

## HIKING DOWN THE LONG BROWN PATH

Vacationists With Shelter Tents and Tin Cow Learning to Walk All Over Again.

Oh! It's not the pack that you carry on your back  
Nor the rifle on your shoulder,  
Nor the five inch crust of khaki-colored dust  
That makes you feel your limbs are growing sicker.

And it's not the hike on the hard turnpike  
That drives away your smile,  
Nor the socks of wipers that raise the blooming blisters—  
It's the last long mile.

Stringing out from the suburban transit terminals of New York every Sunday and holiday goes the army of khaki-clad hikers. There may be an automobile for every twenty of the country's population, but a host of city folks disprove the theory of a future leg-enfeebled citizenry and are learning to walk all over again.

To the more casual minded, the hike is just exercise, but to those who catch its real significance the hike means a great deal more. It is the cheapest form of recreation and therefore appeals to those living in crowded districts and unable to avail themselves of the more expensive amusements. And these people, be it noted, are just those the country is so anxious to have spread out and settled in the farming sections. The hike, indeed, has possibilities as a real starter for the "back to the farm" movement.

**Doughboy and Boy Scout Lead Way**  
Just a brief survey of the rollicking groups which move off from the outlying terminals on holidays establishes a few general types. There is the ex-service man and his friends who will hear from him the story of more serious excursions on the muddy roads of France. He tightens a strap here and another there on the blanket roll adjustment or the "shelter half," in which the commissary is packed for the mid-day feast by the roadside. Expert directions come from him on the method of slinging the pack so it will not feel so heavy or interfere with the free body movement. He will pass along the information, gained in his army days, of how that same pack was evolved after numerous experiments to find the easiest way of carrying the heaviest load. With results he now compliments, but which he characterized when a doughboy as a "blankety blank total failure."

Then there are the boy scout parties, adept at everything pertaining to "shanks mare" traveling and woodcraft. The ex-service man and the boy scout are pioneers in the hiking game. Listen to one of them right off the train and making ready for a twelve mile jaunt: "Get that canteen over the side, Jimmie, and it won't keep bouncing off your leg every step. Is it filled? Well, then, we drink. How about the eats? Let's check 'em off. You got the spuds, Bill; the bacon Jimmie, who has the coffee and the Borden tin cow?"

"Right here," announces a freckled comrade of the road, patting his knapsack. "Snatched the mocha and the can of milk when Sis wasn't looking."  
"Well, then, let's go!" snaps the commander of the expedition.  
This party is traveling light for real distance. Another must expect to make a shorter hitch or else be counting greatly on its power of endurance. Perhaps the camp is not far off because the group is equipped for an over-night stay with heavy blanket rolls, hatchets, lanterns, canvas waterpails, rubber ponchos, kettles, pots, new fangled freestand, etc., etc. The blankets are laid out for a better packing of the bags and cans of food. When the party commences to load up the members bristle all over with camp tools and equipment.

**Back to the Farm**  
The veteran from the crowded city tenements has found a new territory to roam and one almost unknown to his associates. He is introducing them to this newly discovered land and teaching them how to be independent of any transportation but their own good legs and of any subsistence but what they can carry and prepare. "Walk and cook your own," is his motto.

Who will say the leaven thus fermenting in the city crowds will not bear fruit in a keener appreciation of country delights, especially as these are added to by increased comforts on the farm. With his radio hitched up, the farmer listens in on the best entertainment the country has to offer. Modern home devices wipe out many hardships formerly imposed upon isolated dwellers. There is, in short, a rapid cutting down of the differential between farm and city life.

In the meantime, knowledge must precede a true appreciation of what the country holds, and this is what the hike supplies. There is more appeal in one apple tree in blossom than in reams of printed matter put out to induce the citizen of the city to change his abode to the country. The hikers constitute a growing army, equipped with bacon, spuds, coffee and tin cow for merely a day's outing but nevertheless seeing sights that make them yearn to be among them all the time. It is not too much to assume that the army may one day recruit the open places.

### OUR NEWSPAPERS

The game has become so fierce that hundreds of newspapers have perished or have been "consolidated" in the past five years. But this process means more expense. The surviving paper must make the effort to hold the circulation of the deceased or absorbed contemporary. This means an appeal to a different class of readers, the addition of new features and departments, employment of more special correspondents, and subscription to more special wire services, the number of which has increased recently despite the decrease in the number of newspapers.

Of the entangling alliances of the newspapers, their mutual interest with the department stores is, of course, the most conspicuous. Most publishers and department store managements understand that it would be possible after a fashion to print and publish a daily newspaper without department store advertising. In fact, the trick has been turned here and there, although, of course, such newspapers suffered a great curtailment in size and quality. But farsighted merchants also understand that few department stores would be able to keep their stores open if it were not for advertising—and newspaper advertising at that. Their experiences years ago when printers' strikes suspended publication of the newspapers for a time in some cities have never been forgotten. The decrease in their sales was immediate. It grew steadily worse and soon reached the proportions of a menace to their whole system of merchandising.

The department store is no more the master of the newspaper than the newspaper is the master of the department store. As at present constituted, probably neither could exist without the other. The real evil of the relations between the department store and the newspaper is that they are partners in an economic abuse—beneficiaries of a frightful industrial waste. There is a third party to the partnership—the traction interest.

Every week day millions of buyers are hauled into the congested shopping centers of American cities and then hauled home. They are seeking the bargains which they have read about in the newspapers. Despite all the vaunted economies of department store distribution it is becoming apparent that their economies, if they exist, are offset by their overhead, high rentals and advertising expense, to say nothing of the cost of carriage to the buyer, and the boosting of rentals to other businesses forced to remain in the congested centers.

As the public becomes better informed, the neighborhood stores are bound to increase their business. There are signs here and there that the bargain day mania is playing out. The department stores are killing the goose that lays the golden eggs by their failure to reduce retail prices in accordance with the wholesale trend. To the credit of the newspapers, be it noted that they have printed without fear or favor the facts about the fall in wholesale prices, right along with the blatant advertising of the department stores which have betrayed to the really intelligent buyer the failure to disgorge war profits.

So much for the most conspicuous, but not the only, entangling alliance with which the newspapers are fettered because of their dependence on the sale of their by-product, advertising, rather than of their basic product, news, the product their readers are seeking.

It is unnecessary to speak of the other handicaps under which they labor because of their necessity of holding mass circulation. The American people are now fully aware of the fact that there are some things about which they cannot always expect to get a full presentation of the news—they know that because of the polyglot racial character of the average newspaper's circulation it does not often tell the whole story about international relationship. They are aware that in discussing crime waves, or the flood of sexual delinquency they cannot find in the newspapers any reference to racial factors, which every police reporter knows—but no newspaper prints.

All this does not mean that newspapers suppress news. It means that they do not borrow trouble by interpreting it fully, unless some great national emergency calls for the whole truth. In crises the newspapers tell it all, but in more normal times they softpedal. Yet it is precisely the silent currents of events that make history and really affect national destiny, rather than the spectacular flashes and flurries which make the front page.—Henry Ford's Dearborn Independent.

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You always look and feel your best after a clean shave and haircut. Best barbers in town—try me. Ed McMahon, Firland Station.—Adv.

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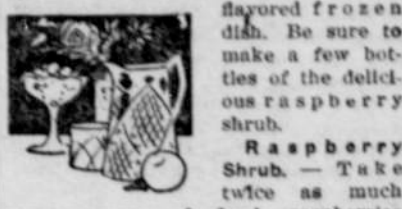
## The KITCHEN CABINET

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Each home has an individuality that is strongly its own, and expresses to the world the ideals and standards of life of those within.

### COOL AND REFRESHING ICES AND DRINKS

There is nothing that "touches the spot" like a cold drink or a good flavored frozen dish. Be sure to make a few bottles of the delicious raspberry shrub.



**Raspberry Shrubs.**—Take twice as much per measure of fresh raspberries as vinegar. Put over the heat in an agate kettle and cook until the fruit is mushy. Strain through muslin, and to each quart of the juice allow one pound of sugar. Bring to the boiling point again and seal in sterilized bottles. Allow two tablespoons to a glass of iced water. Clear vinegar should be used and, if very acid, slightly reduce with water.

**Fruited Mint.**—Make a sirup of two cups of sugar and one-half cup of water; do not stir. When it spins a thread add the strained juice of one orange and six lemons. Pour one cup of boiling water over the pulp and skins of the fruit. Set over the heat and let come to the boiling point. Strain and add to the first mixture. Cool. Add one cup of red raspberries and one and one-half quarts of ice water. Serve with a sprig of mint.

**Ice-Cream Coffee.**—Add four tablespoons of finely ground coffee to one pint of boiling water, one-fourth of a cup of rich milk and one-fourth of a cup of cream. Let the coffee drip in a percolator, scald the milk and cream and add to the hot coffee. Put in a covered vessel and surround with ice. When ready to serve pour into slender glasses and put a spoonful of vanilla ice cream on top of each glass and a cube of sugar on each plate.

**Fig Ice Cream.**—Soak two pounds of figs over night in orange juice, put through the meat grinder and return to the juice; steam and cook in it until soft. To one pint of cream add one quart of milk, one and one-half cups of sugar; boil, add a tablespoonful of lemon juice, cool, add the figs and some of the lemon rind, and freeze as usual.

**Ginger Special.**—Put two tablespoonfuls of grape juice in a glass, add shaved ice and fill the glass with ginger ale. Serve at once.

*Nellie Maxwell*

**How Idleness Rusts Men.**  
The New York city health and police departments retire men after long service on a fairly decent pension. On leaving the service of the city the vast majority of these men resume some sort of activity after a few weeks or months of rest from labor. In perspective, idleness seems

If the time spent in trying to discover and reveal the errors of others were employed in learning to know and correct our own, the world would be reformed.

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most desirable, but in reality it is too irksome to be endured.

Good health depends on mental and physical activity. No man can be happy or physically normal unless he keeps busy, using his mind and muscles as he has been accustomed to using them all his life.

Old age is not a matter of years. Some persons are old at 30, and others are young at 80. If you hold your interest in human events, have a part in human affairs, and make daily use of your faculties and muscles, you never will be old.

### Herald Home Corner

Housewives may mail requests for recipes or ask any questions concerning recipes published. A Herald subscriber, a woman versed in cookery, who desires to remain anonymous, will be delighted to publish requested recipes or answer questions.  
—The Editor

### New England Clam Chowder

Next time you go on a picnic take along a large kettle and make your own chowder, fish or clam, on the rocks. Cut about a quarter of a pound of salt pork cut into tiny cubes, place in the bottom of the big kettle and place over the fire to fry. Now peel your potatoes and slice them thin on one side and thick on the other. This lets the thin edge boil away and thicken the chowder. About 4 or 5 pounds of haddock or cod or any kind of fish or two quarts of clams) a few small onions and build up your chowder this way in the pot. On the bottom the fried pork, next a layer of potatoes then a layer of fish or clams next a layer of onions then a layer of potatoes next fish, etc., until the kettle is two-thirds full. Now fill half full of water and let cook until the potatoes are done. Now season with salt and pepper and add more water if boiled down too much and about one-third milk and let cook until the potatoes will fall from the fork. The only trouble will be there will not be enough to go around twice.

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**Scalloped Nut Loaf**  
Toast some stale bread a golden brown and cover the bottom of your baking dish. Next put in large pieces of raw tomato, then a thin layer of ground pecan nuts, then a layer of cooked rice and continue in the same way until the dish is full. Grate some stale cheese and put a thin layer over the top of dish. Bake 20 or 25 minutes in a moderate oven, gradually increasing the heat. Watch carefully, as it will brown very quickly. Serve with a vegetable salad.

**Sausage Rolls**  
One quart of flour, four even teaspoons cream tartar, sifted in flour, two teaspoons soda in two cups sweet milk, one tablespoon lard rubbed in flour and one teaspoon salt. Roll thin and cut with large cutter. Place a piece of fried sausage in each piece, roll up, pinch the ends together and bake in a quick oven.

**Indian Cake**  
One cup sour milk, 1 tablespoon sugar, 1 teaspoon soda, 1 tablespoon lard, 1 cup meal, 1 cup flour, 1 egg, ½ teaspoon salt.

**Hoe Cake**  
Scald one quart of Indian meal in enough water to make a thick batter, add a teaspoon of salt, one of molasses and two of butter. Bake in a pan in a hot oven.

**Reheated Biscuits or Rolls**  
When ready to serve sprinkle with cold water, put in a baking pan cover with another pan and reheat in a hot oven. Cannot be told from the fresh biscuits or rolls.

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and you're ready for business, looking as good as the best of 'em. Visit my shop for best work and lowest prices. Ed McMahon, 7119 ½ 51st Avenue.—Adv.

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