

WHEN FRESH CORN IS COOKED RIGHT

If Boiled Too Long It Becomes Tasteless.

(Prepared by the United States Department of Agriculture.)

In cooking fresh corn on the cob surround it with a generous quantity of boiling water in order to lower the temperature of the water as little as possible when the corn is put in. Be careful not to cook sweet corn too long or it is likely to be tough and tasteless. The sooner corn on the cob is cooked after picking, the finer the flavor. While corn on the cob is almost always boiled it can also be roasted or steamed. Sometimes when corn is steamed at a clam bake one layer of the green husk is put back on the cob after the silk has been removed.

Succotash, a mixture of green corn and beans, usually lima beans, is a dish borrowed, name and all, from the American Indians, by our early colonists. The following recipe for making it is supplied by the bureau of home economics:

- 1 pint lima beans 1/2 cup cream or rich milk
4 ears corn 1 tb. butter

Simmer the beans in a small quantity of lightly salted water until tender. In the meantime cook the corn on the cob in salted water for ten or twelve minutes, then cut from the cob. In cutting the corn use a sharp knife to trim off the tops of the kernels and then scrape out the pulp with the back of the knife. Mix the corn with the drained cooked beans, add the cream or milk and the butter, heat to the boiling point, and add more salt if necessary.

Corn with tomatoes is another mixture which many persons like and which is commonly served. Other good ways of using fresh corn after it has been boiled on the cob and the kernels have been cut off are as scalloped corn, corn fritters, in corn custard or pudding, in soup, chowder, soufflé, or stuffed green peppers. Recipes for making any of these dishes may be obtained from the United States Department of Agriculture by writing for Farmers' Bulletin 1230-F.

Pineapple Sherbet Is Very Delicious Drink

In the very warm weather a fruit sherbet is often more appealing than a richer dessert. Lemon is used with most other fruit juices to bring out the flavor and add a cooling acidity, as in this recipe for sherbet made from fresh pineapple. The use of a beaten egg white is customary in sherbets to give a smooth texture and make the mixture seem less cold on the tongue than a plain water ice. The directions are from the bureau of home economics.

- 1 large fresh pineapple 4 ts. lemon juice
apple White of 1 egg
Sugar well beaten
1/2 tsp. salt

Select a well-ripened pineapple, remove skin, eyes and core. Grind the fruit in a food chopper, using the fine knife, and take care to place a bowl underneath to catch the juice. Press the juice from the pulp and add to the juice in the bowl. To each measure of pulp add an equal measure of sugar and heat. When the sugar has dissolved press the mixture through a colander to take out the tougher fibers. Combine the juice and pulp. Add the salt and lemon juice and sufficient water to make 1 quart, and more sugar if desired.

Use a freezing mixture of 1 part salt and 4 to 6 parts of ice. Turn the crank of the freezer slowly and when partially frozen remove the dasher and stir the beaten white of egg into the mixture. Pack the freezer with more ice and salt and let the sherbet stand for 2 or 3 hours to ripen in flavor. These proportions make about 1 1/2 quarts of sherbet when frozen.

STUFFED TOMATOES ARE MOST APPETIZING



Most Appetizing Vegetable for Serving Stuffed.

(Prepared by the United States Department of Agriculture.)

One of the most successful and appetizing vegetables for serving stuffed is the tomato. Large, unblemished tomatoes should be chosen, firm enough to hold their shape when cooked. After they have been washed remove a thin slice from the stem. Carefully scoop out the pulp so that the tomato shell will not be broken. This pulp is added to the stuffing. Here is the entire recipe, tested by the bureau of home economics of the United States Department of Agriculture:

- Stuffed Tomatoes.
4 large firm tomatoes 1/2 tsp. celery seed
1 cup diced salt pork 1/2 tsp. salt
1 cup dry bread crumbs 1/2 cup buttered crumbs

HOUSEHOLD HINTS

Careful planning cuts down time in preparation of meals. Salt the fish both inside and out before stuffing to get the best flavor. The baby's first shoes should have flat, flexible soles, pliable tops and broad toes. Silk garments last longer if washed frequently. Dust particles and perspiration have a destructive effect on the fibers. Plan the family menu to include each day an egg yolk for the baby under two years of age and a whole egg for every other member. To make boiled vegetables popular with the family drop them in boiling water and cook them only until they are tender. This preserves the pleasant flavor, color and texture as well as the food value.

BIBS THAT CHILD CAN MANAGE ALONE

One of Most Necessary Articles for Youngsters.

(Prepared by the United States Department of Agriculture.)

Everything a little child wears may be made to play a part in its development if thought is given to the way the garment will be used and what the child itself will have to do to manage it without adult assistance.

Being interested in children's clothing from the standpoint of self-help in dressing as well as in practicality and simplicity of design and attractive appearance, the bureau of home economics of the United States Department of Agriculture has scrutinized a good many commonly used children's garments and found them lacking in some important feature. One of the humblest, smallest, and yet most universally necessary articles is the bib worn at every meal from the time the first solid food is fed from a spoon. Attention has been given rather to protection of the clothing than to ease of manipulation, so that even a child of three or four is usually obliged to ask some one else to tie the strings of his bib at the back of his neck. Bibs of rubber and other water-proof fabrics are widely sold, and while these have the merit of preventing damage to the garments they are not comfortable. Clothing specialists of the bureau have several suggestions to make



Note the Strings Which the Little Girl Can Adjust Herself.

about the fabric used in bibs and its attractiveness to the child, and they recommend improved styles of bibs which train the child in self-help. Ratine and Japanese cotton crepe are favored because they are soft and semi-absorbent, easily washed and require no ironing. These materials prevent the food which the child spills from dripping to the floor, and can be used as napkins. Children love pretty colors, and interest can be added to the wearing of the bibs by making them of different colors bound with white or of white bound with color. One successful bib developed by the bureau is of white ratine, bound with bias tape in color. This binding is extended at the neck line into 15-inch strings which are put through eyelets on opposite sides of the neck and then fastened to small brass or bone rings. The bib has no right or wrong side, and the child has only to get both strings over his head and pull on the rings as in the illustration, and the bib is adjusted snugly around the neck. If the strings are thrown back over his shoulders they form a look which holds the bib securely in place throughout the meal. To get it off, the child takes hold of it at each side of the neck and pulls it out and down. Even a two-year-old may be taught to manage this bib without help. Anyone can easily cut a pattern for this bib. The United States bureau of home economics in Washington will furnish a diagram if needed, but it does not have patterns of this or any other garments for sale.

THE KITCHEN CABINET

(By 1929, Western Newspaper Union.)

"Make up your mind that you will accomplish in a thorough and capable manner what needs to be accomplished, and stick to it until you succeed. I wish, I can, I will—these are the three trumpet notes to victory."

COOKING VEGETABLES

Caroline B. King, culinary expert, who has been one of the investigators in the study of proper cooking and seasoning of vegetables, says about the use of sugar in cookery: "Care and discrimination must be observed in adding sugar, and we should keep in mind the fact that it is used not primarily for its sweetening qualities, but to intensify and restore the vegetable's natural flavor." This holds for fresh, canned and dried vegetables. The following are some recipes recommended:

Spinach Maitau.—Clean spinach well and cook for ten minutes in as little water as possible; usually enough will cling to the leaves after they have been washed. Chop fine and drain well. Fry three or four thin slices of bacon, cut in small pieces and add to the spinach. To the fat in the pan add one tablespoonful of flour, one teaspoonful of sugar, one and one-quarter cupfuls of water. Cook until thick and pour over a quart of the cooked spinach. Stir lightly and serve. Use the liquor from the spinach for the water, to save all the minerals possible.

Fresh Peas and Scallions.—Put one quart of shelled peas in boiling water and cook uncovered 20 minutes. At the same time stew a dozen scallions cut in two-inch pieces, in a tablespoonful of chicken fat or butter. Mix the drained peas and dust lightly with flour. Stew until tender, adding some of the water in which the peas were cooked.

Carrots a la Bourguignonne.—Cut 12 medium-sized carrots into 2-inch lengths. Cook until tender in salted water, to which a teaspoonful of sugar has been added. In the meantime, cook two chopped onions in melted butter until lightly browned. Mix with the carrots and dust with flour. Season with salt and pepper. When the flour is well browned add one cupful of soup stock. Cook gently for ten minutes and serve hot.

Cherry and Pineapple Conserve.—Measure four quarts of pitted cherries. Shred one medium-sized pineapple. Weigh the fruit together and allow an equal amount of sugar. Cook the fruit and sugar for three-quarters of an hour after reaching the boiling point. Allow the marmalade to set in the sun for a day. Now pour into glasses and seal with paraffin.

Simple Desserts for Summer

One of the easiest desserts to prepare and one that takes but five minutes of time, is custard. Cooked in cups set in boiling water, the custard will be creamy and delicious with a few minutes' cooking on the range or in the oven. To one pint of milk, use two good-sized eggs, one-third of a cupful of sugar and a fourth teaspoonful of nutmeg. Cinnamon or any other spice liked may be used for flavoring. Beat the eggs slightly, add the sugar, milk, pinch of salt and the spices. Pour into good-sized custard cups and cook until when tried with a knife thrust down through the center, it will come out clean. Remove at once from the heat and the hot water, place in ice water until cool, then near the ice where they will become cold. Serve with a spoonful of whipped cream, freshly grated coconut or plain as one wishes. This dessert is one that may be given freely to young and old, so it is especially good one to serve often.

Tapoca in various guises is another well liked and simple dessert. If the instant tapoca is used, take one third of a cupful, add water to cover well and cook until it is transparent, adding more water if needed. It should be just thick enough to pour. Butter a baking dish, put in a layer of the tapoca which has been slightly salted and then add a layer of any kind of fruit, fresh or canned. Apples are especially good. Use sugar with care if the fruit is canned. Cover with sugar and dot with butter and bake until the fruit is done and the top brown. When serving apple add nutmeg or cinnamon for flavor and cover the top of the dish with apples cut in eighths.

Prune Jelly with Almonds.—Prepare a lemon jelly using a package of flavored gelatin, cover with a pint of boiling water or any fruit juice at hand; add lemon juice if the mixture is too sweet. Take prunes that have been soaked overnight and stewed gently until soft in the same water, using no sugar. Pour the jelly into cups to cover the bottom; when stiff drop in two or three prunes and a few blanched and shredded almonds. If carefully done the fruit will be in the center of the mold. Add more jelly after the prunes are added and set away to chill. Serve with a thin custard or with cream.

Gigantic Statue.—Michelangelo's statue "David" was executed near the Cathedral square, Florence. To move it to the Piazza della Signoria, its present site, approximately 40 men were employed for four days.

Danger Invented Out.—"We Chinese invented firecrackers," said H. H. He, the sage of Chinatown, "to scare away devils. In trying to frighten imaginary devils you may invent real ones."—Washington Star.

FLASH THE LEAD DOG

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CHAPTER XIII—Continued

If this was so—if this man was the father he sought, there was a mystery behind it, for Pierre Lacroix would never have spent the summer on the Carcajou with these men, while his son mourned him at Hungry House. What was behind it all?

Then Gaspard's dark face knitted with pain. Could he be hurt—so wounded that he was helpless—unable to travel? But Nipissing assured Gaspard that this stranger was actively working around the camp.

Thus ran Gaspard's thoughts as they traveled through the small spruce of the low ridge to a point commanding the river. Nipissing, in the lead, suddenly stopped and beckoned with his mitten. Joining him, Gaspard followed with eager eyes the arm which pointed.

On the opposite shore, high above the river ice, stood a schooner, blocked up with heavy spruce logs where it had been warped up from the river by some distant upstream, frost. The white roof and the snow-banked log walls of the traders' camp.

"There will be few men there now," said Nipissing.

"How many?" asked the other in Cree.

"Three—four."

"Any dogs?" asked Gaspard.

"No, they are away on the trap lines."

"Ah-hah!" And the eyes of the half breed glittered as he swiftly made his plans.

That night, through the murk under a thick sky, three shapes crossed the Carcajou above the camp and cut back from the shore. Approaching from the rear, three hooded figures stopped in the scrub, a hundred yards from where two yellow smears lit the wall of gloom. Then one of the men left the others and faded into the murk.

Shortly, Gaspard strained against the log walls of the cabin, beside a window. Slowly he moved his head until he gained a partial view of the interior.

His father! Was he to see the loved face of the man for whom he had come so far? The heart of the youth shook him with its beating. His breast tortured his lungs. Was he in there—Pierre Lacroix—or was it all a grim joke—this tale of Nipissing's?

To his straining ears came voices and laughter. He moved his head farther, and looked.

In a chair fashioned from spruce saplings, sat a hulk of a man with a red beard. Across a slab table, on which stood a bottle and glasses, a dark, short-haired, straggled hand of cards in a high close-set, evil eyes.

Instinctively the one who watched through the frosted window, gripped the gun in his right hand, while his left mitten found the horn handle of his knife. Those men there, who sat at their cards, drinking, would pay to Gaspard Lacroix! Pay for the father they had taken from him. There, where they sat, he could wipe them out, now, with but two crooks of his finger.

But—was his father there? Presently Gaspard's eyes widened, breathing checked, as another joined the table—but it was not the man he sought. The man he sought was a servant—a prisoner. He would not sit with the others. The cabin seemed to have one room only, but there was a loft above the large room, for Gaspard saw the ladder leading to the opening in the door. He moved to the opposite side of the window where the sheetiron stove would not obstruct his view.

Then his eyes were drawn to the top room of the ladder. A moccasined foot was thrust from the open trap door and rested on the round. Then a peeled spruce stick passed the foot on the top round—a short spruce stick followed by . . . the stump-of—

"—a leg!" Breathless, the one flattened against the log wall in the freezing air watched the body of the one descending the ladder, sliding, lowered hand under hand. Reaching the floor the tall figure of the cripple turned, and the light from a lantern lit the bold features of—Pierre Lacroix.

"Fader! . . . Fader!" With a sob Gaspard Lacroix watched the tall figure limp from sight.

Then a wave of grief and rage swept the one outside the window. Stepping back, steel clenched an steel as he threw the rifle to his shoulder and covered the chest of the big man, who sat, ten feet from flaming death. For a space the steel tube in the murk menaced the unsuspecting "Red" Macbeth, as reason fought with hate for mastery of the emotions of the half-crazed youth. Then, slowly, the gun was low

ered and the watcher by the window faded into the darkness. Shortly Brock was seized by a pair of arms like steel cables. Holding Brock in a bear hug, Gaspard poured out his story. "He ees dere! He ees dere! I saw heem!" cried the overjoyed boy. "He was hurt! He could not travel! So dey do not watch heem!"

In turn, Brock hugged Gaspard, in his delight at the news. "Your father! At last! Old partner, put it there! Golly, that's great!"

Then Gaspard stiffened. "You know w'at dees peop' do to heem? Dey tak' off dees leg! On hees face ees a beeg scar! My fader!" And the chest of the son of Pierre Lacroix rose in a deep sob.

That night, at their hiding place back in the timber, three men sat long in a council of war.

CHAPTER XIV The Vengeance of Gaspard Lacroix

The night following, in the blackness of the scrub behind the cabin of "Red" Macbeth, two men waited beside a dog team. That the dogs might not betray their masters, each was gagged with hide. A half-hour before, a third man had left the two who now waited impatiently for his coming, as they watched the yellow glow of the windows of the cabin. At last, the absent one returned.

"Any trouble, Gaspard?" asked Brock. "You've been away hours."

"Ah-hah! Little trouble; all right now!"

"What was it?"

"I meet some one."

"Too bad! What shall we do?"

"He weel say—now!"

The grim significance of the answer closed Brock's mouth. He understood. Then, leaving Brock with the dogs, Gaspard and the Cree disappeared in the murk. With Flash's collar in his mittened hand, while he soothed the dog who resented the strapping of his jaws with rawhide, Brock strained anxious eyes toward the river shore. At last he saw it.

Gradually, beyond the cabin, the blackness of the night faded. Then, through the murk burst a yellow glow, throwing into relief the dark bulk of the schooner, as red flames licked up over its rigging. The free-traders' boat was afloat!

Shortly there rose a cry in the night, outside the cabin. "Iskutew! Fire! And Joe Nipissing burst wild-eyed into the shack.

"Iskutew! De boat burn!" he cried to the startled Macbeth and the gray-faced men who reached for coats and moccasins.

Running to the door, the red-bearded leader stared in dismay at his blazing schooner. Then the three rushed out to the shore.

Turning at a sound, the excited Joe Nipissing saw a tall figure slide down the ladder, on to the door of the great box stove, and seizing a half-burned stick, throw it on the bedding of a bunk, smoldering like a flash on the speechless boy, the steel fingers of Pierre Lacroix closed on his throat.

"The boat go—the snuck go!" rasped the Frenchman in Cree. "Where are your dogs?"

But the choking Cree could not explain.

"You understand?" fiercely demanded the other. "I've lost your sled with grub and blankets and make for Hungry House! Quick!" And Lacroix pushed the protesting Nipissing through the door, then turned back into the already burning room for blankets and food. Then to his startled ears came a familiar voice from the door.

"Fader!" And Gaspard had the man he loved in his arms.

For a space, oblivious of the flicking flames slowly filling the room with smoke, father and son gripped each other in a fierce embrace. Then, recovering his senses, Gaspard turned with "The dogs; call Brock! Quick!"

"Brock and I are here with the team," Gaspard explained to the puzzled man who stared at his son in wonderment.

Then the Cree burst into the room, followed by Brock, who wrung the hand of the lost Lacroix. The shack now, was burning in earnest. Slipping on capote and mittens, and carrying his rifle and some blankets, Pierre Lacroix followed his rescuers to the waiting sled.

"Marche! Flash!" called Brock to the lead-dog; and they headed up the river shore.

(TO BE CONTINUED.)

Changeable

Most of us live in fear of being thought changeable. We act as though we were baselined uncles and didn't dare to change our minds even after a bad decision. The sensible program is to change your mind as often as you get new facts enough to justify it.—Grove Patterson, in the Mobile Register.

Not in Their Line

Successful men are not revolutionists; and married men are not radicalists.—Will Durant

Note of Thankfulness

Just a Bit Premature

As the circus performance was drawing to a close the two girls looked uneasily at the crowds around them, eyed the distant tent opening, and wondered how they would ever get there. Seeing no other exit possible, they finally pushed and squirmed their way "turtle fashion" out into the open.

Not knowing where to go for the trolley car, they followed the crowds and trusted to luck that they would get there.

Just as they reached the sidewalk a circus team stalled and though the driver yelled and the horses pushed, they pulled dangerously near the walk, and the crowd with one impulse moved backward. The girls divided their time praying for the team to depart and mourning over their trampled toes.

Finally, though, the girls were permitted to cross the road. "Thank goodness," said one, "We don't have to go through that again."

Her friend looked at her for a moment and then mournfully replied, "I've just remembered that I left my coat on the back of the circus seat."—"Springfield Union."

Much More Than Half of People Illiterate

Sixty-two per cent of the population of the world, ten years of age and over, are illiterate. Of a total population of 1,363,000,000, the number of illiterates is 850,500,000. These remarkable figures were obtained through a comprehensive study of illiteracy in the various countries of the world, conducted by James F. Abel, specialist in foreign education, United States bureau of education. In this work Mr. Abel was assisted by Norman J. Bond, statistical assistant.

While only 18 countries report an illiteracy rate of more than 50 per cent, the population of these countries is approximately 618,000,000. Contrasted with this is the total of 408,000,000 inhabitants of all the 45 countries reporting less than 50 per cent illiteracy.

The United States is included in the group having under 10 per cent of illiteracy. Porto Rico and the Philippine Islands, however, have a much larger percentage. Porto Rico reports 55 per cent, and the Philippines 50.8 per cent.

Had Him Guessing. Spivins was attending his first opera and was puzzled.

"Is she singing in English?" he whispered to his neighbor.

"How do you expect me to tell?" demanded the old-timer. "She's a soprano."—American Legion Monthly.

Children Cry for Fletcher's CASTORIA

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Prayer in Thought

Certain thoughts are prayers; it matters not what the attitude of the body may be. There are times when the soul is kneeling.—Exchange.

Nearly 50,000,000 gallons of alcohol is used each year in the radiators of automobiles to prevent freezing in cold weather.

Millions now use Russ Ball Blue. Makes clothes snowy white. Get the genuine.—Adv.

The man who boasts of the wonders he is going to work never amounts to much as a worker.

The trouble with the man who doesn't know anything is that he is always telling others about it.

Don't look backward—except to last week's wages, when you spend money.



Makes Life Sweeter

Next time a coated tongue, fetid breath, or acid sick gives evidence of sour stomach—try Phillips Milk of Magnesia! Get acquainted with this perfect anti-acid that helps the system keep sound and sweet. That every stomach needs at times. Take it whenever a hearty meal brings any discomfort.

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PHILLIPS Milk of Magnesia

Advertisement for Dean Rectal & Colon Clinic, featuring a portrait of a man and text about medical treatments for rectal and colon issues.

Oregon & California Directory

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MUSIC & MUSICAL INSTRUMENTS

Would Ruin Him

Two young prospective aviators were discussing the subject of aviation, and a certain famous flyer, when the smaller, age eight, remarked to the other:

"What if the tail of the plane would get caught as he started up; it would cut a gash in his head, wouldn't it?"

His brother answered: "Yes, it would just smash him down and break his back."

And the little fellow said: "Yes, it would break his general cord."

Profitable Knowledge

"Fritz, have you ever seen Mr. Smith kiss sister Annie?"

"Dad, I won't tell a lie. That is how I got my lovely new box of moccasins."—Buen Humor, Madrid.

A true friend wouldn't hurt your feelings; therefore, he doesn't always tell you the truth.

Advertisement for Levi Strauss Overalls, featuring the Levi's logo and text about the quality and durability of the clothing.

Advertisement for Cuticura Talcum, featuring an illustration of a woman and text about the benefits of the talcum powder for skin care.