

Barrington Hall

The Steel-Cut Coffee

Free

Mocha and Java prepared in a coffee berry is cut up (not mixed) of almost razor sharpness atom particles. This it is not by the old method of grinding, oil cells remain unbroken. The food product cannot evaporate indefinitely. This is by a pound of Barrington Hall to 20 cups more of full strength than any coffee ground the old way; all other coffee in flavor and why it is not used.

Usefulness of Barrington Hall it can be used without ill effect and ordinary coffee injures them, bitter tannin bearing chaff and injurious properties of coffee by the "steel cut" process. You get delicious coffee in place of a coffee.

Send for a full size sample can free (see coupon) also a can of Good Coffee.

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OFF THIS COUPON

Send for a full size sample can free (see coupon) also a can of Good Coffee.

Des Moines Spices

for pickling

Des Moines, Iowa.

Stewart's

ne Guard

Stewart's

THE CHAFING-DISH FOR IMPROMPTU AFFAIRS

By Mrs. S. T. Rorer



Few people realize the possibilities of a chafing-dish. To the housewife with many servants it means the good service of hot creamed or à la Newburg dishes. To those who keep one servant it is most valuable for Sunday-night teas, or for suppers on the maid's day out. To the woman who does her own work it is the most useful of all utensils.

The first preparations must be carefully made long before the meal. All recipes call for butter by tablespoons—two level tablespoons of butter mean one ounce. Measure what is needed for the special dishes you intend to prepare, make each ounce into a ball or square, put at once on a dainty plate and stand aside in a cold place. Measure the necessary stock or milk; put into little pitcher, and stand aside with the butter. Cut the meat into blocks or slices, according to the dish. Fill a small bowl with flour, and get salt, pepper and other seasonings ready.

For easy work group all seasonings at the left, the butter and flour at the right, the meat and liquids at the left. Also at the right place a tea-spoon and tablespoon for measuring, the serving-spoon and the long-handled chafing-dish paddle. Attention to these matters saves trouble and time. See that the lamp is filled and the matches are at hand before inviting out the guests.

Nearly all chafing dishes have two pans: a hot water pan next the flame, and a "blazer" in which you cook. Use the hot-water pan only for keeping things warm for a second helping. The heavy copper and earthen dishes consist of a "blazer" only. Good alcohol is expensive at first cost, but it does not burn away so fast as wood alcohol, and is, I think, less dangerous. Personally, however, I frequently use wood alcohol on account of its low price by the gallon.

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|--------------------------------|-----------------------------------|
| Roast Beef | Scrambled Eggs |
| Curried Eggs | Eggs Fondue |
| Eggs Benedict | Omelets |
| Creamed Fish | Creamed Lobster |
| Creamed Crab | Creamed Chicken |
| Creamed Sweetbreads | Creamed Beef |
| Creamed Mushrooms | Panned Oysters |
| Curried Oysters | Deviled Oysters |
| Fricassee of Oysters | Steamed Clams |
| London Fricassee | London à la Newburg |
| Curried Lamb | Curried Crabs |
| Curried Shrimps | Shrimps à la Newburg |
| Beef Pats in Brown Sauce | Fish Pats in Spinach Sauce |
| Mutton Pats in Tomato Sauce | Mutton Chop Hearts with Mushrooms |
| Salmi of Lamb Cutlets | Steamed Mushrooms |
| Calves' Brains in Tomato Sauce | Welsh Rarebit |
| Cheese Fondue | Veal |
| Bird Breasts in Brown Sauce | Lamb's Kidneys with Brown Sauce |
| Scottish Woodcock | |

Let me tell you how to prepare and serve a luncheon or supper for six persons all from one ordinary chafing-dish.

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|----------------------|
| Menu |
| Grasshopper Cocktail |
| Creamed Oysters |
| Beef in Brown Sauce |
| Mayonnaise of Celery |
| Wafers |
| Coffee |

In the morning make the mayonnaise and put it aside. Cut the celery, soak it for an hour in cold water, dry and put it in a cold place. Drain the oysters, pour over them a pitcher of cold water, drain again, turn them into a pretty bowl and put them in the cold. Put half a pint of milk into a pretty pitcher and stand it near the oysters. Cut the cold cooked beef into cubes of half an inch; you will need a pint of these cubes. Add to them a pint of cooked peas or one can of peas. Put these into the bowl ready for the table and stand them away with a pint of stock in a pitcher. Chop a little parsley and put it into a tiny cup or dish. Make the cocktail mixture and put it on the ice. To do this cut two grapefruit and three oranges into halves; scoop out the pulp, keeping the orange skins perfect; add to the pulp four tablespoons of sugar, and, if you have it, half a tumblerful of curant or orange jelly cut into blocks. Put this into the orange skins, and put them on a plate in the refrigerator. Before announcing the meal place these on a pretty little dish on the table. While they are being eaten put an ounce of butter and two tablespoons of flour into the chafing-dish, mix and add the milk; when boiling add the oysters, cook until the girls curl; add cayenne, black pepper, a teaspoonful of salt, and, if you like, a teaspoonful of Worcestershire sauce. Serve at once from the dish. Pass rolls, bread, biscuits or pulled bread. Have the dish washed at once and begin to cook the beef. Put two ounces of butter and four tablespoons of flour into the dish, mix and add the stock. When boiling add one teaspoonful of kitchen bouquet or coloring, one of salt, and a salt-spoonful of pepper; add the meat and peas. Cover the dish a moment and when hot it is ready to serve. The plates must, of course, be changed. After this the dish may be removed and the salad brought in.

The following luncheon bills of fare are quite easily prepared. These may also serve for twelve o'clock breakfasts, or for suppers:

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|---------------------------|------------------------------------|
| Oysters on the Half Shell | Cold Mutton warmed in Tomato Sauce |
| Sweetbreads | |
| à la Newburg | Brown and White Bread |
| Rolls | Tea |
| Chicken à la Bourgeoise | Canned Fruit Wafers |
| Whole Wheat Bread | |
| Cress Salad | Lobster à la Newburg |
| French Dressing | Bread and Butter |
| Wafers | Sandwiches |
| Coffee | |

How to Grow Strong Children

By "THE MILLER"

ONCE I knew a little Girl, and I tell you I felt sorry for her.

"She was just about as fat as a Match. — That Girlie.

"She wasn't a bit pink, but just a sort of straw-colored Yellow.

"She always seemed tired, dull, and cheerless, whenever I met her on my way home from the mill.

Well—I began to take an interest in that Child. I made up my mind to find out what was the matter with her.

And I began to notice her little Brother, too.

He was stronger looking, but he was very scrawny for all that.

He had legs and arms like pipe-stems, and his face always had some of those ugly pimples on it.

I noticed too that he was peevish and cross as a little wildcat.

I guess he made no end of trouble at home for his Parents — and they surely deserved it.

Because, I found out later that the poor little Girl and the nervous, cranky little Boy were being actually starved to death.

No, I don't mean that they didn't get enough to eat, but they didn't get enough of the kind they needed most.

I found that they were being fed Meat at nearly every meal, — White Bread, Potatoes, and Sweet Things, till they couldn't rest at night.

They didn't care for milk, so their Mother let them have Tea and Coffee every now and then, just like a grown man who had to shovel ditches.

That Boy and Girl were getting Old pretty fast when I discovered them. You see Meat and Coffee or Tea are a kind of Poison to children under fifteen. These things are too strong for them and make them grow Old before their time.

Meat heats up their blood, makes them nervous and peevish, puts pimples on their faces and queer thoughts into their minds long before such thoughts should come there.

I tell you that much meat is mighty bad for Children.

It fills their systems full of uric acid and the lime that makes people Old and stiff in their veins and bones too soon.

It doesn't give them a chance to spring up tall enough, and wide enough, before their bones harden into a set shape that lasts forever.

Well these two children were actually getting into a kind of Old Age, in their very youth.

What they needed was something to make them GROW, and stop the aging till they have grown enough.

Now, do you know what makes all living things GROW?

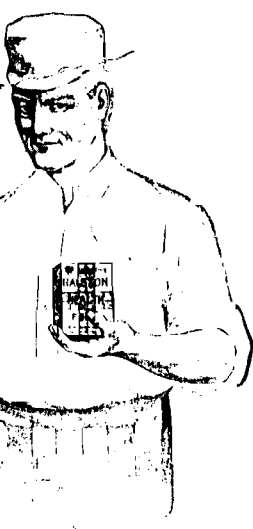
Well it is Phosphorus that makes things grow.

Dr. Hutchinson, in his famous book on "Food and Dietsies," says, "Wherever Growth is most Active, there will be found the most Phosphorus." And, what Boys and Girls need to make them Grow tall, and straight, and strong, and clever, is Phosphorus.

It is Phosphorus that makes the Yolk of an Egg grow into a living Chicken. And it is Phosphorus that makes a little seed of wheat Grow into a tall straw with a burly head of Grain on top of it, sometimes with whiskers like a Russian.

You see the Yolk of an Egg is more than half Phosphorus, or Phosphoric Acid. And the Germ or "Heart" of Wheat is like the Yolk or "Heart" of Egg. Because, it has the same kind of Phosphorus in it, for the very same reason — namely, to put Life into each when a little Natural heat is added by the setting hen or the warm earth.

So, when you eat a food so full of Phosphorus



The right kind of Phosphorus turns into nerve tissue, and Brainwork, just as Fat Meat or Starch turn into Heat, and Lean Meat, or the Gluten of Wheat turn into Human Muscle when eaten.

And this Phosphorus, in the "Heart" or Germ of Wheat, is what makes Children grow up like rushes, — strong and straight and Brainy, with heads on them full of good ideas and with steady nerves to fight the battle of life in a way that wins success.

But, pshaw! — any Doctor could have told you that!

Now these two Children needed some of this good Human Phosphorus, and they needed it badly, as I could see.

I gave it to them in a way they never suspected, and perhaps they don't know yet how they got it.

You see this "Ralston Health Food" of ours has all the "Heart" of Wheat, or Germ of Wheat, preserved in it by a process of ours that prevents it spoiling.

And, as I told you before, this "Heart" or Germ of Wheat is full of the right kind of Phosphorus that makes things GROW like Magic.

So I sent the Children's Mother a whole case of this wonderful Ralston Health Food, and I made her promise to feed them with it, instead of Meat for Breakfast and Supper.

Well, you could almost SEE that Boy and Girl grow, between morning and night. They got plump, and lively, and cheerful, and "bright" and looked as young as their years again.

The fine human Phosphorus, and the good rich Gluten in the Ralston Health Food took the place of the heating, aging, dyspeptic Meat and made new Children of them.

Yet the Ralston Health Food is very cheap, you'll notice.

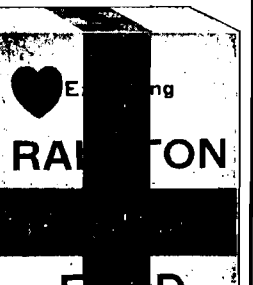
It costs only Ten Cents for a package that makes Seven pounds of delicious Cereal, when cooked Five minutes and ready to eat.

And the 15c package cooks into 14 pounds of ready-to-eat Cereal.

It would cost you 15 cents for a little more than HALF a pound of Meat instead. Think of that!

Now why don't YOU get a package of this splendid Nerve-feeding, Brain-building, Child-growing, RALSTON HEALTH FOOD?

Get it today from your Grocer — 10c and 15c a package except in remote places. Made by the Ralston Purina Mills, St. Louis, Mo., and Portland, Oregon.



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The Rubber

Les's pices

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will spoil the cake. When you are sure of your time's Spices and nothing else. I am, wholesome and favored by all and put in everything they use for our spices today. If he ask him to get them for you on the name of a dealer, "Tom's" a receipt book of fabric goods, greatest cooks. The \$150 Ginger by Mrs. Miller is included. Send for the recipe to be used in this for the Extra Flour Journal. It has the largest sale in health pure food laws are the strictest, something.

Bros., Des Moines, Iowa.

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rtshorn e Rollers

ook for the script of STEWART ORN on the label of Hartshorn Det. This signature ere for your protection.

WOOD ROLLERS TIN ROLLERS
proved Hartshorn requires no back.

- Ment
- Grain-fruit Cocktail
- Creamed Oysters
- Beef in Brown Sauce
- Wafers
- Rolls
- Pens
- Mayonnaise of Celery
- Cheese
- Coffee

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| Rolls | Canned Fruit |
| Chicken à la Bordelaise | Wafers |
| Whole Wheat Bread | — |
| Cress Salad | Lobster à la Newburg |
| French Dressing | Bread and Butter |
| Wafers | Sandwiches |
| Cheese | Lettuce Salad |
| Coffee | Coffee |
| — | — |
| Sardine Cakes | Cham Bouillon |
| Panned Oysters | Chicken and Mushrooms, |
| Mutton, Venison Style | Crem Sauce |
| Bread | Rolls |
| Lettuce and Celery Salad | Mayonnaise of Celery |
| Wafers | Wafers |
| Lemon Jelly | Cheese |
| Lady-Fingers | Coffee |
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So, when you eat a food so full of Phosphorus as the Germ of Wheat, or the Yolk of an Egg, your stomach doesn't have to work much over it to turn it into Life for you. Because it is almost ready to sprout into Life at once with the heat of your own body as soon as you have eaten it.

Besides, this Phosphorus is what the Brain uses up in Thinking and what the Nerves use up in Working the body.

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