

flour, 6 tablespoons dry mustard, 1 tablespoon tumeric with cold vinegar, then add 4 cups of sugar and 2 quarts of the best cider vinegar; boil until it thickens, being careful not to burn; add vegetables; cook until heated through. Do not cook long, as it makes the vegetables too soft. Mrs. Henry H. Gross. 435 Post road, Biddeford, Me.

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String Beans Au Gratin

2 cups cooked string beans, 1 pt white sauce, 1 cu pgrated cheese, 1 cup cracker crumbs, bits of butter, and pepper to taste.

Put the cooked string beans into buttered baking dish. Pour over them the white sauce. Then sprinkle over his the grated cheese, and lastly put the cracker crumbs and butter on top: Season all with salt Dake 15 minutes in a hot oven, or unti nicely browned. This is an excellent way to use up left-over string bean

Pare the large cucumbers, cut

half an hour in cold water. Cook in

heated, serve

ling salt water to cover until tem

Drain off the water. Add

salt and pepper, and pated serve on toast, or

Stewed Cucumbers

move the large seeds.

little butter.

is a class in two ways—both direct: bed like a liniment and *inhaled* as bor. A quick relief for the cold les of all the family. lengthwise into four parts, and re-move the large seeds. Soak them

For sore throat, bronchitis or deep chest colds, rub Vicks VapoRub briskly over throat and chest and cover with

#### Simple Mixture for

Gas on Stomach nake a thin white sauce and pou

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A. McG. McDONALD, Druggist. "Good gracious startled parent.

"Whatever for?"

didn't want it!' "Cos 'ne



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