by consecrated monuments, first crate in yourself the most beau-monument of gentleness and jus-and benevolence.—Epictetus.

#### SEASONABLE GOOD THINGS.

A delicious dumpling to use in chick-



of flour, a pinch of nutmeg and a teaspoonful of salt, Heat the fat and milk; when boiling, add the flour to which has been added the nutmeg and salt, cook until it leaves the bot tom of the saucepan; cool and add the eggs one at a time, beating well be-

bolling soup. Honeycomb Pudding.-Take cupful of molasses, one-half cupful of sugar, one-half cupful of sweet milk, four eggs, one teaspoonful of soda Mix as usual and bake forty-five minutes in a moderate oven. Sauce: Take one-half cupful of brown sugar, two tablespoonfuls of butter, one tablespoonful of cornstarch, one-half cupful of water; cook until thick; then add one pint of whipping cream.

tween. Drop by spoonfuls into the

Emergency Dish.-Put a cupful or more of roast beef through the meat chopper, add a small onion also ground through the chopper. Peel and grind four to six pointoes. Grease with sweet fat a deep granite or earthen baking dish, put in the potatoes, season well, add the meat and onlon, cover and cook until nearly done, then uncover to brown. This makes a very appetizing dish and one which uses all bits of cold ment.

Shrimp Wiggle.-Take one can of shrimps, two cupfuls of milk, one-balf can of peas, one tablespoonful of flour and seasoning. Make a cream sauce with the flour and milk, add the pens and shrimps cut in pieces. Bake in ramekins, using buttered crumbs to finish the top.

Cherry Salad .- Take a can of white cherries, seed, add thirty marshmallows cut in quarters and one-fourth of a pound of almonds blanched and shredded. For the dressing use the yolks of two eggs, the cherry juice, a little lemon juice, flour and butter to thicken. Cook until smooth. Serve the salad well mixed with the dressing on head lettuce.

He that has character, need have no fear of his condition. Character will draw condition after it.—H. W. Beech-

## NICE DESSERTS.

Desserts which are easy to make good to eat, pretty to look at and not expensive ar very popular Among these you



cupfuls of graham flour, one cupful solved in a little warm water; mix Serve with the following sauce: One well-beaten egg, one cupful of powdered sugar, one cupful of whipped cream, one teaspoonful of vanilla.

Grapenut Pudding .- Pour three and one-fourth cupfuls of boiling water over two cupfuls of grapenuts. then set aside to cool. Beat the yolks of two eggs with three-fourths of n cupful of cinnamon, cloves and nutmeg; then add two cupfuls of nutmeats, one-half cupful of raisins and the same of dates, with a generous pinch of sait. Mix this with the grapenuts and fold in the stiffly-beaten whites. Bake in a moderate oven for with a lemon sauce or with whipped

Trilby Cream .- Take one-pound box of marshmallows, one can of pineap-ple, one cupful of whipping cream. Cut the marshmallows into quarters and let them soak in some of the cream and pineapple juice. Cut the pineapple into small bits and drain, Beat the cream and when stiff stir in the drained marshmallows and pineapple, then add chopped walnuts or Nanched almonds and cherries. Serve in sherbet cups and garnish the top with a maraschino cherry.

Damson Pudding.-Take one cupful of sugar, one-half cupful of butter, one cupful of flour, one cupful of damson preserves, three eggs, one tenspoonful of soda dissolved in three tablespoonfuls of sour milk. Mix well and bake. Serve with a sauce pre pared as follows: One cupful of sugar, one pint of milk, two tablespoonfuls of cornstarch, one teaspoonful of vanilla, the whites of two eggs. Mix and cook all except the eggs for ten minutes, then fold in the beaten

whites: flavor with vanilla and serve, Bread Pudding .- Take one and onehalf cupfuls of the soft bread crumbs, measured lightly; one egg, beaten, one fourth of a cupful of sugar, one-half teaspoonful of salt, two cupfuls of Beat the sugar and salt into the beaten egg, add the milk and gradually stir into the crumbs. Let stand half an hour, then bake in a dish of

Nellie Maxwell



Nevertheless, there are discriminating nature-lovers who have seen the world and declare that Kilauea's Halemaumau is greatest of natural

E. M. Newman, the traveler and lecturer, says: "The fires of a visible inferno burning in the midst of an earthly paradise is a striking contrast, afforded only in the Hawalian National park. It is a combination of all that is terrifying and all that is beautiful, a blending of the awful with the magnificent. Lava-flows of centuries are piled high about a living volcano, which is set like a ruby in an emerald bower of tropical grandeur. Picture a perfect May day, when glorious sunshine and smiling nature combine to make the heart glad; then multiply that day by three hundred and sixty-five and the result is the climate Add to this the sweet odors, the luscious fruits, the luxuriant verdure, the flowers and colorful beauty of the tropics, and the Hawaii National park becomes a dreamland that lingers In one's memory as long as memory survives."

## "Infernal and Thrilling."

Miss Edna L. Smith of Aurora, Ill., a globe trotter with the gifts of appreciation and description says of Halemaumau:

"As a spectacle it is the most infernal and brilliant thing I have ever seen and as a natural enon it is the most thrilling sight I ev hope to see. Worlds in the making best describes what is going on there. Miniature molten moun tains are turned out of the white-bot furnace to cool and you see how all sorts of stratifications ountains are swallowed by the burning lava lakes. And all the time the most tremendous roaring and hissing go on as the flery lava is spouted dragon were in the heart of the great crater spewing up flames and brimstone in a rage.

Stephen T. Mather, director of the national park service, says of Kilauca, among other things:

"I want to record my feeling that this is the most wonderful feature of the national park system, surpassing the geysers of the Yellowstone, the of Sequola park. It is the most awe-inspiring thing that I have ever observed, and I have no hesitation in predicting that when once the people of the United States realize what a remarkable thing this volcano is it will become the objective of thousands of visitors."

Kilauea does not by any means confine its activities to Halemaumau. Last year, out on the Kau desert, about six miles from the flery pit in Kilauea crater, molten lava burst forth from a subterranean tube leading through a crack beginning at the wall of the main volcano. This flow of lava was called the Kau flow of 1920, and is still at work building up a new mountain. The flow really began in December, 1919. It has now built up a great mound almost 200 feet in height. This mound has been designated Mauna Iki (little mountain). The Kau flow was easy of access, and hundreds of visitors saw its live stream of lava cascading over older flows. It was possible to approach to within a few feet of the lava and poke at it with a green stick.

## Footprints 130 Years Old.

It is in this Kau desert that Professor Jagger has just made an amazing discovery-the footprints in the hardened volcanic ash of an Hawaitan army flying 130 years ago from the wrath of the goddess who dwells in Halemaumau. King Keoua of Kau, as recorded history says, led an army of three divisions against King Kamebameha, who later united all the Hawalian islands under his sway, in the year 1790. This year also recorded the last explosive eruption of Kilauea

Hawaiian legend records the fact that some of Keoua's warriors rolled stones into Kilauea crater to mark their disrespect for the goddess of the molten lake. Pele rose in her wrath, and, with a terrific explosive eruption, totally wiped out the second division of Keona's army. The footprints found in the Kau desert are believed to be those of men of the first division, who, seeing the

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of three noncontiguous areas, two on the island

of Hawaii, the largest Island of the group com-

cent lands." The total area is 17,020 acres.

A tract that will contain 360 acres, and will con-

world's largest volcano. Near the top of

great mountain, towering to a height of 13,675

feet above the sea, is the crater of Mokuaweoweo.

with an area of 2,370 acres, a circumference of

9.47 miles, a length of 3.7 mfles, and a width of

from the west side of Mauna Loa took place,

It began in a rift well up toward the summit,

and sweeping its way through virgin forests be

a sand cone of great dimensions. It was called

the Alika flow, because it passed over the Alika

section of South Kona. It destroyed 1,800 linear

feet of the main highway around the island. Lead-

low are several rifts of great scientific interest,

From these rifts, which in many cases are highly

colored, numerous lava flows have issued, among

them the great flow of 1881 which nearly de-

strayed the city of Hilo. In the line of these

rifts are many spatter cones and other peculiar

phenomena that attract the attention of the tour-

Halekala, "The House of the Sun," is the largest

quiescent volcano in the world. The elevation

of its summit is 10,032 feet. Its crater is nine-

ence of the rim, twenty miles; extreme length,

7.48 miles; extreme width, 2.37 miles. The almost

vertical walls drop half a mile or more. It is im-

The whole of New York city, below Central park

could be buried within its depths, and the highest

the side of its cinder cones; cones which rise like

young mountains from the bottom of the crater.

and which are relatively but fair-sized ant hills

This vantage point is above the usual cloud

elevation. The level rays of the setting sun il-

luminate every nook and corner of the stependous

crater and bring to view the outlines and delicate

hung in this mammoth gallery, to thrill and awe

Sunrise on Haleakala,

Sunrise, seen from Haleakala's summit, is a

Ten thousand feet above the ocean, which we

moving picture of nature's painting. Says a visi-

could see far below, we waited, and soon were

rewarded by a faint glow; then, as the sun rose

higher above the horizon, the glow gradually

changed to a beautiful orange red, and the clouds

like great white downy rivers flowed and disap-

peared into the crater on the edge of which we

stood. As the sun rose higher the colors in the

crater became more and more intense, the shad-

ows deeper and bluer, and then the sunlight be-

gan to brighten the sugar-cane fields far below

fully 10 or 15 minutes after we had seen the first

glow. We watched for almost an hour. It seemed

like two worlds, one above the other, one alive and

the other coming into life as the sun warmed it."

nexed in 1898. The inhabited islands comprise a

chain of eight, stretching over a distance of more

than four hundred miles, with a total area of

6,500 square miles and a population of 256,180.

From northeast to southwest the Islands are Nil-

hau, Kaual, Oahu, Molokal, Maul, Lanal, Kaboo

lawe and Hawaii, the latter giving its name to the group. Honelulu, island of Oahu, is the cap-

ital and chief commercial city.

Hawaii is a territory of the United States, an-

tints of the majestic pictures which have been

when viewed from the summit.

all who look upon them.

sible to realize the great area of the crater.

teen square miles, or 12,160 acres; the circumfe

described as follows:

Its area is 35,865 acres.

posing the territory of Hawaii, and one of the Confetti, Balloons, Paper Hats, Novelties, Etc. Write for Prices, U S Wholesale Co. Box 2193. island of Maui. Briefly, the park lands may be POULTRY BOUGHT. For best results ship poultry, eggs and game to Fulton Mkt. Correct weight. Prompt returns. Write for prices. The Kilauen section, which embraces the crater of Kilauea and much of the surrounding region. White Leghern baby chicks from guaranteed atock. May \$11.50 hd. ¼ with order, balance CO D San Jose Foultry Yards, San Jose, Cal. The Mauna Loa section, which includes the crater of Mokuaweoweo, the summit creater of the great mountain Mauna Loa, with some adja-OLDSMOBILE DISTRIBUTORS, Cars & trucks, Used car bargains, A. E. Tourssen, 447 S. Main

Gill Piston Rings cure your motor troubles. Gill Piston Ring Co., 15 East Fourth South The Haleakala section, which is on the island of Maui, and includes the crater of the extinct volcano Halenkala. Its total area is 21,150 acres.

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1.74 miles. In October, 1919, a great flow of lava L. D. S. BUSINESS COLLEGE. School of Efficiency. All commercial branches, Catalog free. 60 N. Main St., Salt Lake City. low finally reached the sea, where it pushed up KID FITTING CORSET PARLORS. s in designing, making, fitting corsets hing, embroidering, braiding, accordion pleating. Buttons made 40 E. Bdwy VULCANIZING & RETREADING, Quality and ing from the crater itself and in the region just be-

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The Right of Search. "Trouble at home?" inquired the sympathetic friend. "Serious," replied Meekton. "My wife went through my pockets last

"And you are highly indignant?" "No. She is, She didn't find a thing."-Washington Star.

## Suspicious.

A Cleveland heredity expert tells us that the world is either ruled by blondes now, or soon will be, and we wonder whether he is trying to jolly some little body, or to boom the peroxide market.

Saving His Energy.

"So you are for prohibition?" "I am," replied Uncle Bill Bottle-

"For what reason?" "The simple reason that there isn't any more use of arguing about it."-

Forceful Advice. He-What did your father say when

you told him that my love for you was like a gushing brook? She-He said: "Dam it!"-Ex-



der scenes of the world. "The Hawalian volcanoes," writes T. A. Jaggar, Jr., director of the Hawafian Volcano observatory, "are truly a national asset, wholly unique of their kind, the most famous in the world of science and the most continuously, variously, and harmlessly active volcanoes on earth. Kilauca crater has been nearly continuously active, with a lake or lakes of molten lava, for a century.

Mauna Loa is the largest active volcano in the world, with eruptions about once a decade, and has poured out more lava during the last century of molasses and than any other volcano on the globe. Haleakala sweet milk, two is a mountain mass ten thousand feet high, with a tremendous crater rift in its summit eight miles of slightly chopped raisins, a little in diameter and three thousand feet deep, containsalt, two tenspoonfuls of soda dis- ing many high lava cones. Haleakala is probably that are technically known as active. It erupted less than two hundred years ago. The crater at sunrise is the grandest volcanic spectacle on

## Kilauea's Lava Lake.

The lava lake at Kilauea is the most spectnenlar feature of Hawaii National park. It draws visitors from all over the world. It is a lake of molten, fiery lava a thousand feet long, splashing on its banks with a noise like waves of the sea. while great fountains boil through it fifty feet high. This exhibition of one of the most amazing revelations of nature—the terriffic and irresistible forces of the earth's internal fires-is accessible by automobiles almost to the very brink, and may The trip from Hile to Kilauea volcano is by au-

tomobile, a distance of thirty miles. From Hilo the road gradually ascends through sugar cane and pineapple plantations, to a high elevation and then plunges into a great forest of tree ferns, whose fronds are thirty feet overhead and provide a delightful canopy for many miles. 4,000 feet elevation the trip ends at Volcano House on the rim of the crater. Here are unobstructed views of towering snow-capped mountains and the great crater, Kilauea, an enormous pit nearly eight miles in circumference and six hundred feet deep, enclosing an area of 2,650 acres. Filling the floor of this vast bowl is a sea of solidified lava. twisted and contorted into every imaginable shape, with jets of steam, vapor and sulphurous fumes rising from innumerable crevices and cracks. Almost at the center is the active throat of the volcano itself, called by the natives, Halemaumau, "The House of Everlasting Fire." This was, in Hawalian mythology, the home of Pele, the goddess of fire.

## Greatest Natural Wonder.

This throat or inner pit is a mile in circumference and contains at all times a raging sea of molten lava, its white-hot waves lashing and gnawing at the imprisoning walls, and its vast fountains of incandescent rock eternally flinging their flery spray in air; seething and roaring in awful grandeur. The molten sea rises and falls periodically, at times even overflowing the rim of the pit and spreading out over the floor of the main crater, while red-hot crags and massive islands rise from its depths to either collapse in tumultuous avalanches or subside gently beneath the surface of the lava. The pit is fascinating by daylight, but at night the scene is enthralling.

And it may be witnessed in perfect safety. The national park system of the United States contains several absolute unique natural wonders, such as the Grand Canyon, Crater Lake and the sequolas of Yosemite, Sequola and General Grant