

### How to Conserve Food Supply

#### MONDAY.

##### Spread the Meat Flavor.

Spread the meat flavor over other foods and so economize on the quantity of meat consumed, says the United States department of agriculture. Here is one way to utilize left-over meat by spreading its flavor.

##### Meat Turnovers.

Chop the meat. If the quantity on hand is small, mix with left-over potato or rice. Season with salt, pepper, onion, etc. Place filling on circular pieces of biscuit dough about the size of a saucer. Fold over the dough and crimp edges together. Bake for about one-half hour in a hot oven.

A brown sauce made from two table-spoonfuls of flour browned in two table-spoonfuls of butter, to which a cupful of water or stock and a half teaspoonful of salt is added, may be served over the turnovers.

#### TUESDAY.

##### Peanut Soup.

A delicious and nourishing soup may be made from skim milk and peanut butter as follows:

Heat one pint of milk until lukewarm. All two rounded table-spoonfuls of peanut butter mixed to a smooth paste with a little of the milk. Salt to taste. Thicken with one teaspoonful of butter or savory fat mixed with one table-spoonful of flour. Bring almost to the boiling point and serve.

#### WEDNESDAY.

##### Spread the Meat Flavor.

Spread the meat flavor and so economize on the amount of meat consumed. Here is a suggestion for making a delicious dish for an inexpensive steak.

##### Mock Duck

On a round steak cut thin, place a stuffing of bread crumbs well seasoned with chopped onions, butter or other fat, salt, pepper, and flavorings such as sage, celery seed, etc. If desired, roll the steak around the stuffing and tie in several places with a string. If the steak is tough, steam or stew the roll until tender before roasting in the oven.

If desired, the roll may be cooked in a casserole, in which case a cupful or more of water should be added.

#### THURSDAY.

##### A Way to Utilize Stale Bread.

Here is a way to utilize stale bread and left-over milk:

##### French Toast.

Beat up together one egg, one cupful of skim or whole milk, and salt to taste. Place a small quantity of butter, bacon fat or other suitable fat in a broad-bottom frying pan. Dip slices of stale bread into the egg and milk mixture until they are thoroughly moist and fry on both sides until a golden brown. Serve hot with or without syrup.

#### FRIDAY.

##### Making Greens Nutritious.

Here is a way to add nutriment to greens, and at the same time to vary the form in which this important food is served.

##### Cheese and Greens Roll.

Cook two quarts of spinach, Swiss chard or other green. Drain and dress with one table-spoonful of butter. Chop and add one cupful of grated cheese and bread crumbs enough to make a mixture sufficiently stiff to form into a roll. Place in oblong pan and cook in moderate oven for 20 minutes.

When cold the mixture may be sliced in half-inch pieces and served on lettuce leaves with salad dressing.

If desired, leave the mixture more moist and bake in casserole or baking dish and serve hot.

#### SATURDAY.

##### Spread the Meat Flavor.

Spread the meat flavor and so economize on the amount of meat consumed. Here is one way to utilize left-over meat by spreading its flavor:

##### Meat and Bread-Crumb Cakes.

To four parts of chopped or ground meat, add one part soaked bread crumbs, a small quantity of chopped onion, and salt and pepper to taste. Mix and form into small round cakes. Brown the cakes in butter or other fat, turning them.

Raw ground meat may be used. If so, the pan should be covered so that greater heat will be applied.

##### Oasis Made to Order.

In the desert stretch between El Centro and Yuma, down in the southeast corner of California, engineers made a new oasis the other day. They just bored a hole in the ground, and up came the revivifying waters. Then a few date seeds were dropped into the soil, and a few vegetables planted, and they will have an oasis made to order.

### English Woman Has Received Three Medals for War Work

When the war started in August, 1914, Mrs. Wynne was merely a wealthy Englishwoman, living a quiet, normal life. She drove her motorcars, hunted, did some charitable work and was interested in politics and her many friends. Now she is the only woman in the world who has gained the triple crown of the Croix de Guerre, the Leopold and the St. George. She was decorated personally by the King of the Belgians with the order of Leopold, and the French government bestowed upon her the Croix de Guerre, which is rarely given to a woman, for work actually done on the field of battle, says a writer in the American Magazine.

Then she went to Russia and there, also, Mrs. Wynne toiled and suffered. She and her workers rushed daily into battles, recklessly exposing themselves to the bursting bombs and shells. Once she was speeding along a road commanded by German guns and a shell burst in front of the ambulance, tear-

### Clever Scientists Have Often Proved Hopelessly Wrong in Their Conclusions.

Sir Humphrey Davy's dogmatic pronouncement against gaslighting is not the only instance of a clever scientist being hopelessly wrong. The early history of submarine cabling furnishes two striking examples.

Consulted on the scientific side of the project, Faraday asserted that the first cables were made too small. Then he said that "the larger the wire the more electricity would be required to charge it," and in this quite incorrect opinion he was supported by other eminent scientists. As a result of this dictum the current was increased until the operation "electrocuted" the wire and the cable broke down.

It was Lord Kelvin who by sending messages through heavy cables with incredibly weak electric current proved that Faraday was mistaken, says the Rehoboth Sunday Herald.

Alry submitted the project to mathematics and arrived at the conclusion that a cable could not be submerged to the necessary depth and that if it could no recognizable signal could ever travel from Ireland to Nova Scotia.

In aviation the late Doctor Newcomb, one of the most distinguished mathematicians the world has ever produced, declared that he had mathematically investigated all the conditions operating against the heavier-than-air machine and was convinced that the airplane would never be any more than a scientific toy, and the possibility of an airplane motor being reliable in the reduced atmospheric pressure above 3,000 feet was by several experts said to be out of the question.

### The "Blowgun."

Among the Koast Indians the "blowgun" is still used for shooting birds. This weapon consists of a tube, usually a cane, about six feet long, rubbed smooth on the inside with an implement made for the purpose, and carefully straightened with the aid of fire. Smaller pointed darts about eight inches long are used as ammunition, each one wrapped neatly along a third of its length with thin-down or cotton to make it fit the inside of the tube. The hunter places a dart in the tube, which he raises to his head and aims at his game; then a quick puff of breath drives the little dart flying with sufficient force to impale and kill a small bird or squirrel.

### Some Observations.

The trouble with some folks is that they don't consider they are having a good time unless they are making a nuisance of themselves.

Nobody works quite so well as the man who has had a good night's sleep.

A man may think he is hiding his dissipation from his employers but his work tells.

It's easy enough to find friends in fair weather; the man with an umbrella to lend when it is raining is the bird.

As a general rule if the boss isn't on the job himself the clerks aren't either.

The history books would be bigger than they are if all men had accomplished half the things they intended to do.

What's become of the old-fashioned boy who had the notion that he had to go to New York to make his fortune?

### A Good Creed.

You can't make a real success without making real enemies.

You can't hold a strong position without strong opposition.

You can't seem right to any if you don't seem wrong to many.

A useful life can't be entirely peaceful and carefree.

Every earnest man in every generation has paid the price of individuality.

You can't dodge.

The greater you are, the greater the penalty of your progress. The further you go, the wider your range of contact with which you must reckon, and therefore, you multiply your battles against misconception and slander and envy and malice.

You can't avoid or evade your allotted destiny—you can only hold down your share of troubles by holding back.

In every sphere men gibe and sneer—even the peace of the ditch-digger is threatened by the unemployed laborer who covets his job.

So long as you aspire, others will conspire—so long as you try others will vie.

You'll have hostility to face in every place and at every pace.

Go straight ahead to your goal.

So long as your conscience isn't ashamed to acknowledge you as a friend, don't give a rap for your enemies.

### The Mutual Division.

"That poor woman hasn't been married any time, and already she is taking in washing."

"What is her husband doing?"

"Oh, he's taking in the proceeds."

### The Idea.

"What is your opinion of Bunker's honesty?"

"Not much. He actually had the nerve to come round to my house and steal an umbrella I borrowed from him."

### Domestic Criticisms.

His Wife—How forgetful you are, John! Everything I say to you seems to go in one ear and out at the other.

Her Husband—Yes, and everything you hear goes in at both ears and out at your mouth.

### Anticipated Her Request.

Edna—Dick, dear, there is something of the old-time love-light in your eyes today; something about you that reminds me of the sweet days so long ago. I hope you have—

Dick—Yes, I have a little left. How much do you want this time?

### HAVE A SMILE

#### Practical Young Man.

"Did you have any trouble in getting Mr. Grewler's consent to marry his daughter?"

"No, the affair was quickly concluded."

"How did you manage?"

"I went in to see him, leading his daughter by one hand and carrying my hankbook in the other."

#### He Knew Her.

Mrs. Figg—I really ought to go to that club meeting this afternoon, but I can't get up enough energy to start.

Figg—Won't it help you along if I tell you not to go?

#### The Refert Feminine.

She—What do you suppose Harold meant by sending me those flowers?

Also She—He probably meant to imply that you were a dead one.

### Ancients Fumigated Much As Modern Physicians Do Today.

That the ancients knew the microbes of diseases is impossible to imagine, yet it is certain that many of them understood that there were such things. Dr. Jonathan Wright of Pleasantville, N. Y., quotes in the Scientific Monthly from many Roman, Arabian and other writers extracts that prove this. That many of them called the unseen offenders "demons" does not alter the fact.

Varro and Columella, in the first century after Christ, ascribed the diseases of Rome to little animals which live in the swamps and are breathed by men. This is coming very close to the modern conception.

And the Egyptian and Assyrian censors, thousands of years before Christ, burned resinous drugs and let loose the smoke of etheral oils to expel the little demons of disease, precisely as our board of health doctors until very recently fumigated our houses to kill the germs of contagion. How efficacious either method may be

ing a hole in the road 50 feet distant from her car. Another fraction of a second and she and her car full of wounded would have been killed.

### Little Things Worth Knowing.

A rotary tiller plow which turns and pulverizes the soil, roots and weeds at one operation is the invention of G. E. Lincoln, a student of the Minnesota Agricultural college.

A torpedoproof vessel has been designed by N. Y. Lybeck of New York, which is unsinkable because it consists of six hulls. Several of them might be damaged and yet the boat would float.

H. M. Blandy of Norton, Va., was digging in his cellar for the installation of a heating plant when he struck a vein of coal, which affords him a supply at a cost of 30 cents a ton.

The newest flagpole to be erected on the tops of high buildings are jointed at the bottom so that they may be easily lowered for painting and repairs.

A new mechanical fan for use where there is no current is operated by

is neither here nor there, the essential fact being that the ancients, without microscope, had discovered the great truth upon which modern science is based.

### For Animals.

In London there is an immense veterinary hospital where over 5,000 animals are treated every year. It looks like a palace and it is provided with Turkish and electric baths, an operating room and a ward that will accommodate 50 patients at a time. Horses with broken legs are swung up in a sort of hammock, so that the weight is taken off the injured limb, which is put up in splints and fastened up with leather straps.

A poor man may have advice without paying for it, concerning his dog or monkey or goat, and cows are also treated. One of these, a valuable Alderney, was kicked by a vicious horse and the fracture was so serious that the leg was amputated and a wooden one substituted, the latter being kept in place by broad straps around the body.

means of an alcohol motor. For the purpose of demonstrating mouth conditions, Doctor Greenbaum of Cincinnati has built a number of models of the human mouth, each of which is two feet deep and eighteen inches in width.

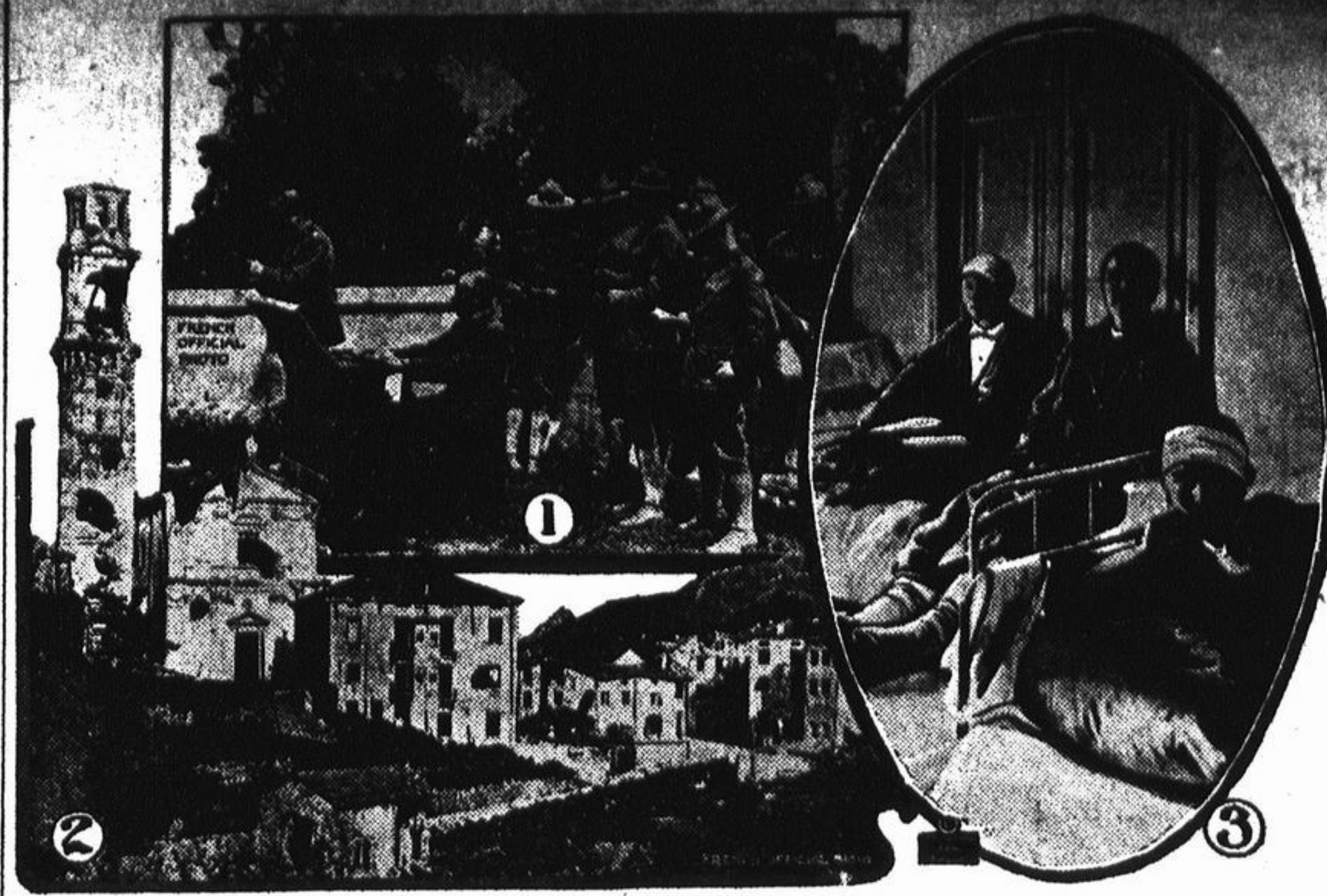
Nearly all of Europe is suffering from gasolene. Each of the countries gets a little, but not nearly enough for its demands.

The Boston baked beans now used by the armies of the world come principally from New Jersey. One establishment alone has a capacity of 9,000 cans per hour.

To discover whether coffee is pure, sprinkle a few grains on the surface of a tumbler of water. If pure they will float, but if adulterated they will sink to the bottom.

### Cranberry Surprises.

Use slices of vanilla ice cream molded in a brick with cranberry sauce poured over it. To make the sauce, use a pint of cranberries to two and a half cupfuls of water. Simmer gently for 30 minutes, strain through a fine cheesecloth and sweeten to taste.



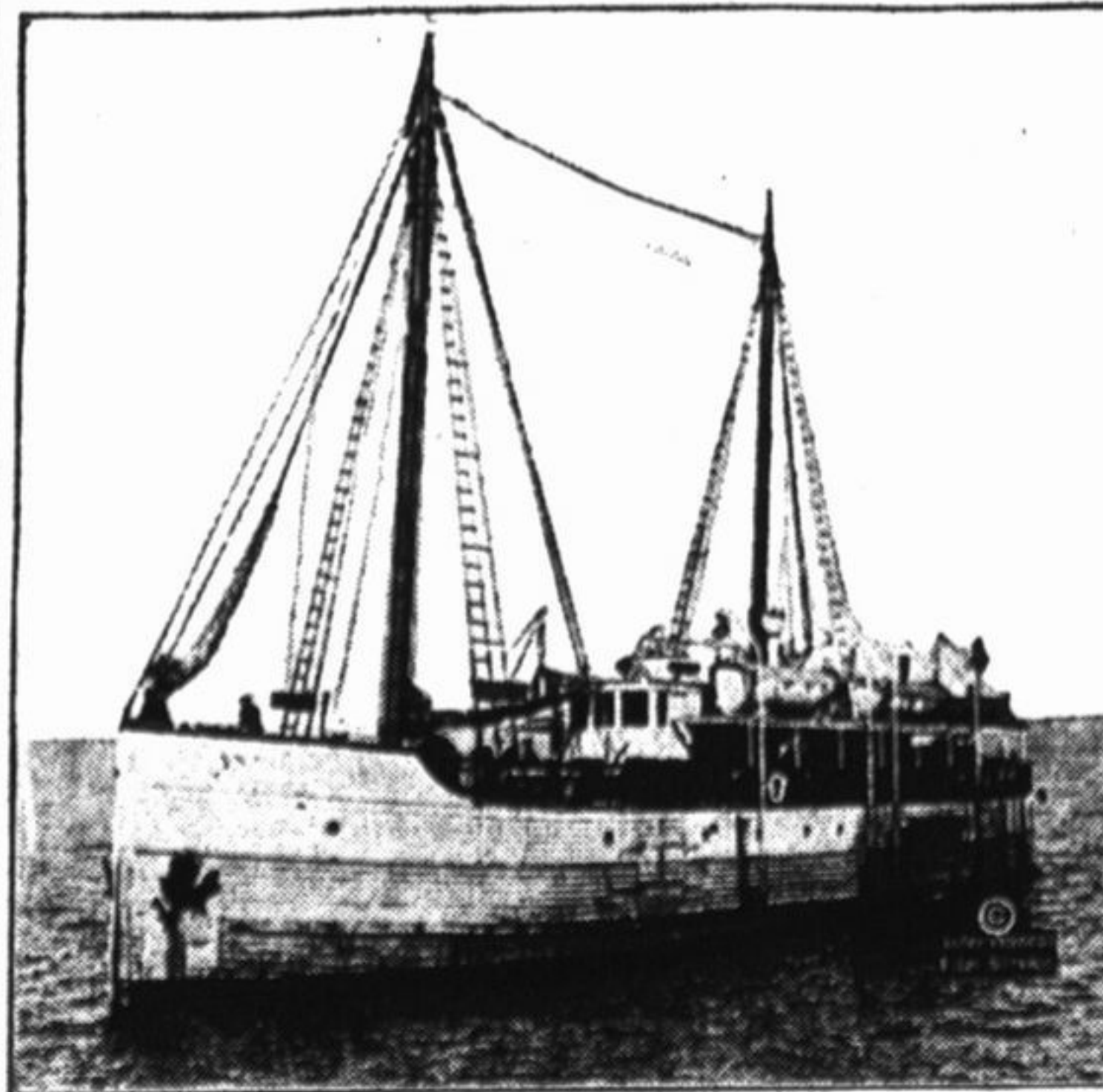
1—Soldiers of the American expeditionary force in France singing hymns at their Sunday church service. 2—The main church of Velo d' Astico, Italy, destroyed by Austrian shells. 3—First photograph of wounded members of the "Battalion of Death," the heroic organization of Russian fighting women, in a Petrograd hospital.

### ASSEMBLED IN DUBLIN TO SETTLE THE DESTINY OF IRELAND



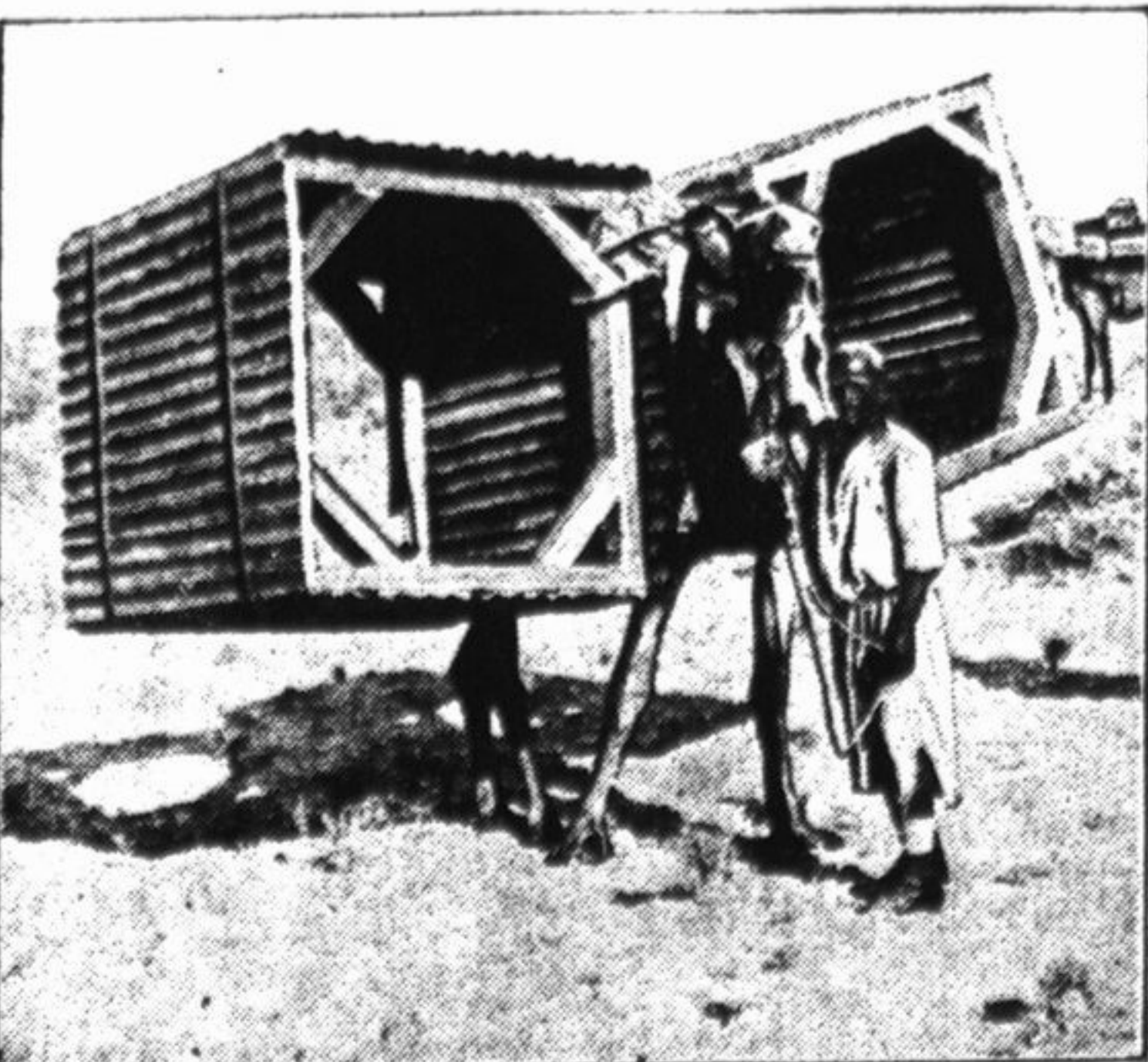
Group taken at Trinity college, Dublin, Ireland, at the fifth meeting of the Irish convention. At the meeting the chairmanship was taken by Sir Horace Plunkett, who is shown seated in center of first row, eighth from the extreme left. These are the men who are trying to solve the problem of government in Ireland so as to satisfy all.

### VESSEL THAT CARRIED ALLEGED SLACKERS



This is the vessel that was overhauled and boarded off lower California, and from which two alleged draft riot leaders and seven "slacker" suspects were taken and locked up in San Diego.

### "WATER WAGON" A LOAD FOR CAMELS



Camel belonging to British troops operating on the Palestine front carrying water-tank things out of action. The water problem is one of the most serious of those that confront the British in that field of conflict.

### SCRAPS

Legs of mutton are selling in Paris at a dollar a pound.

More than 8,000 British soldiers have been supplied with artificial limbs.

It is asserted that the best marks-men are usually those with gray or blue eyes.

Seaweeds obtain their nourishment from the water in which they grow, not from the ground in which they may be rooted.

Compared with India's \$14,000,000 dark skinned natives, that country has but about 300,000 white inhabitants.

In 1916 the United States exported drugs, chemicals and dyes amounting to \$124,000,000, approximately \$97,000,000 in excess of the previous year's exports.

### MASS AT ALTAR OF SNOW



In the shadow of the lofty mountains of the Carso at this impressive white altar of snow a priest is celebrating a military mass. His congregation is made up of Italian soldiers, who are battling in the snow-clad mountains to wrest lands peopled by Italians from the dominion of the Austrians. A broad ray of the sun was shot down through the snow-covered mountain peaks and has beautifully illuminated the altar in front of which the priest is praying.

### War Weddings Decline in Glasgow.

War weddings are on the decline, if one is to accept the figures regarding irregular marriages in Glasgow as conclusive. In 1915 all records were broken, the number of couples whose weddings were legalized by the sheriff exceeding anything hitherto known. Last year there was a drop, though the total for the year was still considerable, and far in advance of normal times. The present year shows a further decrease. One day, for instance, there were 32 civil marriages in the county buildings, bringing the total for the year so far to 1,440. At the same date last year the total was 1,700.

### Good-by Leather Shoes.

The leather shoe is becoming so expensive that it will soon be out of the reach of all but the rich; therefore according to Andrew H. King, writing in Metallurgical and Chemical Engineering, its place is to be taken by shoes with soles of rubber and upper of canvas. The properly made rubber sole, into which ground cotton waste and leather dust are incorporated, will outwear two or three leather soles and will not slip on wet pavement.

### Effort Appreciated.

Myrtle—So you were deeply touched by the poem young De Guss wrote to you?

Marion—Yes.

Myrtle—But it was not a good poem.

Marion—I don't care. It was just as much trouble for him to write it as if he had been Shakespeare.

### Mistaken.

"Oh, he thinks himself a man of great importance."

"He must be very ignorant in that opinion."

### BARGAIN

Phone 266-J, New York  
Office shows McAlister  
Goods Store  
Downers Grove, Ill.

**FOR RENT:**

6-room new modern house with porch, only \$25.

6-room house, cement basement, heat, laundry, bath, fireplace, etc. lot good location, owner in Europe. Price \$3,500. Make offer.

3 acres with 7-room house, this property is in best of condition, chicken house, about two blocks from village limits. Price \$4,000.

New 6-room house with all modern improvements, large front porch, bath, porch, lot 6x175, large shade trees, a real bargain for \$3,500; easy terms.

At present I have 3 1/2-ft. lots, 1/2 block from village limits, east front, a bargain at \$250.

7-room stucco house with all modern heat, all improvements in best of condition, only two blocks from station. Price \$3,500.

70-acre farm, all tiled, good buildings on main stone road, near village limits. Owner is anxious to sell. Make me an offer.

6-room concrete bungalow with cement basement, laundry, furnace, gas, fireplace, large porch, on paved street, good location. Price \$3,500; terms.

3 1/2 acres, 6-room house, about one block from village limits; owner will sell at a low figure. This house is only 3 years old. City gas, extra large chicken house, a real gain for someone.

3 1/2 acres with 6-room house, large barn, extra large chicken house, all kinds of fruit, deep well, gas, about 15 minutes walk to station. Price \$4,500.

1 1/2 acres, 6-room house, garden, best chicken house, fruit trees, about 1/2 block from village limits, a bargain for \$3,500.

If you are interested in acre property let me know as I have at present several acres tracts for sale. Prices range from \$250 to \$600 an acre. All situated in village limits.

6-room house, hot water heat, bath, laundry, 2 1/2-ft. lots, chicken house, etc. A bargain for \$2,500. Make offer.

6-room house, all modern, lot near best of location, owner is anxious to sell at once, reasonable terms. Make offer.

If you are looking for a good lot let me let me hear from you.

4-room cottage with cement basement, cement basement, electric light, water, gas, also small barn. This property is in good condition and is a bargain for \$2,500.

6-room house, with steam heat, hot water, bath, with two 1/2-ft. lots, on paved street, best neighborhood. Price \$2,500.

If you are looking for a cheap lot on south side let me hear from you.

7-room house, hardwood floors, cement stairs, water, gas and bath, large lot, fruit trees, chicken house. Price \$3,500.

6-room bungalow, water and gas, about 4 blocks from station. Price \$3,500.

50-ft. lot east front, good location, on paved street. Price \$250.

6-room new stucco house, on paved street, cement basement, laundry, furnace, gas, oak trim, bath, etc., on paved street, good neighborhood. A bargain for \$3,500. Terms.

4-room house, hot water heat, all modern, best part of north side. \$2,500.

50x125, east front lot, just south of village limits, good neighborhood, price \$250.

7-room house, cement basement, furnace heat, laundry, bath, fireplace, electric light, large lot. Price \$3,500.

6-room bungalow, new all modern, gas, location, east front, lot 5x125. Price \$3,500.

7-room house, steam heat, bath, hardwood floors downstairs, lot 6x125. Price \$3,500. Terms.

### FARMS

120 acres, fair buildings, about 1/2 mile from Downers Grove. Price per acre, \$15.

125 acres on main stone road. Price \$25 per acre. Make offer.

If you are looking for an 80-acre farm I have them from \$125 to \$250 per acre.

50-foot lot just out of village limits, gas, water, electric light. A bargain for \$250.

5 acres at edge of town, near school, to reach of electric light, gas and water. Ask me about the price.

50 acres, part timber, on main stone road, about 1 1/2 miles from station. Price per acre.

If you don't find the property you are looking for in this list call on me, I will have a number of others that might interest you.

## Chas. Haller

33 S. Main Street  
Phone 266-J

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### New Type, Large Style