

Yeast Foam makes good bread

Bread making is easy to learn and is an education in other cooking.

Send for free booklet "The Art of Baking Bread"



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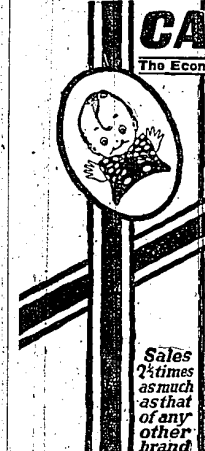
The Economy BAKING POWDER

Is truly the world's greatest baking powder

It has produced Pure Foods—Better Baking

—for over one third of a century

BEST BY TEST



Villainage
Villainage was a system of land tenure introduced into England after the Norman Conquest (1066 A. D.) where by the occupants of the soil were kept in a condition of servitude and were permitted to hold land only on condition of performing military service for their lord and superior. Such persons were called villains (of or pertaining to the vill), whence is derived the common English word villain. Villainage, although never formally abolished in England, ceased to exist in the sixteenth century.

Catnip
Catnip—I'd give my life for you, dear. Maria—Cheap skate! Nice or nothing. It takes two to make a flirtation a good snub always ends it.

An Amazing Fact

TO many people it may seem incredible that a habit so common as coffee drinking can be harmful. Yet if your doctor were to enumerate the common causes of indigestion, headache, and run-down condition, he would be likely to mention coffee.

If you are troubled with insomnia, nervousness, or are inclined to be high-strung, try Postum in place of coffee for thirty days, and note the difference in the way you feel, and how much better you sleep.

Postum is a pure cereal beverage, absolutely free from caffeine, or any harmful drug.

Postum for Health

"There's a Reason"

Your grocer sells Postum in two forms. Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer the flavor brought out by boiling fully 20 minutes. The cost of either form is about one-half cent a cup.



The Kitchen Cabinet

The flash of youth soon passes from the face. The sparkle of fancy from the mind departs. The form may lose its symmetry and grace. But time can claim no victory o'er the heart.

CAKE-MAKING AND BAKING

Cake-making is an art and baking it is just as much. For a quick cake which eliminates the slow process of creaming the butter and adding the sugar gradually, a cake may be made in half the time. Put all the ingredients together in one bowl. Beat the eggs, add the sugar, the butter warmed but not melted, flour sifted with baking powder, and a dash of salt. Beat the mixture for five minutes. Beat well for five minutes, using a large egg beater or beat in a cake mixer.

In baking cakes which should be baked in forty-five to one hour, divide the time into quarters. The first quarter the cake should begin to rise, the second quarter it should finish rising and begin to brown, the third quarter of the time it has been in the oven thirty minutes. It should be well-browned and the last ten minutes it finishes cooking and shrinks from the pan. It is a good practice to thrust a toothpick into the center of a cake; if the toothpick comes out with the cake. Another test is to hold the cake near enough to the ear to notice any sound of cooking; if it sings slightly it remains a short time longer in the oven. The sponge cake which is lightened entirely by beaten eggs is the foundation for jelly rolls, lady fingers, angel food and soufflé cakes. These are the most easily digested cakes and the best for young children.

The following is a form of cake which is very popular and is often used for dessert: **Kimmel Torte**—Beat the whites of six eggs until stiff, add one cupful of sugar—a little at a time, one-half pound of walnuts cut into bits, three tablespoonfuls of bread crumbs and a teaspoonful of baking powder, with a dash of vanilla for flavoring. Bake in layers and crumble up with whipped cream, sweetened and flavored.

In putting a loaf cake mixture into the pan try to leave a hollow in the center of the pan as it is customary for a cake to hump up in the middle; this will insure a more level cake. This is true of layer cake also.

As the smooth oyster that lies beneath the deep Within its tough and homely shell Contains a precious pearl may keep As gems of precious value are veins of purest gold— So cool of hides a heart with its noblest traits endowed. In one to whom he hath no outward grace allowed. —James Gardner.

OCCASIONAL DIZZINESS

When making rolls, make them very small and put three well-buttered into a small cup. When they are baked they will break apart into three small, shapely rolls.

Ham Tomato Toast—Take a slice-half an inch thick—of a loaf of white bread, one tablespoonful of minced green pepper, cook in two tablespoonfuls of butter. Then add two tablespoonfuls of flour, a teaspoonful of sugar, a few dashes of pepper, one-half teaspoonful of salt, one-half cupful of minced ham and a cupful of tomato purée. Serve on toast.

Almond Toast—Mix five cupfuls of flour, one and one-half cupfuls of sugar, one-fourth of a cupful of butter, one-half cupful of milk, four eggs, two teaspoonfuls of baking powder, four tablespoonfuls of olive oil. Mix well and add at the last one-fourth of a pound of split almonds, unblanched. Knead lightly and well, using flour on the hands to keep from sticking. Turn into three well-greased bread pans and bake in a moderate oven. Cut the loaves into half-inch slices and place in a pan to brown on both sides. Cool before packing away. These are excellent to serve with afternoon tea or coffee.

Fruit Drop Cakes—Cream two-thirds of a cupful of any sweet fat, add one cupful of brown sugar, one teaspoonful of cinnamon, one-third of a cupful of raisins and currants, two-thirds of a cupful of walnuts or pecans, two well-beaten eggs, one-half teaspoonful of vanilla, one pint of flour, two teaspoonfuls of baking powder. Drop in a moderate oven. **Creamed Peas on Toast**—Strain two cupfuls of milk in a double boiler, reserving a little to mix with a teaspoonful of starch; add one teaspoonful of onion juice, one teaspoonful of salt, one-fourth of a cupful of chopped stuffed olives, green peppers or celery. Cook until thick, add one cupful of finely minced peas and serve at once on toast.

Marie Maxwell

STATE NEWS IN BRIEF

Ludington—William F. Lake, 95 years old, dean of Ludington residents, died here recently. He leaves four children, 22 grandchildren and 7 great-grandchildren.

DeKerville—The Flanders Co. canning plant, DeKerville's only manufacturing industry, was destroyed by fire recently with a loss of \$50,000, fully covered by insurance.

Ablon—The resignation of Dr. Samuel Dietz as a member of the board of trustees of Albion College has been accepted by the board at a meeting held at Detroit recently.

Ann Arbor—H. J. Andrews, of the forestry department of Iowa State College, Ames, Ia., will take charge of the land economic survey of Michigan under the department of conservation next spring. It has been learned here.

Pontiac—Thomas B. McNulty, 75 years old, is ill at his home in Millford as the result of a broken hip caused by a fall on his pavement. He claims that this is the first time in his life that he was ever attended by a physician.

Lansing—Dr. James T. Leeger, 66 years old, former pastor of the Mt. Hope Methodist Church, died suddenly at his home here. He was the fourth of the Lansing Ministerial Association, and formerly held pastorates in Kalamazoo and Manassah.

Port Huron—At a session of the forty-fifth convention of the Michigan Engineering society, held here, J. M. Bennett, Detroit, forester of the Wayne county reforestation commission, declared Michigan ranked second among the states in the planting of trees and shrubs along highways.

Grand Rapids—Reversing its former position, the city commission has approved the plans of the State Highway Department providing for a fixed bridge across Grand River at the bridge road ferry in Ottawa County, thus permitting the eventual construction of two paved roads between Grand Rapids and Grand Haven. The bridge to be built this year, will cost \$125,000.

Detroit—A report filed with the auditor general at Lansing shows that the State will collect \$938,653 in inheritance tax from the estate of John S. Dodge, Detroit, an automobile manufacturer. The collection, which is the largest in the history of the State, will go into the primary school fund. The personal holdings are listed at \$2,312,442. The value of real property is comparatively small.

Lansing—The state advisory board has called a halt on the alleged practice of local officials participating in state highway construction bids. On motion of Highway Commissioner Frank Rogers, it was decided to draft and adopt a resolution prohibiting county officials from being parties to bids in their own counties, or state officials from being connected with any bid for state construction.

Lansing—The purchase of 10,000 large iron signs, for use on state trunk highways has been authorized by the state advisory board. It is the plan of the highway department to post direction signs at corners, huge circular warning signs at railway crossings and mileage signs, designating the distance to important points on the route, at intervals. The signs will cost in the neighborhood of \$10,000.

Ann Arbor—The state highway department and the University of Michigan are to collaborate to determine the best types of surface for state trunk lines. The administrative board at the request of Highway Commissioner Frank Rogers, has set aside \$2,000 for highway experiments. Various materials, Rogers said, will be tested in the university laboratories for maintenance, wearing qualities and tractability.

Grand Rapids—Grand Rapids has been assured of a permanent art gallery as a result of the approval by the directors of the Grand Rapids Art Association of plans for the erection of a fireproof addition to its building to provide suitable galleries. The association's permanent collection will be housed in a gallery 30 by 50 ft.; a central gallery, 25 by 44 feet, will permit monthly exhibitions and a smaller gallery will accommodate etchings and prints.

Monroe—According to word received here by the county road commission, W. W. Lavers, Dearborn, a district state highway engineer, has been placed in charge of the counties of Wayne, Macomb, Oakland and Monroe. Monroe county heretofore was under charge of District State Highway Engineer E. G. Willemink, of Ann Arbor, who now will oversee work on state trunk line roads in Lenawee, Hillsdale, Jackson and Washtenaw counties.

East Lansing—Professor W. G. Putnam, extension specialist, will become director of the Michigan Agricultural college experiment station in the upper peninsula, April 1. It was announced at the recent meeting here. The position of director was created in a reorganization of the station started when L. McMillan, former superintendent of the station resigned. Putnam will take over charge of experimental research work intended to develop the agricultural resources of all that part of Michigan.

The finest coffee the world produces is sold under the name of **MONARCH**. Ask your grocer. **MONARCH COFFEE** KEITH, MARSDEN & CO.

Kissing Termed Crime in Puritan New England

Kissing is considered an unhealthy practice by some people. A few years ago the physicians of Allwauke prepared a bill for the absolute suppression of kissing, on the ground that the practice was hygienically dangerous. The bill did not become a law, or it would have made Milwaukee more famous, but somewhat similar laws existed in Puritan New England. In 1650 Capt. Resible of Boston was "set for two hours in the public stocks for his lewd and unseemly behaviour," which consisted in "kissing his wife publicly on the Sabbath day, upon the doorstep of his house, when he had just returned from an absence of three years." Twelve years later Jonathan and Susannah Smith were each fined 5 shillings and costs for kissing on the Lord's day. The statute, it would appear, was only less brutal than the kiss itself.—Detroit News.

Ancient Light Built on Cotton Foundation

The employment of cotton as a foundation for buildings erected on sandy soil is a matter of common knowledge, but the story of the first application of the material to this purpose is not generally known. Dealing with the ancient light at Lonsave, between the Mersey and the Dee, difficulties were encountered in the search for a solid base, and the wreck of a cotton ship offered an inspiration to the builders. Some of the cotton which had been washed ashore was mixed with sand, and on this a massive stone tower was erected so firmly that it was found to withstand the fury of the mightiest tempests.

Ideal Examination

When was the War of 1812? Who is the author of "Outline of History"? In what season of the year do we have winter? What is the name of the state in which Indiana is located?

Laxatives do not overcome constipation

LAXATIVES and cathartics provide temporary relief only, at the expense of permanent injury. In time, says an eminent physician, an almost incalculable amount of harm is done by the use of pills, salts, mineral waters, castor oil and the like. Some laxatives, according to an intestinal specialist, contain poisons which affect the stomach and intestines, resulting in grave disorders. Certain laxatives are a direct cause of piles.

Physicians Advise Lubrication for Internal Cleanliness

Medical science, through knowledge of the intestinal tract gained by X-ray observation, has found at last in lubrication a means of overcoming constipation. The gentle lubricant, Nujol, penetrates and softens the hard food waste and thus hastens its passage through and out of the body. Thus Nujol brings internal cleanliness.

Not a Medicine

Nujol is used in leading hospitals and is prescribed by physicians throughout the world. Nujol is not a medicine or laxative and cannot gripe. Like pure water it is harmless. Get rid of constipation and avoid disease by adopting the habit of internal cleanliness. Take Nujol as regularly as you brush your teeth or wash your face. For sale by all druggists.

Nujol For Internal Cleanliness. **Two pleasant ways to relieve a cough**. Take your choice and suit your taste. S-B or Menthol flavor. A sure relief for coughs, colds and hoarseness. Put one in your mouth at bedtime. Always keep a box on hand. **SMITH BROTHERS COUGH DROPS** MENTHOL (orange colored box). Famous since 1847.