Mother's Cook Book

hank God for rest, where none mo

Thank too and lest, make afraid,
And none can make afraid,
For Peace that dits as Pienty's guest,
Beneath the homestead shade!
—J. G. Whittier.

THE VERSATILE TOAST

WiTH a good electric tonster, or a long fork and a grate fire, one may enjoy such a variety of good things. It is surprising what a number of dishes may be based upon toast

garnish for platter.

Toast, So Good.
Spread well-browned toast with butter and grated maple sugar, sprinkle with cinnamon and serve with tea.

Nellie Maxwell (A 1939, Western Nowspaper Union.)

SUPERSTITIOUS E · · · SUE · · ·

SHE HAS HEARD THAT-

(2) by McClure Newspaper Syndicate.)



may enjoy sten a variety of guidelings. It is suprising what a number of dishes may be based upon on as a foundation; well buttered, with the suprising and a capital of the makes a most satisfying meal. Toxisted sandwickes never less their appeal; a finger of teast with a small cooked sansage placed upon it and accompanied by a silee of nicely fried apple, is another meal worth serving. Rarebit mixtures, grated cheese mixed with cream spread on sandwiches and toasted brown, are always enjoyed. The following are a lew of the thousand dishes one may here with or on toast:

Could be supply to the supplementation of the sections, but do not home. Sprintle with sail and pepper and dredge mitthed to the supplementation of the suppl "Money may or may not be the root of evil," says Soliloquizing Lli, "but there often is a lot of dirt attached to it."

Through a Woman's Eyes bu Joan Newton

THE RIGHT TIME FOR A GIRL TO MARRY

*** WHAT do you consider the right ge for marrying?" one of our readers asks. And with that she sends me a recent editorial giving statistic gathered by a life insurance company on the probability of marriage at various ages.

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gathered by a lite instrance company on the probability of marriage at various ages.

In the probability of marriage fall off what it is considered to the state of twenty-five, while the young man's chances increase for a time after that age," we are told. "The twenty-period girl has a better chance of marrying within ten years than the young man of the same age. By the time each reaches the age of twenty-five, however, the same age. By the time each reaches the age of twenty-five, however, the tables are turned, for they oung woman has less chance as years go by and the young man more chance to take the marital wows, and the moral of the same age. By the time each the chance in the continues, "there than the obvious advice for girls to marry when they get a chance, and young men to take their time and be cautious."

We don't have the the fall the part of that moral for girls as well as men, for they are no less in need of advice to be "cautious."

But it is a dangerous and a vicious "moral" that would advise girls that at the right time for them to marry is as soon as they have the chance! Must at the right time for them to marry is swhen she maets the right man—not—oh, not by any means when she has her first chance, unless the two events happen to take place at the same time! Of course, many a Mr. Wrong originally looked like a Mr. Right, and we have even heard of cases where a girl married without love and later learned to love the husband with whom she lived happily even first! But have been add, "Every women marries a stranger," a girl should at least be positive at the time that the man upon whom depends the whole future trend of her existence is the right man, and not merely the first man who has asside her. There have no doubt come times to some single women who felt themselves crucified by marriage to the wrong man.

To know for certain that a man's true name is Right-For-You is something that no mortal can tell you, mad heads, too, But if a girl wants at least to give herself the "breaks," the right t

If you should happen to drop a pair of solsaors—oh, girile, beware—step on them before you pick them up or eld Jinx will cut your good luck in two.



ABOUT THE LOON

BILLIE BROWNE had always wanted to talk to the bird known as the Loon or Great Northern Diver. He had heard the expression "as crary as a loon" and he knew it, was now when people did silly, the wondered if there was any truth in the expression or how it had started in the first place. So he decided he would call upon a loon.

On his way there he wondered the

a loon.

On his way there he wondered just how he would talk to a loon. It was rather a difficult thing to go to a creature and say:

"Look here, old chap, they say a person is as crazy as a loon when that person has been behaving foolishly, is it true? Are you about as crazy and foolish as a creature can be?"

Yes, it would be extremely difficult
Yes, it would be extremely difficult

Yes, it would be extremely difficult to say that, and yet that was just ex



'Are You So Restless Then?" Billie Brownie Returned.

actly what Billie Brownie wanted to

actly what Billie Brownie wanted to
ind out.

He puzzled and he puzzled as to the
way he would begin the conversation.
Perhaps he would start in by sanjug something about foolishness and
then say, as though it had just occurred to him:
"By the way, they lell me you're a
bit foolish yourselt."

He was atraild, though, that he
would not be able to say this in such
a way as to make it sound as though
be had just thought of it.

Then he wondered if he could talk
about crazy things people had done
and add:
"J don't suppose you're ever done

"I don't suppose you've ever done anything silly, have you?" But he was afraid that might not do. That might sound as though he & SMILES &

GARRY GERTIE

had meant the conversation to lead up to that very subject—as was really the lead of the l

ltion."
Billie Brownie was delighted. Here as the loop introducing the subject

was the loos introducing the subject himself!
Billie needn't have spent so much time worrying and puzzling over what he might say.

"Are you so restless then?" Billie Brownie returned. "I suppose your ramily all have the same kind of a disposition?"
Billie had long ago discovered that once a creature was started in talking about himself, there was no effort about making him continue. "Yes, we have much the same disposition divided up among the members of the family," the loon said.
Billie smiled to himself. The loon spoke as though dispositions were divided up as homes and gardens might be divided.

"You see, we have always been restjess. But we're not crazy when we're free.
"We're pretty foolish at times. Now

Too see, we have unary seen we're free.

"We're pretty foolish at times. Now and again. But it is when we're pair in close quarters that we go crazy.

"Zes, we go plain crazy—or fancy crazy if you prefer to speak of it in that way.

"They do not keep us in the zoos because we go crazy, loss our appetites and all our energy."

"We wouldn't mind, perhaps. If we had quantitles of room, but quantitles of room means to be free.
"It is when we have been in zoos and when we have gone crazy that people have seen us and have said:

"See those crazy foons. Bow very, crazy they ac."

"See those crazy loops. How very, very crazy they are." So we have the reputation of being crazy. 'Cray as a loot has become quite an expression.

"But I must go for a dive and swim, now, Billie Brownle. 'Glad you called,' as the signs at either end of the town say to the automobile people who're come a-ristiting."

And Billie Brownle went home with his question answered without having had to ask the question. (Cosprish!)

THE WHY of SUPERSTITIONS By H. IRVING KING

MARKS ON HADDOCK

MARKS ON HADDOCK

A MONG the fishermen of the Atlantic coast from Newtondiund to Sandy Hook—If not indeed further south than the Hook—there is a saying that the black line along the sides of the haddock is due to the fact that the fish was once seized by the deril's finger and thumb; but slipped through and escaped, retaining the mark made by the internal digits.

Andent amulets, 'sculptures and drawings show that in the dim ages of obscure antiquity is deep significance was statuched to a combination of the hand and the fish. A hand grasping a fish was a favorite and powerful "charm" and is met with in southern Europe the form of an amulet roday, our the form of an amulet roday, our the form of an amulet roday.

and the subsection of the ancients which may not be traced somewhere or somehow among their modern descendants." The primitive mind seeks an explanation of everything, even the markings on a fish. In explaining the markings of the haddock the hand and fish superstition naturally asserted itself. The marks are black—it was the devil's hand that tried to grap it. And furthermore we have the superstition reinforced from Norse mybology in which Thortred to catch Loki, the god of destruction, when Loki was in the form of a silmon; but Loki slapped through its fingers and the salmon still slowers. of a samou, but lost supper through his fingers and the salmon still shows the marks of the struggle in his tall. (O by McClure Newpaper Syndicate.)



ALWAYS LATE

By Douglas Malloch.

I WATCH the ships sail past the town, and past the pier, and past the light.

past the light.
The night will very soon come down, and, oh, it will be dark tonight.
This house will have an empty chair, that house will have an empty bed—

There always are the women there with eyes of mist and hearts of lead.

Yes, youth will proudly sall away, and think how fine a ship she is; I think about a mother tray, perhaps a little wife of his. Not all the countries he shall find are worth their waiting months or years, Are worth the sorrow left behind, a sweetheart's sighs, a mother's tears.

And there are sailors on the land, as there are sailors on the sea, Who do not seem to understand how long a wait a wait can be. Not-all the world of waiting wires must wait upon the shore Until some wanderer arrives, nutil some busband seeks his door.

And so I say to you, O men who sall the land or sall the foam, As soon as God will let you, then, if God will let you come, come

home.
It always seems that men delay, it always seems that women wait,
And, if a season or a day, returning
ships are always late.
(©. 1930, Douglas Mallock.)

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Why We Do What We Do

by M. K. THOMSON, Ph. D. *****************

WHY WE ARE NEVER SATISFIED

N ONE of us is completely satisfied.

Before we get what we want we think we are going to be thoroughly happy, but always there is something ahead of us that we are looking for

ahead of us that we are 1008ing forward to.

Complete satisfaction means stagnation, death and decay. There is no greater spur to achievement than the desire to reach a notch higher in the social scale, in one's profession, in expensions to making maney.

social scale, in one's profession, in ex-panding a business, in making money, or whatever it is that we are striv-ing for. We are never satisfied, because we live in an imperfect world. No matter how far we may go in any line of activity there is always room for im-programmit.

activity there is always room for improvement.

The average man thinks be would be satisfied if he could run a hundred yards in the seconds. But the athlet who can run it even a little under the seconds is all the more eager to run it just a little faster.

The more we have the more we want; the more we can do the more we want to do. Dissatisfaction is a mark of ability and ambition. It is often the mark of progress. The man who alms at a target on the ground does by may hit it with ease while the man who alms at a the sun shoots much higher although he will miss blis turget by a big margin.

though he will miss his target by a numargin.

There is less chance for perfect satisfaction for a man of skill and ability than for the poor fellow who has nothing and can do nothing. The English philosopher, James S. Mill, must have sensed this psychological truth when he said, "It is better to be a human belong dissatisfied than a pig attisated; it is better to be a Socrated dissatisfied than a fool satisfied."

(2019 McCare Negrosse Spalace.

NUTTY NATURAL HISTORY BY HUGH HUTTON 4

THE APPALACHIAN OWK

TRAVELERS often catch sight of this solitary bird of prey, soaring from some lonely crag overlooking a tobacco field. It is the chief enemy of the snipe, which is found in abundance along the well-frequented highways in this district. When an unsuspecting supple is sighted the owk dives heading at it and carries it of in its constant of the last of the strong talons to its lair to cool off



Besides the mipe the owk subsists on well-done breaded veal cutlets. The writer luckly got this picture of the owk while watchild a live single in the process of cold by the state of the

Luana Alcaniz

Charming Luana Alcaniz is a native of Madrid, Spain. She moved with her parents to New York at the age of two years, but later returned to Spain, where she received her education. Lat-

For Meditation By LEONARD A. BARRETT

BE YOURSELF

M OST persons are imitators. We The appeal of the popular seems to be the line of least resistance. "Extraboly is foling it." his become the accepted explanation of present-day conduct. We like to follow the familiar of the present of the conduct we like the follow the familiar of the person's ideas. Somebody or a group person's ideas. Somebody or a group reson's ideas. Somebody or a group and the conduction of the conduct

(Q. 1950, Western Newspaper U



"ALIVE AND KICKING"

THIS is an expression that alipsighty off our lips, leaving us utterly unconcerned as to its intrinsic and original import.

At first sight, this phrase would seem to imply simply a certain state-of animated existence.

Deeper investigation, however, turnsup the interesting discovery that the turn of the expression "alive and kicking" is a direct allusion to the-child in the mother's womb after-quickening.

That is how it started.

(aby the nell straticate inc.)

Dear Editor:

IT DOESN'T take much to satisfy some people, and that's a fortunate thing about life. For instance, a young fellow I know used to work in a store, but he distinct in Now he has a deak job, at the same pay. But he calls it a promotion because he can sit down to his work.

Another friend worked and saved for a new home for just one purpose. "I'm going to build the kitchen so small that we'll have to eat in the dining room," he said. Wrong again; now he eats in the breakfast nook. It's all right to be modest in your expectations, purhaps, but I believe in the haring pleasy of ambittions and keeping them assented. Then if only purchaped the property of the property

(@ by the Bell Syndicate, Inc.)

Accounting for the Two
According to a writer, three out of
every five persons possess acting abiltity. The other-two, it appears, go on
the stage.—London Humorist.

