

Fairy Tale for Children

By MARY GRAHAM BONNER

"I will tell you," said the gray wolf to the prairie wolf in the next yard in the zoo, "why this life is not so thrilling."

"Do," said the prairie wolf.

The gray wolf smacked his lips together as though he wanted to tell his story.

"The zoo isn't nearly so thrilling as wild, free life, not nearly, not nearly."

"I know that," said the prairie wolf, "but I'm ready to hear your reasons."

"Now listen, prairie wolf, there are



"Ah," said the Gray Wolf.

many creatures who are always saying: "Oh, that is no better than I could have done," or "I could have said as much as that," or "I was just going to say that."

"In many cases it may be quite true, but I don't like a creature to try to get the credit for something some one else has done."

"Just suppose a person made a fine speech and some cross, jealous person said:

Gumbo from Meat and Vegetables

(Prepared by the United States Department of Agriculture.)

From the far South comes this recipe, tested by the bureau of home economics, for a "gumbo" made with meat and vegetables and served in a mold of flaky hot rice. The characteristic ingredient of all gumbo is the okra, which is obtainable in most markets during the summer months.

Ingredients:

1 lb. cured ham	1/2 cup chopped celery
1 lb. beef, diced	1 quart okra, cut crosswise
1 pint water	1/2 cup butter
1 quart tomatoes	2 tbs. salt and pepper to taste
2 tbs. butter	1 green pepper chopped fine
2 tbs. salt and pepper to taste	
1 onion, sliced	

Cook the ham and beef until browned in a large heavy skillet, add the water and tomato, cover, and simmer until the meat is almost tender. Cook the other vegetables in the melted butter and add to the meat mixture and simmer uncovered until the okra is tender and the stew has thickened. Serve the gumbo in a rice ring made as follows:

Rice Ring.

Ingredients:

1 cup rice	1/2 tsp. onion juice
4 cups water	2 tbs. butter
1 tsp. salt	2 dashes tabasco

Wash the rice well, and sprinkle it into the rapidly boiling salted water. Cook for about 20 minutes, or until the rice is tender and the water absorbed. Add the seasonings, put the rice into a well-greased ring mold, and pat it down gently. Reheat in the oven, turn onto a round platter, fill the center with gumbo, and serve at once.

Rayon Garments Popular

(Prepared by the United States Department of Agriculture.)

The increased vogue for garments made of rayon, particularly for underwear, has led manufacturers to strengthen and improve this fabric so that it is usually found very satisfactory in respect to wear and to care. Many women launder for themselves any underwear that does not require ironing, especially knit garments of silk or rayon, such as vests, bloomers, stockings, and other articles, and if a few precautions are observed, this can be safely done and the articles of rayon will give good service.

Some types of rayon are weaker when wet than dry, says the bureau of home economics of the United States Department of Agriculture. It is often torn by being hung up on clothespins or by rough fingernails or rings worn while it is being washed. Lukewarm water should always be used rather than hot water, which makes rayon tender. Soapsuds made of pure, neutral soap, are also preferable to rubbing soap directly on the garments. The fabric should not be rubbed, but squeezed and rinsed repeatedly until it is clean.

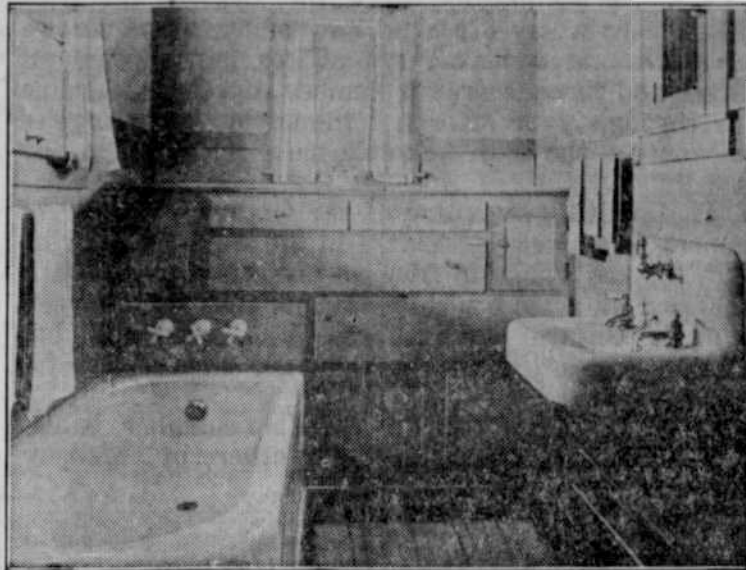
After washing, the garment should be hung over a line or in any other suitable place, but under no circumstances should clothespins be used. The illustration shows what has happened in one case where this precau-



Do Not Use Clothespins on Rayon Garments.

tion was not observed. A large hole, started from a small puncture, has appeared, and the threads of the fabric are rapidly running. Many rayon garments can be gently patted and pulled into shape sufficiently to wear without ironing, but if an iron is used care must be taken not to have it too hot. Medium heat is best.

Conveniences for Bathroom



Built-in Closets and Drawers Make a Bathroom Convenient.

(Prepared by the United States Department of Agriculture.)

When the installation of running water in an Illinois farm house was completed, it was possible to have a modern bathroom, and a small sec-

ond floor room was remodeled for the purpose. Its dimensions were such that in addition to the built-in tub and other plumbing fixtures, one of the side walls could be used for specially fitted linen drawers, with two small closets suitable for storing medicines and bottles, and a roomy lower cupboard for sick-room equipment. High windows on two sides give good light. The photograph was taken by the United States Department of Agriculture. The new bathroom was part of the general home improvement carried out at the suggestion of the home demonstration agent.

MEXICAN SALAD OUT OF THE ORDINARY

Somewhat out of the ordinary is this Mexican salad, made with peppers and tomatoes, with a liberal amount of onion in the seasoning, as well as the characteristic chili flavoring. Bacon fat serves in place of salad oil in the dressing. The bureau of home economics suggests using this salad for a lunch or supper dish.

Ingredients:

2 large green peppers	4 slices bacon
1 onion, medium	1/4 cup vinegar
1 cut fine	1/2 tsp. chili powder
3 large firm tomatoes	

Skin the tomatoes, remove the seeds from the peppers, and cut the tomatoes and peppers into small uniform pieces. Mix with the onion. Fry the bacon until crisp and remove from the pan. Add the vinegar and chili powder to the bacon fat. Let this mixture come to the boiling point and then pour over the vegetables. When chilled, add the bacon, which has been broken into small pieces, and serve on crisp lettuce leaves, with the sauce as a dressing.

TIPS FOR HOUSEKEEPERS

Too ripe fruit is the cause of many failures in canning.

Cook berry preserves quickly; long cooking changes flavor, color and texture.

To teach the child to enjoy the taste of new vegetables start with very small quantities.

Roll summer silks or other delicate materials in a heavy towel after rinsing, shake until dry enough for proper ironing and press on the wrong side with a moderate iron.

Keep on hand a supply of soda fountain straws ready for the family picnic.

Lettuce leaves which are too large or flat to make an attractive salad may be shredded. Just before serving the salad, roll each leaf in a firm roll and shred it crosswise with scissors.

The Use of Candy and Sugar

By NELLIE MAXWELL

Candy is always in season and appropriate for any occasion. The air pilots know the value of the condensed food, as they always carry a supply of hard candies to nibble on, or chocolate bars, which are a food in themselves. Such food is easy to carry, agreeable to eat, and sustaining enough to supply the energy needed in long flights. The idea that candy eating is not good for the figure, is one which is not sustained by the actresses who work hard, and whose slim outlines are so important. Here is what one says about candy: "It is necessary for an actress to keep her figure, and you may be sure I wouldn't eat candy if I thought it made me fat." She eats six or seven pieces of candy at every performance, which is

part of her current play and a bit of stage business.

The woman who shops knows the weariness which assails her after an hour or two of pacing from one counter to another. Those who have tried it, say: "Keep a package of candy in your purse; when the feeling of fatigue comes on, take a piece." Sugar is quickly available, as it is so soon absorbed and supplies energy.

With the proportions of one teaspoonful of sugar to one cupful of water all the other available vegetables were cooked by these methods. Lessen the sugar when the water is less, as one-half cupful of water will take one-half teaspoonful of sugar.

While the warm weather is with us, keep the candy box in the refrigerator, especially chocolates. The favorite bonbon will taste better if well chilled than if allowed to soften in the warm air.

Two groups of culinary experts, in research work, working independently of each other, have been improving the flavor and appetite appeal in methods of cooking vegetables. Although sugar has been used in vegetable cooking for many years among many cooks to accentuate and blend vegetable flavors, the general use of it is rather a new departure for the majority.

When soldiers are to travel light, and yet go on long marches and still retain their energy, the best concentrated food for them is sugar. Athletic coaches recognize the value of sugar for intense muscle effort. Crews given a liberal allowance of sugar to eat before entering a boat race were winners over their opponents who went without the sugar.

(© 1929, Western Newspaper Union.)



MEAN THINGS

They are really Mean Things. Their family name is the name of Cold. You've probably heard of them? In fact, you're sure you know them much too well!

When Mr. and Mrs. Cold have a good time it is something very different from what we mean by a good time.

In the first place, Mr. and Mrs. Cold are very mean things. They have always been mean.

The whole family is the same way. There are the other mean relations, too. There is Aunt Grippe and Uncle Bronchitis—well, they're horrid.

Mr. and Mrs. Cold have very mean children. There is Susy Sneeze, you know.

She has the worst sort of a disposition! She just loves to annoy people and make them as uncomfortable as she can.

Then there is Charlie Cough. He likes to hurt people. So you can see just how mean he is.

Then there is Sadie Sore-Throat, and Hatty Headache. They are all children of Mr. and Mrs. Cold.

"Let's go on a trip," they said to their children.

"Yes, let's," said the children. They always agree to go on trips, and the worst thing about them is that



Gave the Cold Family a Good Lecture.

their cousins and all the members of their family are so ready to go, too. "I think," said Mrs. Cold, "we'll go and call on a little girl named Cary."

"She is such a nice little girl, and I'd like to make her uncomfortable."

"Let's give her a good dose of us." All the children clapped their hands.

You can just see how mean they are!

When they heard how nice Cary was, it didn't make any difference to them at all.

They loved to be horrid to nice people. They enjoyed being mean.

They picked up their suitcases with plenty of Susy Sneeze's best frocks, and plenty of Charlie Cough's extra neckties, and lots of Hatty Headache's hair ribbons, and off they went.

Sadie Sore-Throat took a lot of her party collars along, such ugly collars as you might guess!

"Oh, please," said Cary, as they came near. "I don't want to have a cold. I feel one coming on me. I don't want all you creatures."

But the Cold family paid no attention. They were so mean they liked being where they were not wanted.

But the time passed and the Dream King found out that Cary had had some horrid visitors.

The Dream King hurried to tell the Fairy Queen about it.

"Did you ever hear of such rudeness and such unkindness as that horrible Cold family show?" he said.

"We'll put a stop to this, Dream King," said the Fairy Queen. "Thank you for telling me."

"I know that little girl, Cary. I know her well. She has soft brown hair and fair skin and gray eyes."

"Ah, yes, I know her. Just like that horrid Cold family to go and bother some one who is nice!"

The Fairy Queen set to work. She called her helpers and they hurried to Cary's house when she was fast asleep.

They gave the Cold family a good lecture and they waved their wands over Cary so that the Cold family was driven away.

When Cary awoke she felt as though really she were all over her cold.

Oh, it was so nice to be rid of that horrible Cold family, but you see how they are—just as mean as they can be—going where they're not wanted and oversteering, too.

They're just as mean as mean can be!

His Loss

Betty, aged four, had bought a balloon, and Cyril, aged six, undertook, with big-brotherly kindness, to blow it up for her.

Just when it had reached a nice size, it burst. He wept.

"What are you crying for?" she demanded. "It was my balloon."

"Yes," sobbed he, "but it was my breath."—Montreal Star.

Taking the Chance

Father—Didn't I tell you not to let me catch you doing that again? Little Willie—Yes, sir.

Father—Then why did you do that? Little Willie—Because I didn't think that you would catch me.



Bombay Natives Cling to Old Superstitions

A fierce controversy is raging in Bombay over the municipality's war against malaria.

An expert on the disease was recently reported to have stated that the city would never be free from malaria till the wells in the private compounds were sealed up.

The municipality's efforts to treat the wells wherein the mosquitoes breed has now resulted in strenuous opposition from the orthodox Hindus and Parsees.

The Parsees' demand that the sun's rays should be allowed to reach the water has been met by a proposal to make use of plate glass tops on the covering of the wells.

There are also those, however, who desire that facilities should be provided for the spirits, believed to dwell in the wells, to enter and leave the water.

As a concession brass plates with holes in them no more than one-twentieth of an inch in diameter are to be inserted.—From the Continental Edition of the London Daily Mail.



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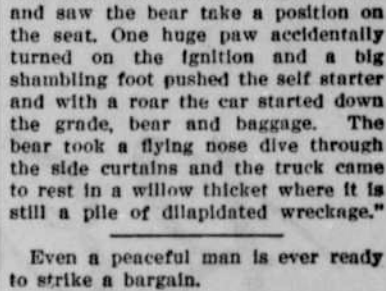
Hanford's Balsam of Myrrh

All dealers are authorized to refund your money for the first bottle if not satisfied.

Bear Wrecked Auto

The Alaska Weekly prints this story from its correspondent at Miller Creek, Alaska: "H. D. Cowden, miner, returning to his parked truck at Glacier creek, saw a bear climb through the rear door. He watched from a thicket and saw the bear take a position on the seat. One huge paw accidentally turned on the ignition and a big shambling foot pushed the self starter and with a roar the car started down the grade, bear and baggage. The bear took a flying nose dive through the side curtains and the truck came to rest in a willow thicket where it is still a pile of dilapidated wreckage."

Even a peaceful man is ever ready to strike a bargain.



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