SCHOOL DAYS



Mother's Cook Book

And words of praise from lips held dear Have often changed a girl's career."

TUNA FISH DISHES.

This delicate turkey of the sea,

should be more appreciated. The fol-

tions making most delicious eating.

Tuna in Peppers.

bread crumbs, salt and pepper to

crumbs over the top. Brown in the

Tuna Salad.

ful of diced celery, one hard-cooked

egg, one green pepper shredded, one

cupful of thick mayonnaise, one-half

the chopped olives; toss lightly, pu

Tuna Chop Suey.

Take one pound of fresh pork, one

cupful of tuna flaked, one cupful of

diced celery, one cupful of chopped

per to taste. Put the butter into a

deep frying. Cut pork in small pieces

ery and onlons. Cover with one cup-

liquor; simmer one hour. Add pea-

Tuna, in Timbales,

add yolks; when blended and smooth

add the juice of one lemon, salt and

pepper to taste; two cupfuls of flaked

two well-beaten eggs. Cook over hot

water until well cooked. Fill the tim-

bale cases and cover with parmesan

If the fresh fish is used in any of

the above recipes, of course it must

be cooked before using. These recipes

call for the canned tuna. Salmon may

be substituted, but it is not as desir-

able because of its oily, fishy taste,

~ MILITANT MARY~

Ive-sent-my

suitors all about

their business!

I-CONFESS

L. shy. a

any more.

naughty songs.

tunes.-Life.

fifty-fifty

chance OF

DOUBTFUL

Lizzy-Why not?

HAPPINESS

Even Without Words.

Jane-I'm not so crazy about Harry

Jane-Because he knows so many

Jane-No, he just whistles the

Lizzy-Does he sing them to you

bellie Maxwell

which is almost lacking in tuna.

cheese. Brown in the oven.

Cook two eggs until hard. Cream three tablespoonfuls of butter and

Take three cupfuls of tuna, one cup-

oven and eat hot.

'Some approbation now and then

Last Night's Dreams -What They Mean

DID YOU DREAM OF CLOTHES?

CLOTHES play an important part in Dreamland, sartorial effects having their value even in the world of shadows. To dream of clean, new clothes means good luck; that you are wearing good clothes, a long and happy life. But to dream that your clothing is old and dirty is not a favorable sign, though to dream that your clothing is old but yet neat and clean is not so bad-which is gratifying in view of the present necessity of wearing our old clothes because of the high price of new ones.

But be modest with regard to your dress, even in the selection of dreamclothing. If you have in your dreamwardrobe a great quantity of clothes, more than you know what to do with, you will suffer through your own extravagance—the same law in regard to this seeming to hold good both in the land of dreams and the world of actualities. Also, if your dream-clothes are of gaudy colors there is disappointment in store for you; another point in which the two worlds agree the most inviting chicken salad. Sevthat loudness of dress is bad form, eral hours before serving, mix the

is with regard to the stealing of clothes. To steal clothes in your dreams foretells great s outside of dreamland is frowned upon mayonnaise over the top. by the law. Dancing-tights are entirely out of fashion in Dreamlandthey indicate a temporary shortage of

As a headgear, a silk cap seen in a dream is a lucky omen. If you dream onions, one cupful of chopped peanuts, of putting on any sort of cap be very one can of mushrooms, one tablewatchful in your love affairs; if you spoonful of butter and salt and peptake a cap down from a nail something concerning you which you would rather have unknown is soon to come and cook in the frying pan with celout. If a cap is presented to you it means marriage. An old dream-hat ful of water, the mushrooms and the predicts misfortune, but a new one great success in business. To lose nuts, tuna, seasoning, and cook half your hat means vexations of a busi- an hour longer. ness nature. The less you dream about trousers the better. As to shoes, if they are old and want blacking, the signification is that you make enemies by being too outspoken-correct your manners. To have your shoes shined by a Dreamland bootblack means prosperity and happiness; tuna, one-half cupful of cream and new shoes, good news. (Copyright.)

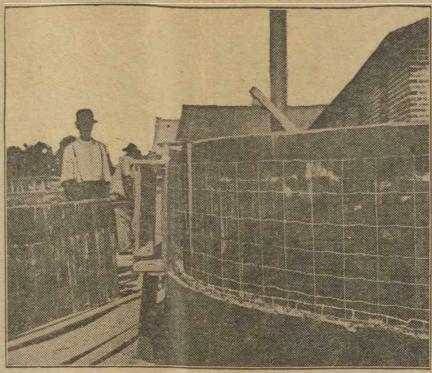
THE ROMANCE OF WORDS

"GOB."

TUST as the American soldier J entered a vivid protest against being known as a "Sammy" or any of the other home-made terms which were coined as synonyms, the American sailor has always objected to "Jackie"-the name which has been applied to him by a number of writers whose knowledge of the sea was gleaned from an occasional glimpse of the docks. "Jack" is allowed to pass unchallenged, but "Jackie." being a diminutive and smacking of the effeminate and childish, always causes the sailor to wince. His own name for himself is "gob"—a term which dates back to the middle of the last century when Perry made his Asiatic expedi-

It was at this time that the orientals first applied the name "gobshites" to the American sailors, and when the American naval Asiatic station was later established, the title persisted to such an extent that the sailors brought it home with them, gradually spreading throughout the entire navy under the shortened form of "gob."

MOST IMPORTANT THAT GREATER USE BE MADE OF CHEAPER FEEDS



Ordinary Wire Fencing Used to Reinforce Concrete Construction of a Silo.

feeding beef cattle economically during the coming winter, specialists of the United States Department of Agriculture point out the need for a liberal use of roughage. The meat situation in the United States requires a maximum of efficiency in feeding if production is to be maintained in the face of high costs for feed and labor. Recommendations of the department

Economy should be the keynote in production. However, discretion must be used so that economy will be consistent with good gains. A ration might be so economical as to merely maintain the animal, but this would lowing dishes are but suggestions, as not be economy, when gain in weight was the object sought.

there are any number of combina-Greater Use of Cheaper Feeds. At the present time, when grain and concentrates are so expensive, it is all Cut peppers in halves lengthwise; the more important that a greater use remove the seeds and put peppers to be made of cheaper feeds. The cheapsoak in very cold water. Beat four er feeds are those raised on the farm eggs slightly; add one cupful of milk, and consist primarily of roughages. two cupfuls of tuna, one cupful of Then, greater economy will depend up on a greater use of roughages, propertaste. Pack the mixture into the peply balanced with some grain or protein

pers and sprinkle buttered bread concentrate. It should be borne in mind that a balanced ration is not necessarily the most economical. A ration having a nutritive ration of 1.6 might produce the greatest daily gains on a two-yearold steer, yet, it might show better judgment and more profit to feed a ration with a ratio of 1.8, produced by cupful of French dressing, one-fourth utilization of a greater amount of of a cupful of chopped olives. If well cheaper roughages, and a lesser made this salad is more delicious than amount of high-priced concentrates.

The practice of feeding high-priced feeds, and not making a full use of Where they most decidedly disagree tuna, egg, green pepper and celery to- roughages, is quite general throughout gether, adding the French dressing the corn belt. In some of the middle gradually. Just before serving add western states, very little straw is used for feed, but practically all for and business, whereas to steal them into a salad bowl and arrange a thick bedding. Quite often the cattle are allowed to run around the straw stack, resulting in a waste of at least 50 per cent of the straw. Straw, as dry roughage, forms a very prominent place in a ration for cattle, either in the fattening lot or when fed to stockers and feeders.

In some sections of Indiana oat and wheat straw make up the entire dry roughage for the greater part of the feeding period. In certain parts of Nebraska, where alfalfa is produced abundantly, the straw is used only for bedding. Even where alfalfa hay is fed, cattle will eat more or less of good straw, if they have access to it. It is a good idea to keep some straw before them. Let the cattle pick it over and use what is left for

Waste No Straw.

Now is a good time to look at your straw stack. Trim up the stack by raking down the sides and properly topping so as to shed the fall rains. By spending a day on your straw stacks now you will save many a ton of straw which can be used in replacing considerable expensive hay next win-

In some states most of the corn is cut, shocked, and husked out by hand later in the season. Why not let shredder do the husking and have a roughage left, the greater part of which will be relished by the cattle? The shredded fodder, which is refused by the cattle, makes one of the very best bedding materials.

Corn fodder, while it is a good roughage, is not an economical one, There is a very large waste in handling. A large percentage of the leaves are lost, and the corn itself is about all the cattle get from the entire corn plant. Run your fodder through a shredder, feed the ear corn separately, and the greater part of the corn plant will be utilized. Corn fodder, however, can be used advantageously at the beginning of the feeding period in the fall or early winter. Range cattle that have never seen corn or grain of any kind can be put on feed more rapidly by starting on green or cured corn fodder. This kind of cattle will begin nibbling at the leaves and gradually get to eating the corn. On the other hand, if ear corn was placed before them it would be days before they would begin to eat it.

The use of legume hays, where grown on the farm, will obviate the use of high-priced protein concentrates. Good hay, however, is high priced and should be fed in such a way as to avoid any waste.

Corn stalks in the field, after the corn has been removed, should be utilized by turning a sufficient number of

To assist farmers and stockmen in | cattle on them to clear them up completely before severe winter and snows

Protect Contents of Silo.

The most important roughage, so far as economical beef production is concerned, is yet to be mentioned, and that is silage. Silage is no longer a cheap feed, but in the strictest sense of the word there is no cheap feed. Silage is worth at the present time from \$10 to \$13 a ton, depending upon local labor conditions and upon the quality and yield of corn. Even at these prices it makes one of the most economical cattle feeds. More cattle can be handled on a given farm area where the silo furnishes the bulk of the roughage. More feed can be stored per cubic foot of space than by any other means. Cattle can be fattened on silage, supplemented with a small amount of a highly concentrated protein feed, such as cottonseed or linseed meal, and a little dry roughage, such as oat straw. Stockers and feeders can be wintered on silage alone.

LARGE VALUE OF OAT STRAW

Superior to Timothy Hay for Feeding Dairy Cows Because of Larger Amount of Protein.

According to average analyses, 100 pounds of oat hay will contain the following digestible nutrients; 4.5 pounds of protein, 38.1 pounds of carbohydrates, and 1.7 pounds of fat; or a total of 46.4 pounds of digestible nutrients. This hay will be superior to timothy for feeding dairy cows be cause it contains over one-third more protein. This will hold particularly true where protein feeds are high in price and difficult to secure. Ordinarily carbohydrate feeds, such as corr and barley, are relatively cheaper in price than protein feeds, such as gluten and oil meal, which are necessary to supplement rations of corn sllage and timothy hay.

Clover and alfalfa hay are superior to oat hay, but mixed timothy and clover is practically the same in feed ing value as oat hay.

To obtain the best quality of hay the oats should be cut when in the flower or when the grain is in the early milk stage. If left until a later stage, the stems and leaves become somewhat more indigestible and are less palatable. Also the protein content is somewhat less where the grain is allowed to practically reach matur-

SUCCESS WITH SUDAN GRASS

Crop Can Be Grown in Nearly All Sections of Country-It Is Important as Catch Crop.

Sudan grass is being successfully grown in nearly all parts of the United States. It does not serve well either as a "money crop" or a soil improver, hence it may never find a permanent place in regular crop rotations. It has, nevertheless, a very important place in the farmer's second line of defense as a catch crop which can be planted to give satisfactory returns when conditions have brought failure to other hay crops.

Sudan grass is replacing millet as the premier catch crop in many localitles because of its ability to produce fair yield and a high quality of hay under conditions of low rainfall, its rather short growing season, and its ability to thrive on a wide range of soil types. Large yields of Sudan grass are obtained only on good soils but the grass fails completely only on cold, poorly drained land,

BIG CROP OF POTATOES

To grow big crop of potatoes-1. Have well-drained, fertile

2. Prepare a deep seedbed.

3. Plant seed free from dis-4. Plant seed improved by selection.

5. Keep seed from sprouting until planted.

6. Treat all seed for disease. 7. Cultivate thoroughly. 8. Spray for bugs and blight. 9. Rotate crops with legumes. Don't plant potatoes after pota-

CLEVER MADAM HEN

F MADAM HEN had not been tempted to leave her nest that morning all would have been well with her.

Madam hen knew she ought to sit on those eggs, for they were nearly ready to hatch; but for one little run, she felt, it would not matter; she would not be gone long.

But Madam Hen knew not of the dangers that awaited her. For Mr. Fox had left his home that morning with the intention of bringing back for his dinner a nice plump hen, and Madam Hen was very plump. Mr. Fox was hiding right back of a

clump of bushes near the moist place where the worms were, and hardly had Madam Hen begun to scratch when, pounce! Mr. Fox had her and into his bag he put her, head first. But when Mr. Fox came to a stream

he had to cross he sat down to rest and then he heard something about chickens and listened.

"What is that about fine chickens?"

Madam Hen told him then of the beautiful white eggs in a nest where



no one would find it and she knew her eggs would spoil. If only she had time to hatch them she would not feel so badly about going with Mr. Fox. "But I have neglected my duty," she told him. "I should not have left the nest this morning."

"I'll tell you what I'll do," he said. "If you will take me to the nest I'll let you go. Of course I am to have my pick of two of the chickens when they are hatched."

Madam Hen waited a minute and

then she said she would agree to do this if Mr. Fox would take her back to the place he found her, "for my

nest is in some hay not far from

there," she told him. Mr. Fox should have known that a mother would give her own life to save her children, but as he was a bachelor he knew nothing about such things, so he took up the bag and started back.

When he reached the place where he had found her he let Madam Hen out, but he took good care to hold her by one leg while he tied a string to her before he let her go.
"If you make a sound," he told her;

"off comes your head." But Madam was not thinking of making any noise. She had another plan, and if it worked off would come Mr. Fox's head perhaps, so she led him quietly back of the barn to an opening and let him look in.

Sure enough, there was the nest with the eggs. "Go in," said Mr. Fox, and

in she went and hopped on the nest. Mr. Fox saw an opening at the other end of Madam Hen's hiding place but he thought nothing of that. All he noticed was that the place was filled with hay, so he held the string and told Madam Hen he would wait right there until the eggs were hatched.

He did wait for a few minutes and then as he poked in his head again to see if she were safe Mr. Fox saw crawling through that other opening Mr. Dog. Mr. Dog saw him and right through the place he came, pushing Madam Hen in his hurry nearly off her nest. Out he bounded, and after Mr. Fox he flew, for Mr. Fox had dropped the string fastened to Madam Hen's leg and forgot all about the chickens.

Madam Hen had made her nest in Mr. Dog's house at the very back, where the old boards had broken away and a hole in the fence made another door to his house, so no one but Mr. Dog knew her secret, and, feeling he must take good care of her, he looked in many times during the day to see that all was well.

Madam Hen knew if once she could get back on the nest she was saved, and her plan worked out just as she had expected it would.

(Copyright.)

Beauty Chats

NOSE TROUBLES

THERE is comparatively little -except to keep the skin absolutely perfect and keep it clean and healthy. This means to correct a tendency to nose bleed, to have all adenoids removed and to keep the nasal passages in such condition that they will not harbor disease germs.

Disease enters through the throat and nose. Many serious affections



The Nose Is Liable to Infection and Should be Kept in Good Condition.

can be caught and stopped by using a nose and throat spray with some simple disinfectant like diluted peroxide, salty water, or some solution with pine in it. Adenoids, by clogging the passage where air enters, induce mouth breathing with its consequent disfigurement of the mouth and stupid expression of the face. Catarrh, indigestion, deafness, and other ills destructive to beauty, follow this.

Nose bleed is an annoying affliction, and is due frequently to an overabundance of blood. Doctors frequ tly let a little blood now and the. In people troubled by frequent nose bleed. It is also in some cases a danger signal of trouble in the heart or lungs-enough so that people troubled with irregular and irritating nose bleed would do well to be examined.

If the cause is in misplacement or enlargement of the veins inside the nose a doctor can cure the trouble. Temporary relief comes from putting a piece of ice on the spine, or stopping the nose with cotton for a time.

Constitution of the Consti HOW DO YOU SAY IT? By C. N. Lurie Common Errors in English and How to Avoid Them **********************

"WHO," "WHOM," AND "WHICH."

THE relative pronouns, "who," "who," and "whose" should be one can do to beautify the nose used only in speaking or writing of persons; when reference is made to animals or inanimate objects, the proper usage requires the use of "which" and "of which." "whose" may be used instead of "of which" when the use of the latter expression makes the phrase or sentence awkward or harsh.)

Do not say, "Those which say so are mistaken." Say, "Those who say so are mistaken." Do not say, "He has some friends which I know." Say, "He has some friends whom I know."

It is curious to note that Dr. Samuel Johnson, the famous English writer of the eighteenth century, and compiler of the standard dictionary of his time, was guilty of this error. In his novel, "Rasselas," he said: "Frequently every fowl whom nature has taught to dip the wing in water." Instead of "whom" he should have written "which."

(Copyright.) __0__

A Denial.

Sunday School Teacher—Always tell the truth, my boy. You're too young

New Scholar-Who? Me? Not much. I've told 'em till I was so sore I couldn't sit down.

