

Why Boys Leave Home

BY JOE ARCHIBALD



WHEN SHADOWS FALL

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Mother's Cook Book

"When we lose heart we should remember that the source of good fortune never diminishes or disappears and that source forever remains within in easy reach of every man."

SEASONABLE FOOD

A GOOD salad is always a welcome dish at any time or season. Fruit salads especially appeal to the appetite in warm weather.

Chilled Fruit Salad.

Cover salad plates with fresh crisp lettuce and arrange mounds of sliced fruit, such as oranges, grapefruit, peaches, pears and berries. In the center place a mound of cottage cheese, then surround with such fruit and berries as are in season. Serve with a fruit mayonnaise—add orange juice to mayonnaise, chill and beat well before serving.

One of the valuable food adjuncts (vitamin C) is found most liberally in the citrus fruits. It is an unstable element and cannot be stored in the body for any length of time, hence a daily intake of such fruit makes for bodily health.

Fruit Cup Dessert.

Cut one orange, add one cupful of pineapple diced, one cupful of halved strawberries or white grapes, one-half cupful of powdered sugar. Serve very cold in sherbet glasses with a maraschino cherry for a garnish.

Lemon Fruit Sherbet.

Add to one quart of rich milk two and one-half cups of lemon juice and one cupful of any of the following fruits: Crushed strawberries, raspberries, apricot pulp, mashed peaches, bananas or apple sauce. Freeze as usual.

Orange Ice Cream.

Mix three cups of orange juice with one cupful of sugar. When well dissolved add two cups of thin cream or the same of milk and one cupful of thick cream. If the thick cream is used whip it before adding. Freeze to a mush, then add the whipped cream and finish freezing.

Deviled Crabs.

Take one can of crab meat, mix with one cupful of bread crumbs softened with one-half cupful of milk, add two egg yolks hard cooked and put through a sieve; add one tablespoonful of salt, a dash of mustard, one-fourth of a cupful of melted butter. Fill timbales or small ramekins, stir buttered crumbs over the top and brown lightly in a moderate oven.

A Man's Salad.

Take one head of lettuce, one-half dozen young green onions, chopped fine, including the tops; one hard-boiled egg, also chopped. Combine, add salt and pepper and serve with a good French dressing.

We need plenty of fruits and vegetables to supply vitamins and keep the body healthy.

Marie Maxwell

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GRIGAGS

When wits are dull, says Sagacious Agatha, 'tis hard to cut a figure.

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SEPTEMBER SHADOWS

By DOUGLAS MALLOCH

WE USED to walk the meadows in that long, long ago. We know their lights, their shadows. For both you came to know, yet even when we found them. The darkest shadows then. We know that just beyond them The sun would shine again.

Once more I walk the meadows; I walk alone today. Again the lights and shadows Along the same old way. Not June now, but September. In spite of all I said. It seems I can't remember The sun shines just ahead.

That's how it is with meadows. That's how it is with you. The same the lights, the shadows. The same the smiles, the tears. The old summer weather. With shadows here and there— But things you bore together Alone are hard to bear.

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Why We Do What We Do

by M. E. THOMSON, Ph. D.

WHY WE HAVE REVERENCE

REVERENCE is a strong sentiment of esteem and respect. It is an attitude of deep and sincere admiration for what is vastly above and beyond us.

The self-regarding instinct is the strongest motive of human behavior. This impulse has two phases, self-assertion and self-abasement or submission. In domination and exploitation, the desire to lord it over others, we have an illustration of the self-assertive phase. Reverence illustrates the highest form of the submissive impulse.

We take pleasure in submitting to a superior person because in so doing we raise ourselves to kinship with him and shine by reflected glory. We follow a great leader and are glad to be identified with him even if it involves some pain and sacrifice. The satisfaction in this form of submission is in reality self-assertion.

And if we find pleasure in submitting to superior human beings, how much more pleasing it is to submit to the god of all the universe who is so much more powerful than any mortal or group of mortals. The commitment to our self-esteem is correspondingly great.

Despite our egotism and self-assertive tendencies all of us realize our weakness and frailty as compared with the forces of nature and the great mysteries of life that baffle the wisest of men. We cannot help but feel a sense of inadequacy as we stand in the presence of these great phenomena. Our sense of submission and self-abasement predominates and we find pleasure in assuming the attitude of reverence towards the power or supreme person we call the deity.

Submission to an inferior or an equal rankles and we never do it willingly. But to submit to a superior is a great pleasure because in so doing we really climb up in our own estimation. In reverence we identify ourselves with the supreme being and enjoy the added sense of security and power that we could not otherwise possess.

Reverence is sincere and deploring. It appeals to our ego maximization directly but nevertheless effectively.

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SUPERSTITIOUS

SUE

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HER BROTHER BILL TOLD HER THAT—

If an actor should so far forget himself as to play, "Home, Sweet Home," in a theater, crata the scenery and pack the trucks, for it's a sign that show will speedily close.

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Water and Electricity

Chemically pure water is a non-conductor of electricity, but as found in the earth water is an excellent conductor on account of the materials it holds in solution.

The SANDMAN STORY

THE GNUS IN THE ZOO

THERE are three of us in the zoo," said the Blue or Gray Gnu, sometimes called the Bearded Gnu. "There's myself, for, as I'm doing the talking, I consider I am the most important of all."

"There's myself," said the White-Bearded Gnu, the largest of the three animals, but very much like the Blue Gnu.

"And there's myself," said the White-Tailed Gnu. "I'm interesting: I come from South Africa. I used to live on herbs and grasses. Here



"I Am Thoroughly Ugly and Thoroughly Odd."

they give me grass and clover, too. My nose isn't straight—it is what you would call an odd-shaped nose.

"My horns are peculiar and my hips aren't at all beautiful. My tail is like the tail of a horse except that it ends off in white.

"I have ugly hairs on my back and around my face and so, as I am thoroughly ugly and thoroughly odd—I am most interesting."

"I'm the best-looking of the three," said the White-Bearded Gnu.

None of them, however, were good looking, and their expressions were cross and mean. They looked like peculiar and very ugly horses.

THE WHY of SUPERSTITIONS

By H. IRVING KING

TOADS AND TOMATOES

HANDLING toads causes wars. Any old-time dweller in the rural districts can tell you that—and prove it by citing cases. "I told Johnny not to play with toads; but he would do it and now just look at his hands!"

This superstition is simply a survival of that homoeopathic notion so popular in all ages; the doctrine of "like causes like." The toad is a warty creature—if the child handles him, the child's hands become warty.

When the tomato first began to be used as an article of food—and it was about 1830—a very popular prejudice sprang up against it on the ground that the eating of it "caused cancer." This superstition is now almost extinct, but now and then you will run across it still.

It had its origin in this same homoeopathic magic. A tomato cut in half through its "equator" presented a surface in which there was a fancied resemblance to a full-grown, virulent cancer. Therefore to eat the tomato would cause cancer. The incident of the tomato shows that the primitive mind of man is still at work and is capable of originating new superstitions as well as retaining and perpetuating those of our ancestors.

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SMILES

GABBY GERTIE

"Fallers never know what's going to turn up. It's the girl's nose."

Disinfecting Pasture Lands

In a decade horses and mules have decreased on farms to an extent that releases 18,000,000 acres formerly used for growing their feed.

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Useful Alarm Clock

No longer need the heavy sleeper seek for his electric light switch when awakened by his alarm clock in the early hours of the morning. From the Schwarzwald, the home of the cuckoo clock, comes news of an alarm clock that illuminates itself at the appointed time. It is in the shape of a ball, the upper half of which revolves faster than the lower. Around the rim of the upper half stand the minutes, whilst around that of the lower are the hours, the time being indicated by a third hand. When the hour for waking comes an alarm is rung and the light is automatically switched on.

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THE UNCHECKED GENTLE SLEEPER

THE FOOT KILLER

(© by McClure Newspaper Syndicate.)

Monte Blue



Always one of the most popular players in the movies since he started into the business, Monte Blue is doing equally as well in Vitaphone pictures. Among the latter he has been seen to advantage in "Conquest," "The Greyhound Limited," "From Headquarters," "No Defense," "Skin Deep," "Snow of Show," and "Vile of Escape." He was born in Indianapolis and has Indian blood in his veins.

For Meditation

By LEONARD A. BARRETT

BEAUTY

"BEAUTY shines brighter in the heart of him who longs for it than in the eyes of him who sees it." It is to be regretted that many having eyes do not desire to see the beautiful, and many having ears fail to hear the most worthwhile words in life.

Suppose we were to erect an art museum, fill its corridors with statues of the finest workmanship, upon its walls hang paintings representing the work of the masters, place in all the nooks rare and beautiful words of art, but those who visited the museum failed to see its beauty; would we not desire to open the eyes of such persons, or speak words to them that would lead to the appreciation of beauty?

Many persons are daily living in this beautiful temple of nature; but with souls adamant in the presence of the wonderful works of the Divine Artist.

The ability to appreciate beauty, whether in nature, in paintings, or in any of the fine arts depends upon one's inner self. Washington Irving wrote, "It is the divinity within that makes the divinity without." So, too, it is the divinity within that makes the divinity without.

In Italy every pupil in the grade schools is taught to appreciate music. The result is that even the ditch digger sings as he works. It is a common thing to hear him singing the music of the best opera. Our educational system is at fault if it does not provide sufficient time for the development of the appreciation of beauty whether in art or music.

It is not necessary that we be able to analyze technically the beauty of a great cathedral, but there is a sense of beauty one can feel and appreciate because something in the cathedral responds to the outcrochings of the soul for the highest and best.

The highest beauty of course is the beauty of character. "Ye are the temple of God," Beautiful as a great cathedral may be it is only secondary, in importance to the beauty of a living temple in which character and service are expressed in daily ministry to human need.

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How It Started

By JEAN NEWTON

"BY AND LARGE"

HERE is an expressive Americanism indicative of any object or situation which is considered in all its fullness or in all respects, from all angles. We hear it frequently employed as in the sentence:

"By and large, this is about as good a result as could be hoped for."

This old-time Americanism has been sanctioned by reputable usage. Credit for its authorship is attributed to Capt. John Smith, who "colined" it in 1627. It was subsequently introduced into good literary society, being used by Digby in 1627, and by Sturmy in 1669.

It is also said to have appeared in Fraser's Magazine in 1833. W. C. Russell used it in 1851 and it has been used generally ever since.

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