arrive tomorrow. The entire registration of the state will be carried on by Adjutant General Stewart through Colonel Beitler and art through Colonel Sweeney through Colonel Beitler and

Suffragists of California, will establish a carning center as their "bit" toward increasing and conserving the food supply of the nation. They will food supply of the nation. They will solicit the farmers of the countryside adjoining California for their surplus of foodstuffs, much of which goes to waste each year because it cannot be placed on the market. This will be canned and kept in storage until winter when it will be sold at a moderate price to those in greatest need. It will be known as the "Patriotic cannery."

The body of Miss Helen Elizabeth Cook, the fifteen-year-old girl who disappeared from her home in Rochester, Pa., May 11, was found at Merrill dara, about two miles west of Beaver. The girl was last seen in a canoe near Monaca, according to the police, with Lieutenant Charles Leach of Company . Eighteenth regiment, Pennsylvania national guard. Leach was arrested several days after the girl's disappearance, but denied all connection with the case. The body of Miss Helen Elizabeth

"We find that Helen Elizabeth Cook ter girl, whose body was found floating in the Ohio river, Private Charles Leach of Company A, Eighteenth Pennsylvania infantry, national guard, who is charged with murder in convenience of the convenien der in connection with the girl's death was held without bail.

General Superintendent J. S. Matson, of the Bessemer and Lake Erie rollroad company in Greensburg, announced that employees who enlisted prior to April 1 will be paid the full differences between the government wage and the railroad pay. Those enlisting since April 1, or who enlist before conscription goes into effect. before conscription goes into effect, will receive half of the difference between the two rates of pay.

State Chemist Aschman reported he had found ptomaine in the food which caused the death of Lieutenant which caused the death of Lieutenant William F. Corcoran of Philadelphia and the illness of fifty other members of the national guard, following a meal they ate in the restaurant of Carl Miller, Port Perry, a week ago. The analysis showed the rice pudding, milk and peas served in the restaurant were full of ptomaine.

One man is dead and his business partner is in a critical condition as a result of a shooting after a dispute over the payment of a bill amounting, it is said, to \$21.50, on a farm in Springfield township. The dead man is Andy Bonerati, aged thirty-two, shot in the head. The wounded man is Domenic Maranni, aged thirty, shot in the height side. in the right side

About 25,000 employees of the West-About 25,000 employees of the West-inghouse Electric and Manufacturing company in East Pittsburgh, will receive a 10 per cent increase in wages, dating from May 16, it was announced. The raise will affect ail of the workmen in the shop and prac-tically all office employees excepting a few of the higher salaried employ-ees.

Poor John!

"Hello! Is this you, mother dear?"

"Yes, Sue. What is it? Something awful must have happened for you to call me up at this".

"Yes, Sue. What is it? Something observe Sunday, July 1, as "Patriotic Sunday. He suggests that special services be held to advance the continual life of the people in these spiritual life of the people in these trying war times and that contributions be made to such agencies as the Red Cross, the Army Y. M. C. A. and other agencies.

One man, a foreigner, was shot, when an automobile containing five men was held up by two highwaymen on the Port Vue road about two miles from Port Vue. Two hundred and fifty dollars was secured by the high-waymen, who, it is believed, had in-tended holding up guests going to the Youghiogheny Country club, a short distance away.

Governor Brumbaugh vetoed the Cat lin boxing bill. He said that develop ments regarding the New York state boxing commission caused him to swing the veto ax. The bill provided for a boxing commission in Pennsyl-vania and would have compelled pro-moters to either own or lease the buildings where bouts would be held.

Pittsburgh and Allegheny county having been thoroughly organized in the interest of the Liberty loan, the central committee, of which H. C. Mc-Eldowney, president of the Union Trust company, is chairman, has turned its attention to carrying the campaign with vigor into the counties of western Pennsylvania.

W. A. Blakeley, former district attorney of Allegheny county, died suddenly in Pittsburgh. He had been ill for some time, but his condition was not regarded as serious until shortly before the end came. Mr. Blakeley was prosecutor during the Blakeley was prosecutor during the councilmanic graft cases a few years

Familiar, but Unacen.

Things we see but don't notice were emder discussion at the club luncheon valle. This was the opportunity of the member who took pride in his superlative powers of observation. Taking from his note case a crisp one pound note, he laid it on a plate and offered its equivalent to every member at the table who could answer correctly the following simple every-day questions: (1) On looking at the face of a penny with the dated side toward you and the date at the bottom, does the head of the image on the coin face toward your left hand or toward your right? (2) How many ribs are there in the cover of an umbrella? (3) In a pack of cards one of the kings has only one eye visible—that is, his profile only is portrayed—which of the kings is it? (4) Which way do the seeds in the core of an apple point, toward the stem or opposite to it? The one pound note did not change hands.—London Standard.

A Once Legal Fiction.

In the legal calendar the 24th of October is worthy of notice, as on that day, in 185° two individuals, though personally known to no one and enjoying and the state of the state ling an extensive reputation among law yers, ceased to exist in England. These persons were John Doe and Richard Roe, and no two persons were more frequently referred to in legal documents. In every process of ejectment, instead of the real parties to the sait being named, John Doe, plaintiff, sued Rich ard Eoe, defendant. Their names were also inserted in criminal proceedings. This fiction was introduced into English level, practice is the wife. lish legal practice in the time of Ed-ard III., in consequence, it was said, of a provision in Magna Charta which required the production of witnesses re every criminal trial, and hence forth John Doe and Richard Roe winserted as the names of the alleg witness, a custom which was carriacross the Atlantic to this country.

A Well Hated Landlord.
The most hated landlord in Ireland for the last 100 years, a miser known as "the parsimonious peer," was Hubert George de Burgh Canning, marquis of Clanricarde. He was unmarried, and with his death the marquisate became extinct. His Irish extress the second of the second o ate became extinct. His Irish estate extended from Athenry, in Galway, to Woodford, twenty miles southeast, and it was said that anywhere along this it was said that anywhere along this route could be obtained a story of tragedy in the land war. Time and again the aid of the forces of the crown in evicting tenants had been refused. He was never seen in a vehicle. He took daily wall's to Regent's park. There, on a public seat, not one of the chairs, for which he would have been charged a small fee, would sit this owner of 60,000 acres watching the squirrels. He was a noted collector of china and pictures, of which he was a wise buyer.—Chicago Journal. Chicago Journal.

According to Degree.

Horse breeding is an occupation which requires much learning, and a cortain English farmer has a great reputation for his skill.

A neighbor of his who sought so

advice on the cheap, asked the horse breeder's son one day:
"I say, Tommy, when one of your father's horses is ill what does he do?"
"Do you mean just slightly ill or real bad?" was the lad's cautious countermentions.

question.
"Oh, seriously ill."
"Well." said the boy, "if a horse is only just a little ill, dad gives it some medicine, but if it is seriously ill he

Sacrificed Their Hats
Many year's ago the master butchers
of Washington market, in New York
efty, used to kick their hats about the
market at the close of business on Saturday night. Under the custom in the
market it was considered a slighting of
the profession for any butcher not to
appear behind his counter with a highhat and it was thought bad taste if the hat, and it was thought bad taste if the meat seller at the end of a prosperous week failed to destroy the hat. The apprentice butchers couldn't afford silk headgear and so used to gather up the broken hats and repair them for their own use.

The teacher's last question was meant to be a scientific poser.

"What is that which pervades all space," she said, "which no wall or door or other substance can shut out?"

No one had an answer ready but Fruits and Vegetables.

Freddy Sharpe.

"The smell of onions, miss," he said promptly.—New York Times.

A Ready Sealer.

For traveling carry a candle with you, and when about to make a jump, as the theatrical people say, seal your bottles with it. It takes only a minute to light the candle, turn it upside down and let the tallow drip around the cork of a bottle, but it insures perfect carriage of the fluid content. carriage of the fluid content.

Told Him Truly.

Told Him Truly.

"Johnnie, how do you spell nickel?"
the proud father asked.

"N-1-k-1-e." responded Johnnie.

"That is not the way the dictionary
spells it." said the father.

"You didn't ask me that. You asked
me how i spelled it."—Exchange.

"Why didn't Rastus marry dat Coopah gal?"
"Oh, she dun flunk at de last minute—wouldn't lend him a dollah foh t' gi'de license wif."—Boston Transcript.

A slanderer and a snake of deadly cison each have two tongues.—Tamil

PROFESSIONAL CARDS.

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Driving It Homes

Let us drive home to you the fact that no washwcman can wash clothes in as sanitary a manner as that in which the work is done at our laundry.

We use much more water change the water many more times, use purer and more costly soap, and keer all the clothes in constant motion during the entire process.

It is simply a matter of having proper facilities.

Meyersdale Steam Laurdi

Useless Advice. Mrs. Batz—You ought to brace up and show your wife who is running things at your house. Cralle (sadly)

—It isn't necessary. She knows.—

PRACTICAL HEALTH HINT.

Give Your Stomach a Rest. Give your stomach a good rest by eating plain salads or fruits or fresh green stuff, cutting out tea and coffee, soda water and other destroyers, and drink all the water you can pour down and watch the effect. After this internal cleansing you can eat what nature intended you to eat meats, vegetables, fish, eggs and whatever you really crave. Men cannot make rules that go contrary to nature. Fads are symptoms of diseased stomachs or the outgrowth of some individual idiosyncrasy. There are no brain foods, no muscle building tablets, no nerve strength-eners, that can be made to take the place of a varied diet. Ev-ery bit of food contains elements

Fruits and Vegetables.

Irish potatoes and most other vegetables and fruits tend to make the body tissues and fluids alkaline, so correcting the tendency of meat, eggs, fish and similar foods to create acid conditions. Since the body performs its work best when it is neutral or slightly alkaline, this function of fruits and vegetables is important, especially to the hearty meat eater.

Bluebirds.

During the nesting season the bluebird may be found in the United States (west to Arizona, Colorado, Wyoming and Montana), southern Canada, Mexico and Guatemala. In the winter it is found in the southern half of the eastern United States and south to Guatemala south to Guatemala.

Oomestic Economy.
"Does your wife economize?"
"Yes." replied Mr. Meekton. "She has figured to a nicety how many new gowns the money I spend for cigars would buy."—Washington Star.

Quail of the Bible. The quali mentioned in the Bible in Exodus xvi, Numbers xi and in Psalm ev, 40, is a bird of passage about the size of a turtledove and resembling the American partridge. American partridge

The Smoke of the U.S.A.

That snappy, spirited taste of "Bull" Durham in a cigarette gives you the quick-stepping, head-up-and-chest-out feeling of the live, virile Man in Khaki. He smokes "Dull" Durham for the sparkle that's in it and the crisp, youthful vigor he gets out of it.

GENUINE BULL DURHAM SMOKING TOBACCO

"Roll your own" with "Bull" Durham and you have a distinctive, satisfying smoke that carr't be equalled by any other tobacco in the world.

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Stop that headache! stopping your work Pain and Ill Health efficiency. rob you of all your DR. MILES' ANTI-PAIN PILLS quickly relieve Pain, but

at the same time, when over-work or nervousness SEVERE HEADACHE. is the cause,

SEVERE HEADACHE.

"I once had terrible headaches and feared La Grippe. I could not attend to my work. I took some of Dr. Miles' Anti-Pain Pills and the pain was 'quickly gone. Then I started using Dr. Miles' Nervine and the trouble vanished completely and I felt well and active once more."

HENRY FARNHAM, Spring Valley, Minn.

Dr. Miles' Restorative Nervine should be used to relieve the cause.

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