

MOTHER'S COOK BOOK *by Nellie Maxwell*

"I wonder whether people will ever fully realize that happiness is not to be sought after as an ultimate end, but that it should come into one's life as a child creeps into its parent's heart, unbidden, but not the less welcomed nor uncherished."

FOOD FOR THE FAMILY.

A FROZEN dessert is always a welcome one, which if not too rich may be enjoyed even by the little people.

Fig Ice Cream Junket.

Make a junket custard with a quart of warm milk, a cupful of cream, a can of condensed milk, one tablespoonful of vanilla, a half cupful of sugar, and one crushed junket tablet dissolved in a tablespoonful of cold water. Let stand in a warm place until jellied; cool and freeze. When partly frozen add one-half pound of figs cooked, chopped and mixed with one-half cupful of sugar and three tablespoonfuls of orange juice. Finish freezing.

Fig Ice Cream.

Scald one quart of milk, mix three teaspoonfuls of cornstarch with a little cold milk, and stir into the hot milk; continue to stir until the mixture thickens, then cover and cool fifteen minutes, stirring occasionally.

Something to Think About THE JOB AND THE MAN

By F. A. Walker

HANGING in the offices of one of the best known business men in this country is this motto:

"You cannot get out of a man what God Almighty did not put into him. You must suit the man to the job; not the job to the man."

Perhaps there is a simpler and more direct way of putting it than that. Perhaps you can do it better. If you can, there is a job waiting for you in the office of the man who first wrote it because he is a man always on the hunt for writers who can say things with a punch.

There are a good many young men who try to succeed in lines for which they are not at all fitted.

Ambitious parents often insist upon mapping out the life work of their children when they would do a much more kindly thing to let the boys and girls follow their own inclinations.

A tree that is bent is never so good as a tree that grows according to nature.

Thousands of excellent carpenters have been spoiled in the making of poor doctors and the world is worse off for the experiments.

Almost every child shows an inclination toward some special thing. It enjoys work of a particular kind when other efforts are drudgery.

The wise parent will seek to find out what that inclination is and offer every aid to the highest endeavor.

A child's mind is not essentially different from the mind of a grown-up. Both offer resistance to doing what is unpleasant and irksome.

More than that individualities are just as distinct and different each from the other as one kind of matter differs from another.

They have different uses and different applications.

To attempt to drive a nail with a sponge would be just as fruitless, if not as destructive, as to try to wash a window with a hammer.

To try to make a boy who loves mechanics and wants to study machinery into a professor of Greek is to misapply his talents and diminish his efficiency.

Every child should be studied.

There is no greater and no more interesting process in the world than the development of the human mind.

The baby with his fist in his eye is the seed of the man that is to be. Put it in the wrong soil, give it too much or too little mental food and water and the final product will be distorted and twisted.

Put it in the right surroundings, give it as far as is proper its way and it will grow into a strong and sturdy plant; a source of joy to itself and you.

Don't plan too much for your children.

Let them have a little of their own way in following their inclinations as to what they shall be and do.

Remember that you cannot get out of a boy or a man what God Almighty did not put into him.

Not True Charity.

We believe it was Emerson who said you had to give affection with money in order to make it count. So much charity is pocket deep.

Beat the yolks of four eggs, add a half teaspoonful of salt and one-half cupful of maple sirup; beat into the hot mixture and stir until the egg is set; add two cupfuls of hot cream and let chill; add one teaspoonful of vanilla and begin to freeze; when half frozen add one-half pound of figs cooked tender in boiling water, then chopped fine and mixed with half a cupful of maple sirup, a grating of lemon rind and two tablespoonfuls of the juice. Finish freezing.

Oatmeal Cracker Cake.

Beat one-half cupful of shortening to a cream, add one-third of a cupful each of honey and sugar, the yolks of two eggs beaten light, one cupful of milk, two and seven-eighths cupfuls of rolled cracker crumbs mixed with three teaspoonfuls of baking powder, half a teaspoonful of cinnamon, and one-fourth of a teaspoonful of salt. Lastly add the stiffly beaten whites of two eggs. Bake in two well greased layer pans about eighteen minutes. Put together with jam or jelly. Cover the top and sides with chocolate butter icing and decorate with the icing piped over the top.

Chocolate Butter Icing.

Beat one-half cupful of butter to a cream. Add gradually one-half cupful of honey, one cupful of confectioner's sugar and two ounces of chocolate melted over hot water.

Flemish Carrots.

Cut carrots in thin slices with a vegetable slicer and cook tender in boiling salted water. For one pint of carrots melt one tablespoonful of butter in a saucepan, add one-fourth of a cupful of chopped onion and one-half teaspoonful of sugar. Cover and let cool slowly until yellowed a little, add one cupful of beef broth and let simmer until the onion is tender; add the carrots and let stand over hot water twenty minutes or longer. Sprinkle with a tablespoonful of finely minced parsley just before serving.

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THE WOODS

BY DOUGLAS MALLOCH

MY MAN AN' ME.

MY MAN an' me fer forty years
Have hiked it up the hill,
An' side by side, an' bound an' tied,
As was our youthful will.
He come upon me like a dream
Of all I hoped to be—
An' so we stood, fer ill er good
Made one, my man an' me.

It was a rosy way we went
When life was in the dawn;
I heard the birds, I heard the words
A young wife feeds upon.
His arm was 'round about my waist,
He led me tenderly—
'Twas long ago we traveled so
The road, my man an' me.

Though still we travel side by side,
We travel now apart—
For older wives live lonely lives,
An' hungry is the heart.
'Twas long ago I felt the kiss
In youth he gave so free—
Still side by side, but years divide
Us two, my man an' me.

Yet once he held my hand in his;
We knelt beside a cross,
Together knelt, together felt
An' shared a common loss.
An' there was four instead of two
(Er so it seemed to be)
Yes, there was four—the babe I bore,
My God, my man an' me.

The river yon is covered now
With Winter's ice an' snow;
Upon its breast no lilies rest
Where lilies used to blow.
But underneath the Winter's ice
The waters flow as free
As in the Spring we heard 'em sing
Their song, my man an' me.

So age may sit upon his lips
An' cool the speech of youth;
An' yet I know he promised so
To love, an' spoke the truth.
The Winter days of life may chill
The ways of such as we;
But 'neath the cold the love of old
Still warms my man an' me.

(Copyright.)

THE ROMANCE OF WORDS

"MASCOT."

ONE of the most general of superstitions the world over is that a child born with a "caul" or membrane over the head is not only a soothsayer but an extremely fortunate person. In Scotland, as well as in France, the caul itself is regarded as bringing good fortune to anyone who possesses it, and high prices have been paid for these unusual appendages.

The French word for a child born in this manner is "masque," meaning "masked," a word which is analogous to the Latin "masca," for sorcerer—which possibly explains the connection between the caul and power attributed to those born with it. It was from the French masque, with a slight change of final syllable, that the English "mascot"—meaning a lucky-piece—was derived. After being used for years by gamblers and others of a superstitious nature, the word was finally introduced into literature by Audran, in his opera "La Mascotte," in which the term designates the messengers of the power of God, sent to counteract the influence of the power of evil.

(Copyright.)

THE WOODS

BY DOUGLAS MALLOCH

JIM.

IF you go to the lake
An' you follow the road
As it turns to the west
Of the mill,
Till you come to a stake
A surveyor has thrown
Like a knife in the breast
Of the hill,
An' you follow the track
Till you come to a blaze
By the side of the same
In a limb,
You will light on a shack,
In the timber a ways,
Of a party whose name
It is Jim.

In a day that is flown,
'Mid the great an' the grand,
In a time when his hair
Wasn't gray,
He was commonly known
By a fancier brand
In a city back there,
So they say.
But it's Jim, only Jim,
Is the name that he gives,
When you happen to bring
Up the same;
It is plenty for him
In the woods where he lives
For the man is the thing,
Not the name.

By the gleam of his eye,
That is steady an' clear,
By the way he will look
At you square,
You will know that they lie
Who would make it appear
He was maybe a crook
Over there.

In the church I have stood—
Heard of preachin' a lot
That I never could much
Understand;
An' yet never the good
From a sermon I got
That I got from a clutch
Of his hand.

I have half an idea
That, if back you could turn
To the start of the trail
For a spell,
That a woman you'd see,
That a lot you would learn
That the regular tale
It would tell
Of a follah too fond,
Of a woman too weak,
Of another who came
To her door—
Then an endless beyond,
Lips that never must speak,
An' a man but a name
Evermore.

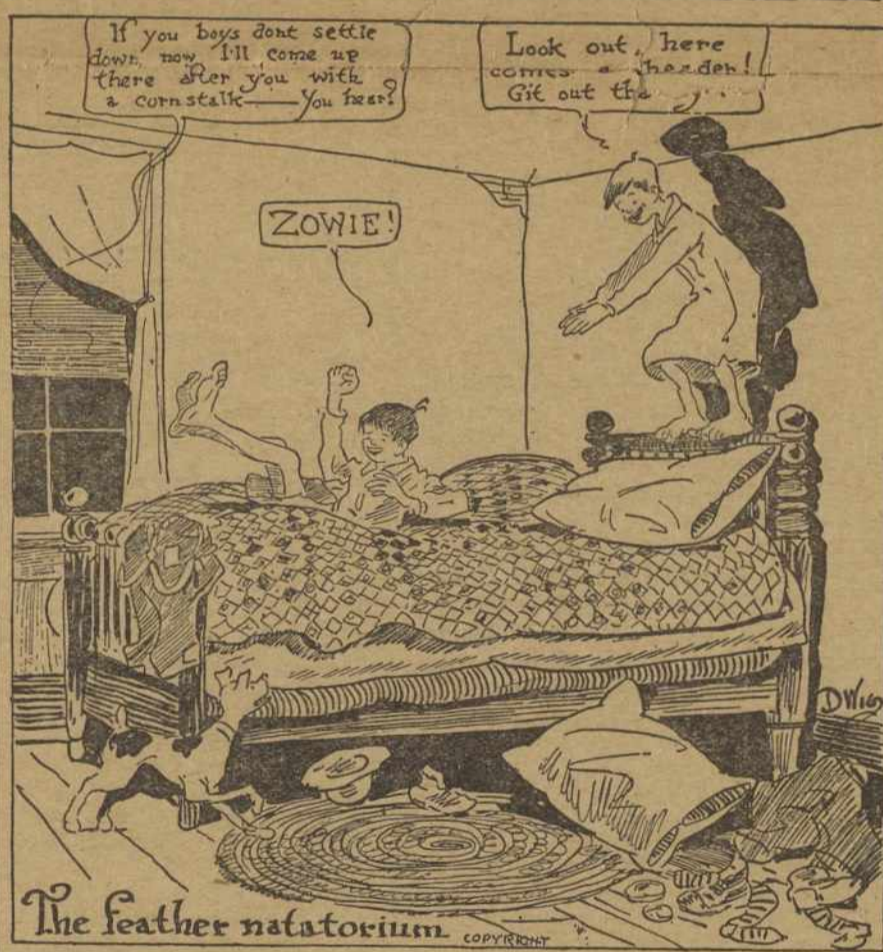
If you go to the town
An' you follow the street,
To a mansion of brown
By the glitter an' glow
Of the ght,
Where the music is sweet
An' the lute whispers low
To the night,
In the dark of a room
At the end of a hall,
Where the visions of old
Flutter in,
There she sits in the gloom,
She, the Cause of it all,
In the midst of her gold
An' her sin.

If you go to the lake
An' you follow the road
As it turns to the west
Of the mill,
Till you come to a stake
A surveyor has thrown
Like a knife in the breast
Of the hill,
An' you follow the track
Till you come to a blaze
By the side of the same
In a limb,
You will light on the shack,
In the timber a ways,
Of a party whose name
It is Jim.

(Copyright.)

Three hundred and forty-three sentences were carried out in the British army during the war. Of these, 266 were cases of desertion.

SCHOOL DAYS



THE GIRL ON THE JOB

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

By JESSIE ROBERTS

NOW THE FOREWOMAN

BEFORE the war the forewoman was unknown; now she is becoming increasingly common in the great industries, especially those that employ large numbers of girls. In some of these plants, like that of the Artificial Limb company, women are admitted to the foreman training classes on an equal footing with the men.

There are two types of forewomen, called the instructional and the production. Women who are working in the plant are those who usually get these appointments, and it is an incentive to women to go to work in these large industrial establishments that was lacking before.

One of the great questions for women today is that of equal opportunity. It runs hand in hand with the one concerning equal pay. The fact that hardly any big factory or mill employing women is now without its forewoman shows that progress is being made.

Every woman should work toward increasing these opportunities for her sex.

Many industries are employing more and more women in their regular work, especially factories where delicate work has to be done, such as the assembling of adding machines, electric appliances and the like. And women are gradually ousting men from the watch-making industry, so much better is their ability to handle the minute parts used. The fact is that the girl of nineteen or twenty has become the typical watchmaker of the country.

Where the women have a chance to prove themselves they are making good. They will get more chances and it seems likely that they will continue to make good. There is a real future for the ambitious woman in the industries of the country today.

(Copyright.)

Did Her Little Best.

Kneeling down and repeating the Lord's Prayer, little Edna got along very nicely until near the end, when, stumped by a big word, she prayed, "And forgive us our Christmas as we forgive those who Christmas against us."—Boston Transcript.

GUINEA FOWL IN GREATER DEMAND

Of Big Value in Various Sections as Substitute for Many Game Birds.

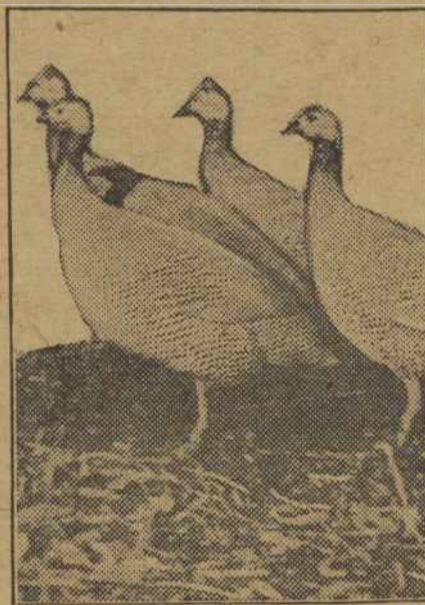
MAKES GOOD AS POLICEMAN

Hotels and Restaurants in Large Cities Eager to Secure Young Birds Which Are Tender and of Fine Flavor.

The great majority of guinea fowl are raised in small flocks of from 10 to 25 upon farms in the Middle West and in the South, but a few of the large poultry raisers, particularly those who are within easy reach of the large Eastern markets, make a practice of raising a hundred or so guineas each year. Many farmers keep a pair or a trio of guineas more as a novelty than for profit, and from these a small flock is secured.

Warns of Marauders.

The guinea fowl doubtless would be more popular on farms were it not for its harsh and, at times, seemingly never-ending cry, say poultry specialists of the United States Department of



Peculiar Cry of Guinea Gives Warning of Marauding in Poultry Yard.

Agriculture. However, some people look on this cry as an argument in the guinea's favor as it gives warning of marauders in the poultry yard. Similarly, their pugnacious disposition while sometimes causing disturbances among the other poultry also makes them show fight against hawks and other common enemies, so that guineas sometimes are kept as guards over the poultry yard. Often a few guineas are raised with a flock of turkeys and allowed to roost in the same tree, where they can give warning if any theft is attempted during the night.

Used as Substitute.

The value of the guinea fowl as a substitute for game birds such as grouse, partridge, quail and pheasant is becoming more and more recognized by those who are fond of this class of meat and the demand for these fowls is increasing steadily. Many hotels and restaurants in the large cities are eager to secure prime young guineas, and often they are served at banquets and club dinners as a special delicacy. When well cooked, guineas are attractive in appearance, although darker than common fowls, and the flesh of young birds is tender and of especially fine flavor, resembling that of wild game. Like all other fowl, old guineas are very likely to be tough and rather dry.

Avoid Diseased Animals.

Extreme precaution should be taken to prevent healthy animals from coming in contact with diseased or exposed animals.

Save Lots of Elbow Grease.

On most farms there are places in the fences that are climbed regularly. Usually one post, a couple of hinges, and a few boards nailed together, will save lots of elbow grease and knee action.

Solve Labor Problem.

The farmer who treats his hired help with fair consideration this year and acquires a good reputation among them will not have labor difficulties next year.

Keep Buildings Sanitary.

All covered buildings in which animals are housed require good ventilation and drainage. Concrete floors improve considerably the sanitary conditions.

Exercise Is Essential.

Animals, like people, require a certain amount of exercise and provisions should be made to supply them with this physical requirement.

Clean Up and Drain.

Barnyards and pens should be well drained and kept clean.