



Sister Mary's KITCHEN

In the kitchen of her own home Sister Mary cooks daily for a family of four adults. She brought to her kitchen an understanding of the chemistry of cooking, gained from study of domestic science in a state university. Consequently the advice she offers is a happy combination of theory and practice. Every recipe she gives is her own, first tried out served at her family table.

Aside from the ordinary watering to moisten the roots of a fern, a shower-bath every few days is necessary to keep the fronds health. A medium-sized plant may be easily showered in the bath-tub or the kitchen sink by gathering the stems close to the roots in one hand and holding the pot upside down in the other and keeping it under running water for three or four minutes. Let it stand in the tub or sink for a short time to stop dripping and when the fern is returned to its own special window it will seem to have taken a new lease on life.

It is as inevitable that plants gather dust on their leaves as it is that any of the other things in a room do.

- Menu for Tomorrow: Breakfast—Buttermilk with dates, bacon, toast, coffee. Luncheon—Scalloped corn with sweet potatoes, English tea cakes, marmalade, tea. Dinner—Baked bean soup, lamp chops, scalloped potatoes, creamed cauliflower, dressed lettuce, prune pudding, coffee.

My Own Recipes: The perfect winter dinner starts with soup. In serving soup with a dinner remember that the rest of the food has a very definite part to play and that the whole meal need not be made of the one course. Of course a rich meat and vegetable soup with bread and butter and a dessert will make a well-balanced and nourishing ration.

- Scalloped Corn With Sweet Potatoes: 1 cup solid corn, 1/2 cup cooked sweet potato cubes, 1 cup white sauce, 1/4 cup fine bread crumbs, Coarse bread crumbs. Into a well-buttered baking dish put a layer of the fine bread crumbs. Mix corn, sweet potatoes and white sauce and put in baking dish. Sprinkle the coarse bread crumbs over the top, dot with bits of butter and put in an oven for 20 minutes. Brown the crumbs under the broiler.

Mary

Confessions of a Bride

In Delirium, I Turn Loose the Forces of Death and War. "Who did it?" I heard my husband speaking and my fear faded away. I opened my eyes. I was in my own bed. My arm and shoulder were bound up stiffly. My head ached. Suddenly my personal woes were forgotten in a question: "Chrys? Is she hurt?" I exclaimed. "She wasn't injured, thanks to you, dear love," Bob whispered. "Are you feeling well enough to talk?" I nodded. "Then, think Jane. Do you know who cut you?" "Rosalie! Didn't you see her? Haven't you found her?"

The Unusual Freedom from headaches, nervousness, indigestion and sleeplessness, which former tea and coffee drinkers experience after a change from tea or coffee to INSTANT POSTUM. Soon proves "There's a Reason" for Postum. Made by Postum Cereal Co. Battle Creek, Mich.

MAIN PURPOSE OF FIRST CITIZENSHIP SCHOOL TO EMPHASIZE RELATION OF POLITICS TO HOME

Sponsor of First School Outlines Program Held In New Hampshire College Last Summer

DURHAM, N. H.—On the strength of the complete success attending the first citizenship school established at New Hampshire college, Durham, last July, suffrage states throughout the union are preparing to hold citizenship schools in the coming summer, with the co-operation of state colleges.

Less than a year ago the first school was a matter of timid experimenting by three pioneering women. Bib eastern papers sent reporters to the opening session to scoff—the reporters went back to write of the school as instigating a new era, politically, of transcendent importance.

Mrs. Mary I. Wood of Portsmouth, previously state chairman of the woman's committee, council of National Defense and state home economics director, in whose mind the idea first became tangible, presided over these sessions. Sketching the growth of the plan, Mrs. Wood says:

Co-operation of College: "The idea sprang into existence one Friday evening when Miss Martha S. Kimball, president of the New Hampshire Equal Suffrage association, Miss Edna Wright, organizer of that association, and myself, were discussing citizenship courses for the various local suffrage leagues. The suggestion seemed so good we determined to consult President Hetzel of New Hampshire college about the feasibility of such a school and the possibility of holding it at Durham."

President Hetzel at once saw the value of the plan and co-operated with its sponsors to organize a definite program, with the result that the first citizenship school was held at New Hampshire college from July 8 to 12, 1918—the first time, according to suffrage leaders, in the history of the world that a state college co-operated with the women of a state in such an undertaking.

Purpose of School: "The purpose of the school," says Mrs. Wood, "was to show the relation of politics to the home and family." Mrs. Nancy Schoonmaker, executive secretary, department of citizenship, Connecticut Woman Suffrage association, was invited to give a series of lectures as the backbone of the course. These lectures dealt with every phase of government—town, city, state and nation—with great political parties, and with woman's relation to them all. Evenings were accorded to reconstruction problems, to the platforms and policies of republican and democratic parties. Instruction of vital importance to women's entrance into the political field was given in the presentation by important speakers of such matters as "How Bills Become Laws" and "The Status of New Hampshire Women." The school was attended by 200 women. Before the course had ended a committee had been appointed to make plans for a similar school next summer, to continue the work during the winter.



MARY I. WOOD She has accomplished her ambition of citizenship schools for women.

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ADVENTURES OF THE TWINS by Olive Roberts Barton

THE BEAST IN THE BUSHES "Sh! There's something moving behind those trees," said Nancy. "Perhaps it's Jocko," said Nick, looking hard where Nancy pointed, but seeing nothing. "No, it isn't," she declared. "It's a great, big thing." For a few minutes the twins were silent. Even the magical mushroom in Nancy's pocket had nothing to say and the green shoes could not talk, of course. The woods were very quiet with just a few faint chirpings and rustlings and hummings.



"Well, it moos, doesn't it?" laughed Nancy. "I wasn't so far wrong." "That stick down." "Sh! Don't talk so loud," warned Nancy. "Those things that stick down are only their teeth. They eat ice, you know, and there's no ice here now. They'd starve to death." Another scrunching! It was a very frightening sound, but the twins were brave. Besides they knew their green shoes could run very fast—faster than anything. And they were curious, so they stayed. "I guess it's a moose," whispered Nancy in a tone that seemed to settle it. "Moose have horns, barrels of them." "Let's climb a tree and find out," suggested Nick. So up they scrambled, just as easy as pie. Custard. The green shoes didn't think any more of going up a tree than you do of playing tag. They were just in time, for with more crunchings the bushes parted and out came a great creature called—Spotty Cow. Oh, how the twins laughed at the joke on them. "Well, it moos, doesn't it?" laughed Nancy. "I wasn't so far wrong."

KINGS AND QUEENS STOOD IN LINE TO GREET MRS. THUMB

"Mrs. Tom Thumb is dead." What a world of childhood memories that headline a few mornings ago awakened in those who, happily, not exactly old, have to put it gently, passed the forenoon of life. To be sure, many of those of us whose showgoing days run back only a couple of decades have seen her, for she dearly loved "public life," as she called it, and made occasional excursions into its realms even after she was more than 70 years old. But the ones to whom the mental picture of the famous little "lady in miniature," as she preferred to be called, rather than "dwarf" or "midget," brings a real thrill are they whose childhood was in the period between 1862 and 1885. Then it was that she and her first husband, "General" Tom Thumb (Charles S. Stratton in private life), were at the height of their popularity under the guiding hand of that master showman, the late P. T. Barnum. There have been dwarfs, probably, ever since the human race began and many of them have exhibited themselves or been exhibited to the curious for pay. Some have achieved a certain fame, but none before nor since, as a member with the record of Mrs. Tom Thumb. Heralded in typical Barnum fashion and most of the time under his personal escort they toured Europe, met virtually everybody from royalty down, went around the world in a blaze of glory and delighted the children and entertained grownups in every corner of their native "United States." Their name became a household word and their photographs are still to be found in half the old-time scrapbooks in the country. On one tour alone, Mrs. Tom Thumb and her husband and her sister, Minnie Warren, and her husband, "Commodore" George Washington Morrison Nutt, traveled 55,487 miles and gave 1,471 entertainments in 587 cities and towns. Mrs. Tom Thumb was born Lavinia Meroy Bump at Warrentown, Mass., October 31, 1841. Her mother's family, for whom the town was named, was directly descended from Richard Warren, who came over in the Mayflower. She was exceedingly proud of the fact

people, Empress Eugenia was on the throne of France then and she was among the guests. So was Queen Victoria of England and the late King Edward, then Prince of Wales.

Although the wife of Count Magri for more than thirty years, the famous little woman always made Tom Thumb the hero of her reminiscences and usually preferred to be known in public as Mrs. Tom Thumb. Probably her most prized possession was the gold Masonic emblem which had belonged to the "General." She wore it on a chain about her neck and from the day of his death it was never away from her a moment. When people remarked upon her devotion to his memory she explained that their marriage was a real love match and that little people have as large capacity for affection as those of normal size. She and Count Magri were singularly happy together, also. A couple of years ago a visitor asked her the secret of her successful "management" of two husbands. She laughingly replied: "Don't argue with him. Let him have his own way, but win him to your way when he doesn't know it."

DANIELS TO SPEAK

NEW YORK, Jan. 27.—Secretary of the Navy Daniels, it was announced tonight, has been added to list of speakers who have accepted invitations for the testimonial dinner to Homer S. Cummings, chairman of the democratic national committee, to be given here February 5, under the auspices of the National Democratic club. A revised list of speakers did not include Daniels, but that she held, was not in the privacy of her home. With such guests she would spend hours recounting her travels and experiences and handling and commenting on the thousands of souvenirs with which her home was filled. These included gifts from virtually every ruler in Europe between 1864 and 1880 and personal mementoes of every American president from Lincoln down to Wilson.

On their first tour of Europe the "General" and Mrs. Tom Thumb were feted by royalty in every capital—all of which, of course, was turned to good advertising account by their irrepressible manager, Barnum. In the matter of presentations the order was reversed and it was the dwarfs who received and kings and queens and princes passed in line and paused to shake hands just like the common

SUFFRAGE SPREADS TO CHURCH

ST. LOUIS, Mo., Jan. 27.—The Protestant Episcopal diocese of eastern Missouri, at its annual convention here today unanimously passed a resolution giving deaconesses the privilege of voting in diocesan conventions on the same basis as the clergy. So far as Episcopalians here know, this is the first diocese in the United States to take such action.

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Tea Special Extra Good Japan Tea, Bulk, per lb. 50c Extra Good Gunpowder Tea, per lb. 50c Tall Cans, Pink Salmon, per can 25c (It costs more than this today)

Cheese Another shipment. The big cheese. The kind you like. The cheese with the flavor. 50c per lb. Fancy Eastern Brick Cheese, 1/2 or whole piece, per lb. 45c Pure Bulk Rolled Oats, 12 lbs. 95c

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