

DO NOT STOOP TO LOOK INTO OVEN

Specialists Stressing Good Posture in Housework.

Prepared by the United States Department of Agriculture. Those who cook on a gas or electric range or on an oil stove which has its oven set above the burners, do not have to stoop to reach the oven.



Don't Stoop to Look at Your Cape.

what she is cooking, her back becomes very tired on baking days.

Home demonstration agents in Illinois and other states are stressing good posture in doing housework as contributing to the health of the home-maker.



Keep the Back Straight When Looking into Oven.

even, that the housewife train herself to bend knees, ankles, and hips, but keep her back straight when obliged to look at anything below the usual angle of vision.

The pictures were taken by the United States Department of Agriculture.

DIFFERENT WAYS TO COOK RHUBARB

Precedes Almost All Other Fruits in the Spring.

(Prepared by the United States Department of Agriculture.)

Young, tender rhubarb precedes almost all other fruits in the spring, and is usually welcomed by the family after winter's preponderance of dried or canned fruits, however liberally interspersed with grapefruit, apples, and bananas.

Try also a rhubarb betty while "pleant" is in season. You can make it with either rhubarb sauce or raw sliced rhubarb. To a quart of the sweetened or raw sliced rhubarb and sugar, allow a quart of fine dry bread crumbs, combined with three or four tablespoons of melted butter before they are put with the fruit.

Baked Caramel Custard Excellent for Dessert

Custard desserts appear more frequently as eggs become abundant in the spring. One does not want them all the same flavor, however. Caramel custard is usually an acceptable variation, and is easy to make.

Heat the milk slightly with the sugar, salt, and caramel. Be sure the caramel is entirely dissolved before this mixture is poured into the lightly beaten eggs. Add the vanilla. Pour the mixture into custard cups, and add a small piece of butter to each. Bake in a pan surrounded by water in a moderate oven.



We get back our meats as we measure— We cannot do wrong and feel right. Nor can we give pain and gain pleasure. For justice avenges each slight.

DESSERTS AND THINGS

A nice pudding which uses rice as a foundation, is prepared as follows:

Fruit Pudding—Take one cupful of hot cooked rice. Soften a tablespoonful of gelatin in one-fourth cupful of cold water and when softened add to the hot rice; add one-half cupful of diced dates and four minced figs, one-fourth of a cupful of sugar and one cupful of whipped cream flavored with a teaspoonful of vanilla.

Detroit Cocktail—Cover three lemons with two cupfuls of boiling water—cover for five minutes. Use the water with one cupful of sugar, add equal parts of red and white cherries, cover with the lemon sirup and chill. Serve topped with red raspberries with a spoonful of powdered sugar on top of the glass.

Watermelon Cocktail—Use a potato masher in removing the balls from the center of the ripe melon. Fill glasses and pour over an orange or a pineapple sirup; serve very cold.

Date and Coconut Nuggets—Take one pound of grated coconut, one small can of condensed milk, one pound of dates, one-fourth cupful each of brown sugar and chopped pecans. Seed the dates, chop fine, add all the ingredients and make into balls. Flatten slightly and place in a slow oven, turning once to brown on both sides.

For an evening supper one of the most enjoyable ways to have all present have a good time is to let them make their own sandwiches or salad. Have all the materials on a large platter or two and one may make his own combinations, while the host or hostess pours the coffee.

A chafing dish or electric grill may be called into use to serve a rabbit. It is always entertaining to most guests to see food prepared at the table, if it is well planned and arranged beforehand.

Floating Island With Figs—Chop fine a few figs, add a few gratings of orange rind and cook with a little water or fruit juice until smooth. There should be one-half cupful of puree. Beat the whites of five eggs until frothy, then add one-fourth teaspoonful of cream of tartar and beat until stiff and dry. Add one-half cupful of sugar to the fig puree, then fold in the beaten whites of the eggs. Butter a large fancy mold and pour in the mixture, cook over hot water twenty minutes, keeping the water just below the boiling point. When cold unmold and surround with a cold boiled custard.

For porch, lawn or garden parties the simple cooling drinks with a dash of lemon and a dash of sugar and cake make a most agreeable refreshment.

Iced Tea—Use a teaspoonful of tea to a cupful of boiling water; let the tea steep, well covered, for five minutes, then add ice to chill. Serve with sugar, lemon, cloves. A sprig of fresh mint dipped into granulated sugar makes a most attractive trimming for a cup of iced tea. Pineapple slices, bits of preserved ginger are all well liked.

Fruit Punch—Pour one pint of boiling water over two teaspoonfuls of black tea, steep five minutes. Boil two cupfuls of water and a cupful of sugar five minutes. Prepare the juice of three lemons and two oranges, add to the sirup one can of grated pineapple or a pint of sliced strawberries. When cold add the tea infusion and plenty of cracked ice.

Cleveland Punch—Mix the juice of four lemons, one cupful of water, two cupfuls of sugar made into a sirup. Just before serving add cracked ice and a bottle of ginger ale.

Pecan Wafers—Beat two eggs until light, add one cupful of brown sugar. Sift three tablespoonfuls of flour, one-fourth teaspoonful each of baking powder and salt. Add to the eggs and sugar with one cupful of pecan nuts cut fine and one-fourth teaspoonful of almond extract. Spread on a buttered sheet, cover with halves of the nuts and bake. Cut into squares while warm.

Tea Balls—Take one-half cupful of peanut butter, add one-half pound each of dates and figs, all put through a meat grinder. Add sugar to make into balls and roll in granulated sugar.

Cream puffs made as usual and filled with whipped cream or a cream custard make most delightful morsels to serve with tea. Make the puffs about one-fourth as large as usual.

Or Anywhere Else Although the United States senate may be the most august deliberative body in the world, it really makes a poor showing compared with the over-plump person who tries to pick out 1,500 calories in a cafeteria.—Seattle Daily Times.

Fed Angry Gods Sailors of ancient Greece thought that storms at sea were caused by the anger of the gods, and to distract and please the deities they would throw pieces of bread into the sea.

FLASH The LEAD DOG

By GEORGE MARSH

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W. N. U. Service

SYNOPSIS

Up the wild waters of the unknown Yellow-Leg, on a winter's hunt, Journey Brock McCain and Gaspard Lacroix, his French-Cree comrade, with Flash, Brock's puppy and their dog team. After several battles with the stormy waters they arrive at a fork in the Yellow-Leg. Brock is severely injured in making a portage and Flash leads Gaspard to the unconscious youth. Gaspard tells Brock of his determination to find out who killed his father. Tracks are discovered and the two boys separate for scouting purposes. Brock is jumped by two Indians and a white man and knocked unconscious. He is held prisoner. Gaspard rescues him while his captors sleep. Gaspard believes these men killed his father and is prevented from killing them by Brock. While out alone Gaspard is shot from ambush by an Indian and kills his would-be-slayer. While out on his trap line Brock is caught in a heavy snow storm. Gaspard finds him and the two start out on Brock's trap line. They will eventually meet with meat until spring.

CHAPTER X

The Stalk of the Dead

The day following, as the vanished sun rimmed indigo ridges with red and gold, tinting the white reaches of lake and muskeg with rose, the dogs were stopped a mile back of the main camp.

"We tak' no chance, dese day. Dose peop' not ambush us eef Gaspard Lacroix can help. I go an' have a look." "Right enough! But Im going, too."

The hunters wired the tound trees, then, separated by a hundred yards to block a possible surprise from hidden enemies, started a complete circle of the camp to cut any approaching trails. They had nearly completed their circuit, and were close to the decoy trail, made weeks before by Gaspard, when the halfbreed, who was ahead, walked swiftly forward and stopping, bent over the snow; then raised his hand and beckoned to Brock.

"One passed here and did not return," muttered Lacroix. "He wait for us."

First, the two, again widely separated, cautiously completed the circuit. No strange trail led from the camp. He was there. Hidden in some thicket of young spruce, near the tent, lay a Cree with a cocked rifle, waiting. The forest was purple with dusk as the two friends agreed on a line of action and started their stalk. He had hidden himself—this unknown enemy—to shoot them in cold blood. Mercede as a lynx watching a rabbit run, he was waiting for their return from their trap-lines. They would show him equal mercy.

"Why not get Yellow-eye and Flash? They'll smell him out," Brock suggested. "No!" had been Gaspard's decisive answer. "Een de dark, de dog weel yelp, and warn heem, and he get away. Eef dey jump heem he might shoot or cut one wild de knife. I hunt dat."

So they started, a hundred yards apart, to follow the trap-line in to the camp, for the one in ambush could wait, now, to shoot by the light of the fire of the returned hunters and would lie close 'n.

Fifty yards from the camp the moving shadows faded into black patches of scrub. An hour passed and the forest floor beneath the spruce was hatched with blackness. Then from a great naked poplar beside the decoy trail floated the "Whoop, hoo—hoo—hoo, whooooo—hoo!" of the horned owl.

Again, the hunting call of the winged assassin of the night broke the tense silence. Shortly, the answering voice of its mate drifted over the frozen spear heads of the black spruce. For a space, the frosted stars glittered above a soundless forest, then, again, the muffled thump to the little people of the snow marked the litter night.

Shortly, like a ghost, a blur of black crossed the snow of an open space, blue in the starlight, to dissolve in the blackness of a thicket. "See anything?" "No," came the whisper. "I hunt every place near de camp. We get de dog. Dey weel fin' heem."

"You bet they will! If he's still standing back to where the impatient dogs chafed and whined at their trees at being thus deserted without food, Gaspard and Brock, each taking two on leash, returned to the hunt. With repeated pats and whispered commands, "Go get 'em, Flash! Get 'em, Kona!" Brock released the strain-

Natural Colors Kept for Amazing Periods

An artist who is careful in the selection of the pigments for his pictures usually reckons that they will last two or three hundred years. Natural pigments have been discovered that have kept their color for at least a hundred million years.

These ancient colors were part of the wings of insects not unlike butterflies. Insects of that ancient period were caught and died in mud banks and were buried by fresh mud deposits. A scientist examining fossil specimens produced in this manner discovered traces of their original colors. Unfortunately these colors faded after the protecting layers of dried mud were split off, exposing the ancient color to the light and air.

Some years ago traces of a reddish pigment were found in the backbone of a fossil crocodile believed to be millions of years old, while geologists once found a greenish pigment, like that of green leaves, in relay from a well hundreds of feet deep in the des-

ing huskies, who sensed that something was wrong—some animal near the camp they should hunt down in the blackness. Mad with excitement the two huskies faded into the gloom, yelping at each plunge in the deep snow. Behind them stole Brock McCain, his knife loose in its sheath, his big fingers gripping his cocked rifle. Beyond the camp, to the east, the thick yelp of Yellow-Eye mingled with the higher voice of Silt-Ear as Gaspard set them into the muck to hunt down the lurking enemy, and the forest was shortly a bedlam as the excited dogs thrashed through the deep snow yelping as they ran.

For a space, from the direction of the yelping, Brock knew that the dogs were beating aimlessly back and forth over a wide area; then the familiar snarl and fighting roar of Flash, not a hundred yards away, started his blood with a leap. "Flash's got him!"

From three directions the growls of Flash had drawn the separated huskies through the muck of the spruce, yelping as they ran. Then as the bounding Brock neared the spot where his dog was blindly fighting to the death against steel and lead, from the blackness the great husky bellowed forth his pean of victory.

Reaching his dog with a few strides Brock fingered the trigger of his gun, thrust forward at a black mass in the snow. "Flash! You got . . . By the Northern Lights—the bear trap!"

Brock struck a match. With leg gripped by the toothed jaws of the bear trap, set in the decoy trail, lay the crumpled body of a Cree. Knotted in death, the frost blackened face grimaced horribly as slightest eyes stared up at the boy who bent over it.

"So we've frozen our hands to stalk a dead man?" muttered Brock with a shiver of mingled pity and loathing, as he thrust his blue fingers inside his coat beneath the armpits to revive circulation, for the night was growing bitter. Then the excited huskies, followed closely by Gaspard, reached the trapped assassin.

"Ah-hah!" exclaimed the surprised halfbreed. "I pass not fifty yards from here when I circle de camp, but nevair look for de trap."

"He must have been caught yesterday," said Brock. "In forty below, he'd freeze in a few minutes. Well, this camp is getting too hot for us. We've got to move."

The body was that of a short, middle-aged Cree. The gun which was cocked, was a 30-30 Winchester, commonly used in the country, but when Gaspard drew the knife from the head-embroidered sheath, he gave an exclamation of surprise. "By gar," he gasped. "My father's knife!"

"What? You're sure? You recognize it?" "Yes; it dees de handle—dis cut here! And de same notch een de blade. Hee chipped eet on a stone."

For an interval, the kneeling figure of the son of Pierre Lacroix set as stiff as the frozen murderer, anchored to the inexorable vise of steel jaws. Then the small eyes glittered as they met his friend's sympathetic gaze.

"I go nord an' learn from dese peop' een de moon of de east." "Yes, old partner, we'll go north when the snow grows hard for dog sledging. Now, come, let's feed the dogs and our own empty stomachs."

So returning to the camp, the friends left the thing in the snow that had come to destroy them—shoot them down ruthlessly from ambush. To Gaspard, these murderers of the father he had loved were so much vermin. Because they desired the Yellow-Leg country for their own they had wiped out Pierre Lacroix as one crushes the blackfly on one's face, and now would deal likewise with Brock and him. In the months on the headwaters he had become a fatalist. Never again did he hope to see the Starving river and the people at Hungry House. Some day before the wedges of the returning geese crossed the sky, he would go to join his father—some day, the Cree wolves of these white traders would take the toll of Gaspard Lacroix for the men who had so mysteriously disappeared.

The following morning they pried down the spring with a spruce sapling, freeing the jaws of the bear trap, and buried the Cree in the snow. (TO BE CONTINUED.)

Guess Again

"Buying movement follows early nervousness." That sounds like a stock market note, but it merely refers to the fellow who finally has made up his mind to buy the ring.—New Orleans Times-Picayune.

Mother Bear's Progeny

There are usually two bear cubs in a litter, although occasionally one or three appear.

Good for the Vocal Cords

First Deb (listening to radio)—I love that announcer's voice. Second Deb—It's nice. I hear he eats plank steaks to keep up the timbre.—Life.

Escape From Radio

Blessed are the neck, for they never will be called upon to do any radio announcing.—Adrian Daily Telegram

Great Day in History

The United States and England set the boundary line between Oregon and Canada at the forty-ninth parallel on April 2, 1846. For the first time in its history the United States held an undisputed possession on the Pacific.

Why suffer with Skin Troubles

WHEN Cuticura Ointment, because of its absolute purity, and antiseptic and healing properties, in combination with Cuticura Soap is unsurpassed in the treatment of pimples, eczemas, rashes, irritations and all forms of skin troubles.

Ointment 25c, and Soap 25c. Cuticura 25c. Sample each free. Address: "Cuticura" Dept. B6 Malden, Massachusetts

Who Wants to be Bald? Not many, and when you are getting that way and loosing hair, which ends in baldness, you want a good remedy that will stop falling hair, dandruff and grow hair on the bald head. BARE-TO-HAIR is what you want.

W. H. Forst, Mgr. Scottsdale, Penna.

Horned Brazilian Frog Small but Dangerous

A horned Brazilian frog which barks like a dog when it loses its temper, is one of the latest arrivals at the reptile house of the New York Zoological park.

The strange frog is five and a half inches long and green bronze in color. The keepers were warned that the animal was dangerous, but they were inclined to disregard this on account of its small size until they saw it aroused. Apparently averse to publicity, the frog made as if to attack a photographer who had come to take its picture shortly after its arrival.

Printing Plants

The tremendous amount of reading matter that is consumed annually by the United States is shown in the report of the biennial census conducted by the Department of Commerce in 1927, which shows that the output of the various publishing plants of the United States represented a total value of \$2,507,425,913, an increase over 1925 of 10.5 per cent.

The figures show a total of 22,542 establishments engaged in printing of all kinds, including job printing, and a total pay roll, exclusive of salaried employees, of \$473,221,233, divided among 261,671 employees.

Newspapers and periodicals to the total of 10,973 were published, representing an increase of 3.3 per cent over 1925.

Reindeer Possibilities Reindeers have high commercial value. They can be used to replace Eskimo dogs, or as pack animals. Their flesh is excellent for food. Their hides make sleeping bags, boots and other clothing suitable for use in the Arctic and reindeer milk is reported to make excellent cheese.

Man can almost subsist on the products these animals provide, yet they live at practically no cost to the owner. In the future the tundras of the subarctic regions will no doubt be stocked with these herds as the slopes of the West are stocked with cattle and sheep at present.

Rare Finny Specimens

The Danish scientific ship Dana has found two unusual specimens of deep sea fish in Australian waters. One is the female deep sea angler. Her mouth is of extraordinary size and she carries the male angler, a tiny fish in comparison to her own bulk, attached to her body.

The other is a lantern fish, a habitat of deeps where it is believed no daylight penetrates. The fish has its own phosphorescent lights, strung along its sides like a row of portholes on a steamer.

Cannibal Gypsies

When nineteen gypsies at Prague, Czechoslovakia, confessed to a dozen cases of cannibalism, the attorney general refused to believe them. Gypsies have a reputation as bonsters and liars, and the strange confession was understood in that way. An investigation was made, however, and the evidence was unmistakable that the nomads had actually been eating human beings. Two of the gypsies were women.—Pathfinder Magazine.

Money Spent on Roofs

It cost \$125,210,305 literally to keep a roof over the heads of the American people in 1927, the department of commerce survey indicates. That amount was spent on all types of roof material—slate, tile, shingles, asbestos and so on. Cement products used for roofing are not included in the total given, however, and that material probably added considerably to the total spent upon roofs.

Use Russ Ball Blue in your laundry.

Tiny rust spots may come from inferior bluing. Ask Grocers.—Adv.

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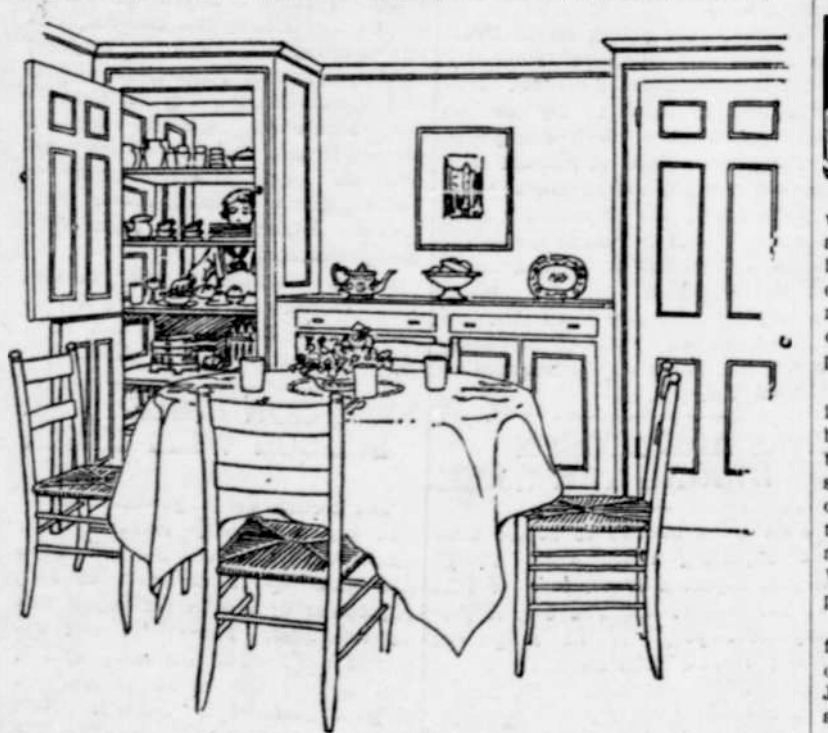
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PASS CLOSET MADE THROUGH REMODELING



Simple Type of Pass Closet.

(Prepared by the United States Department of Agriculture.)

In remodeling a house in Washington, D. C., it was necessary to make two adjacent bedrooms into the dining room and kitchen. Each of these rooms had a clothes closet about thirty inches deep. Instead of doing away with these closets, one was cut through for a passageway between the remodeled rooms, and the door was placed on the dining room side to balance the position of the closet door already there. The closet on this side was successfully converted into a pass closet at relatively small cost. The wall was removed from the upper part on the kitchen side, and shelves were built at convenient intervals to hold dishes. A half door was placed on the kitchen side, and the former door of the closet, on the dining room side, was cut in

HOUSEHOLD HINTS

Silk materials look best if ironed on the wrong side while still damp. Lukewarm water, mild soap, quick handling and drying are recommended to prevent dyes in garments from running. A clothes closet should have a window to provide the light and ventilation, which prevents moths and keeps clothes in good condition.

DIFFERENT WAYS TO COOK RHUBARB

A dark floor makes the best background to set off rugs. Clean the shelves where the preserves are stored while the supply is low. After icing a cake, let it stand in a cool place 20 minutes before it is wrapped or boxed. Before buying goods for summer dresses test the fastness of the dyes by washing a sample.

Nellie Maxwell

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W. N. U., PORTLAND, NO. 24-1929.