BEIN

- It's the evertastin' stickin' To the thing we know is right, It's the everlastin diggin, To the task within our sight,
- It's the everlastin' workin' On the things we've got to do. It's the never, never quittin Till the thing we start is through.
- It's the everlastin' hopin'
 For the thing ahead that's bright,
 It's the everlastin' believin'
 That things will be all right.
- It's the everlastin' bein' Clean, pure, brave and free; Not in just the dreamin' Of the man you'd like to be. -Pauline Sanderson

Menu Hints

Roches for New and Nevel Dishes; Household Ideas and Suggestions

By Betty Barclay

THERE ARE VEGETABLE DISHES Make your vegetable dish a dainty Even the common, inexpensive vegetable lends itself to delicious surprises when properly prepared. A desh of sugar tends to bring out the real flavor and adds quick-energy value as

> GLAZED ONIONS 10 medium sized onions 14 oup sugar 2 tablespoons melted butter

Peel the onions and cook whole until for the night watchman. fairly tender in salted boiling water from twenty to thirty minutes. Mix the sugar, and butter together and spread over the sides and bottom of a baking dish pan. Drain the onions and place them Bake in a moderate oven until brown, increasing the heat toward the last. Water cooks out of the onlons and the browning process is rather slow When finished, the onions should have rich brown glaze.

QUICK CABBAGE

- 3 cups milk 11/2 quarts shredded cabbage 1 cup cream or rich milk
- 21/4 tablespoons butter 214 tablespoons flour 2 tablespoons sugar Salt and pepper

Cook the cabbage for two minutes the three cups of hot milk. Add the cup of cream or rich milk, the blended butter and flour, sugar, salt and pepper. Cook rapidly for three or four minutes. The result is a crisp vegetable, delicate flavor and color.

SIMMONS COLLEGE PEACH ICE

- CREAM 3 cups crushed, sweetened peaches
- 4 tablets for junket 2 quarts milk
- 1 pint cream 2 teaspoons vanilla
- 1 cup sugar

Warm milk and cream slightly, ad sugar and vanills. Dissolve tablet for funket in one tablespoon cold water, stir into milk mixture quickly, pour into freezer can and let set until firm and cool Place can in freezer, pack with ice and salt and freeze to thick mush. Add the sweetened peaches. freezing. Save part of peaches to serve on top.

ORANGE CAUSE FOR HAM

- · Berves 6 1 cup orange juice
- 1 tablespoon cornstarch 1/2 cup marmalade
- 2 teaspoons prepared mustard

Cook juice and cornstarch until thick-Add marmalade and mustard Berve hot or cold on ham.

PICNIC SALAD

· Berves 6 3 cups orange pieces 3 deviled eggs Lettuce

Stuffed oliver lettuce-covered salad plates range mounds of orange pieces. each mound place half of a deviled egg which has been sliced lengthwise. Cut side should be up. Garnish with slices of stuffed olives. Serve with mayonnaise in lettuce cup at side of plate.

PARTE DI FRUTTA Here is an unusual and delicious frui

candy which is also very simple

- 1 cup orange juice
- 1/2 cup light corn syrup 14 cup fruit pectin

Choose seedless oranges for this recipe so that the unstrained juice carrying Combine ingredients and cook stirring frequently at first and then constantly until mixture is of a thick paste consistency. Pour into a straight-sided pan When cold cut into cubes or other desired shapes. Roll in powdered sugar. -

Many children die from the assaults of worms and the first care of mothers should be to see that their infants are free from these pests. "A vermifuge that can be depended on is Miller's Worm Powders. They will not only expel worms from the system, but act as a healthgiving medicine and a remedy for many of the allments that beset infants, enfeebling them and endangering their

SIGHT NECESSARY

Another Short Story

The Rise of the Rice

By Louis Felix Ranlett

South at the Act to Act to Act the treated by the

F you show that you can do this ich right. Wellson, you may hold #; but the emphasis is on the right. Most of the fellows I have had in here for night watchmen, wether they're old chaps like myself or young chaps like you, didn't make their rounds regularly. Although it's a small warehouse, it holds a lot of valuable goods. People ship all sorts of stuff by our boats and let it lie here a long time. Don't go to sleep on your job, and don't fail to turn you key in the indicator at the right time. About two misses in the season is all I'll stand for. If you get more than that, I'll start advertising again, or call up your college employment bureses for another man. . We want all the goods watched regularly, not some of 'em all the time and some of 'em none of the time. Spread yourself round

through all the rooms on this schedule." gate Terminal of the O. & O. River placed the plug; then he forced the im-Transport Company, handed Frank Well- provised ram into an upright position,

Frank took it and read: "Begin rounds down east passage on main floor. Occupy on the third floor. one half hour on this circuit and ring indicator at door A at 6.30."

ors, ome of which he had to ring when tainly ought to budge that door. he went on duty and on the half-hours minute more went by and then a groan-

That night, he arrived at the warehouse a trifle early, just before the day shift of freight handlers went off duty. He cleaned his lantern carefully and saw that it was well filled, so that he should not have to take time out later to repleninsh it_ At five minutes of six the men began to stream out.

buddle," one of the freight handlers warned him. "And don't eat any of the corned willy in there without openin' the door A showed that the new watchman

"If many steamer happens to get here while we're away, just unload it for us, cator at box B on the third floor showed will ge?" another requested. "You bet on me," said Frank turning

his key in the indicator as the whistle blew and locking the door behind the last of the hurrying men.

The directions were easy to follow, and he pro-ceeded leisurely on his rounds so as to spend the right amount of time on each floor. The only place where he had any trouble was at the trapdoor that led into the basement. The door was a ponderous square section of the flooring hinged on one edge and furnished with a ring handle on the other; and is was so heavy that Frank needed all his stick at hand, which the watchman used to prop up the door while he was making his rounds below. A vertical ladder dastened to the side of the aperture was

the only means of descent. At quarter past twelve Frank lifted the heavy door, braced it and climbed down the lacider, with his lantern dangling from his belt and casting strange shadows in the gloom. Just as he was nearing the bolts on the bulkhead near the top the long incline at the river end of the cellar he heard a loud bang from the

direction of the tropdoor. "The stick has fallen out," he thought as he hurried back. "It will be a nice job raising that thing from this side, and

standing on a ladder, too!" Just as he had guessed, the stick had slipped and the door had fallen to. climbed the ladder and exerted his most strength to move it, but it did not budge. He guessed that the stick had become wedged in the crack between the door and the floor, for the mere weight of the door, great as it was, could not have scaled the opening so tight. hammered on it with a heavy block of

All too soon his watch showed him tha it was half past twelve o'clock. He had missed one point in his schedule, and on the first night! Mr. Emery had said that about two misses would result in his being discharged, and that was something he could not afford to have happen The lob was to provide him with money for a large part of his expenses during his last year at college; it was now too late in the summer to hunt for another place. He would have to get out of the

wood, but without result.

cellar fefore one o'clock. He knew that the bulkhead at the as firmly on the outside as it was on the inside. There were no windows. Shafts to the floor above, so small that a man could not possibly crawl through them provided ventilation. Clearly the trapdoor was his only means of escape. He attacked it again, using asta ram a heavy from tube that he took from the top of a pile of stored pipe. But it

rice, and it gave him are idea. Rice expands when it is wet. He had heard of a ship that had sunk when her cargo of

he could find a way to utilise it. ents. There was a water faucet in the the Contest being to name each one of besement. He took two of the wooden them correctly. A book featuring 1,600 plugs, each about twelve inches long, old favorite song titles has been comthat were fitted into the ends of the piled by the publishers. This book contoo long to fit vertically between the those taking part. The nature of the floor and the under side of the trapdoor; Contest itself, as the name implies,

avoid delay, for every moment was prec- litts. lous to him in his race to beat the clock Any of our readers will find it well slit it open with his knife, pulled out the worth while dropping a line to the Family loose plug at the top of the pipe and, Herald and Weekly Star, at Montreal, dumping great handfuls of rice into the for full details of this Contest which will bucket and a drinking dipper that he with a sample copy of the paper. found near the faucet he poured water upon the rice in the pipe and shook it until all the air was expelled from retween the grains, and until the entire rival. Stops bleeding instantly. Cautereight and one half feet of pipe, except izes wounds and prevents blood poisoning. Bo saying, Mr. Emery, superintendent for the wooden plugs, was filled with of the freight warehouse of the Rams- water and tightly packed rice. He reson the sheet of typewritten instructions with the upper plug wedged against the

"Guess that will blow it out in a jiffy, at door A at the north end of the build- if it swells fast enough," he thought as ing, ground floor. Ring indicator at this he climbed up the ladder to watch the point at six o'clock when you go on effect. He put a pencil mark on the duty. Examine superintendent's office plug just where it entered the pipe; then on right. Pass along aisle by west wall, he glanced at his watch. It was fortycross south end and go down by trap- five minutes past twelve o'clock. He door into basement. Make circuit of had worked fast, but the rice would basement area through passageways close have to work fast too or he would not to the walls, return by ladder and pass be able to put his key into that indicator

The minute hand moved slowly while Frank closely watched his mark on the Frank glanced through the rest of the plug. In three minutes it had risen a instructions and found them clear and quarter of an inch. In five the quarter simple. There were only two indicat- had become a half. Half an inch cer-

thereafter; the other, which was on the ing creaking seized the timbers above third floor at the south end, he must his head. At fifty-two minutes past twelve a sharp snap announced that the door had sprung. Frank heaved against it with his shoulders, and it gave up-

The stick which, as he had guessed, had become wedged between the door and the floor, clattered down the ladder as the door moved. He leaned the pipe against the ladder so that it would not fall, and wedging a block of wood into "Don't let any of that stuff run away, the opening, forced a space wide enough to allow him to crawl out.

The next morning the indicator at the had been twenty-three minutes late on his twelve-thirty round; but the indihim on time at one o'clock. When Frank told Mr. Emery the

reason for the destruction of the sack of rice the superintendent informed him that he could pay for the damage he had done. To himself the superintendent said. "He's certainly better than most of 'em. He really understands his instructions. I guess we'll keep him on?"

HELPING TO PREVENT HONEY SPOILAGE

Spoilage of honey, by fermentation is caused by the action of yeast which are able to act in the presence of the high percentage of sugar found in honey. Considerable study has been devoted to this question at the Central Experimental Farm, and it has been found that fermentation depends almost entirely upon two factors, the moisture content and the amount of infection by yearts. Consequently the better ripened a lot of honey is; and the greater the cleanliness exercised, the less likely will the honey be to ferment during storage. All honeys contain yeasts to some extent. Some of this-infection is doubtless carried by the bees with the floral nectar, but the beekeeper, by the exercise of precautions at the time of extraction to work with well cleaned and preferably sterilized utensils in a clean extracting house, is able to control much of the contamination and help obtain a product safe from spoilage.

At the Division of Bacterialogy method has been evolved by which an xamination of the freshly extracted honey will indicate whether the honey may be expected to remain safe from fermentation within one year. Honeys which are in danger of spoilage may thus be destined for quicker consumption or subjected to further treatment, such as heating, to prevent fermentation. The practical beekeeper, however, by concenrating on preparing a well ripened honey, produced in as cleanly a manner as possible can do much to insure for himself a produce of good keeping quality.

JUST TO BE UNDERSTOOD

"Above all," said the mistress to the new maid, "I want obedience and truth-

"Yes, madam," replied the maid. "And say you are out which shall come

PLAYING SAFE

hold of one of these wires. Assistant-"Right." Mictrician-"Feel anything?" Electricism-"Good! I wasn't which we which Doo't touch the If You Want to Sell You Must Advertise

AN "OLD FAVORITES" CONTEST Our attention has been drawn to an rice, becoming wet from a lock, had interesting contest just launched by the swelled and opened her seams. If rice Family Herald and Weekly Star. \$1,500 had the expansive power to open the are offered in cash prises to those most seams of a ship, it would surely have the successfully solving a set of picture

power to raise the trapdoor for him-if pumies. Each pussle picture illustrates the title Frank was thoughful for a few mom- of an "Old Favorite" song, the object of lengths of iron pipe to protect them from tains all of the songs that the pussion dampness, and put one into either end pictures illustrate and a copy is given of the pipe that he had used as a ram. to every active contestant as an aid. When he stood the pipe on end on the The pictures are very cleverly drawn and floor the projecting plugs made it just provide interesting entertainment to so he drove in the bottom plug until the brings back to mind those old familiar tunes which never seem to grow old and Then, lowering the pipe, he dragged a which recall memories of those happy sack of rice over near the door and to days when they were the current musical

open end, filled it nearly level. With a be gladly sent to anyone interested, along

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By Edson R. Waite, Shawnee, Oklahoma

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