

# Sandman Story for the Children

By MARY GRAHAM BONNER

Freddy Cole looked at his sailboat and then looked at the weather. The sailboat looked well, the weather did not.

Freddy's home was along the coast where sailboats were often hard to manage and where the weather did exactly as it chose—even more so than it did anywhere else—so it seemed to those nearby.

Freddy had been sailing all through the early spring and summer. He had learned to manage the boat well and he was well aware of this.

Not only had Freddy learned to sail the boat but he had learned to drive his father's automobile. He did this well, too, though with none too much regard for those along the highway.

To be sure, in the part of the world where Freddy lived the highway was never very crowded, but if a partridge did wander out upon the road it was all it could do to get back to the woods in time—or if a cow meandered along it was no easy matter to get out of Freddy's way.

Freddy rather prided himself on just being able to miss objects when he drove.

"I missed that chicken by a feather," he would say with pride.

"But that's not fair," his best friend Harold Grant would answer.

"You frighten those creatures almost out of their wits."

"Aw—what do they feel—just so long as they're not hit they are all right."

"But it's not fair," Harold would persist. "They're not used to auto-

helping his mother do the homeliest of tasks. He was loyal to his friends and never talked against others.

But there was a cruel streak running through him which worried Harold and bothered him.

At times Harold would argue with himself that Freddy was not really cruel—he was just thoughtless and so full of energy and strength and the joy of excitement that he didn't stop to think. And yet it was cruel to make any creature suffer. Perhaps Harold, was, as Freddy said, soft, but he wished he could make Freddy softer, too.

Freddy could do things so supremely well. He caught on to things at once. He had learned the bang of the automobile at once, he had learned to sail the boat so quickly and with such skill. Harold envied him for his cleverness and quickness.

But later on Freddy learned, and admitted it, too, that courage was not trying to bully some one more helpless than himself.

Courage was something far more important than that. It was being brave when unexpected dangers came up. It was being willing to admit fear but not let it get the better of you.

Oh, Freddy learned what real courage was, and it was Harold who taught it to him—though Harold never said a word about it.

And the younger boys in that place learned, too, something of what courage really, really meant!

(©, 1929, Western Newspaper Union.)

Learned to Manage the Boat.

mobiles and suddenly you scare them so they go back to the field or the woods panting with fear.

"They'll all be killed sooner or later," Freddy would reply.

"Let them be happy, then, while they live," Harold would answer.

"Ah—don't be so soft," Freddy would answer.

There were many nice qualities about Freddy. He was generous, anything he had he shared with others. He was not afraid of hard work. He helped his father, nor was he above

When one grows up with mountains rather than mole hills against which to measure one's self, one's importance becomes amusingly small—Margaret Prescott Montague.

Salting, smoking and pickling are so well known that one only needs to be reminded that these methods will apply to fish as well as meat.

It is a very poor market that cannot furnish fish at least once a week. Fried, boiled and baked fish are too well known to discuss, yet these methods are the most often used, while other more agreeable ways of serving are slighted. Here are a few suggestions:

**Scalloped Fish.**—Take a well-cooked fish, preferably by boiling, remove the skin and bones and flake. Rub to a smooth paste two tablespoonfuls of butter, the same of flour; when well blended add one pint of milk and cook until the sauce is smooth, stirring until well cooked. Add the fish, season with salt, pepper, finely chopped parsley and onion, a little table sauce, and place in a baking dish; cover with buttered crumbs and brown in the oven. Or, this dish may be served on buttered toast.

**Fish Mousse.**—Steam fish until tender—about thirty minutes. Prepare a rich white sauce using a tablespoonful each of butter and flour and a cupful of rich milk or this cream;

cook until smooth and thickened. Take two cupfuls of flaked fish, add the sauce, the beaten whites of two eggs, a tablespoonful of melted butter, minced parsley and onion, salt and pepper to season. Mix all well and place in a mold. Chill, serve unmolded on a platter with any preferred sauce.

**Creamed Smoked Fish.**—Take two cupfuls of rich milk, mix with two tablespoonfuls of flour and cook until smooth and thick, then add butter, salt if needed, one cupful of smoked fish flaked. Serve hot on buttered toast.

**Fish Portouaise.**—Take five or six even slices of any firm fish, season well and place in a baking pan with three tablespoonfuls of butter, two tablespoonfuls of olive oil, two chopped onions or a clove of garlic fried lightly in the butter. Add five tomatoes or the equivalent in canned tomatoes, a tablespoonful of minced parsley, two tablespoonfuls of parboiled rice, one pint of water, with a cupful of any good fruit juice. Bring to a boil and simmer on the back of the stove twenty minutes, adding more fruit juice and water if needed.

**Smoked Fish Patties.**—Take two cupfuls of smoked fish put through the food chopper, two cupfuls of cracker crumbs, one egg and one half cupful of cream or milk. Make into patties and fry in equal parts of butter and lard until well browned. Serve

on a hot platter garnished with parsley.

Chicken is always the favorite meat to serve when one desires a delicate meal; it is so adaptable to any luncheon or dinner menu.

**Chicken a la Italy.**—Simmer slowly one minced green pepper half a cupful of mushroom in three tablespoonfuls of butter, well covered for five minutes.

Add one and one-fourth cupfuls of minced chicken, three fourths cupful of minced ham, one half teaspoonful of paprika; cook together three minutes. Add three-fourths cupful of spaghetti, one-half a pint, two cupfuls of cream, and a teaspoonful of salt. Cook four minutes. Mix the yolks of three eggs with two tablespoonfuls of cream and stir into the mixture. Take off the fire and serve at once.

**Sea Food Salad.**—Take one package of lemon flavored gelatin, add one cupful of boiling water to one-half cupful of chili sauce, one tablespoonful of vinegar, two drops of tabasco sauce, one teaspoonful of worcester shire sauce, two teaspoonfuls of grated horseradish, add enough cold water to make a cupful; add to the gelatin, chill, and when slightly thickened fold in two cupfuls of lobster meat, shrimp or shredded crab. Unmold in individual molds, or cut into squares or oblongs. Garnish with sprigs of water cress. Serve with a spoonful of mayonnaise on lettuce or cress.

**Tripe a la Creole.**—Those who like tripe are usually very fond of it. Here is a good recipe which you will enjoy:

Cut three cupfuls of tripe into pieces two inches long and one inch

wide. Put into a pan and place in the oven to draw out the water. Cook finely chopped onion in two tablespoonfuls of butter, one chopped mushroom, one-eighth of a green pepper also chopped, one tablespoonful of flour, one-half cupful of stock and one-fourth cupful of drained tomato. Cook until boiling, then add the tripe and cook five minutes.

(©, 1929, Western Newspaper Union.)

# Convenience in the Kitchen



Convenient Kitchen and Pass Closet.

(Prepared by the United States Department of Agriculture.)

An arrangement that is very frequently recommended for making the kitchen convenient is to have a pass

closet in the connecting wall between the dining room and kitchen. This plan can be made particularly compact when the sink and drainboards are placed at right angles to the pass closet on an outside wall so that a window may be located above the sink for light and ventilation. In the house where the photograph was taken by the United States Department of Agriculture, the stove is placed on the connecting wall next to the pass closet. With a minimum of steps, food can be prepared at the sink and put on the stove or in the oven to be cooked. When done, the platters and vegetable dishes can be reached without extra walking about and the hot food dished on the counter and passed at once through the closet to be taken out on the dining room side. The sink is within reach for those foods which must be drained immediately after cooking.

A well-arranged kitchen has all the major equipment placed so that work is routed from one center to another in a logical way and with no unnecessary steps. By thinking carefully how each part of the work is done it is sometimes possible to rearrange one's kitchen equipment and make it more convenient without extensive structural alterations.

(©, 1929, Western Newspaper Union.)

A Palatable Entree

Rice mixed with a cupful of cold tomato or even left-over tomato soup, well seasoned, sprinkled with cheese and buttered bread crumbs and baked till brown, appears as a palatable entree. It can be utilized for croquettes, drop cakes, for a thickening to soup and stews; it may be carried, worked into left-over meat dishes, and even added to ice cream.

Put into a pan and place in the oven to draw out the water. Cook finely chopped onion in two tablespoonfuls of butter, one chopped mushroom, one-eighth of a green pepper also chopped, one tablespoonful of flour, one-half cupful of stock and one-fourth cupful of drained tomato. Cook until boiling, then add the tripe and cook five minutes.

(©, 1929, Western Newspaper Union.)

Proper Tree Protection

Not long ago a tree lover in Missouri took out \$500 in insurance on a fine old tree that stands in his yard. He values that tree highly.

But there is another form of insurance that probably would be of more real benefit to the tree. That is an investment in the tree which will insure its longer life and make it possible for the tree to withstand the elements against which it must fight for existence.

Many trees are structurally weak. Usually the greatest danger is with trees which have sharp forks. The upper branches get heavier and heavier as the tree grows older. Finally the weight is too much and during a storm, or even on a still day, the branches will snap or the fork split down, leaving the tree disfigured and permanently ruined as a thing of beauty.

Duties Before Architect

"The architect is a citizen who is respected in his community, who uses not only his brain but his eye and his hand, and he has numberless opportunities to help bring the kingdom of heaven to help upon earth," says Frederick P. Koppel, president of the Carnegie corporation.

"He can do it by the creation of beauty, by participation in community enterprises such as town and regional planning and the development of parks and parkways. He can do it by seeing that the elements of the art are not neglected in the schools."

"He can do it by organizing groups of people to create objects of beauty, and there are many more groups of this sort than is generally realized."

Beautify the Highways

"Make Missouri Beautiful" wouldn't be entirely satisfactory as a slogan for beautifying the paved highways that now cross the state. Missouri is beautiful, but its roadways might offer opportunity for beautification. Trees may be planted and at many points, flowerbeds laid out. This example should induce thousands of private property owners to beautify their own frontage.—F. H. Collier in the St. Louis Globe-Democrat.

Ready to Help Buy Home

Ready assistance awaits the man who wants to own a home. Your employer, your banker, your contractor, your realtor and your builder are ready to help you give your family the many advantages and savings that come with owning a home.

# Food for the Family Table

By NELLIE MAXWELL

When one grows up with mountains rather than mole hills against which to measure one's self, one's importance becomes amusingly small—Margaret Prescott Montague.

Salting, smoking and pickling are so well known that one only needs to be reminded that these methods will apply to fish as well as meat.

It is a very poor market that cannot furnish fish at least once a week. Fried, boiled and baked fish are too well known to discuss, yet these methods are the most often used, while other more agreeable ways of serving are slighted. Here are a few suggestions:

**Scalloped Fish.**—Take a well-cooked fish, preferably by boiling, remove the skin and bones and flake. Rub to a smooth paste two tablespoonfuls of butter, the same of flour; when well blended add one pint of milk and cook until the sauce is smooth, stirring until well cooked. Add the fish, season with salt, pepper, finely chopped parsley and onion, a little table sauce, and place in a baking dish; cover with buttered crumbs and brown in the oven. Or, this dish may be served on buttered toast.

**Fish Mousse.**—Steam fish until tender—about thirty minutes. Prepare a rich white sauce using a tablespoonful each of butter and flour and a cupful of rich milk or this cream;

cook until smooth and thickened. Take two cupfuls of flaked fish, add the sauce, the beaten whites of two eggs, a tablespoonful of melted butter, minced parsley and onion, salt and pepper to season. Mix all well and place in a mold. Chill, serve unmolded on a platter with any preferred sauce.

**Creamed Smoked Fish.**—Take two cupfuls of rich milk, mix with two tablespoonfuls of flour and cook until smooth and thick, then add butter, salt if needed, one cupful of smoked fish flaked. Serve hot on buttered toast.

**Fish Portouaise.**—Take five or six even slices of any firm fish, season well and place in a baking pan with three tablespoonfuls of butter, two tablespoonfuls of olive oil, two chopped onions or a clove of garlic fried lightly in the butter. Add five tomatoes or the equivalent in canned tomatoes, a tablespoonful of minced parsley, two tablespoonfuls of parboiled rice, one pint of water, with a cupful of any good fruit juice. Bring to a boil and simmer on the back of the stove twenty minutes, adding more fruit juice and water if needed.

**Smoked Fish Patties.**—Take two cupfuls of smoked fish put through the food chopper, two cupfuls of cracker crumbs, one egg and one half cupful of cream or milk. Make into patties and fry in equal parts of butter and lard until well browned. Serve

on a hot platter garnished with parsley.

Chicken is always the favorite meat to serve when one desires a delicate meal; it is so adaptable to any luncheon or dinner menu.

**Chicken a la Italy.**—Simmer slowly one minced green pepper half a cupful of mushroom in three tablespoonfuls of butter, well covered for five minutes.

Add one and one-fourth cupfuls of minced chicken, three fourths cupful of minced ham, one half teaspoonful of paprika; cook together three minutes. Add three-fourths cupful of spaghetti, one-half a pint, two cupfuls of cream, and a teaspoonful of salt. Cook four minutes. Mix the yolks of three eggs with two tablespoonfuls of cream and stir into the mixture. Take off the fire and serve at once.

**Sea Food Salad.**—Take one package of lemon flavored gelatin, add one cupful of boiling water to one-half cupful of chili sauce, one tablespoonful of vinegar, two drops of tabasco sauce, one teaspoonful of worcester shire sauce, two teaspoonfuls of grated horseradish, add enough cold water to make a cupful; add to the gelatin, chill, and when slightly thickened fold in two cupfuls of lobster meat, shrimp or shredded crab. Unmold in individual molds, or cut into squares or oblongs. Garnish with sprigs of water cress. Serve with a spoonful of mayonnaise on lettuce or cress.

**Tripe a la Creole.**—Those who like tripe are usually very fond of it. Here is a good recipe which you will enjoy:

Cut three cupfuls of tripe into pieces two inches long and one inch

wide. Put into a pan and place in the oven to draw out the water. Cook finely chopped onion in two tablespoonfuls of butter, one chopped mushroom, one-eighth of a green pepper also chopped, one tablespoonful of flour, one-half cupful of stock and one-fourth cupful of drained tomato. Cook until boiling, then add the tripe and cook five minutes.

(©, 1929, Western Newspaper Union.)

# Black and White in the Mode

By JULIA BOTTOMLEY



trend of fashion is just like that—simply thrilling through and through with its chic, charm and striking originality.

As is the case with so many of the new fashions, the coat illustrated highlights the black-and-white theme. And though the idea in itself is age-worn, the interpretations as given this season are utterly and refreshingly different from those which have gone before.

All through the scheme of things fashionable one sees the somberness of black happily relieved by white. Especially is a play being made on combining black furs and white furs. For instance, a seal or black velvet coat is enlivened with perky bows of white ermine or lapin, and usually the black hat boasts a single or a series of corresponding white fur bows.

With a black velvet jacket suit a lady wears a white crepe satin blouse, or one of glistening white transparent velvet if her pocketbook so allows. This effective black-and-white costume she tops with a snowy angora or white chenille-crocheted toque. Her boutonniere is, of course, white, the newest thing being to substitute a cluster of little black-and-white ermine tails for flowers, with a corresponding ermine motif on her hat.

The latest message from Paris which has to do with black-and-white, is that of flat white fur embroidered with black chenille. Wonderfully effective are the ensembles which line the up-standing collar of a black velvet coat with snowy ermine or lapin, the same showing in bold relief a flower-patterned handkerchief with black chenille. To this the designer adds white fur streamers, their scarf ends also elaborated with black hand-stitchery.

(©, 1929, Western Newspaper Union.)

Anything is apt to happen in the name of fashion this season—even that, for instance of a handsome black velvet coat, like the one in the picture

which flaunts a black fur cuff on one sleeve, a white fur cuff on the other, and a collar that goes fifty-fifty on the black-and-white question. The whole

# Community Building

## Industrial Center Made Into City of Gardens

Essen, the city of smokestacks, the iron and steel center of Germany, has been converted into a city of gardens by a system which has aroused the envy of many other towns and made it the antithesis of the general conception of what a mill town looks like.

Careful city planning has been partly responsible for this result, but a farsighted policy by Alfred Krupp, founder of the famous steel works, is also entitled to much credit. Decades ago Herr Krupp set aside comfortable one-family houses for his workers, and the city has been laid out in such a way that the mills are confined to one section, business houses and office buildings to another and residences to a third.

In this third section gardening has become the favorite family sport. The municipality has encouraged this by setting aside tracts of land and any citizen can lease a plot with a tool shack on it for a ridiculously low rent. There has grown up a wholesome rivalry as to who among the 480,000 inhabitants can produce the best flowers or vegetables.

A garden fair was laid out in a tract of 57 acres. Some 70,000 rose bushes, 30,000 dahlias, uncounted thousands of other flowers and shrubs in profusion were planted there. Artistic skill was used in the grouping, but the scientific gardener's craft also was used to create an object lesson for other cities.

## Ugly Wayside Stands Should Be Abolished

Signboards are not the only nuisances which may destroy the beauty of a scenic route. In the western states, where distances are great between towns, it is almost necessary that there be wayside stands where motorists may purchase supplies en route. Many of these stands are ugly shacks, hastily thrown together for summer use only.

In 1926, during a visit to the national parks, Mrs. John D. Rockefeller, Jr., was impressed with the need of beautifying American roadsides, especially those leading to the national parks. Accordingly she organized a contest, with an annual prize of generous proportions, for the most attractive wayside stand. She also established a plan board of architects, which will furnish plans and designs for wayside stands without cost. This is an entirely new approach to the problem—one which appears to be effective in several areas. I note from reports of state highway commissions of several eastern states that they believe the tendency is in the direction of more attractive and well-kept wayside stands.—Horace M. Albright, in the Saturday Evening Post.

## Proper Tree Protection

Not long ago a tree lover in Missouri took out \$500 in insurance on a fine old tree that stands in his yard. He values that tree highly.

But there is another form of insurance that probably would be of more real benefit to the tree. That is an investment in the tree which will insure its longer life and make it possible for the tree to withstand the elements against which it must fight for existence.

Many trees are structurally weak. Usually the greatest danger is with trees which have sharp forks. The upper branches get heavier and heavier as the tree grows older. Finally the weight is too much and during a storm, or even on a still day, the branches will snap or the fork split down, leaving the tree disfigured and permanently ruined as a thing of beauty.

## Duties Before Architect

"The architect is a citizen who is respected in his community, who uses not only his brain but his eye and his hand, and he has numberless opportunities to help bring the kingdom of heaven to help upon earth," says Frederick P. Koppel, president of the Carnegie corporation.

"He can do it by the creation of beauty, by participation in community enterprises such as town and regional planning and the development of parks and parkways. He can do it by seeing that the elements of the art are not neglected in the schools."

"He can do it by organizing groups of people to create objects of beauty, and there are many more groups of this sort than is generally realized."

## Beautify the Highways

"Make Missouri Beautiful" wouldn't be entirely satisfactory as a slogan for beautifying the paved highways that now cross the state. Missouri is beautiful, but its roadways might offer opportunity for beautification. Trees may be planted and at many points, flowerbeds laid out. This example should induce thousands of private property owners to beautify their own frontage.—F. H. Collier in the St. Louis Globe-Democrat.

## Ready to Help Buy Home

Ready assistance awaits the man who wants to own a home. Your employer, your banker, your contractor, your realtor and your builder are ready to help you give your family the many advantages and savings that come with owning a home.