

**WOMEN AND GIRLS WHO ARE MEMBERS OF CLUBS ARE ENCOURAGED TO GROW HERBS**



Club Girl in Her Herb Garden—Sage Plant Before Cutting.

(Prepared by the United States Department of Agriculture.)  
The old-fashioned kitchen garden was not considered complete without its small collection of "pot-herbs"—sage, thyme, and other medicinal and savory herbs. French cooking is noted for its use of the flavor, and this is largely because French cooks excel in the skillful use of herbs.

The United States department of agriculture is encouraging women and girls who are members of clubs or organized by extension workers to grow more savory herbs. Not only is the daily diet varied by the use of "pot-herbs," but in newly all communities the surplus is easily marketed.

**Selecting and Preparing Soil.**

Herbs usually occupy the same ground for some years, and should be conveniently located in one corner or at one side of the regular garden. It is a good plan to apply a quantity of well-rotted manure to the soil in the autumn and spade it in deeply. If the soil can be trenched or broken two spadings in depth, all the better, as this will break up the subsoil and give the roots more space for development. One good method is to mark off the rows where the plants are to be set, then remove the top soil and place it to one side; two or three inches of manure is then spread in the furrow and spaded into the subsoil. The top soil is then returned and allowed to settle a few days before the plants are set.

One of the main things to consider is placing the perennials or permanent plants together in one row or corner where they will not be disturbed. The biennials may be placed next, and the annuals in a collection by themselves.

The general cultural methods are practically the same for all—good, clean cultivation during the summer, and a mulch of leaves, straw or manure around the plants during the winter. The mulch protects them from water-killing, and at the same time adds fertility for next season's growth.

Sage, tarragon, mint, anise, caraway and dill are the herbs found most often on the markets, but in growing for commercial purposes it is best to learn what particular herbs are most in demand in the locality.

**How to Grow Some Varieties.**  
Anise is an annual and the seeds do not retain their vitality after the second year, so they should be strictly fresh when planted. The seeds should be sown indoors and the young plants transplanted. They may also be sown in the open ground and thinned 12 to 14 inches apart in the row. The plants grow to a height of about two feet. The seeds are borne in heads which should be cut from the plants when the seeds are nearly ripe.

The seeds of anise are used for flavoring, especially in cookies, and for sprinkling over cakes when sugar or frosting is used.

Caraway seeds are usually planted in the garden, but should be sown early in the spring. The plants should be thinned to about 15 or 18 inches in the row. Sometimes seeds are produced the first season, but more often not until the second season. The seeds are used for making bread and pastries. The seeds are saved in the same way as those of anise.

The culture and the uses of dill are very much the same as those for caraway. The leaves are also used for flavoring soups. The tender leaves and stems, together with the seed heads, are dried and used for flavoring cucumber pickles, making the famous "dill" pickles. For home use, the watermelon rind and chayotes, when treated with brine and dill, make an excellent pickle.

Sage is one of the oldest and most common of the garden herbs. The plants live for several years if protected from extreme cold, and are most easily started by taking rooted offshoots from the side of an old plant. The plants grow to a great

size, three and four feet across. For this reason they should be given plenty of space. One plant will usually produce all the sage required by a family. The broad-leaved variety is commonly grown. Two or three cuttings of the younger, tender shoots can be made during the season. As a rule, the tender tips of the branches are cut about four inches in length and tied in small bunches to dry. Sage is used especially for flavoring meats, sausage and breads for poultry.

Other savory herbs which are desirable for home use or marketing are mint, tarragon, sweet basil, dwarf basil, coriander, balm, thyme, horseradish, summer savory, sweet fennel and sweet marjoram.

**Curing and Storing Herbs.**

The most important point in connection with producing good savory herbs is proper curing. The tender stems, leaves and flowers, where included, should be taken from the plants at the proper stage and then dried in the shade. A very good plan is to tie them in small bunches, allowing some space on the string between each bunch, then roll loosely in a piece of paper, leaving both ends of the roll open so that the air will pass through. The roll may be held by rubber bands or short pieces of string and hung up in the shade to dry. In order to prevent the bunches of herbs sliding out of the paper the string should be attached to the nail, or whatever they are to be hung upon, and then wrapped around the roll of paper and tied. After being thoroughly dry, the herbs should be taken down and each individual bunch of herbs wrapped in paraffin paper to retain its color and flavor and also to protect the herbs from dust.

For marketing, the small packages can be packed in pasteboard boxes in any desired number. They are usually packed by the dozen. Much depends upon the attractiveness and appearance of the herbs when they are put up for the market. Exposure to dust does not conform to modern ideas. Care should be taken that the herbs do not become crushed in handling.

**GOOD ICELESS REFRIGERATOR**

Household Conveniences Are Inexpensive and Easily Constructed—No Ice Necessary.

(Prepared by the United States Department of Agriculture.)

Are you having trouble this summer because you can't keep food cool without ice and ice you cannot get? Send to the U. S. department of agriculture for Farmers' Bulletin 827 and get directions for building "An Iceless Refrigerator." It can be made easily and will add greatly in keeping meats, fruits and vegetables cool, and will extend the period for keeping milk and butter. It costs little to build and the refrigerator and nothing to operate it.



A little kerosene in the wash boiler helps to whiten the clothes.

If china is carefully wrapped and bottled before using it will last longer.

Soapy hot water will take the paint from workbenches. You can easily remove finger marks by rubbing them with a piece of clean flannel dipped into kerosene.

You can clean your coral beads beautifully by washing them in warm borax water, using one teaspoonful of borax to one pint of water, then rinsing in tepid water. Dry by rolling in a soft towel.

**GOOD ROADS**

**DAMAGE DONE TO HIGHWAYS**

Public Roads Bureau Experimenting With Matter of Impact on Various Surfaces.

A new series of experiments, which may have a far-reaching effect upon transportation on the highways and the regulation thereof, has been undertaken by the bureau of public roads, department of agriculture.

The work, which is being done by the division of road materials, tests and research, is designed to demonstrate the damage done to highways by different forms of transportation units traveling under varying conditions. It is thought that the information so obtained will perhaps serve as a basis for scientific regulation of traffic on different types of pavements, incidentally indicating the types and designs of road which will best serve the needs of traffic.

It is also suggested that from this knowledge, fair consideration will be assured in legislative charges against



Post Road in Maine Built Under Government Supervision.

traffic, since an accurate measure of impact damage therefrom will be possible.

The experiments will cover a wide range, taking into account four factors—those of speed, height of fall, type of tire used and the weight of the transportation unit.

Under the last heading it will be necessary for the bureau to consider distribution of weight above and under springs and on back and front axles, a quantity which is decidedly variable, on different makes of motor and horse-drawn vehicles. The bureau has called upon the national automobile chamber of commerce to assist in the collection of this data, much of which has not been generally tabulated, and a questionnaire has been sent to eleven truck manufacturers of America on this subject. Immediate attention to this has been requested in order to facilitate the experiments.

In the initial stages of the work the pack has been measured by the permanent deformation of one-half by one-half inch copper cylinders placed under a steel plunger subjected to the impact of traffic. A varying height of fall is arrived at by different take-offs from the machine. Tests experiments indicated a wide range in the force of impact as between units with solid tires and pneumatic.

Working from these first steps the bureau officials plan to perfect a machine which will take into account the factors mentioned and which will enable them to provide a constant succession of impacts on selected slabs of paving composition. This will enable them to make more exact measurements than would be possible under actual road conditions. Tests will be made on horse-drawn as well as motor-driven vehicles.

In addition to the above experiments another series is planned to determine the wearing qualities of different types of road surfaces when subjected to very heavy traffic.

**SAVE TRANSPORTATION COSTS**

Eight Cents Per Ton-Mile Can Be Effected When Road Is Lifted to Durable Class.

The report of the Joint congressional committees which investigated highway economics in 1914 shows that a saving of eight cents per ton-mile can be effected in transportation costs by lifting road is lifted from the dirt to the durable class. This does not take into account increased real estate valuations or other advantages from the improvement.

**Good Roads Approved.**

The secretary of agriculture, up to May 7, had approved 1,067 project proposals for federal aid roads, involving the improvement of 20,629 miles of highways at an estimated cost of \$92,933,000.

**Much for Trunk Highways.**

It is proposed that Uncle Sam spend \$400,000,000 for trunk highways, now that the money approaches when a man will have no further reason to travel principally with a suitcase.

**THE KITCHEN CABINET**

Self-condemnation with its allied thoughts and emotions has been productive of a far greater reform in initiative, in will-power, and of a far greater degree of lowered vitality, both mental and physical, than any of us have perhaps realized.—Ralph Waldo Trine.

**DISHS FOR QUICK LUNCHEON.**

A choice may be made from these dishes, depending upon the foods of hand. With tomato soup and croissants for a beginning follow up with:

**Ox Tongue and Spinach.**—The canned tongue may be used as well as the canned spinach. Heat the cooked tongue and sliced. Surround with chopped seasoned spinach, garnished with sliced hard-boiled eggs.

**Combed or Gems may be served with this meal, French fried potatoes and fish with**

**Pineapple and Coconut Cup.**—Canned pineapple in cubes and sprinkle with grated coconut; make a layer of each; sprinkle with sugar and serve in glass cups. Strawberries and pineapple, covered with a sugar syrup make a most tasty dessert. Almost any kind of fruit or combination may be used.

**Tuna Fish and Rice.**—Boil one-half cupful of rice until soft and mix with a large can of tuna fish which has been flaked with a fork. Moisten with cream sauce, using one tablespoonful each of butter and flour and a half cupful of milk. Cook until smooth and thick. Season, put into individual ramekins and sprinkle with sifted crumbs over the top. Bake in a hot oven until the crumbs are brown.

**Corn Fritters.**—To a can of corn or finely chopped corn add two beaten eggs, half a teaspoonful of salt, one teaspoonful of sugar, and flour with a teaspoonful of baking powder to make a drop batter. Drop by teaspoonfuls into hot fat and cook until brown.

**Peach Mallow.**—Fill halves of canned peaches with marshmallows. Take a cup of peach juice, add a teaspoonful of corn starch and the yolk of one egg. Flavor with a few drops of almond extract, added after cooking and pour while cool over the peaches. Serve very cold in glass dishes or stemmed sherbet cups.

**Corned-Beef Hash.**—Empty a can of corned beef and grind it with five potatoes through the coarse part of the meat grinder. Mix with onion and season with salt. Put into a hot frying pan a tablespoonful of sweet fat; when hot add the hash. If too dry, moisten with broth, milk or water. Cook slowly until well browned, then turn out of the pan, arrange on a platter, egg around the hash and serve hot.

How sweet and delicious, even in common speech, is that little word which men call courtesy!

Whelcome in every claim as breath. It transmits allent into trusting friends. And give us our passport round the globe.

—James T. Fields.

**FROZEN DISHS.**

There is nothing so appealing to the palate during hot weather as refreshingly frozen things.

**Maple Parfait.**—Pour a cupful of boiling maple syrup over five well-beaten yolks of four eggs; add a pint of hot water, one cupful of cream and freeze as usual, by peckling in ice and salt.

**Golden Parfait.**—Cook together one cupful of sugar, the rind of an orange, grated nutmeg and one-half cupful of water. Pour the hot syrup over the well-beaten yolks of four eggs, add a pint of cream or rich milk and freeze.

**Nessegole pudding.** add one cupful of cooked and mashed chestnuts, one cupful of minced candied fruit soaked in orange juice until soft and one cupful of pineapple. Flavor with almond and rose and freeze as usual.

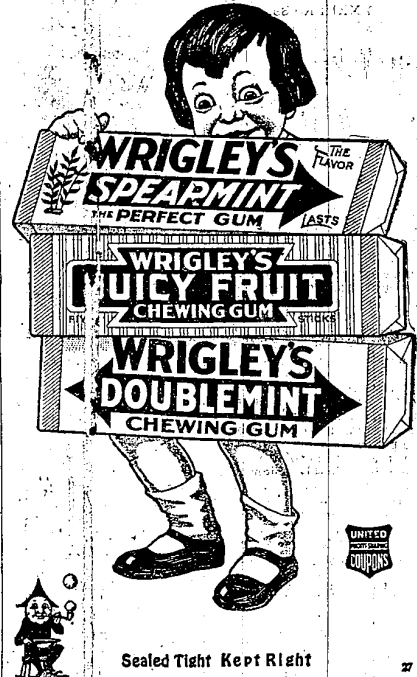
**Coconut Parfait.**—Boil a cupful of sugar with one-half cupful of water ten minutes; pour the syrup over four tablespoonfuls of cocoa which has been beaten with four egg yolks; cook over hot water until of the consistency of soft custard. Beat until cold; add two cupfuls of cream which has been beaten stiff, a teaspoonful of vanilla and one-quarter of a teaspoonful of salt. Flavor with a small amount of the consistency of ice and salt. Let stand four hours; unmold and garnish with sweetened and flavored whipped cream piped around with parfait.

**Velvet Sherbet.**—Take two cupfuls of sugar, the juice of three lemons and a quart of good rich milk. Freeze and let stand for two hours to ripen. Strawberries and raspberry ice cream are most delicious. Add a quart of the berries, strain carefully and sweeten with a syrup made of sugar and water cooked together and cooled. Add a quart of rich milk or milk and cream or thin cream, which is better; then freeze. A pint of salt should be added to all frozen dishes. The syrup used instead of sugar in this recipe insures a firmer frozen dish.

Neelie Maxwell

**WRIGLEY'S**

The Greatest Name In Goody-Land



Sealed Tight Kept Right

**The Flavor Lasts**

HAD FORGOTTEN HIS PART AS IT LOOKED TO BROTHER

But Mr. Newrich Was in Evidence at Dramatic Performance, as Had Inisted.

Mr. Cornelius Newrich offered to finance the dramatic society and his announcement was received with astonishment. But when he added the provision that he was to appear in a part of the play, the society was divided.

Mr. Newrich was well endowed with wealth, but his vocabulary did not include a single "No."

At last they all on a plan. He was to come out in the second scene and just say "Hello!" He could not go far wrong with that, Mr. Newrich was satisfied. He could be in evidence at the performance.

The great day arrived and all went well until the fourth scene when Mr. Newrich forgot his part, he uttered one word—"Hello!"

Dispersed Song. "Nobody did it! Won't Go Home Till Morning!"

"Certainly not," replied Uncle Bill. "By any chance there is any remaining brand liquor available, please be the first to place to look for it."—Washington Star.

Sister Was Doing What Pretty Well All of Us Would Like To Do.

A Munde family is contemplating the remodeling of its house. Several architects have been calling with plans during the last few days—all very successful architects, too. The other day one who "looked especially good" to the younger children arrived. That noon they discussed him at the family table. "Oh, he's rich," ventured one of the youngsters.

"Why?" smiled the elder sister—just twenty.

"Why he looks so prosperous," came back the answer to the amusement of the rest of the family. That afternoon the architect made a return trip and displayed his plans to the elder sister. The high-school boy arrived while the two of them were on the veranda looking over the plans. After the architect had gone he strolled over to his sister and remarked: "If you're trying to get close to prosperity yourself"—including skulls News.

Worse Still. "Miss Ann was very angry when I kissed her in the park and refused to accept my apology."

"Perhaps you did not make it strong enough." "Oh, yes, I did. I told her I had mistaken her for her pretty young cousin."

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