

WASHING THE DISHES.

Doing This Job 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.

Dr. Barnard goes on to recite the experience of one housekeeper who actually dared study the homely work of dishwashing.

This took account only of time, but there was a considerable additional saving in gas or fuel consumed by heating water once instead of thrice a day, to say nothing of the saving in soap.

SALT IN THE FOOD.

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

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

The reason is just this: The seasoning of different brands of salt varies widely. This is easily proved. Take five slices of ripe tomatoes; apply equal parts of five makes of salt upon the separate pieces.

A table salt should be fine, the crystals of equal size, quickly soluble and free from ingredients which absorb moisture from the air.

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 it.

Single File.

When the Indians traveled together they seldom walked or rode two or more abreast, but followed one another in single file.

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.

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!"

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 whiffs.

His Excuse.

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

Friendly Advice.

"We surprised all our friends by getting married."

An Ancient Cake.

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

How blessings brighter 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.

Suffragists of California, will establish a carrying center as their "bit" toward increasing and conserving the food supply of the nation.

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 dam, about two miles west of Beaver.

"We find that Helen Elizabeth Cook met death by drowning." This was the verdict returned by a coroner's jury at Beaver at the inquest into the death of the fifteen-year-old Rochester girl, whose body was found floating in the Ohio river.

General Superintendent J. S. Matson, of the Bessemer and Lake Erie railroad 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.

State Chemist Aschman reported he had found ptomaine in the food which caused the death of Lieutenant William F. Corcoran of Philadelphia at 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.

About 25,000 employees of the Westinghouse Electric and Manufacturing company in East Pittsburgh, will receive a 10 per cent increase in wages, dating from May 16, it was announced.

Governor Brumbaugh issued a proclamation calling upon the people to observe Sunday, July 1, as "Patriotic Sunday." He suggests that special services be held to advance the 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 highwaymen, who, it is believed, had intended holding up guests going to the Youghiogheny Country club, a short distance away.

Governor Brumbaugh vetoed the Catlin boxing bill. He said that developments regarding the New York state boxing commission caused him to swing the veto ax. The bill provided for a boxing commission in Pennsylvania and would have compelled promoters 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. McClelland, 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.

A slenderer and a snake of deadly poison each have two tongues.—Tamil Proverb.

Familiar, but Unseen.

Things we see but don't notice were under discussion at the club luncheon table. This was the opportunity of the member who took pride in his superlative powers of observation.

A Once Legal Fiction.

In the legal calendar the 24th of October is worthy of notice, as on that day, in 1857, two individuals, though personally known to no one and enjoying an extensive reputation among lawyers, ceased to exist in England.

A Well Hated Landlord.

The most hated landlord in Ireland for the last 100 years, a miser known as "the parsimonious peer," was Herbert George de Burgh Canning, marquis of Clanricarde.

According to Degree.

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

A neighbor of his who sought some 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 counter-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 sells it."

Sacrificed Their Hats.

Many years ago the master butchers of Washington market, in New York city, used to kick their hats about the market at the close of business on Saturday night.

All Pervasive.

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 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.

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

"N-I-K-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.

Heartless.

"Why didn't hastus marry dat Coo pah gal?"

"Oh, she dun dunk at de last minute—wouldn't lend him a dollah fob F' g's de license wif."—Boston Transcript.

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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.—Puck.

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 strengtheners, that can be made to take the place of a varied diet. Every bit of food contains elements which are taken up by the blood and distributed to the body.

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.

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

Quail of the Bible. The quail mentioned in the Bible in Exodus xvi, Numbers xi and in Psalm cv, 40, is a bird of passage about the size of a turtle dove and resembling the 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 "Bull" 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 can't be equalled by any other tobacco in the world. In its perfect mildness, its smooth, rich mellow-sweetness and its aromatic fragrance, "Bull" Durham is unique. For the last word in wholesome, healthful smoking enjoyment "roll your own" with "Bull" Durham. Ask for FREE package of "papers" with each 5c pack.

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