OUR FEATURE SECTION

Department Devoted to Attractive Magazine Material

MOTHER'S COOK BOOK by Nellie Maxwell

"There are sweet surprises awaiting many an humble soul fighting against great odds in the battle of seemingly commonplace life."

What to Do With Bits of Leftovers.

Most housewives have dozens of ways of re-cooking or serving leftover meats, but too many throw away leftover vegetables or serve them again warmed up in the same sauce. Vegetables of most kinds admit of so many ways of cooking that even a spoonful should never be wasted.

We have any number of recipes which tell us how to serve the vegetable in any quantity, but we have to do in this article with small amounts which are beneath the notice of the average cook.

A spoonful of cooked beans washed from the sauce in which they were served added to a potato salad will make that quite another dish; the same is true of peas, corn or other vegetables.

One cupful of stewed corn will make an escalloped dish sufficient for a small family. Butter a baking dish, put in the corn with alternate layers of buttered crumbs; dot each layer with bits of butter if dry crumbs are used, and sprinkle with salt and pepper. Pour over enough milk with a beaten egg added to cover the corn, and bake until firm.

A cupful of corn will provide corn fritters for four people. Add egg, a tablespoonful of milk and flour to make a drop batter; add half a teaspoonful of baking powder to the flour; fry the size of large oysters in a well-greased frying pan or in deep fat.

There is no economy in combining with leftovers expensive foods such as butter, cream, eggs and milk, to make them pass muster with the family, for the object in using leftovers is to be frugal, and at the same time serve an appetizing dish.

Corn Muffins.

Beat together one cupful of stewed corn drained dry; two egg yolks, one-quarter teaspoonful of salt, a teaspoonful of melted butter; add one cupful of milk, one and one-half cupfuls of flour sifted with a teaspoonful of baking powder. Beat vigorously for five minutes, then fold in the well-beaten whites of two eggs. Half-fill heated muffin irons and bake in a hot oven half an hour.

Cold string beans make an excellent salad. Cook two strips of bacon, cut in dice until brown; add a bit of minced onion, salt and pepper; add a little vinegar and the beans and serve hot.

Add a generous half-cupful or more of grated cheese to a small dish of creamed string beans.

A green pea omelet makes a delicious luncheon dish. Drain a cupful of cooked peas, mash with the back of a spoon and season with salt and pepper. When the omelet is ready to fold, spread over it the peas; fold and finish cooking.

A sauce for lamb chops may be made of the usual white sauce with peas added. Serve as a garnish on the platter of lamb chops.

Scalloped onions are especially good using cold cooked onions, a layer of grated cheese and a cupful of white sauce. Bake covered with buttered crumbs.

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Just Folks

By EDGAR A. GUEST

DADDIES.

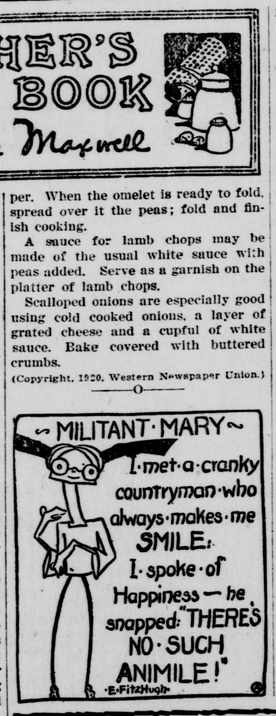
I would rather be the daddy
Of a romping, roguish crew,
Of a bright-eyed chubby laddie
And a little girl or two
Than the monarch of a nation
In his high and lofty seat
Taking empty adoration
From the subjects at his feet.

I would rather own their kisses
As at night to me they run
Than to be the king who misses
All the simpler forms of fun.
When the dreary day is ending
He is dismally alone,
But when my sun is descending
There are joys for me to own.

He may ride to horns and drumming,
I must walk a quiet street,
But when once they see me coming
Then on joyous flying feet
They come racing to me madly
And I catch them with a swing
And I say it proudly, gladly,
That I'm happier than a king.

You may talk of lofty places,
You may boast of pomp and power,
Men may turn their eager faces
To the glory of an hour,
But give me the humble station
With its joys that long survive,
For the daddies of the nation
Are the happiest men alive.

(Copyright by Edgar A. Guest.)



SCHOOL DAYS



THE PARIS OF CHINA



Temple of the Five Hundred Gods, Canton.

(Prepared by the National Geographic Society, Washington, D. C.)

CANTON is the Paris and Bunker Hill of China.

The Chinese say that he who has not lived in Canton knows not luxury. Equally true is it that the American of lowliest estate who has not seen Canton knows not poverty. In contrast to ancient temples, and palatial homes surrounded with park-like gardens, are the beggars at their gates, covered with sores and whining for a pittance; the leaden-eyed porters, straining under their burden of humanity or baggage; women haggling for a pigeon-egg-sized lump of bean curd, half a dozen peanuts, a dozen roasted beans, or a strip of meat the size of a rasher of bacon as a special luxury for the family dinner.

A five and ten-cent store would be a Tiffany's for many well-to-do Canton families. The cent, now a sort of war tax annoyance to us, would have to be subdivided for the Chinaman. His smallest coin, the cash, normally worth one-twentieth of an American cent, was too large in some places, and bamboo tokens are recognized by tradesmen as worth half a cash.

Yet there is luxury, expressed not only in homes, commerce, and business structures, but in products which make Canton the art center of China. Its lacquer and sandalwood articles are unique, its ivory carving unsurpassed, its pottery, gem setting, and fans, from the palm leaves we buy for a few pennies to the ivory-handled feather ones the tourist bargains for at $25 or $35, are world famous.

Revolutionary Center of China.

Patriotically Canton has several points of contact with the American. Most likely the firecrackers which disturbed our early-morning slumbers on the Fourth of July came from there, as well as the fan we carried to the community demonstration later. Canton was the birthplace of the revolution in 1911 that ended the Manchu dynasty, and has been the storm center of other revolutionary activities since.

Except for a few newer streets, it still is true that Canton is a "city of a million without a wheel or a beast of burden." Strangely ancient in some respects, Canton long has practiced some of the expedients which are being urged as experiments in western lands.

So far as her business district is concerned, the city is thoroughly "zoned." The shopper may find practically all the city has to offer in wood carving on one street, in silks and embroideries on another, in jewels and precious stones on another. During the coal shortage in our eastern states in recent winters, efforts were made to do cooking at central kitchens and serve food "ready to eat" at homes in the neighborhood.

Fighting the Plague.

Human life inevitably becomes cheaper in the midst of congestion, suffering and poverty. Early efforts to fight the bubonic plague were gravely met with the argument that there were too many mouths to feed, anyway, in Canton, and the plague, like the typhoons, were providential for those who escaped.

Humane science finally won the day, and the tin boxes on street corners are not to be mistaken for trash receptacles. They are for dead rats, which are collected and burned. The tornadoes wreak peculiar havoc because of the peculiar dwelling place of some 125,000 of Canton's inhabitants—on houseboats. These boat dwellers, the Tan-min, are social pariahs. Their women formerly furnished the "singing girls" on the "flower boats," floating haunts of the underworld, which were burned several years ago. Their men engage in the river traffic that is an essential feature of Canton's commercial life.

The city is 70 miles up the Pearl river from the sea. Naming the kinds of junks that ply about Canton requires as much knowledge as picking the makes of automobiles that spin along Riverside drive or Michigan avenue. The "slipper boats" are recognizable because of a striking resemblance to their European-given nickname; the "Canton sampans" are numerous; the two-masted passenger junks are the Canton-Hongkong ferries, but the most curious of the many other kinds, perhaps, are the che-ting, operated by Chinamen stepping on a treadmill in the rear. These were invented by an European who sensed that man power is the cheapest and most plentiful to be had in China—land where labor-utilizing rather than labor-saving devices pique the inventor.

The gutters are in the middle of the street, in Canton. The divers down by the water front go in feet first. The Canton bon-bon is pit-tan, eggs preserved in rice hulls, ashes and lime. If a man has a beautiful yard or garden, he hides it by a high wall; but once the visitor breaks through this privacy, in company with a trusted guide, he may find himself not only on the premises but conducted through an exclusive home as if it were a public building, and the household members go serenely about their own affairs while they, too, are described and explained by the cordial friend.

Temples and Legends.

If the struggle for existence suggests materialism, one need only visit the temples in Canton, to glimpse the delicate, subtle, and daring imagination of the seemingly literal, cautious Chinaman. The "Flowery Pagoda," with the copper pillar topped by a golden ball, is where a famed Indian missionary once spent a night, and so fragrant was his presence that the tower still is free from mosquitoes. To the "Five Fairies Temple" once came five genii, wearing coats of different colors and riding goats of different colors. Each fairy brought a stalk of grain, which was given to the people with the benediction "Dwell here in perpetual peace, and never know famine." The fairies departed, but their steeds turned to stone, and remain to this day in the temple. A more mechanical curiosity is the tower where time is measured by water dripping from four copper vessels, arranged at different levels.

The hills about are famed no less for their legends than for the terraces where the ginger root is grown that is preserved by the Cantonese. One peak is crowned by a rock that sways when spoken to in angry tones; there is a stream where some Oriental Enoch drank a potion of iris leaves and, becoming immortal, was wafted away to heaven.

There is a chamber of commerce at Canton, but the characteristic industrial bodies are the guilds, 72 in number, iron bound, self-perpetuating organizations, of great power both economically and politically. The Chinese merchant and artisan is an apt example of the tremendous forces of inertia, or precedent, if you like, in Chinese life. He carves, brews, or sells gold foil, not only because his father or grandfather did, but because his remote ancestors, when Columbus sailed westward or Marco Polo toured east, did that very thing in just that way.

DEPENDED UPON IT 20 YEARS

Lydia E. Pinkham's Vegetable Compound Has Been This Woman's Safeguard All That Time.



Omaha, Neb.—"I have used Lydia E. Pinkham's Vegetable Compound for over twenty years for female troubles and it has helped me very much. I have also used Lydia E. Pinkham's Sanative Wash with good results. I always have a bottle of Vegetable Compound in the house as it is a good remedy in time of need. You can publish my testimonial as every statement I have made is perfectly true."—Mrs. J. O. ELMQUIST, 2424 S. 20th Street, Omaha, Nebraska.

Women who suffer from those distressing ills peculiar to their sex should be convinced by the many genuine and truthful testimonials we are constantly publishing in the newspapers of the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

To know whether Lydia E. Pinkham's Vegetable Compound will help you, try it! For advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman, and held in strict confidence.

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 Cents and one dollar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N.Y.

Dr. J. D. KELLOGG'S ASTHMA REMEDY

Fish may be a good brain food when there is something for it to assimilate with.

INVENTIVE GENIUS ROBS CALOMEL OF NAUSEA AND DANGER

Doctors' Favorite Medicine Now Purified and Refined from All Objectionable Effects. "Calotabs"—the New Name.

What will human ingenuity do next? Smokeless powder, wireless telegraphy, horseless carriages, colorless iodine, tasteless quinine,—now comes nauseless calomel. The new improvement called "Calotabs" is now on sale at drugstores.

For biliousness, constipation and indigestion the new calomel tablet is a practically perfect remedy, as evidenced by the fact that the manufacturers have authorized all druggists to refund the price if the customer is not "perfectly delighted" with Calotabs. One tablet at bedtime with a swallow of water—that's all. No taste, no nausea, no griping, no salts. By morning your liver is thoroughly cleansed and you are feeling fine, with a hearty appetite. Eat what you please—no danger—go about your business.

Calotabs are not sold in bulk. Get an original package, sealed. Price, thirty-five cents.—(adv.)

Business men who cling to the ancient methods are apt to be left at the post.

Puts *I Will* In You

Easy to Get Strong

Everyone wants more pep and surely needs it this hot weather. Hot weather takes away the appetite and makes one feel listless, lifeless, miserable, even when you have a strong stomach, but for those who have weak stomachs, it is really a dangerous, trying time.

Be on the safe side this kind of weather and help nature all you can, by taking an eatonic tablet about half an hour before you eat and one or two an hour after you eat; it will be of wonderful benefit. Eatonic simply takes up the excess acids, poisons and gases, and carries them right out of the body. With the cause of the trouble removed, of course you will feel fit and fine—full of pep all the time. Eatonic will cool feverish mouth and stomach and give you a good appetite, even in hot weather.

Get a big box at your druggist's for a trifling cost and let eatonic help you for a few days; then you will never be without it. Adv.

No advance in the price of shoes will prevent kicking.

OATS BEST CROP

Statistics Show Advantages Over Corn Growing.

On Comparatively Cheap Land in Western Canada Farmers Get Record Yields—Cost Per Acre Much Less Than Corn.

How much more does it cost to grow an acre of corn than to grow an acre of oats? To get a proper comparison it is necessary to take an illustration from a farm on which both crops are grown successfully. An example has just been brought to the writer's attention of the comparative cost of growing corn and oats on a Minnesota farm. It is furnished by Albert Inmer, a well-known farmer in Cottonwood county, Minn., in an article which appeared in the Cottonwood Citizen.

Mr. Inmer says: "I had a curiosity to know how much it would cost to raise an acre of oats and corn. To find out I kept account, during the year, of the time required and the cash expended to grow the above mentioned crops." His figures show that it cost him $31.49 to grow an acre of corn and $18.13 1-3 to grow an acre of oats, or a difference of $13.00 on acre in favor of oats.

Provided the respective crop yields are not altogether out of proportion to the cost of growing the crop, this seems to be a good argument in favor of growing oats. But to grow oats successfully it is not necessary to use $150 or $200 land. In western Canada some of the best oat-growing land in the world can be bought for about $20 an acre. On this land good yields and a high quality of grain is obtainable.

Fifty to sixty bushels to the acre in properly prepared land is a fair average yield for oats in western Canada in a normal season but yields of up to 100 bushels, and even more, to the acre have been frequent in good years. The quality of oats grown in western Canada is attested by the fact that at all the international exhibitions for many years past oats grown in western Canada have been awarded the leading prizes. There is on record oats grown in western Canada that have weighed as much as 48 pounds to the measured bushel, and the dominion grain inspector is authority for the statement that 85 per cent of the oats examined by him in western Canada weigh more than 42 pounds to the measured bushel. The standard weight for a bushel of oats is 34 pounds.

Samples of these oats weighing upward of 45 pounds to the bushel are on exhibition at the Canadian government information bureau, located in various cities in the United States.—Advertisement.

Aqueous.

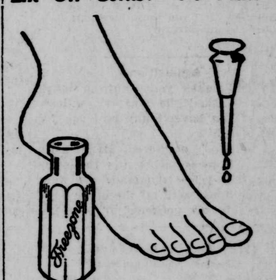
She—They say he is quite devoted to aquatic sports. He—Yes, he drinks like a fish, you know.

SAY "DIAMOND DYES"

Don't streak or ruin your material in a poor dye. Insist on "Diamond Dyes." Easy directions in package.

"FREEZONE"

Lift Off Corns! No Pain!



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

A Clue.

"You said the suspected moonshiners gave you a clue by singing. What was the song?"

"'Oft in the Still-y Night.'"

For speedy and effective action Dr. Peery's "Dead Shot" has no equal. One dose only will clean out Worms or Tapeworm.—Adv.

Statistics in the hands of a campaign orator are usually unreliable figures of speech.

Rann-dom Reels

By HOWARD L. RANN

CURIOSITY

CURIOSITY is an effort to secure information which belongs to someoody else.

There is a great deal of information lying around loose which would not look well if printed on the front page, and if it were not for curiosity it could kick around on the four corners for weeks at a time without being picked up and woven into a lawsuit. There is considerable complaint about the activities of curiosity, but it probably keeps more people from helping build good roads for the state than the prickings of conscience.

Curiosity is caused by the nose becoming elongated and prying into other people's business. Many a man has begun life with a nose of normal dimensions, and after becoming addicted to the curiosity habit has sprouted a proboscis longer than the ant-eater. There have been instances where this roving tendency has been resented by its victim, who pushes the nose back to its proper location with an irate fist.



An Effort to Secure Information Which Belongs to Someone Else.

Curiosity should be guarded against especially in the case of husbands who were formerly in the prize ring. It is a dangerous matter to pry into the personal transactions of a citizen who carries a left-uppercut and enough ready money to pay his fine. Scores of happy homes have been broken up by the gossip whose curiosity has run over the dam and convinced a credulous wife that she had married a gay Lothario instead of a master bricklayer.

Curiosity which is not fenced in can be cured by reading the parable about the mote and the beam and training the nose to keep on the sidewalk. There would be less baleful curiosity at work in this country if people would look inside a little oftener and not worry so much about how their neighbors can afford pork tenderloins twice a week. If nobody would go off his own premises when he feels like doing a little promiscuous prying, there would be better feeling and fewer blackballs cast in the lodge.

(Copyright.)

Last Night's Dreams —What They Mean

DID YOU DREAM OF CHILDREN?

NEARLY all those who claim to be versed in the affairs of Dreamland declare the dreamchild to be a blessing. There are others—a few old cynics—who seem to look upon dream-children from the viewpoint of a modern landlord of the actual world. According to the majority it is a good omen to hear or see many children laughing and playing about the house-of-dreams. The little ones will bring you success and if you join in their play there is much happiness in store for you; especially if you have no children of your own. To the childless married and to the unmarried the dreamchild brings all the happiness and good fortune which actual children ought to, and frequently do not, bring their parents. Girls are thought to be a luckier omen than boys; but both mean good fortune—and be sure to play with them if possible.

It is not necessary, however, to dream of seeing children in order to be fortunate; though for a generally, all-round good luck dream there should be many of them. To dream of a single child means, if you are married, that one is soon to be born to you. If the child is pretty, great pleasure and considerable good fortune await you. If the child is ugly the omen is not so favorable.

The old grouches on the other hand, say that to dream of talking with a lot of children means losses, and to see a child at its mother's breast, illness, if you are not more careful of your health. However, the lovers of the dream-child are in a great majority.

(Copyright.)

Rewards

By GEORGE MATTHEW ADAMS

IT IS an Economic truth that most work is undertaken for Reward, would not be done without Reward, and is strenuous and well directed in proportion to the Reward. So Taussig states in his "Principles of Economics." This condition will undoubtedly always remain true, but if you want to be among those who are this world's Leaders in Thought and Action—

Do a little more than that for which you are Rewarded.

Fortune does more than favor the Brave. It favors the Alert and Industrious—the Thinkers whose Thoughts reach several miles beyond their pay envelopes. Gustavus F. Swift, loyal and enthusiastic in his job as a poor Butcher boy in an insignificant New England town, and Gustavus F. Swift, founder and builder of Swift & Company furnishing the meats and provision for millions, is a case in point. He saw Reward BEYOND his pay envelope.

Do a little more than that for which you are Rewarded.

But remember that Money and Material Achievement is not always Success. Lincoln left next to nothing in Money, but his life was an Evidence in itself of what he felt embodied infinitely more than all Material Reward. No one nor anything is able to give you in Happiness and Contentment what your own Character and and Peace of Mind can.

Do a little MORE than that for which you are Rewarded.

BIRDS HAVE KEENEST VISION

Nothing in the Animal Kingdom to Compare With Eyesight of Feathered Creatures.

Birds have an acuity of vision superior to anything in the animal kingdom. Man and monkeys are perhaps in advance of the rest of the mammals, but fall extremely short of the standard found in birds, for they possess about 100 times the degree of acuity found in man, and their visual acuity for moving objects is much more keen.

It may be because of this that small animals and birds wishing to escape detection become immobile, their protective coloring blending with the surroundings. If one peeps through the smallest hole in a fowl-yard fence, says Dr. G. C. Lewis in the Emu, one will find that some old hen has perceived the action. Vultures, while extremely high fliers, become aware of the carcass of a beast a few hours after it dies. Birds have been known to come from 50 to 100 miles by their observation of each other's actions. A brown kingfisher, perched on a post near a newly-plowed field, is known to have no difficulty in locating the exposed part of a worm from any distance up to 100 yards.

Peril in Iodine Fumes.

Fumes of iodine have recently been urged as a method of administering that drug preferable to the usual tincture. It has been shown by experiments that fumes are absorbed through the skin and when inhaled are absorbed by the lungs, but it is shown also that inhalation is very dangerous even in small quantities, especially when there is any disease of the respiratory passages.

Advantage of Eminence.

"Do you think a reputation for humor helps a man's political prominence?"

"I'm not sure," replied Miss Cayenne. "But I know that political prominence helps a man's reputation for humor. If a man is prominent enough he can tell almost any kind of an old joke and be sure of a laugh."

"ASPIRIN"

WARNING! The name "Bayer" is the thumbprint which identifies genuine Aspirin prescribed by physicians for 20 years and proved safe by millions.





SAFETY FIRST! Accept only an "unbroken package" of genuine "Bayer Tablets of Aspirin," which contains proper directions for Headache, Earache, Toothache, Neuralgia, Colds, Rheumatism, Neuritis, Lumbago, and for pain generally. Strictly American!

Handy tin boxes of 12 tablets cost but a few cents—Larger packages.

Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid

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