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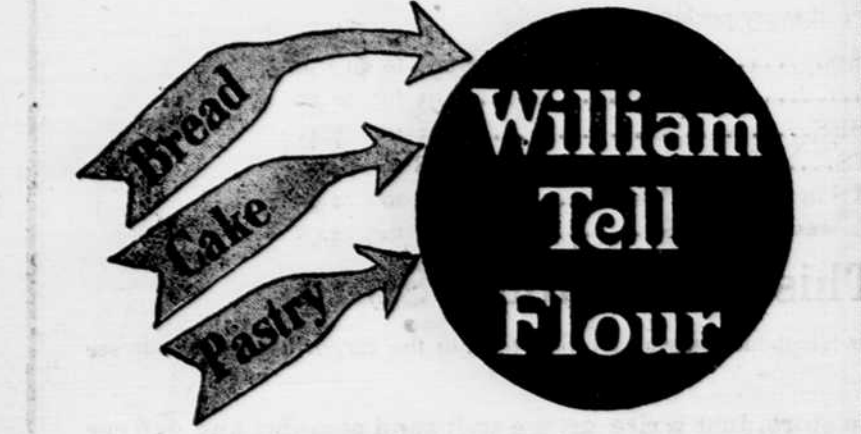
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all selected on account of their general adaptability, you will have to admit that our papers are "RIGHT." Many of these wall papers are made with MATCHED CRETONNES

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HOME MAKERS COLUMN.

Correspondence on topics of interest to the ladies is solicited. Address: Editor Home Makers Column, Oxford Street, South Paris, Me.

Three Meals a Day.

(Frances E. Freeman, Professor of Home Economics, University of Maine)

One of the most perplexing problems the home maker confronts is planning three meals a day. The ability of a person to live an efficient life depends, to a certain extent, upon the food he eats. The planning of meals is a duty not to be attended to in any uncertain manner. The farmer has long been studying the question of proper food for his stock. It is time the housewife should give careful consideration to the food for her family. Personal tastes and individual peculiarities will always exist and always must be considered. On the other hand, unhealthful dietetics and the unwise expenditure of money for food are serious faults to be remedied. The housewife can study the most fundamental principles relating to the needs of the human body and she can study food values. It is within her power to do something very practical—to give well planned meals to her family and to gain a freedom from family food customs.

ADAPTABILITY OF FOODS TO BODY NEEDS.

It is impossible to group foods under one function, for practically all foods are capable of doing more than one thing in the body. However, in a general way they may be classified under their most important functions:

Foods which furnish protein to the body for tissue building: Milk, meat, legumes, eggs, fish, cereals, cheese, poultry, nuts.

Care must be taken in selecting these foods. One can not entirely replace another. Variety is necessary.

Foods which furnish energy:

1 Foods rich in sugars and starches as: Sugar, potatoes, fruits, cereals, rice, legumes, roots and tubers.

2 Foods rich in fat as: Butter, cream, bacon, nuts, olive oil, cheese.

3 Foods which furnish mineral matter: milk, legumes, cereals, green vegetables as cabbage, celery, etc., fruits, raw and cooked.

4 Foods which keep the intestine in an active condition: Vegetables, fruits, whole cereals.

Once the uses of each food have been determined, the next problem is to make proper combinations to form a meal. To have a well balanced dietary means supplying in the meals of each day all the food principles needed to keep the body tissues in repair, to furnish sufficient energy for the day's work and to keep the body in good healthful working order. The housewife must study the needs of her family and select those foods best adapted to their use. She must study their occupations and plan such foods as will best furnish the required energy.

Most of all are needed plain, non-stimulating, easily digested foods which are simple and easy to prepare. The unmodified foods such as grains, vegetables, fruit, meat, eggs and milk may be depended upon to supply all the necessary elements to sustain the growth and functions of the human body. Potatoes, fresh vegetables and fruits, thoroughly baked bread, milk and eggs should furnish the staple articles of food in every family.

Recipes.

LEMON JELLY SALAD

1-2 tablespoons granulated gelatin

1-3 cup cold water

2-12 cup boiling water

1 cup sugar

1 green pepper, sliced

1-4 cup butter, melted

1-3 cup lemon, stuffed olives

1-2 cup sliced almonds

Soak the gelatin in the cold water till softened, and then dissolve in the boiling water. Add sugar and lemon juice, strain, and when the mixture begins to thicken, add the vegetables and nuts. Pour into individual molds, chill, and serve with mayonnaise dressing and a garnish of lettuce or oress.

KENTUCKY SUMMER SALAD

8 ripe tomatoes

1-2 teaspoon salt

1-4 teaspoon pepper

1 minced green pepper

4 tablespoons mayonnaise

Letuce

Additional mayonnaise

Peel the tomatoes and scoop out the pulp of six, reserving the shells thus made for the salad. Put the pulp, the extra tomatoes, and the green peppers through the food chopper; add seasonings and mayonnaise, mix well, and freeze in ice, in three parts ice and one part salt. Fill into the tomato cups, arrange on lettuce leaves, and pass mayonnaise dressing.

PEACH CREAM PIE

Freshly striped or canned peaches

Cream filling

Whipped cream

Pie-crust

Line a pie-pan with the crust and bake. Cover with a layer of the peaches, pour over cream filling, and top with a half-inch layer of sweetened whipped cream. This should not be put together till serving-time. Strawberries, raspberries, or Logan berries may be substituted for peaches. The filling calls for the following ingredients:

CREAM FILLING

1-2 cup sugar

1-2 teaspoon salt

1-3 cup flour

2 cups milk

2 eggs

1-2 teaspoon flavoring

Soak milk, add sugar, salt, flour, and eggs beaten together, and cook about 15 minutes over hot water, stirring often. Flavor with cool.

STYNE-HEAN SALAD

1 quart cooked string-beans

1-4 teaspoon salt

3 hard-boiled egg-yolks

1-4 cup lemon-juice

1-8 cup chopped celery or lettuce

1 cup finely chopped pecan or walnut-meats

Rob the egg-yolks to a paste, add salt and lemon-juice stir through the beans and let them stand for at least thirty minutes. Just before serving, add the nuts, onion, celery, and a little pepper. To make a true salad of this, beat in three tablespoons of olive-oil with the hard-boiled egg-yolks. Serve with plain bread and butter sandwiches.

This will be sufficient for twelve guests, or for the main dish at luncheon for six.

SPANISH BUN

1-2 cup butter

1 cup light brown sugar

2 egg-yolks

1-2 cup milk

2 teaspoons cinnamon

1 teaspoon cream of tartar

1-2 teaspoon soda

1-1/2 cups pastry-flour

Cream together the butter and sugar and add egg-yolks well beaten. Mix cream of tartar, and soda. Add alternately with milk to mixture, and bake in one layer in a shallow pan. Then cover with icing made of two egg-whites, whipped very stiff with three table-spoons light-brown sugar added slowly while beating. Spread over cake, and brown slowly for about ten minutes.

OATMEAL MUFFINS

2 cups rolled oats

1-1/2 cups sour milk

1-2 cup sugar

1 teaspoon salt

2 eggs well beaten

1 teaspoon soda

1 cup pastry-flour

Soak the oats overnight in the sour milk; in the morning add the remainder of the ingredients and bake thirty minutes in a moderate oven.

MARYLAND SALLY LUNN

2 tablespoons sugar

1-1/2 tablespoons butter

1-4 teaspoon salt

3 eggs separated

2 cups bread-flour

2 teaspoons baking-powder

1 cup milk

Cream together the butter and sugar; add the egg-yolks beaten thoroughly, and then the flour mixed with the baking-powder, alternately with the milk, in equal parts, and bake about forty minutes in a tube-pan.

National Guard at State Exposition.

It is possible that the Maine National Guard is common with the Guard of other states of the Union, may be called upon for service because there are events impending that might require their attendance. Should the boys from Maine go to the front, whether in the Coast Artillery Corps or in the Infantry, they would have no light load to bear.

The National Guardsman of today has plenty of articles to carry. They are all stored away so neatly, however, that there is no bulky load. The various packages, belts and other things are distributed about a man's person in the most convenient manner. Yet for all this, they are numerous. A member of the Infantry carries 178 different articles while a man in the Coast Artillery Corps will carry 181. These figures are not included any ration that he might be required to take if he were on the actual march.

Here is a list of the equipment for a member of the Maine National Guard if he should be ordered to the front: Hat, bat-coat, coat, overcoat, collar insignia, two pieces; vest, belt, breeches, puttees, two pieces; shoes, two; socks, two; olive drab shirt, underwear, two pieces; rifle including sling and cleaning equipment, seven pieces; cartridge belt and suspenders, seven pieces; first aid pack and pouch, eight pieces; canteen, two pieces; haversack, meat can, two pieces; dipper, knife, fork, spoon, blanket, poncho, tent pole, half shelter, tent, fire tent, pins, trenching tool, 100 rounds of ammunition. This would be the straight equipment and in addition he would take: Extra pair of shoes, extra pair of shoe laces, suit of underwear, two pieces; two pair of socks, four pieces; tooth brush, comb, soap, towel, sweater and extra olive drab shirt. For his own personal comfort he might take numerous other articles such as razor, mug, brush, and little conveniences. In addition to these, the man who would work on the big coast-defense rifles would be forced to carry still another suit, hat, blouse and trousers of blue denim so that his equipment would number 181 pieces without personal additions and rationes.

Just what all these things look like and how they are distributed about the person of a National Guardsman will be shown at the Second Annual Maine State Exposition which opens in the Exposition building, Portland, June 5, and lasts two weeks. The trained men, carrying the service kit, will be on duty at the National Guard exhibit.

Many industries will be represented at the great show, but none of the exhibits will be more interesting than that furnished by the National Guard of Maine. Everything will be by members of the Guard will be on exhibition: machine gun, rifle range instruments, a field wireless, tents and the other numerous articles. The members of the Coast Artillery Corps will have one of the huge guns on exhibit to show as well as other articles peculiar to this service. It will be an educational exhibit that will compare favorably, but in an entirely different way, with the exhibits of the various State Institutions of Maine which will have a big space at the Exposition as well as manufactures from all sections.

Although the date of the Exposition is some weeks away, the exhibition space is going so rapidly that it is evident the room will be taken long before the opening. The booths will be in place ten days before the show starts and all of the manufacturers and others will be given plenty of time for placing their exhibits. In this way, they will be enabled to make their booths look their very best.

OUT THIS OUT—IT IS WORTH MONEY

Don't miss this. Out on this slip, enclose with five cents to Foley & Co., Chicago, Ill., writing your name and address clearly to receive in return a trial package containing Foley's Honey and Tar Compound, for bronchial cough, croup and croup. Foley Kidney Pills, and Foley Cataplast Tablets.—A. E. Shurtliff Co., S. Paris.

A white boy asked a young negro what he had such a short nose for. "I 'spose so it won't poke itself into other people's business."

KEEPING UP TO THE MARK

"Spring fever" is not always a joke. If you feel dull and sluggish, tired and worn out, suffer from backache or weak back, rheumatism, sore muscles, stiff joints or other indication of kidney trouble, it will pay you to investigate Foley Kidney Pills. They are highly recommended as prompt and efficient aids to health.—A. E. Shurtliff Co., S. Paris.

HAS A GOOD REPUTATION

The original and genuine Honey and Tar Compound is Foley's Honey and Tar Compound because this has given such universal satisfaction and cured so many cases of coughs, croup and whooping cough there are imitations and substitutes offered to the public. Insist upon Foley's.—A. E. Shurtliff Co., S. Paris.

First Patriot—What this country needs is more red blood!

Second Patriot—Yes, and more gray matter.

WAS TROUBLED AT NIGHT

Painful, annoying bladder weakness usually indicates kidney trouble. So do backache, rheumatism, sore, swollen or stiff muscles or joints. Such symptoms have been relieved by Foley Kidney Pills. Henry Endicott, Carmel, Ill., writes: "Since taking Foley Kidney Pills I sleep all night without getting up."—A. E. Shurtliff Co., S. Paris.

Soul Youth (at the piano)—"Do you sing 'Forever and Forever'?"

Matter-of-fact Maiden—"No, I stop for meals."

SEE! TOLD HER NEIGHBOR

"I told a neighbor whose child had croup about Foley's Honey and Tar," writes Mrs. Rebekah, 3404 Herman St., Covington, Ky. "When she gave it to her little child she was so pleased with the change she didn't know what to say." This reliable remedy helps coughs, croup, whooping cough, crouping cough.—A. E. Shurtliff Co., S. Paris.

"I can speak seven different languages"

said the convict as he entered the penitentiary. "No matter," said the keeper; "we have but one language here, and very little of that."

TELLS WHAT SHE THINKS

Anna Hawn, Cedar Grove, Mo., writes: "We think Foley Cathartic Tablets are the best liver pill we ever got hold of, as they do not nauseate or grip, but so freely on the liver." Recommended for constipation, bloating, sour stomach, gas on stomach, bad breath, clogged or irregular bowel action.—A. E. Shurtliff Co., S. Paris.

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1916-1917

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The Ash Pan rests on a roller bearing frame—just open door and it rolls out at the slightest touch, neat and clean.

The Glenwood Shelf Under Oven Door is not stationary—it automatically raises and lowers as oven door is opened or closed. It is always level with oven bottom—a great convenience when basting meats or removing food.

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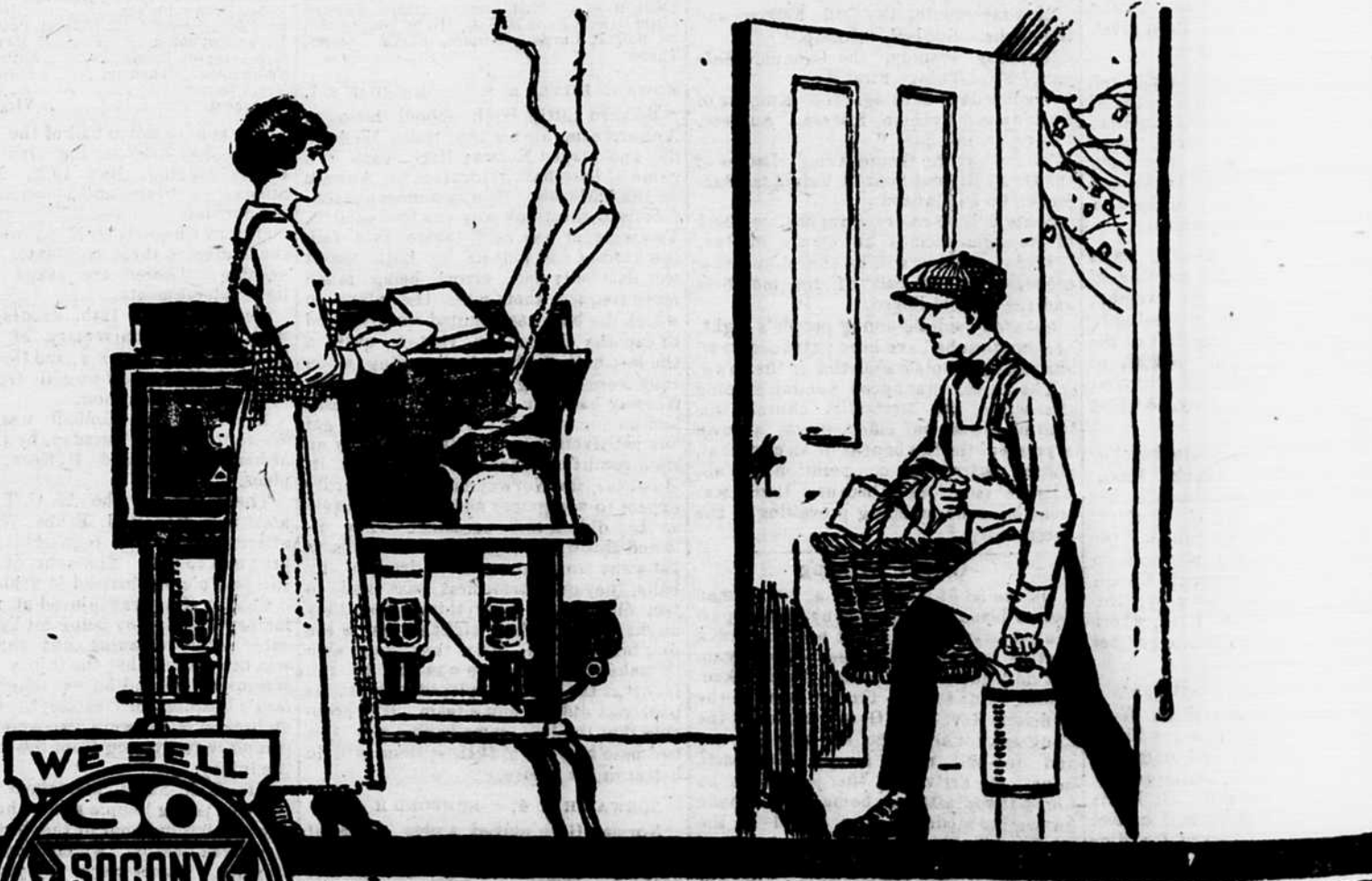
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