

SCHOOL DAYS



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BROKEN DISHES

By DOUGLAS MALLOCH

TRY as we will, be careful still. We folks who wash the dishes, Whate'er we do, we break a few, No matter what one wishes. Yes, something slips from out the hand, Or on a cup a plate will land, You knock your arm, you hear a crash, And there's a saucer gone to smash. And there's a saucer gone to smash. Yet some folks seem to think a dream Should never have a waking, That hearts should choose and never lose And never know an aching. They seem to think that they at least Should set the board and have the feast And go along the way they wish Through life, and never break a dish. And sometimes when you break one then It's not a ten-cent matter: Fate smashes up your choicest cup, Perhaps your biggest platter. You don't know when, you don't know why, But you will find, for so have I, We're walloped by the hand of fate, And often with our finest plate. But when you do break something new, Or something old you cherish, I tell you what will help a lot, Although a dish may perish: One platter isn't ev'rything— Go in the pantry when bereft And count the dishes you have left! (© by McClure Newspaper Syndicate.)



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If love is the greatest thing in the world, then hate is the greatest evil; for hate is the opposite of love. Love attracts, hate repels. Love is life, hate is death. Hate is the worst waste that can enter a human soul.—George Matthew Adams.

INVITING DISHES

For those who cannot eat meat often a main dish is a problem which needs thought, as it must contain nourishment and at the same time be attractive enough to appeal to the taste.



Carrots With Rice.—Scrape and cut into thick slices a dozen small carrots, cook them tender in a seasoned stock to cover. Prepare a white sauce and place the carrots with cooked rice in alternate layers with the white sauce, season well, cover with buttered crumbs and bake until the crumbs are brown.

Noodles With Peppers.—Those who like the flavor of the green pepper will enjoy this dish: Cook sufficient noodles to serve the family; when tender drain and add a small can of pimientos, the canned red peppers, add a cupful of stock or gravy, salt and pepper and a tablespoonful of butter. Simmer together for ten minutes and serve hot.

Spanish Rice.—Chop one small onion fine, add one chopped green pepper and cook ten minutes in two tablespoonfuls of oil. Add four sliced tomatoes and one-half cupful of hot water. Cook to the boiling point, then add a cupful of rice. Cook slowly one hour, adding more water if needed to keep it moist. The rice should be previously cooked before adding to this dish.

Curried Cauliflower.—Boil a firm white head of cauliflower in salted water; when tender, drain and pour over it the following: Melt two tablespoonfuls of butter, add a tablespoonful of chopped onion, two teaspoonfuls of flour and one of curry powder, a teaspoonful of chopped apple; cook all together, then add one cupful each of water and milk with salt to season, pour over the cauliflower and serve at once.

Cottage Cheese Soup.—Take a pint of milk, a tablespoonful of butter, the same of flour cooked together, half a teaspoonful of salt, pepper to taste and a half cupful of cheese. Add onion juice to season if liked. Melt the butter, add flour and cook, then add the milk and cheese.

FOR THE HOUSEKEEPER

One of the ruts in the household which is wearing deeper and deeper is the monotony in menu making. The same old thing in the same old way is repeated until appetite and interest in food are gone.



The housekeeper in most homes is mother, cook, nurse, seamstress and general manager; this is a man-sized job and only when she treats it as a business and brings system into its management, does she make a success, providing her health and strength hold out. Try keeping a tabulated list of the dishes liked by the family, adding to them in various ways, to avoid repetition.

Take rice for example; make a list of two or more ways of serving rice as a main dish, as vegetable, as a dessert, or in combination with other foods. Prepare these dishes in turn and it will not be necessary to serve them often.

When whole wheat right from the granary can be purchased there is no breakfast food equal to it. If there are members of the family who desire to have it ground that can be done in an ordinary coffee mill. When serving it whole it is best to soak it overnight, then cook slowly on the back of the range all day. Cook enough to last for several days and serve it with top milk. This is the best possible food for children; give it to them for their supper. As it is a food that must be chewed, it is especially good for the teeth.

In baking cakes, divide the time into quarters; if the cake should bake 40 minutes, the first ten it should begin to rise; the second ten (or quarter) it should finish rising and begin to brown; the third quarter it should finish browning and shrink from the pan. The last quarter it finishes baking.

Remember to wipe the tops of milk bottles before opening them. Hands that deliver milk are often far from clean.

Lace curtains which seem hopeless may be mended by using a piece of net or lace to match and ironing it over the hole. Trim off the edges and the mended place will not be noticed.

When making pastry handle with as little moisture as possible.

Use a tray for removing dishes from the table, also use it when carrying dishes to set the table—it saves many steps.

Paste a piece of felt or velvet in the heel of each shoe, or if the back of the heel wears out first, put a piece of velvet there; it will save wear.

Keep the heels of the shoes straight, by having a lift added when needed. Rubbers worn over turned over heels will often be ruined in one walking trip.

"Women used to attract men with fine feathers," says Mixture Matilda, "but judging by the little they wear nowadays they must expect to hood them with pin-feathers."

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Nellie Maxwell

Albert Rooke Makes His Comeback

Wins six-year fight for health. Now well and strong at 60. Husky as ever, he praises Tanlac



At 1830 West 30th Place, Los Angeles, lives Albert A. Rooke, a respected citizen with 38 years of active railroad experience. He tells of a very interesting experience. "About seven years ago," says Mr. Rooke, "my stomach and liver went back on me. It was a most distressing experience. Nothing seemed to agree with me; I lost all desire for food. A sound night's sleep was out of the question, so I rose each morning tired and peevish. Then constipation developed and made life a continuous misery. I lost weight and could hardly drag myself around a good deal of the time. After six years of that I was all in. Along came the 'flu' when I had no resistance left. That was about the last straw. Nothing seemed to help me. "On a friend's advice I tried Tanlac, and that certainly did help. I soon began to get refreshing sleep again, to eat with old-time zest. The distressing stomach and liver troubles disappeared. Briefly, Tanlac put me on my feet, with all my old-time vigor and enjoyment of life. I put on weight and after five bottles was as well as

ever in my life. That was a year ago. I'm still in fine shape, as you see. Few men of 60 are as well as I am, thanks to Tanlac." Tanlac is nature's own tonic and body builder, made from roots, herbs and barks by the famous Tanlac formula. Try a bottle—it may do for you what it did for Mr. Rooke. Your druggist has it. Over 52 million bottles sold.

Between Friends

Ida—It's no sign because I am engaged to Jack that I'm going to marry him.

Iris—No, dear, of course not—ho may back out.

If Back Hurts Begin on Salts

Flush Your Kidneys Occasionally by Drinking Quarts of Good Water

No man or woman can make a mistake by flushing the kidneys occasionally, says a well-known authority. Too much rich food creates acids which clog the kidney pores so that they sluggishly filter or strain only part of the waste and poisons from the blood. Then you get sick. Rheumatism, headaches, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders often come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage, or attended by a sensation of scalding, begin to drink soft water in quantities; also get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine.

This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help flush clogged kidneys, and stimulate them to activity, also to help neutralize the acids in the system so they no longer cause irritation, thus often relieving bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, which everyone can take now and then to help keep the kidneys clean and the blood pure, thereby often preventing serious kidney complications.

World's Candy King

The world's candy king resides in Melbourne, Australia. His name is Mac Robertson, and he is known to be the richest man in the South seas. In all he has 17 large candy manufacturing plants, and he keeps models of all of them.

Why Suffer Pain

from a cut or burn? Cole's Carbolic Salve stops pain instantly and heals quickly without a scar. Keep it handy. All druggists, 30c and 60c, or J. W. Cole Co., 127 S. Euclid Ave., Oak Park, Ill.—Adv.

Saved

Billy—Is papa's ink indelible? Mother—No, dear. Billy—That's good. I spilled it all over my new white suit.

Advertisement for BABIES LOVE MRS. WINSLOW'S SYRUP. The Infant's and Children's Regulator. Pleasant to give—pleasant to take. Guaranteed purely vegetable and absolutely harmless. It quickly overcomes colic, diarrhoea, flatulency and other like disorders. The open published formula appears on every label. At All Druggists.

Advertisement for Dr. Stafford's Olive Tar. Nothing better—Goutic—Gratifying—Satisfying—a standby for over sixty years in thousands of homes. HALL & RUCKEL, Inc., 147 Waverly Place, New York. Relief from asthma.

Advertisement for ANAESTHESIA. MEMORANDUM SUPPLIES. THE WORLD'S MEDICINE COMPANY. CHICAGO, ILL.

Advertisement for FOR PILES. PRICE \$1.00. Write for FREE BOOKLET. If your druggist cannot supply you, order forwarding charges prepaid, from KOENIG MEDICINE CO., 1045 N. WELLS ST., CHICAGO, ILL.

Advertisement for DON'T EXPERIMENT ON YOUR EYES. MITCHELL EYE SALVE. Heals inflamed eyes, granulated lids, styes, etc. Sure, Safe, Speedy. 25c at all druggists. Hall & Ruckel, N. Y. C.

Advertisement for FOR Coughs due to Colds. BOSCHER'S SYRUP. SUCCESSFUL FOR 60 YEARS. 30c & 90c At all Druggists.

Advertisement for W. N. U., PORTLAND, NO. 12-1927. Every evil comes to us on wings and goes away limping.

Advertisement for Wright's Indian Vegetable Pills. Not only a purgative. They exert a tonic action on the digestion. Test them yourself now, 372 Pearl St., N. Y. Adv.

Advertisement for A slothful man never has time.

THE WHY OF SUPERSTITIONS

By H. IRVING KING

THE NIGHTMARE

IN MANY sections of the country it is customary for people subject to nightmare to sleep with a pair of scissors or a knife under the pillow as a preventive against the affliction. In some sections they tell you that the nightmare is caused "by an evil spirit struggling with one."

This conception of nightmare as an evil spirit is a conception of primitive man and one which exists in the misticism of primitive races today, as well as among the superstitions of the civilized peoples. And anyone who has ever experienced nightmare cannot wonder. Shakespeare, in a song in "King Lear," makes St. Withold say when he meets "the nightmare and her nine fold," "Arroint thee, witch! arroint thee!" and the first definition of nightmare given by the Century dictionary is "An incubus, or evil spirit that oppresses people during sleep." Some of us may be content to ascribe our nightmare to a poorly-made Welsh rarebit instead of a witch or an evil spirit but not so our ancestors or our more superstitious neighbors.

In folklore, then, the nightmare being a witch or an evil spirit, what is more potent to keep it away than a piece of cold iron which, as is well known, from the beginning of the Iron age witches and evil spirits have abhorred and feared? The reason for the fear and abhorrence of iron by evil spirits has brought forth much discussion. The belief began when man first tried to work iron ore into a usable metal and from the superstition under consideration, and from numerous other current superstitions, we see that it has not entirely vanished.

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WHEN I WAS TWENTY-ONE

BY JOSEPH KAYE

At 21: Samuel Insull Was Edison's Secretary.

"AT ABOUT this time I was engaged as Mr. Edison's private secretary, a position I had long waited and strived for.

"I had to work in the office all day, look after the financial and business end and very often I would be with Mr. Edison at his laboratory most of the nights. We usually worked about four nights in seven. We seldom worked on Sunday nights but as a rule we were at it during most of Monday and Tuesday nights. By Wednesday night we were so exhausted through lack of sleep that we usually spent the night in bed.

"Thursday and Friday nights saw us busy again until well into the morning. I have known Edison to work night and day ten days on end. He seemed to be able to go without sleep as long as a camel can go without water.

"In the office I was expected to clean up the correspondence with Edison's income comments as a guide as to the character of the answer to make. It was a very common thing for Edison to write the words 'yes' or 'no' and this would be all I had on which to base my answer.—SAMUEL INSULL."

TODAY—Mr. Insull is head of the Commonwealth Edison company of Chicago, the largest power plant, it is said, for producing electricity in the world and is one of the greatest figures in the financial and business life of this country.

For a job on the side, Mr. Insull directs the destinies of the Chicago Civic Opera association, which is to the West what the Metropolitan Opera company is to the East.

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SOMETHING TO THINK ABOUT

By F. A. WALKER

THE TURNING POINT

IN THE life of every aspiring human being there comes at some period of its passage the moment that calls for cool deliberation, and a finer adjustment of purposes as regards the future.

Face to face with stern realities, as the clock ticks off the minutes, what must be done? In what direction shall the turn be made?

The raw youth and the green girl, who have been playing the butterfly, are moved suddenly to a sense of their dependence, and as likely as not, if they be serious-minded, an overwhelming consciousness of their inability crowds in upon their added brain until they are hopelessly overcome with indecision.

They had not until now an idea that life could be so real and earnest. Facing the turning point they see with new eyes.

They are standing today where they stood only a little while ago, their care-worn fathers and mothers, overcome with forebodings and apprehensions.

They recall how often their loving parents have tried to impress upon them the importance of becoming habitually industrious, of having a high purpose in life, of not running away from the battle.

In their reflections they are conscious that they are at the turning point, and that they, and they alone, must decide which way to shift.

They are irresolute and afraid. It is better at such times to push forward pluckily and make a fall than to lose courage or stand idle.

To the faithful and unafraid an honorable defeat is a form of victory. A defeat of this kind teaches humility and reveals their own defects. If they have within them the right spirit, they find a new strength and confidence which sustain them, and the way to the coveted goal is made clear.

It is folly to assume that you or I can spring up in a clap and go leaping to the heights.

The right thing to do is to learn to labor in patience and faith, to keep going between the failures, to patch up unworthiness and pack the heart with resolutions, to pray for help and keep ever in mind, "Ask, and it shall be given you."

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GIRLIGAGS



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"Women used to attract men with fine feathers," says Mixture Matilda, "but judging by the little they wear nowadays they must expect to hood them with pin-feathers."

Mother's Cook Book

Home is the resort of love, of joy, of peace and plenty, where supporting and supported, polished friends and dear relations mingle into bliss.—Thompson.

A FEW SOUPS

A GOOD hot soup is not only a good appetizer, but a nourishing beginning to a meal.

Puree of Celery.

Cut two bunches of celery into small pieces and parboil, then drain and fry in butter. Add salt, pepper and nutmeg to season; cover with veal stock and simmer one hour. Blend two tablespoonfuls of butter with two of flour, add a quart of veal stock and the celery and cook until thick; rub through a sieve, reheat, add two cupfuls of hot milk, a pinch of sugar and a tablespoonful of butter. Serve with croutons.

Puree a la Croisay.

Put into a saucepan a carrot, a turnip and an onion cut fine, two cupfuls of beans, two leeks and a small bunch of parsley. Fry the vegetables in butter and dredge with flour, add a can of tomatoes and two quarts of veal stock, with a stalk of celery and cook until thick. Rub through a sieve, reheat, season with salt, pepper and a bit of sugar and butter. Add one cupful of cooked peas and one cupful of boiling cream.

Soup Soubles.

Slice thin two spanish onions and cook ten minutes in one-fourth of a cupful of butter, stirring constantly. Add one quart of white stock and cook slowly for 20 minutes, then strain. Dilute three tablespoonfuls of flour with enough water to pour, add to the soup and bring to the boiling point. Add one cupful of cream, one tablespoonful of chopped green peppers or one-fourth of a cupful of grated cheese. Season with salt and pepper.

Chicken Salad.

Take two cupfuls of chicken cut into small pieces, add one cupful of celery, one cupful of diced cucumber and two tablespoonfuls of capers. Season with salt and pepper and mix with boiled dressing, to which an equal amount of whipped cream has been added. Serve on lettuce.

Nellie Maxwell (© 1927, Western Newspaper Union.)

THE YOUNG LADY ACROSS THE WAY



The young lady across the way says that often a seemingly little thing determines the whole course of a man's life, and President Coolidge never would have been where he is today if he had not fomented the Boston policemen's strike.

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