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Couldn't Blame Him.
 Jack—Do you like romantic girls?
 Jack—No. When you make a habit
 in your bank account buying them
 flowers, they tear them apart, saying:
 "He loves me; he loves me not."

His Wife's Little Shot.
 "I'm glad you're over the draft age."
 "Why?"

"Think how humiliated I should be
 to have to admit that I was dependent
 on your stinky salary every week for
 my living."

An Apology.
 "Are you not ashamed to use poi-
 soned arrows?"
 "I'm doing the best I can in my lim-
 ited way," whimpered the savage. "Of
 course, poisoned arrows only get em
 one at a time. But we lack the me-
 chanical facilities for wholesale opera-
 tions with U-boats."

Oh, "The Master Fortune Builder."
 "What do you expect to do?" "Buy
 what we 'ARE DOING.'" The Capital
 Peoples Company is now drilling Well
 No. 2. The Great allotment of stock is
 going faster each day. You may be too late,
 but it will pay you to try. Five payments,
 or 1% for all cash. Send to The Securities
 Finance & Investment Co., Fiscal Agents,
 229 Foster Bldg., Denver, Colo.—Adv.

Getting Out From Under.
 It is probably quite natural that
 there should be considerable rivalry at
 Ft. Harrison between the student offi-
 cers of National Guard training and
 those with no previous military expe-
 rience, and sometimes stories are told
 which might not be told if it were not
 for this rivalry, says the Indianapolis
 News.

A young student officer was putting
 a squad of fellow-students through
 squad formations the other day of a
 rather intricate nature and the pro-
 cess proved to be like climbing a roof.
 It is easy to climb into a perilous posi-
 tion astride the cone, but difficult to
 climb down to safety. The young stu-
 dent officer got along very well until
 he attempted to get his squad back in-
 to its original formation. Somehow it
 wouldn't work out right. Then he cut
 the knot of his difficulty with one com-
 mand, delivered as sternly as possible:
 "As you were at first! March!"

This would not have been told if
 there had not been several former Na-
 tional Guardsmen in the squad.
 Near a Storm Center.
 "I'm sorry I built right here."
 "Why?"
 "Because they do say that sound car-
 ries best southeast of a storm cen-
 ter."
 "What has that got to do with it?"
 "Well, I've just discovered by hear-
 ing your wife's voice every night when
 you arrive home late that I live in a
 southeast direction from your house."

The Ambitious Bride.
 Bill—Hello! Home from your hon-
 orable trip already?
 Bill—Oh, yes.
 "Rather short, wasn't it?"
 "Oh, yes. My new wife seemed rather
 anxious to get home and try her
 cooking on me."

Temper, not trouble, makes the mis-
 ery of most men's and women's lives.

A Perfect Day

should end—as well as
 begin—with a perfect
 food, say—

Grape-Nuts

with cream.

A crisp, delicious food,
 containing the entire
 nutriment of wholewheat
 and barley, including the
 vital mineral elements,
 so richly provided by
 Nature in these grains.

Every table should
 have its daily ration of
 Grape-Nuts.

"There's a Reason"

Fads and Fancies OF Fashion



Sensibly Equipped for Housework.

There are, trouserettes and trouser-
 sties, and here is the latest arrival
 among them. In the shops pretty
 salesgirls go about their work in the
 wash dress section, arrayed in "service
 suits." These are of khaki or canvas,
 cloth designed with an eye to style as
 well as convenience. Admirer's
 eyes follow them and there is no
 doubting the fact that feminine taste
 has turned trouserwear, in clothes
 that are intended for outdoor and in-
 door work and for outings, mountain-
 climbing, camping and fishing.

The particular uniform shown in the
 picture is for wear in housework or
 in the garden. It is made in genuine
 cloth and in lighter weight cottons,
 like percales, madras and plain ging-
 ham.



Suits for Beach and Water Sports.

To swim or not to swim, that is
 the question to be settled by the sum-
 mer girl when she contemplates buy-
 ing something for wear at the beach.
 If she can content herself with the
 sands and splashing about clove,
 shore, she may decide on a suit that
 is pretty to look at but not entirely
 practical for swimming. Beach clothes
 and things for water sports are so
 varied this year that becomingness is
 a thing to look upon.
 One of the prettiest of the 1917
 models in beach suits is pictured here.
 It is made of black taffeta silk, with
 full ruffled skirt and loose blouse. It
 has the old, Chinese collar which
 holds its place in summer styles after
 having outlasted the winter and ex-
 erted an influence on incoming styles.
 The short, puffed sleeves are finished
 with two narrow ruffles. All ruffles are
 piped with gold-colored silk.
 The soft cap, with trim about the
 face, is also made of black taffeta with
 yellow piping. It has a springing bow
 of silk at the front which must be

possible, but with many attentions to
 little details in the finishing that make
 it really pretty. The sailor blouse sets
 as it should, the waist is well man-
 aged and the trousers fit as well as a
 sister about the hips. They turn up
 at the bottom and button about the
 ankles.
 There is a pocket in the blouse and
 two of them in the trousers, which
 convenience compliments this suit to the
 girl of today. The sleeves are long,
 with a band at the wrist. The turned
 ends are that they button and can be
 tucked and out of the way when this is
 required. If they don't tuck they ought to.
 There is no use remonstrating behind the
 times when styles so sensible and good-
 looking invite housewives to make
 things as convenient as possible for
 themselves.

supported by wires or else kept clear
 of the water. Many of the new caps
 are made of rubberized cloth and they
 are as fanciful as the silk caps. Very
 practical cloth bathing slippers in
 black and gold-colored silk stockings
 are worn with this dress.
 The girl in the Jersey suit bought it
 is pretty to look at. It has close-fitting
 trouserettes and a scant skirt and
 waist in one, all very cleverly shaped
 and finished. Bands of white Jersey
 finish all the edges. A row of flat
 buttons on each shoulder may serve
 to fasten the coat, but the chances are
 that they are merely a pretense. This
 kind of coat will slip on over the head.
 There is a small, rubber-lined pocket
 in the trousers, made for carrying a
 powder puff, mirror and handker-
 chief. These things must be so well
 incased in rubber that water can't get
 at them. The sandals are of black,
 cloth dotted with white.

Julie Bonnelly
 Nellie Maxwell

THE KITCHEN CABINET

Be true to the best that is in your
 soul.
 And follow your high ideal.
 And so, on the beautiful seasons roll,
 You shall see your dreams grow real.
 —Stacy Sangster.

GOOD THINGS FOR THE TABLE.

A delicacy for luncheon or tea is
 small, round crisp crackers, covered
 with cottage cheese
 with a marinichino
 cherry in the mid-
 dle. Cake may be
 used instead of the
 cracker, cutting it
 with a biscuit cut-
 ter.

Mock Chicken.—
 Take two pounds
 of round steak, cut rather thin, a quar-
 ter of a pound of bacon and one
 onion. Cut steak into pieces about
 five inches long and three wide, salt
 and pepper and lay strips of the ba-
 con lengthwise on the steak. Slice a
 little onion on top of the bacon, roll
 and skewer with toothpicks. Put butter
 or any sweet fat into a spider and
 brown the steak rolls in it. It is served
 with water and slimmer until tender.
 Make a gravy from the liquor in the
 frying pan.

Chicken a la King.—Melt four ta-
 blespoonfuls of butter in a chafin
 dish and add a green pepper chopped
 fine and cook for three or four min-
 utes. Add two tablespoonfuls of flour,
 a half teaspoonful of salt, cook until
 smooth, then add a pint of cream and
 stir until the sauce thickens. Set over
 hot water, add a cupful of button
 mushrooms, cut in halves and two cup-
 fuls of cooked chicken cut in cubes.
 Serve on toast.

Green Gage Sherbet.—Take a quart
 of green gage plums, stem and put
 through a sieve, add the juice of two
 lemons, one and a half cupfuls of
 sugar, and two tablespoonfuls of soft-
 ened gelatin. Cook the sugar with
 half a cupful of water until the thick
 sirup is formed, add the other ingre-
 dients, chill, then freeze. Serve on
 plates bordered with green.

Honey Rolls.—Dissolve a yeast
 cake in a cupful of warm milk, add a
 half cupful of butter or other fat, a
 tablespoonful of sugar and a teaspoonful
 of salt. Stir in a well beaten egg,
 add three cupfuls of flour. Knead
 and roll out into a half inch thick
 spread with raisins, chopped nuts and
 a cupful of strained honey. Let rise
 and bake in a moderate oven.

Tomato and Asparagus Salad.—Cut
 firm, ripe tomatoes into slices and
 strain out the center of each with a
 very small biscuit cutter; thrust
 through this ring three or four well-
 blanched stalks of cooked asparagus,
 arrange on lettuce leaves, with some
 cooked chestnuts cut in slices placed
 on the small center. Garnish with
 olives and serve with the following
 dressing: Beat together a half cupful
 of olive oil, the juice of half a lemon,
 and half an ounce, a teaspoonful of
 Worcestershire sauce, a fourth of a
 teaspoonful of mustard, three sprigs of
 parsley finely minced, salt and paprika
 to taste. Whisk thick and creamy pour
 over the salads and serve at once.

SEASONABLE IDEAS.
 The spring and preserving season
 has already begun, but be sure to add
 a few quarts of spiced
 blackberries.

Spiced Blackberries.—
 Put seven pounds of
 blackberries in a preserv-
 ing kettle with three
 pounds of sugar and a
 pint of elder vinegar. Tie
 in a cheesecloth bag two
 teaspoonfuls each of
 cloves, cinnamon, allspice
 and nutmeg. Put the
 spices in with the vinegar and sugar
 and let stand two or three hours,
 then boil about ten minutes, add the
 berries and cook until well scalded,
 skim the berries into the jar, cook
 down the sirup to half the quantity,
 pour over the berries and seal.

Cherry Preserves.—Pick morello
 cherries when fully ripe, remove the
 stems, but do not pit, prick each one
 to prevent bursting. For each pound of
 cherries allow a pound and a half of
 loaf sugar. Roll part of the sugar
 and sprinkle over the cherries and let
 them stand over night. In the morn-
 ing dissolve the rest of the sugar in
 half a pint of curran juice put into a
 preserving kettle over a slow fire, add
 the cherries and simmer until they
 are tender but not broken. Take out
 carefully and put in glass jars, boil
 the sirup until thick, pour over the
 cherries and seal.

Green Beans in Salt Brine.—Take
 fresh beans, string and cut for table
 use, dry with a cloth and place on a
 layer of salt in a crock cover with
 another layer of salt and repeat until
 the crock is nearly full. Press with a
 potato masher until enough juice has
 been extracted to form a brine to
 cover the beans. Cover with a plate
 heavy enough to keep the beans under
 the brine. Cover the jar and keep in
 a cool place. They must be soaked
 carefully and put in glass jars, boil
 the sirup until thick, pour over the
 cherries and seal.

Small berries like currants, black
 berries, blue berries and raspberries
 may all be satisfactorily dried by plac-
 ing them on trays in the sun or drying
 them around the stove, or using both
 methods. Use the fruit covered with
 enough weight to keep the beans under
 the brine. Cover the jar and keep in
 a cool place. They must be soaked
 carefully and put in glass jars, boil
 the sirup until thick, pour over the
 cherries and seal.

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