

**SOMETHING TO THINK ABOUT
THE JOB AND THE MAN**

By F. A. WALKER.

FAITH

A YOUNG woman, at least her handwriting evidences youth, writes as follows: "I have lost faith in everything. Write something to help me to regain it."

You are mistaken my dear young woman. You have not lost faith. You only think you have.

You could not live for a day without faith.

Faith is the twin sister of hope, and both are absolutely necessary to human existence.

Stop for a moment and see how much you depend upon faith.

You open your eyes in the morning and the first thought is of the day and its duties, and you have faith that you will be able to perform them.

You have faith that you will live through the day; that you will have food to sustain you, shelter to protect you.

You start for your place of work and you have faith in the man who operates the conveyance that takes you there that he will see that you arrive safely.

As you go up in the elevator you have faith in the machinery that hauls you from the ground up into the air else you could not risk your life on the strength of those slender cables.

You go to work and for six days you labor with faith that at the end of the week your employer will pay you the money you have earned.

All through the day's work you have faith; faith that your fellow laborers will treat you honestly and kindly; faith that you will be able to fairly accomplish your task and go home to well-earned rest.

You have faith in nature, in tomorrow's sunrise and tonight's fair stars; in the coming of the springtime and the springing grass and flowers. You have faith that the planted seed will bring forth fruit and that all logical results will follow right causes.

How could you go to sleep without faith that you will awaken or eat without faith that the food will nourish and strengthen you?

Older and wiser people than you have thought that they have lost faith and then found that it was not faith but judgment that had fled from them.

Voltaire, a wise man in many things, said and wrote much that was foolish. He said that "Faith consists in believing things because they are impossible."

Of course there is not an atom of truth in that statement. His daily

life and your daily life proves its falsehood.

The apostle Paul, writing to the Hebrews, set down this truth, "Now faith is the substance of things hoped for." Some translators of the original have put the word "assurance" in the place of the word "substance."

"Substance" seems to me the better word because from its derivation it means literally "to stand under," and that means foundation. In other words, Faith is the foundation of things hoped for.

Since the present moment is all we have and all that we are assured of the future must be altogether a matter of hope, and hope depends entirely on faith.

Faith is not credulity. The man who hopes for the impossible cannot have faith in his hopes. Genuine faith is based on truth which is unchangeable and everlasting.

So long as there is life there is faith as well as hope. Perhaps sometimes our faith may lessen because experience shows it to have been wrongly placed. But lose faith we cannot, and our effort always should be to strengthen and sustain it.

Faith and hope are our mental crutches and the lamers we are the more we need them.

How foolish it would be for us, who are at best, in ourselves, so feeble and helpless, to throw away the things

which serve best to support and sustain us.

You have not lost faith. You have only turned away for a moment from the light which God has mercifully given to all of us and the darkness frightens and overwhelms you. Turn back. Your faith will return.

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THE WOODS

By DOUGLAS MALLOCH

THE WANDERERS.

A LITTLE church through dusty trees

Raised up its wooden spire,
One of religion's purities
Amid our mortal mire,
And one there came to open door
Made timid by his sin,
Made timid by the mark he wore,
And dared not enter in.

The while he paused he heard a whir—

Beside him trembled down
Another outcast wanderer,
The swallow of the town,
It fluttered through the open place,
It mounted to the choir,
Within the simple house of grace
Poured forth its notes of fire.

And he who lonely lingered heard
And something fell away;
He followed after singing bird
Where sinners kneel to pray.
Yea, there the old remembrance died
And there the new began;
For soon they worshiped side by side—

The swallow and the man.
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SCHOOL DAYS



A April shower
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Mother's Cook Book

Half the world is on the wrong scent in the pursuit of happiness. They think it consists in having and getting and in being served by others. It consists in giving and in serving others.—Henry Drummond.

UP-TO-DATE GOOD THINGS.

A SALAD which is as good as it sounds is prepared as follows:

Raisin Salad.

Take one cupful of seeded raisins, one-quarter of a cupful of lemon juice, two cupfuls of chopped apples or pears, two cupfuls of shredded lettuce, and one cupful of cream mayonnaise. Wash and dry the raisins, add the apples and lemon juice. Line a salad bowl with the lettuce; pile the apples or pears in the center and cover with the mayonnaise. Take one-half cupful of whipped cream with a tablespoonful or two of highly-seasoned mayonnaise.

Raisin Surprise.

Beat one egg; add it to four cupfuls of cooked mush, one orange, juice and rind; and five tablespoonfuls of sugar; stir and mix all together; add enough water to the orange juice to make a cupful; fold in one and one-half cupfuls of raisins. Pour into a mold, and when ready to serve, serve with whipped cream.

Steak With Vegetables.

Slice six large potatoes and three large onions in one-quarter inch slices. Cut one pound of round steak in two-inch squares. Brown the steak on both sides; remove from the frying

pan and stir in flour and add water to make a thin gravy with a tablespoonful of fat. Put a layer of the potatoes in a casserole, next a layer of onions, then a layer of the steak, salt, pepper and repeat. Pour over the gravy or brown sauce and bake in a moderate oven for one hour. Remove the lid and brown before serving.

Grape Juice Punch.

Take the juice of one lemon, add a tablespoonful of sugar, and to this one-half cupful of grape juice, two cupfuls of cold water and shaved ice. Serve at once.

Nellie Maxwell
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Old Controversies.
How perfectly simple old controversies always seem.—S. McC. Crothers.

THE CHEERFUL CHERUB

I like religious people
Who are good in all
they do.
I'd think that they
were nicer
If they didn't think
so too.
RITCAMP



**HOW TO GROW AN
ACRE OF TUBERS**

Department of Agriculture Issues
Bulletin to Aid Boy and Girl
Club Members.

EVERY STEP CLEARLY GIVEN

Gravelly or Sandy Loam Soils, Well-Drained, Are Generally Considered Well Adapted to Production of Potatoes.

(Prepared by the United States Department of Agriculture.)

When a boy or girl in a potato-growing club succeeds in raising tubers at the rate of 300 to 600 bushels per acre, as many of them have done, it is a source of inspiration to other members of the club who are less fortunate, and, what is perhaps of greater importance, an object-lesson to their elders as to what can be accomplished when the crop is given proper attention. To guide boy and girl club members, as well as their elders, in pro-



Garden Club Boy in His Patch of Potatoes.

ducing bigger potato yields, the United States Department of Agriculture has recently published Farmers' Bulletin 1190, "How to Grow an Acre of Potatoes." It is prepared especially for use in boys' and girls' club work, and every step from the selection of the potato soil to the harvesting, grading, and storing of the crop is discussed.

Best Potato Soils.

Gravelly or sandy loam soils are generally considered especially well adapted to the production of large crops of potatoes, provided they are well drained and well supplied with plant food, says the bulletin. A very light sandy soil or a stiff clay soil should be avoided. The ideal soil is one that does not run together with rains, that works easily, is well supplied with humus, and, while well drained, is naturally supplied with mois ure. Clover and alfalfa are regarded as the best preparatory crops for potatoes.

Prepare the Land Thoroughly.

Potato soils should be plowed as deeply as possible, but always remember not to turn up more than an inch of the subsoil. The fall is the best season to plow. When the land is plowed at this time it should be disked and harrowed as early in the spring as possible to conserve the moisture and to prevent weed growth. Spring-plowed land should be disked immediately, in order to prevent the possible packing of the newly turned soil. In preparing the seed bed spare no pains to put it in good condition. If the crop is planted on land that is poorly prepared, no amount of subsequent cultivation will entirely remedy the defect.

Select the variety that is known to

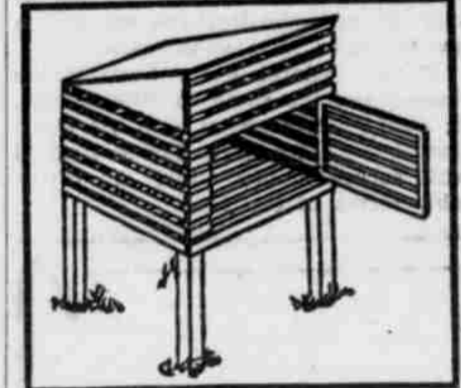
be adapted to the section. Use the best seed obtainable, and, if possible, make sure that it has been produced from strong, healthy plants that have developed a goodly number of tubers of even, marketable size and uniform shape. Before planting, the seed should be disinfected with formalin solution to prevent potato scab. Better yields are obtained by the use of from 15 to 18 bushels of seed per acre, though the average for the United States is 8.6 bushels. Cut blocky seed pieces, weighing from one to two ounces each.

After planting, keep the surface of the ground loose until the plants appear, then deep cultivation should begin, but as the crop develops shallow tillage is recommended. Insects and diseases should never be allowed to get established, but should be controlled by suitable fungicides and insecticides such as are described in the bulletin. When the crop is being harvested, a systematic effort should be made to select desirable tubers for next year's seed.

TREATMENT OF BROODY HEN

Large and Unnecessary Loss in Summer Production of Farm Flock Can Be Prevented.

There often is a large and altogether unnecessary loss in the summer production of the farm flock, due to the



Coop for Broody Hens.

idleness of numbers of broody hens which are permitted to remain on the nests indefinitely and so are unproductive for many weeks. If such hens are removed from the nest as soon as broodiness develops, are placed in a comfortable coop, and well fed and watered, they usually can be broken up promptly.

There is nothing better than the coop shown here. It is made of pine boards. The floor should be about a foot from the ground. The sides and floor are made of slats spaced one-half to three-quarters of an inch apart.

CERTIFICATES HELP GROWER

Food Products Inspectors Make Examination of Shipments at Certain Market Centers.

The grower who ships perishable food products to large market centers no longer needs to depend entirely on the statement of a commission dealer or other receiver as to the quality and condition of the shipment on its arrival at market. Food products inspectors of the United States Department of Agriculture, upon application, inspect shipments of perishables at certain market centers and issue certificates stating the quality and condition of the shipment on its arrival. These certificates are accepted as prima facie evidence in all courts of the United States in any legal action that might result in case of dispute between interested parties. A nominal charge for the inspection is made by the food products inspection service, depending upon the amount of produce inspected.

Prevent Chicks Chilling.

Chicks are frequently chilled at the time they are taken out of the incubator and often when being transferred to the brooders. Great care must be taken to prevent this.

**FREEZING FRUIT TO
HELP PRESERVATION**

Method Has Passed Experimental Stage in West.

Practice Is to Be Recommended in Sections Where There is Surplus and Sufficient Cold-Storage Space Available.

(Prepared by the United States Department of Agriculture.)

Preserving fresh fruit by freezing has passed the experimental stage in the Middle Western and Pacific states. The office of preservation of fruits and vegetables, bureau of markets, has been investigating the new method for several years and the investigators report that such fruits as strawberries, raspberries, logan berries, blueberries, currants and cherries are now being frozen and held in commercial lots.

So far as the process is concerned,

this method of preservation has all the merits of simplicity. The fruit is frozen in the same crates in which it is marketed. The temperature required is about 10 degrees F., though soft fruit is usually subjected to a lower temperature than that of better-quality. So long as the temperature is maintained the fruit can be kept in storage. The frozen product must be used as soon as it is thawed, however, as thawing breaks down the tissues and allows the fruit to decay rapidly.

In ice cream, or when made into pies and preserves, the frozen fruit is in every way comparable to the fresh product. In preparing their report the representatives of the United States Department of Agriculture state that the practice is to be recommended in sections where there is a surplus of production and sufficient cold-storage space available to accommodate the fruit. Only fresh, sound fruit should be frozen. Freezing does not do away with mold, though mold will not develop as long as the fruit remains at the temperatures employed.

THE GIRL ON THE JOB

How to Succeed—How to Get Ahead—How to Make Good

By JESSIE ROBERTS

THE WOMAN DOCTOR

IT WAS not so long ago that the woman doctor was held more or less in contempt. She was supposed to be a freak, to put it clearly, and it was only freaks who would go to her for treatment.

It is still a surprise when you hear a college girl say that she is studying medicine. It will become less and less so as prejudice fades and as more and more women enter the field. There are nowhere near enough good doctors and in the constantly extending work of preventive medicine women will find the fullest opportunity. It is there, more even than with children and with women, that woman will do her greatest medical labor. Preventive medicine is only in its infancy. Those who know say that it will soon see an immense extension. The lessons of the war have been of tremendous value in teaching what may be expected, and even these are but foreshadowings.

The woman who has a taste for medicine and who can give the necessary time to its study is preparing a fine future for herself. The day is over when the intellectual woman went into teaching as the one most interesting profession open to her. The woman doctor is already on her way. In a few years she will be known as commonly as her brother, and as favorably. No woman who feels drawn to the work should hesitate to follow it, if she can by any means accomplish the training required

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