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SALLY, THE SCRUB WOMAN MODEL

(© by D. J. Walsh.)

IN HER well made dark blue suit and small, jammed-down hat, with just the right amount of hair poking out and her cheeks showing a rivid splash of pink, Sally Field made an enticing picture—enticing enough to cause more than one male head to turn for a lingering glance.

A girl with less courage and ambition than Sally would have given up long ago, but she had infinite faith in her ability to become a successful illustrator. She studied at the art school when there was money enough and worked as a model of sorts for other illustrators when her funds were low. Engrossed in her thoughts, she headed up the avenue. Some one called her name and she turned to see Sara Childer, the only girl from her old crowd who felt any sympathy with her ambitions.

"Hello, Sally! Whither bound at such a gait?"

"I'm on my way to Paul Westfield's studios to pry him loose from a job."

"My dear! Not Paul Westfield? Why, I've heard dozens of people say that he is the hardest man in the city to work for. Have you ever seen him?"

"No, I haven't but I mean to today, if I have to pretend I'm the iceman to get in."

"Sally, Sally, there's no one like you!" laughed Sara. "Goodby, dear girl, and the best of luck."

At the viaduct Sally stopped, pretending to look down, but in reality poking desperately at a cinder that had lodged in her eye. A pleasantly impersonal voice made her turn, the injured eye swimming in tears.

"Can't I be of assistance? My friends call me the best amateur cinder-remover in town."

"Oh, if you could do something I should be very grateful." Even in her one-eyed state Sally could see that he was young and far from unpleasing to look at.

A moment of tense silence, a deft twist with the corner of a white handkerchief, and the stranger announced triumphantly that that particular lump of coal would bother her no more.

She thanked him and turned quickly, giving him no time to make social advances, but he followed determinedly at her side

"I say," he pleaded, "what's your hurry? Couldn't we walk along together?"

In a panic she turned on him, saying sharply:

"I suppose you strike up acquaintances with girls every day by making yourself an indispensable hero. I consider a man who makes himself annoying no better than an ordinary bum." Before he could utter a protest she flashed into an office building.

At five minutes to four Sally mounted the steps leading to a spacious reception room, her shoulders carried well back, her chin tilted at its most charming angle.

"You have an appointment with Mr. Westfield?" interrogated the girl behind the great carved desk.

"No," stated Sally frankly, "but there is no reason why he should not see me. I shan't take more than five minutes of his time if he thinks I won't do."

"I am sorry, but Mr. Westfield has made it a rule never to see any one without an appointment."

Sally went out, her steps lagging, her head bent in seeming dejection.

Shortly after four o'clock, Paul Westfield threw down his brush to rumple his thick blond hair with paint-stained fingers.

"Mary," he called to the girl at the desk, "come here a minute, please. I want you to take a good look at me. Do I look like a common bum to you?"

"Why, no sir, you don't. You look just as usual."

Mary went out, wondering what had come over her employer, who was invariably even tempered.

"Who's there?" he shouted in answer to a knock at the back entrance of the studio.

The door opened slowly, as though only by the greatest effort could it be moved at all, and there appeared a stooped, shaggy old figure, her face half hidden in a peasant shawl, in her hand a bucket and scrub brush.

"Meester Westfield?" she quavered. "My seester, she too seeck to work. I take her place."

"Very well," he nodded indifferently.

The old woman—she looked all of seventy in her dirty sweater and voluminous skirts—tottered slowly across the room to fill her pail. All during the cleaning-up process she talked in a high, querulous voice that drove the already disgruntled illustrator almost to distraction.

"My good woman, I'm sorry, but you'll have to stop that talking. I've had a hard day, and I must have quiet."

Out of the sudden quietness his outburst had created, he heard a quiet voice behind him say:

"Mr. Westfield, I should like so much to work for you. Won't you give me a chance?"

He wheeled about, upsetting the vase at his elbow, to stare at Sally, over whose face a mixture of mirth and fright were struggling for mastery.

"The girl with the cinder in her eye," he stammered. "But how in the deuce did you get in? I've been right here all the time."

"I am the scrub woman," she quavered, slumping down, "my seester, she seeck. I work for her."

"Well, I'll be— I" He stopped short to stare at her in undisguised admiration.

"But where did you pick up this crazy outfit," touching the sweater.

"Oh," Sally explained calmly, "I convinced an old woman in the next block that she wanted to take a nap while I transacted some important business. I'll have to get back or she's liable to try to get into my suit. Don't you think," and there was real fatigue and anxiety in her voice, "I could be of use to you?"

He hesitated, regarding her out of eyes almost closed with laughter. "Surely a nice girl like you wouldn't be safe working for a common bum!"

Her smile flashed out, but she managed to say gravely enough," "I'll do my best to reform you."

Pemmican Staple Food of Northern Travelers

Pemmican, also spelled pemican, is the name of a food preparation once largely used in the northern part of Canada, and made by cutting the meat of the caribou into thin slices, drying the latter in the sun, or over the smoke of a slow fire, pounding them fine between stones, and incorporating the material with one-third part of melted fat. To this mixture is sometimes added dried fruit, such as choke or June berries. The whole is then compressed into skin bags, in which, if kept dry, it may be preserved for four or five years. The traders, and especially the large fur companies, made a superior kind of pemmican, the meat and fat used being of first-class quality and wholesome dried fruit being added. To the voyageurs and traders of a century and a half ago pemmican was what canned meat and canned fish are to travelers today who go beyond the frontiers of settlement.

The Farmer's Seeds

The playground is the Farmer's field, and half the players are Seeds. They crouch upon the ground at equal distances from each other, and await the Crows (these are the rest of the players).

The Crows approach in single file, with a strutting walk (all of you must have seen crows strutting in the fields). The Seeds are upon all fours, and the Crows have to thread their way in and out of the row.

Suddenly one of the Crows makes a grab at one of the players upon all fours. Naturally these players must be on the alert, although they do not appear so; and the instant the grab is made the Seed must leap to his feet, or dodge to avoid the Crow's touch. If he is not sufficiently quick, he must take his place at the end of the procession of Crows.

On the other hand, if he escapes being touched he may grab the Crow in his turn, and the Crow takes its place at one end of the row of seeds.

When there are a lot of players it it funny to see them strutting in and out of the row of Seeds, because they must strut very slowly.

"The Taming of the Shrew"

This is almost the only one of the Shakespearean comedies that has a downright moral, and yet it is the merriest of them all. It is rapid in action, full of bustle and animation and is redolent of the most racy and delicate humor.

"The character of Petruchio," says Hazlett, "is one that most husbands ought to study, unless the very audacity of his attempt (to tame his self-willed mate) might alarm them more than his success would encourage them."

Neitzsche's Philosophy

He that prefers the beautiful to the useful in life will, undoubtedly, like children who prefer sweetmeats to bread, destroy his digestion and acquire a very fretful outlook on the world.—Friederich Wilhelm Neitzsche (1844-1900) in "Thus Spake Zarathustra."

Landscape Masterpieces

Four famous landscapes by Americans are: "Autumn Oaks," by George Inness; "Icebound," by Willard Metcalf; "September Fields," by Daniel Garber; "Woodland Interior," by Emil Carlsen.

Changing Thoughts

"You tell your constituents exactly what you think?"

"Exactly," answered Senator Sorghum—"at the time and place I happen to be talking."

Fairy Tale for the Children

By MARY GRAHAM BONNER

"You're all to appear this evening," said the Fairy Queen, "just as old Mr. Moon peeps up behind the hill.

"He'll try to come up behind a low hill and then hide for a little while behind a higher one.

"But just you wait until he is really and truly up in the sky. For we need him.

"We're to have all the stars, too, for the stars must come to a Fairyland evening party."

"We'll all be there on the moment that Mr. Moon is really up in the sky.

"And are we to ask any others to the event?" the little Fairies asked.

"Oh yes," said the Fairy Queen, "you must ask the Elves, the Gnomes, the Brownies, our old friend Mr. Giant, and Witty Witch."

"We'll go off and ask them right away," said the Fairies.

"Come back soon again," said the Fairy Queen. "We must get things ready. I've lots of schemes."

Soon the Fairies came back from giving their invitations.

"They'll come," the Fairies shouted.

"Goodie," said the Fairy Queen.

Then they planned for their party. They made castles out of the autumn leaves, they made rooms and front porches and ballrooms and banqueting halls.

Oh, such a beautiful party as they made.

At last everything was ready.

They had big courts and courtyards and soon the stars came out and shone down on their work.

Mr. Moon came out and winked his right eye. As the guests arrived they could see the wonderful preparations for the party but they could not see the Fairies.

Soon the Fairies arrived, and how do you suppose they were dressed?

They wore costumes made out of pumpkins—or rather they wore splendid pumpkin girdles, and the Fairy Queen wore a dress of autumn maple leaves which was very beautiful.

Soon the Fairies Came Back.

Then they played games, they played old-fashioned games and they made up new games.

They had refreshments in the rooms made of autumn leaves, and before they had finished all the leaves were mixed up and not marked out into rooms and courtyards at all!

So what do you think they did?

They had a bonfire. A glorious bonfire. And as they danced around the bonfire they sang:

We belong to Fairyland,
Heigh-ho, heigh-ho.
We belong to Fairyland,
Heigh-ho, heigh-ho!
We belong to Fairyland,
Yes, it's really so.
You behold our bonfire glow,
Are we happy? Yes, or no?
Yes, yes, yes,
Heigh-ho, heigh-ho!

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HOW TO WASH SILK GARMENTS

Silk manufacturers have given considerable attention to the matter of dyeing their products in such a way that they can be washed. While it has been found possible to use certain dyes that will withstand high temperatures, the silk itself suffers if put into too hot water. Both colors and fabric come out best when lukewarm water is used for washing.

The bureau of home economics of the United States Department of Agriculture gives these directions for washing silk garments of any kind: Use lukewarm and neutral soapsuds. Do not rub hard. Squeeze and work the garments in the suds. Do not twist the fabric. Rinse thoroughly in water of the same temperature, and remove the water finally by squeezing and patting between dry towels. Dry as quickly as possible, but never in the sun. Silk hose should not be ironed, and many other knit silk garments do not need pressing. For crepe de chine and other woven silks, use a warm, but not hot, iron, and protect the fabric with cheesecloth. The fabric should be evenly damp, but not wet. To keep pongee silk from spotting, iron it dry.

May Save Paper Parasols

Chinese paper parasols, once popular in this country until Americans turned against their odor and their propensity to wilt in the rain, may be saved by Americans. Chinese students of American universities are trying to find a deodorant for the oil used on the parasols, and treated American kraft paper is hoped to make them more durable. Four years ago half a million Chinese parasols were carried in the United States; now there is practically none.

HOUSEHOLD HINTS

Remove stains from fabrics while the stains are new.

• • •

Brown sugar gives an excellent flavor to apple dumplings.

• • •

Light-colored felt hats may be dry-cleaned by rubbing cornmeal into the surface, letting it stand over night and brushing it off.

• • •

Shine on woolen materials is caused by grease and wearing off of the nap. To remove this shine sponge the material with warm water containing a little ammonia and press the garment lightly.

• • •

When making large quantities of refreshing beverages, such as lemonade or fruit punch, a sirup made from sugar instead of the sugar itself gives a uniform sweetness and prevents the sugar from settling at the bottom of the container.

Should Clean Out Waste Traps

Cleaning Out a Sink Trap.

(Prepared by the United States Department of Agriculture.)

It is advisable to clean out sink or laundry tub waste traps from time to time. Dirt collects in the bottom of them and grease adheres to the sides of the pipes. It is not hard to unscrew the cleanout plug and wash out any obstructing matter or pull it out with a wire bent to form a hook, says the United States Department of Agriculture. Grease, hair, or lint, can often be scraped out with a stick when the trap has been opened. Coffee grounds are among the commonest sources of stoppage at the trap. Melted wax used for sealing jelly glasses finds its way into the trap, and when hardened is another frequent cause of trouble. Small obstructions are often forced down or drawn up by the use of a simple rubber force cup, sometimes called "the plumber's friend," costing 30 to 50 cents. The cup is placed over the fixture outlet and the fixture is partially filled with water. The wood handle of the cup is then worked rapidly down and up, causing alternate expulsion of the water from beneath the cup and suction upward through the waste pipe and trap. Chemical solvents are sometimes needed to free the pipes. Caustic soda or potash are sometimes used. Directions for their preparation and use may be found in Farmers' Bulletin 1420-F, "Farm Plumbing."

Some Timely Food Hints

By NELLIE MAXWELL

Spiritual achievements are the consummation of holy aspirations. He who lives constantly in the conception of noble and lofty thoughts, who dwells upon all that is pure and unselfish, will as surely as the sun reaches its zenith and the moon is full, become wise and noble in character, and rise into a position of influence and blessedness.—James Allen.

The common foods so often spurned are most appetizing and tasty if nicely prepared. There is no dessert more delightful than a well made

Bread Pudding.—Spread three slices of stale bread with butter and a generous layer of marmalade; cut into quarters and place on the bottom of a greased, shallow baking dish. They should cover the bottom, but not overlap. Scald one and one-half cupfuls of milk, add one-fourth cupful of sugar, two eggs lightly beaten, one teaspoonful of vanilla or other flavor to taste, one-fourth teaspoonful of salt and cover the bread slices. Sprinkle one-half cupful of coconut over the top and bake in a slow oven.

Rice Pudding.—Wash one-third of a cupful of rice, put into a buttered baking dish with two-thirds of a cupful of brown sugar, one-half teaspoonful of salt, one-half cupful of sliced dates and one quart of milk. Stir, in a moderate oven, every fifteen minutes during the first hour of baking. Serve hot with a hard sauce, or cold with whipped cream.

Scalloped Potatoes.—Cut three or four potatoes very thin, place in layers in a baking dish with a cupful or more of chopped cooked beefsteak. Repeat, add salt and pepper, any gravy or butter for seasoning and a bit of shredded onion. Cover with milk to moisten well, bake in a moderate oven until the potatoes are well done.

Egg Sandwich.—For a hungry man or boy try this way of serving a hot sandwich. Shred a small onion in a frying pan with two tablespoonfuls of butter, cook until the onion is soft but not brown, add the egg and cook carefully. Spread the bread with butter, cover with the hot onion and egg, and place over it another slice of buttered bread. Serve with a cup of hot coffee, cocoa or milk and it will be a satisfying luncheon.

As dessert fresh fruit is at its peak of popularity. After a hearty meal a light dessert is best liked and fruit seems to fit in after such a meal.

With souffles, gelatins, bavarian creams, frozen fruit juices, down to pies, fruit is ever present.

Ordinary tapioca is glorified to a point of new interest in the following recipe by the addition of lemon juice and beaten egg white:

Lemon Tapioca.—Take two-thirds of a cupful of minute tapioca, eight cupfuls of water, one teaspoonful of salt, the grated rind of two lemons, and cook until clear. Add two cupfuls of sugar, one cupful of lemon juice and fold in the stiffly beaten whites of four eggs. Chill and serve in tall glasses.

Orange Souffle.—Remove the top of orange and scoop out the pulp carefully leaving the shell clean. Refill with the pulp mixed with sliced banana, grapefruit or peaches, until the shell is half full. Cover with vanilla ice cream and top with a meringue. Place in the oven to brown quickly and serve at once garnished with strips of candied orange peel and ginger.

Orange Gelatin.—Take one-half cupful of granulated gelatin, soak in a pint of cold water five minutes and dissolve over hot water. Add two quarts of orange juice, one-fourth cupful of lemon juice, two cupfuls of sugar, two teaspoonfuls of grated orange rind, one teaspoonful of salt. Stir until well dissolved then pour into molds. This will serve twenty-four.

Orange Pie Filling.—This recipe will make four pies: Take four cupfuls of sugar, one-half cupful of cornstarch, one and one-half cupfuls of flour, one teaspoonful of salt, two cupfuls of boiling water, eight egg yolks, one-third of a cupful of butter, four cupfuls of orange juice, two tablespoonfuls of orange rind, one-half cupful of lemon juice, eight egg whites and a cupful of sugar.

Pickles are not only an incentive to the appetite, but because of their spice, acidity and general flavor, help to digest the richer heavier foods of the cold season.

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Fur, Chenille for Hat Trimming

By JULIA BOTTOMLEY

Hats must flatter, such is fashion's ultimatum. Which, of course is a challenge to the milliner to not only tune the hat to the individuality of its wearer, but also, in order to complete the picture, it must be related to the costume in an ensemble way.

This demand for headwear which enters into the ensemble scheme has inspired hat stylists to employ fur in the building of the smart chapeau. Here is how the plan works out: Let us assume for the moment that Mrs. X—— has yielded to the lure of a black broadcloth ensemble or say one of the smart black crepe princess frocks which is collared and cuffed with white ermine. The hat must match or at least show some relation. Seeing which, the logical thing for Mrs. X—— to do is to forthwith order from her milliner a chapeau which likewise is touched with white fur. A cunning black felt, with wee ermine tails ranged across the back brim, like the model shown to the left in this group would be just the thing to perfect the ensemble.

Perhaps the new suit is all black, for according to fashionable Parisiennes, there is nothing quite so chic as black trimmed with black fur. Why not take a piece of the black fur which is left "over over," to your nearest milliner, asking her to "work it in" on the new chapeau. Likely the result will be a handsome off-the-face model into the upturned brim of which will be cunningly worked a patch of the fur in some such manner as is shown to the lower right in this picture.

In regard to tuning the color of the hat to the color of the dress or coat perfectly charming are the crochet chenille hats which repeat the dark green, the deep wine or the radiant brown of the costume. The illustration includes a stunning baby-bonnet type (below to left) crocheted entirely of soft chenille. It is an extreme type, we admit, but then there are many other models from which to choose most of them following simple turban or cap lines.

The gardenia-trimmed felt hat at the top is reversible, that is, it is fashioned so that the front may be worn at the back and vice versa—in reality two hats in one.

(©, 1929, Western Newspaper Union.)

Shut Out Temptation

If a man instantly turned his ears and mind away, the assault would be easily repulsed; but as soon as he opens his ears so far as to dwell upon and daily with temptation, he is already well-nigh conquered, and the strife is at the hardest.—John Tauler.

Teach Right Food Habits

(Prepared by the United States Department of Agriculture.)

Training children in the right food habits can be accomplished largely by expecting them from earliest babyhood to like and eat what is set before them. At the same time the mother has definite responsibilities in connection with the child's food. It must be of the right sort, temptingly prepared and served, so that it is attractive in color, odor, and flavor. It must be served at regular times and there must be no interruptions or distractions. Small portions should be given so that the child can clear his plate without discouragement. The mother must especially learn to discriminate between a genuinely upset appetite and mere finickiness.

Lack of appetite, says a specialist in child training of the bureau of home economics, indicates that something is wrong. Constipation, sometimes arising from improper eating, is an all too common cause. Sufficient emptying of the bowels is essential to keeping up the desire to eat. It is encouraged by drinking plenty of water and by the use of vegetables and fruits in the diet. Fortunately, these foods are all good sources of the vitamine that increases the appetite.

Fatigue and approaching illness interfere with the normal desire to eat. The child who is tired needs a short rest without sleep just before the meal hour, and very small portions of food when he comes to the table.

Behavior upsets near or during the meal often destroy the appetite. The frightened, angry, or disappointed child is likely to have no interest in food or to refuse it violently. Parents must handle emotionally disturbed children carefully. Otherwise, refusals will be aggravated, or unpleasant memories will become attached to the foods in that meal.

Allow the ill, tired, or upset child to miss a meal or to eat lightly while he is temporarily out of order, and place no emphasis on refusals at such times. He may need rest or wholesome activity to restore his appetite. If poor appetite persists in spite of all efforts, consult a physician as to the cause.

These situations are very different from obvious devices children sometimes use to avoid eating certain foods or to gain the center of attention. Games to induce eating are fruitless in the long run. Better let the child go hungry for a long enough interval to bring back a normal healthy appetite. Piecing or eating between meals is sometimes responsible for poor appetite and should be consistently discouraged. However, for some children a little light food, such as milk or orange juice and a cracker may be needed as a sort of extra meal about mid-morning or mid-afternoon. When such lunches seem desirable they should be given at absolutely regular times, but if they interfere with interest in the three usual meals they should be discontinued.

WHY WE BEHAVE LIKE HUMAN BEINGS

By GEORGE DORSEY, Ph. D., LL. D.

The Truth About Vitamines

UNTIL recently no one had eve seen a vitamine, nor had t chemical laboratory isolated one; teen years ago no one had ever l of one. And yet a real science o is impossible without a knowle vitamines. Without vitamine something just as good) ther normal growth, health, reprod or living out the span of life.

Scurvy was known to the r Greeks, and through the cen ravaged armies, crews of ships, explorers cut off from fresh fruit and vegetables; seven years ago no one suspected the existence of the anti-scorbutic vitamine. Thousands of children have hobbled out a pitiable existence on a rickety frame; until recently no one suspected it was because of lack of a specific mysterious antirachitic vitamine now known to exist in certain foods. About thirty years ago it was known that chickens fed on polished rice developed beri-beri, and that the same chickens fed on whole rice recovered; but no one then suspected the existence of an antineuritic vitamine in the polishings of rice or in milk.

Innumerable experiments have now proved the existence of four, and possibly five, vitamines, and their necessity for human life and the metabolism of all food. Because of their minute amounts, their close association with the complex food substances, their proneness to disappear under manipulation, and because no good controls could be devised in testing, they defied isolation. But, by relying on feeding and by huge industry and patience, definite results have been obtained—and civilization again catches up with desiccated and tin-canned progress. In other words the human body could find all it needed in the old vegetable garden and shambles; when food began to be refined, the vitamines were thrown out with the screenings.

Fat-soluble A (because soluble in fat), or antirachitic vitamine, is probably first in importance. All animals, experimentally treated, die t their diet contains no vitamine A. is presumably necessary for higher animal life. It is kn to be necessary for growth. chitic children presumably suffer lack, among other things of vit mine A. With vitamine A their bones assume normal growth. Rachitic children were numerous in parts of Europe during the World war; when the milk supply became normal the rickets disappeared.

Vitamine A abounds in milk, cream, butter, egg yolk, cod-liver oil, and presumably all animal fat except pork. It is less abundant in spinach, tomatoes, cabbage and lettuce. It is not destroyed by ordinary cooking, but is destroyed by great heat.

Water-soluble B, or antineuritic vitamine, is found in eggs and seeds. It is essential to growth, and lack of it is known to produce beri-beri. Seidell has recently isolated in nearly pure form from brewers' yeast, a substance which has antineuritic properties. Presumably it is vitamine B.

Water soluble C, or antiscorbutic vitamine, has thus far defied isolation in any form. It is easily destroyed by alkalies and by oxidation. It is found especially in lemons, oranges and tomatoes; also in all fruits, leaves, and root vegetables. Without such foods, scurvy. Vitamine D, known to accelerate growth, is probably identical with bios, a substance that promotes the growth of the yeast plant. Its molecule consists of five atoms of carbon, eleven of hydrogen, one nitrogen, and three of oxygen. Enough bios to cover a pin-point will restore normal growth in a young animal stunted by a diet which does not have proper vitamines.

Vitamine X is the latest. Evans has been experimenting with rats. If they get no vitamine X, they become sterile. He has also proved that natural foods contain a substance or substances essential for the normal functioning of the mammary gland. But certain substances (for example, vegetable oils) which promote fecundity do not necessarily improve lactation.

In short, there are foods and foods: water, mineral salts, carbohydrates, fats, proteins, vitamines. Is sunlight a "food" also? It depends. Children and hogs that play in the sun need no antirachitic vitamine; they do not develop rickets. Light is a marvelous oxidizing agent. Foods with no known vitamine A can, by ultra-violet radiation, become possessed of antirachitic property. These same rays get into our skin and "sunburn" us; they will paralyze an ameba in a quarter of a second, or kill and tear its body like a bolt of lightning in three seconds.

How much of this or how much of that is good or necessary or lethal for us is a kind of knowledge that did not seriously trouble our remote ancestors, but which, with our increasing tendency to get away from cows, chickens, and gardens, and from natural conditions in general, becomes of first-rate importance. There was a time when a cook was a cook, good or bad as the case might be; today a cook should be a first-class chemist, the kitchen a chemical laboratory.

(© by George A. Dorsey.)

Real Logic

Teacher—If I had ten potatoes and wanted to divide them among three people, what would I do?

Tommy—Mash 'em.

Tricks of Fire Eaters

Different methods are used by fire eaters to keep the tongue and hands from burning. Some rub the skin of the parts to be affected with hard soap, the tongue included, and o that a layer of powdered sug placed. Others use a solution or liquid storax.

So True to

Many a woman hopes that her ship nothing but a raft Magazine.

Modern Farmer Usually Well Abreast of Times

A Chicago correspondent makes the discovery on his part that the farmer is not the "hick" he is sometimes represented to be, the subject of a press dispatch, in which he states that the coming of the telephone, radio, good roads, automobiles and long distance travel through every section of the country, has brought with it a great change in the farmer, and he can no longer be told by his dress and manners.

The fact is that the representation of the farmer as made in cartoon and story has always been very far from the facts. There are elements in all classes of people that are backward, and the fact that they are so is manifested by them wherever they go, but one does not have to go to the rural sections of the state to find the sort. In fact the proportion is rather lower among the farmers than among people of other occupations.

Newspapers, books, magazines and educational means generally are at the hands of the people who live on the farms, just as they are in the reach of the residents of the cities and towns, and because the farm residents are not so much distracted by the lighter forms of diversion as city people, they make fuller and better use of these facilities, and, man for man, are undoubtedly better informed as to the things worth knowing than their city cousins. And as to the conventions of good society, they suffer not at all in comparison with people from the cities. The farmer does not wear a Prince Albert coat and a high hat when he works in his fields, to be sure, but such things are not seen in the shops and stores of the cities either.—Columbus Dispatch.

Energy Thrown Off by Sun

The sun daily supplies to the earth energy equivalent to the burning of 507,000,000,000 tons of coal, according to Dr. Charles G. Abbot of the Smithsonian Institution. Natural scientists have been attempting for years to utilize this solar energy.

SPLIT PEA SOUP LIKED

...ts for making ...soup may always be ...on hand. In case you have never ...tried to make pea soup, here is a ...recipe from the bureau of home economics. Note that the soup must be ...begun the night before it is wanted, ...by soaking the peas. The final touch—...a thin slice of lemon covered with ...chopped parsley on each plate as it ...goes to the table, is a suggestion that ...may be applied to a number of other ...soups and which adds to the flavor ...and make them tasty.

If you were fortunate enough to ...have for many a long time, you probably enjoyed pea soup ...many times, for it is a great favorite ...on ocean liners. The same reason for ...having it often on the sea holds good ...for the household, namely, that dried ...split peas can be stored easily and for ...a considerable length of time, so that

Split Pea Soup.

2 c...
pe...
2 qu...
1 pin...
milk ...
crea...
¼ po...
slice...

...rts water
...milk or 1 cup
...and 1 cup
...m.
...and salt pork.
...ed.

1 large onion, sliced.
3 tsp. salt or to taste.
2 tbs. flour
2 tbs. butter
Dash of pepper

...over the peas and wash them well. Soak overnight in one quart of water. In the morning, add the remaining water, the salt pork, and the onion. Simmer covered about one and one-half hours or until the peas are soft. Remove the pork, press the peas and onion through a fine sieve, and be careful to save all the liquid. Brown the butter, add the flour, and mix until well blended. Pour in the milk and stir until thickened. Mix with the strained peas and serve when hot. Lay a thin slice of lemon with finely chopped parsley over the top in each plate of soup just before it goes onto the table.

Miniature Engine

Among the exhibits at the model engineers' exhibition in London was a horizontal engine so small that it is almost impossible to see the working parts in motion without a magnifying glass. It is only a quarter of an inch long and is worked by compressed air. A hair from the head of the wife of the model maker forms the driving belt.