

SCHOOL DAYS



Mother's Cook Book

Labor is wholesome for all. Joy by it is sustained, and it diverts the greatest sorrow. It means that the good God made it for each of us.

THE FAMILY MEAL

ALL rich cakes, puddings, pies and preserves should be eaten sparingly after the age of sixty. All green vegetables, such as spinach, peas, lettuce and cress, should find a place in one meal each day.

Orange Sauce.

Mix one cupful of sugar, rind of one orange and two tablespoonfuls of cornstarch; when well blended add two cupfuls of boiling water and cook until thick and the cornstarch taste is removed; then add a tablespoonful of butter, one-third of a cupful of orange juice and a pinch of salt.

Fruit Sandwiches.

Finely chop well-washed figs, add a small quantity of water and cook in a double boiler until a paste is formed. Sweeten to taste and flavor with grated lemon peel; cool and spread on slices of buttered raisin or nut bread.

Prune and Nut Sandwiches.

Remove the stones and finely chop one cupful of prunes, add one-half cupful of chopped English walnuts, moisten with mayonnaise dressing and use as a filling between thin slices of buttered bread.

Chicken Pie With Oysters.

Cut into pieces a nice fat chicken, put into a saucepan, cover with boiling water, season highly with salt and pepper and stew until it is tender. Line the sides of a baking dish with a nice rich crust.

Benares Salad.

Take one cupful of grated fresh coconut, one pint of cubed apple, one cupful of finely cut celery, one small onion cut into fine cubes; mix all well and moisten lightly with the milk of the coconut, let stand until well chilled, add a light seasoning of French dressing, and when ready to serve add plenty of mayonnaise.

Nellie Maxwell (© 1927, Western Newspaper Union.)



"Charity solicitors who get a rake-off remind me of cream separators," says Practical Polly, "they take the fat out of the milk of human kindness."

THE NOISY HOUSE

By DOUGLAS MALLOCH

ALTHOUGH perhaps we now may scold her, We would not have her one day older, We would not have her one day wiser, For love is, after all, a miser, And would that we might keep her always Still loudly romping through the hallways, Still filling all the house with clatters, When we have such important matters, Still wearing shoes and tearing dresses, And overwhelming with caresses— Although we try to rearrange her, We really would not want to change her.

For once there was no noisy laughter; There came a time, and long, and long after, We went on tip-toe, lest we wake her, For fear some passing breeze might take her Out of our house and our embraces, Yes, you will find upon our faces The record of those days of praying, Those nights of watching—when her playing Had ceased, and left the awful stillness

That hangs about a house of illness, God grant, although she now may riot, That not again our house is quiet. (© by the McClure Newspaper Syndicate.)

WHEN I WAS TWENTY-ONE

BY JOSEPH KAYE

At 21: Aaron Sapiro, Messiah of the Famous, Was a Theological Student.

AT TWENTY-ONE I was a student at the Hebrew Union college in Cincinnati. I stayed eight years at the theological school, but I left before my course was finished because I believed strongly that any church must be an instrument of special science, to further human welfare, rather than an instrument for the preaching of a fixed and changeless creed.

During the last half of this period I paid my way by tutoring at the University of Cincinnati, where I also held the salaried position of student assistant in history.—Aaron Sapiro. TODAY—Mr. Sapiro is the idol among coast farm and fruit growers, and the inspired leader for hundreds of thousands of farmers in other parts of the country. He is the acknowledged authority and organizer of the co-operative movement for growers and by his great genius has saved farmers millions of dollars yearly.

Mr. Sapiro is a wonderful example of what talent and determination can accomplish in America. He started life in an orphan asylum. (© by the McClure Newspaper Syndicate.)

Do You Know

That: ??

"CROCODILE Tears" is an allusion to the old superstition that the crocodile sheds tears and moans and sighs like a person in distress. And it is a fact that the crocodiles do emit loud and plaintive noises quite like the mournful howling of dogs.

And so the phrase "crocodile tears" has come to mean tears of shame or hypocritical sorrow.—Anna S. Turnquist. (© 1927, Western Newspaper Union.)

THE YOUNG LADY ACROSS THE WAY



The young lady across the way says she'd certainly like to see Hermes Praxiteles. (© by McClure Newspaper Syndicate.)

The Kitchen Cabinet

To save money by going without necessities is bad economy, but to waste anything lessens your wealth, the wealth of your country and the wealth of the world.—American Cookery.

ECONOMICAL DISHES

Careful planning of meals, using leftovers in an attractive way, will make even the common dishes palatable.

Bits of fruit, either fresh or canned, may be put through a sieve and added to cream when partly frozen, making a great improvement on plain ice cream.

Lemons may be prepared into lemon sirup and kept indefinitely; they are always ready for a quick hot or cold drink. Take one cupful of water, one-third of a cupful of lemon juice, and one-half cupful of sugar; boil for ten minutes. Bottle and keep in the ice chest.

Apple Dessert.—Take one cupful of chopped apples, one-half cupful of raisins, place in center of a rolled-out pastry shell. Pinch up the edges and place in a deep baking dish, add one cupful each of boiling water and maple or brown sugar with two tablespoonfuls of butter and bake, basting often until the fruit is cooked and the crust brown.

Another way of serving three or four kinds of leftover fruits is to add them to jello or gelatin; alternating the colors a very pretty dish will result. Still another method—put the fruits through a sieve and add to cornstarch pudding, serving with cream.

Chicken Custard.—Reheat two cupfuls of chicken stock, add the beaten yolks of four eggs, mix with a little cold stock. Cook in a double boiler until the mixture becomes soft and creamy. Season to taste. This is an invaluable dish for an invalid.

Combination Vegetable Soup.—Cut two carrots into dice, shred one-fourth of a small cabbage, half a turnip, half an onion, a potato, two stalks of celery. Fry in a little hot fat, add six cupfuls of stock and salt and pepper to season. Simmer for half an hour and serve very hot with croutons.

Salad of Smoked Herring.—Skin and bone the herring and flake the fish. Use as much hard-cooked egg chopped as the herring and twice as much diced potato as herring. Season with grated onion and mix with French dressing.

Rice Cream.—Blend one tablespoonful of rice flour with a little cold milk, add it to a pint of scalded milk, a pinch of salt and three tablespoonfuls of sugar; cook until well done. Pour into a pretty dish and serve with cream and more sugar if desired. An egg dropped into a ramekin with a tablespoonful of cream and a pinch of salt, then baked, makes a dainty dish; serve hot

Good Pastry.

Pie is such a favorite dessert that one likes to serve it at its best. A tender flaky crust is not difficult to make. Fat should be added to the flour and well mixed; it is rich enough when a handful taken and squeezed tightly will hold its shape. Roll out and handle as little as possible.

Caramel Pie.—Take one and one-half cupfuls of brown sugar, four tablespoonfuls of cornstarch, salt to taste, the yolks of two eggs, two cupfuls of milk and a tablespoonful of butter. Cook until thick, then beat a few moments, fill a baked shell and cover with a meringue made of the egg whites with sufficient sugar to sweeten.

Cream Prune Pie.—Put one cupful of stewed prunes through a sieve, add one cupful of milk, one teaspoonful of cornstarch, one-third of a cupful of sugar, the yolks of two eggs well beaten; mix all together and pour into a pastry-lined plate. Cover with the beaten whites and lightly stir in.

Sour Cream Pie.—Take one cupful of sugar, one cupful of chopped raisins, one-half cupful of sour cream, one-half cupful of sour milk, one egg well beaten, one-fourth teaspoonful of cinnamon, the same of cloves, one tablespoonful of flour. Cook all together. Cool and bake in two crusts.

Pineapple Pie.—Take one can of pineapple (grated), one cupful of sugar, the yolks of two eggs well beaten, two tablespoonfuls of cornstarch mixed with the sugar. Mix all well and bake in a rich crust. Cover with a meringue and brown.

Pineapple Pie.—Bake a pastry shell and fill with the following: Scald a can of grated pineapple in a double boiler, mix three tablespoonfuls of cornstarch with one cupful of sugar and one-half teaspoonful of salt, add to the hot pineapple mixture and cook until smooth and the starch well-cooked. Cover and cook at least fifteen minutes, add two tablespoonfuls of butter, the juice and rind of half a lemon, turn into the pastry shell and cover with a meringue and brown in a moderate oven.

Save your pound and half-pound baking powder cans for steaming puddings, or for molding frozen dishes.

Nellie Maxwell

Children Cry for

Fletcher's CASTORIA



MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of Dr. J. C. Fletcher. Proven directions on each package. Physicians everywhere recommend it.

Some Hams!

Hams weighing ninety pounds each were obtained from the world's largest hog, slaughtered recently near Hagers-town, Md. The animal weighed 1,400 pounds alive.—Capper's Weekly.

Class in Law

"What is a negotiable instrument?" "The saxophone." "Why do you say that?" "You can always pawn it."—Louisville Courier-Journal.

HORSES COUGHING? Use

Spohn's Distemper Compound

To break it up and get them back in condition. Thirty years' use has made "SPOHN'S" indispensable in treating Coughs and Colds, Influenza and Distemper with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as preventive; acts equally well as cure. 60 cents and \$1.50 per bottle at drug stores. Write for FREE BOOKLET. SPOHN MEDICAL COMPANY, DEPT. EX, GOSHEN, INDIANA



Same Stuff

Mrs. Blake—I've hunted everywhere, dear. Have you any sandpaper? Blake—No, but I'll lend you a suit of my wool underwear.

The prince of Wales was so charmed with the country around Nottingham, England, that he bought a dairy farm comprising about 120 acres.

"Good, but rather too pointed," as the fish said, when he swallowed the baited hook.

For overnight relief to inflamed eyes and itches use Human Eye Balsam. Once tried, always preferred. 372 Pearl St., N. Y. Adv.

As between a skull cup and a wig, a wig—if it is a good one—is probably the prettiest.

Claims Everyone Can Now Have Good Health

Los Angeles Business Man Suffering Months From Constipation, Indigestion and Run-Down Condition Regains Health with Tanlac

Mr. Harry Franklin, a well-known Los Angeles manufacturer with offices at 918 Broadway, says: "My experience proves that nearly everyone can now have good health. After many months of indigestion and constipation, months that ended by my being in a badly run-down condition, I regained good health, new strength and calm nerves. . . . Thanks to Tanlac. . . . Imagine not being able to eat without suffering from tormenting pains and the burning sensation of indigestion. The poisons caused by sluggish liver and constipation ravaging my system, left me tired and draggy all the time, with no energy for my work."



"Then I turned to Tanlac, determined to give it a fair trial. From the first bottle it helped me. Within a few weeks I found myself with more energy than I had known in months, a fine appetite, good digestion—I feel that I could eat nails without harm—I am so built up in every way. . . . I now enjoy robust health and work all day at top speed without tiring. But I have not stopped taking Tanlac, for it is the one way to continued good health, to top strength and energy. My wife, too, highly praises Tanlac. She is inclined to be delicate and has found that Tanlac has preserved her health and strength for many years. Everyone should take this wonderful tonic."

Tanlac has helped thousands of Californians. It is Nature's own remedy made from roots, herbs and herbs according to the famous Tanlac formula. The first bottle usually brings wonderful relief from pain. Keep up the treatment and you grow stronger, healthier, more robust. Don't neglect your health, don't suffer from pain needlessly, begin taking this wonder tonic now. Ask your druggist for Tanlac—today!

Prudent

Ted—How do you cure yourself of walking in your sleep? Dave—I took carfare to bed.

Should Say Not!

Betty—"Does Clara dress modestly?" Jane—"Oh, no! She has lots of nice clothes."

The most profound joy has more of gravity than gaiety in it.—Montaigne.

A bitter jest, when it comes too near the truth, leaves a sting behind it.—Tacitus.

FOR Lumbago



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Lumbago Colds Neuritis Neuralgia Headache Pain Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100.—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monocetiolester of Salicylic acid