The Housewife and Her Work

FOR CHEAP DELICIOUS MEAT, TRY RABBIT.



make a dish in to be section of the consistent of the contage cheese, dates stoned and filled with the cheese, a silve of apple with a small ball of cheese on the center, bananas and chopped nuts are saled combinations which are popular and the material for them is available all the year in most localities.

Some Ways of Saving Fuel.

cessfully added to cooked vegetables for a saind. Apples raw and silced thin will farnish crispness when fresh plants are not available. Dried apricots, peaches or plums, when fully soaked, are delicious in a saind. These are kerved uncooked. If stuffed with cottage cheese they make a dish fit to be served on, any occasion. RABBIT MEAT IS MOST DELICIOUS

Boys' and Girls' Clubs Being Formed in Various Parts of

IS CHEAPER THAN CHICKEN

Great Many Hotels Now Regularly Serve Hare Prepared in Some Par-ticular Way—Pelts Are Used to Make Felt Hats.

Fifteen hundred boy and girl club seembers are rabing rabbits in Tacoma, Wesh., and more are constantly joining in this enterprise to produce cheap and delicious ment. All over the country the boys' and girls' clubs, formed under the supervision of the department of agriculture in connection with the state agricultural colleges, for the purpose of growing trabbits, are on the increase in size, number and popularity. When the fact of demonstration of the mumber and popularity used for food was not seen to the connection of the control of the

ceany last year was rabbit.

Delicatly Flavored Meat.
Those who know good food long ago
more who know good food long ago
excel a young harro delicacy of flore
and the proper of the control of the control
and deat proper a difficult mitter.
Nearly all the best hotels now reguharro serve rabbit prepared to some
yeedal way their other has devised.
The rabbit associations is California
and Neberster are imaking special or and of Neberster are imaking special or yet here.

special way their chef has devised. The rabbit associations in Cajifornia and Nebraska are making special offers to boy and self-cito long members which will enable a youngster to start a warren at a moderate cost, with good stock.

In Utah the rabbit industry among the boy and girl club members in grant control of the control of the

ment Circular on The of Oats.

Have Potted Meat Ready.

The 'end of a billed ham be comed beef sorted, bone and gristle remote fat and ment chopbed hae, may yield more than could be used advantage outly at a fatigle meal. Heat it, with little water, in it own fat and pack solidly in jelly tumblers or small jura. There should be la quarter inch of fat on top to barrier and form a seal from the air. With a tin cover on top, meat thus prepared will keep several weeks.

Beasoning may be added on the seal of the control of the seal of the country of the

Salads for All Winter.
For those who live away from the large markets, where green salad material, is procurable the year around, the problem in this cold months of material for a salad is often a serious see for the cook.

seatrial for a salad is often a serious see for the cook.

A salad without lettuce, to many, is like aince ple without the mines, but seckessary as lettuce seems, attractive stades may be served without it. Cabbars, it reated as follows, may almost itake its place. Cut part of the stem of one off and set it in a bowl of water the several hours. The moisture which will be drawn up, through the stem will make the flabby leaves crisp. The tender center thus treated may be used in the same manner as lettuce

Kindergartea **Helps for Parents**

Articles Issued by the Department of the Interior Bureau of Education and the National Kindergarten Association

MUSIC IS A NECESSITY

By MRS. HARRIET AYERS SEY-MOUR.

MOUR.

I know a mother with four children who made up her mind that home should be a very heaven. To her, music was God's special gift to mothers and children, and so she began singing regularly with each of ber bables.

There are many lovely songs which

babies.

There are many lovely sougs which a mother can learn, and the best of all are the folk sougs of different countries.

Archibald T. Davison and T. W. Surett have collected some excellent and familiar ones in an inexpensive book called "Fifty Rote Songs." published by the Boston Music company. These loclude English and other forcism folk songs.

A gay song for baby as he eats his breakfast and a quiet one as he lies down to go to sleep—Hesse will kink in deep and form a wonderful foundation for the music of his life.

With line older kinkes have a regular singing time. Five o'clock is a good hour. The children of whom you have a supposed had a "singing part or greathbors come in and supposed to the such a strong inhuence in the community that many persons cume to her company that many persons cume to her for advice muterrestment.

Singing Instead of Nagging.

Naczini so other simply a lack of

indexensions. Lo. her for advice and recommendations and the control of the contr

Some Ways of Saving Fuel.

More heat will be botained from less coal if all heat-absorbing surfaces are kept free from soot and dust. Hotest pipes carry more heat it clean.

Circulating at its hore such that the surface of the surface. A pan of water on the radiator or over will answer the same purpose. If si continual sufface of the surface of the surface. A pan of water on the radiator or over will answer the same purpose. If si continual surface of the surface of

dren" by Knowlten, published by Mil-ton Bradley company, Springfield. Mass., for \$1, and there are lovely collections by Eleanor Smith and Jes-

ton Bradley cempony. Springfold. Mass. for \$1. and there are lovely collections by Eleanor Smith and Jessis Gayon.

Any mother who has had the regulation must lessons can play simple songs and can learn to guide her children into a singing life.

Teach the children to listen to birds and to remember their calls. There is a hook of bird-calls by Olds which is very good. Its title is "Twen tydive Bird Songs for Children" and it is published by G. Schrimer, New York, for \$1.25.

Sing, "Come and be washed," instead of saying it. Here is a little tune spontaneously sung by a child of gir." "Something ever, ever, sings." The little child was right, but the trouble is, most of us do not listen. Ask your question in song, mother, and soon you will be unswered by a cheerful singing reply.

"Baby, where are you?" sung of a simple ascending scale will soon bring a mustcal reply from a hidden child of "I am hiding here.

Play softly, sing goulty and listen. During the they have been familiar tune and wring the rhythm with the annual control of the control of the some familiar tune and wring the rhythm with the annual call of the control of

In singing time. Five o'clock is no good hour. The children of whom speak had a "singing party" eyery day at five, and sometimes the neighbors came in and sung with them. The source of the source of

REALITY FOR RUTH

myste Delicious Sandwicht Make Delicious Sandwicht Mat bread, a rhworle with both young and old, is jespbelally good to have on haid to make shadwiches for the children's school lutch. The recipe below, recommended by the department of agriculture, conserves both sugar and wheat flour, but with wheat flour at present on the approved light is may be used if desired in place of the corn flour canied, for in the recipe.

Quick Nut Bread.

4 tablespoontuls at a teaspoontuls saking to consider the second of the control of a country of the control of the country of the second of the control of the country of the control of the country of the control of the country of the country

Dy MRS. MARGARET STEEL HARD.

One morning a few months ago I was passing the playroom, my small characteristics of the common of the common and stayped glance in, but finding her absorded to dispend the common of the larger, and it thereby never to sufficient proportions to demand out to come did larger, and it thereby to conclous thought.

What was there about the charming, sunny room with its. Mother Goose frieze and carefully chosen toys that raguely troubled me? It was foo ordered by the common of eral weeks.
Seasoning may be added as for any
potted meat. Meat thus prepared, both
fat and lean, is ready to be used with
from two to four times its bulk of
potatoes or other vegetables for hashes,
or for sandwiches, etc.

size of its place. Out part of the stem of the stem of the stem will make the find by leaves crisp.

The troder center thus treated may be used in the same manner as lettuce leaves or it may be shredded before the other, shill make find its placed on the class, and its placed on the class of the class o

The DATRY KIDNEY TROUBLE NOT EASILY REFORM

TUBERCULOSIS LOSS IS BIG

Federal Government Bears Partial Loss of Animals Slaughtered Because of Infection.

(Prepared by the United States Department of Agriculture.)

The 1919 agricultural appropriation bill just passed by congress contains an item expected to be of great importance in the federal and state cam-

portance in the federal and state campaign to endicate tuberculosis among cuttle and swine. It provides that the federal government is shall pay helder high to owners whose cattle are slaughtered because they have been found intered with tuberculosis.

The department of agriculture is to pay one-third of the difference between the appraised value of the cattler and the silvage value of the sanghered animals, provided that the state, cours or municipality in which the cattle are owned and kept is co-operating in the tuberculosis work and pays at least an equal amount to the owner.



In no case is the federal government In no case is the federal government to pay more to the owner than is paid by the state; county or municipality. No payment by the federal government is, to be more than \$25 for any grade animal or more than \$20 for any pure bred animal, and no payment is to be made unless the owner has compiled with all quarantine regulations.

THE KINDERGARTEN

By DR. LyMAN ABBOTT.

The Migiegraften Isymore than a partucipit from of School. It is an essential principle of discartion—the principle that education is growth, not manufacture. The kindergarten is a child garden: the home and the school are the soil; bad habits are the weeds; the parents and the teachers are the soil; bad habits are the weeds; the parents and the teachers are the soil; bad habits are the weeds; the parents and the teachers are the soil; bad habits are the weeds; the parents are the seeds, and sympathy are the parents are the seeds, and sympathy are the necessary sushine; sorrow, trials, teinipiations, tears, discipling are the necessary sushine; sorrow, trials, teinipiations, tears, discipling are the necessary rain. The primary school: the grammar school, the light school; the college, should all, be l'child gardens in which the strength of the seeds of the seeds are the seeds of the seeds and the model of the parent and the teachers and the model of the parent and the teachers and the first seeds and the fruit tree yielding fruit attentials and the model of the parent and the teachers and the first tree yielding fruit attentials and the fruit tree yielding fruit attentials the seeds and the fruit tree yielding fruit attentials the seeds and the fruit tree yielding fruit attentials the seeds and the fruit tree yielding fruit attentials and the fruit tree yielding

COWS PROVING THEIR WORTH

Milk Scales and Babcock Test Will Show Which Are the Profitable Milk Producers.

Milk Productrs.

(Prepared by the United Seases Density ment of Astronomous Seases Density Density Cows should establish a definite standard, and all own that is do not measure up to the yestimenents should be disposed of for the Carbon of the Carbon of

EASILY RECOGNIZED

its for Insurance Often Rejected

An examining physician for one of the prominent life insurance companies, in an interview of the subject, made the astonishing statement that one reason why so many applicants for insurance are removed to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease. Treports from druggits who are constantly in direct tooch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of the conditions which is not the properties of the conditions which is not the properties of the conditions of the conditions which is not the conditions of th

ROYAL PALACE LITTLE USED

Castle of Nuremberg, in Germany, Was, However, Always Kept in Readines for Occupancy.

Readines for Occupancy.

Every large city in Germany has a nalace or two, some more. Hanover has four, Dresden has two. Stuttgart has four, and so on. All of these were occupied more or less permanently by members of the religning family. As an example of one not so occupied, but always kept ready for occupancy, may be mentioned the castle of Nurrembers, the contract of the surrounding country—a necessity in the times during which it was built. Most of the interior is now a museum which is educational in its way, especially the rooms containing the instruments of torture, some of which were in use during the eighteenth century.



animal or more than \$50 for any pure bred animal, and no payment is to be made unless the owner has compiled with all quartantine regulations.

This provision is expected to remove much of the opposition among cattle owners that has hindered tuber culosis eradication over. Through if the federal government, the state county or municipal governments and the owners of cattle will share in the insert the owners of cattle will share in the county or municipal governments and the owners of cattle will share in the county or municipal governments and the owners of cattle will share in the county or much post the county or multipat governments and the owners of cattle will share in the county of the provided and the state and federal governments for the suppression of carcediting pure-bred herds of cattle. This action, taken last December, innarked the bo-ordination of efforts of individuals and the state and federal governments for the suppression of tuberculesis in pure-bred animals.

On July 1, the department issued its first list of herds officially necredited as free front tuberculosis. The hording in the provided as free front tuberculosis. The hording in the provided as free front tuberculosis. The hordical state of the county of the provided and hopy in reckoned at anomal one of the county of the provided in the case is of comparatively recent beginning. It has been divided into three and the county of the Many of our American women were unable to take up the duties of nursing at the front, but they should know how to take care of their own at home, and for



Colds Grow Better