

## MOTHER'S COOK BOOK by Nellie Maxwell

July is just in the nick of time—  
Hay weather, hay weather:  
The midsummer month is the golden prime  
For haycocks smelling clover and thyme:  
Swing all together!  
July is just in the nick of time.  
—Myron Denton.

**Seasonable Dishes.**  
When the family enjoys a few nutty doughnuts try this simple recipe which makes a dozen and a half the size of an egg:  
**Drop Doughnuts.**  
Take one-half cupful each of sugar and milk, one and one-half cupfuls of flour, one egg and one teaspoonful of baking powder, salt, ginger and grated lemon rind. Beat the egg white, add the sugar gradually, then the beaten yolk, a grating of lemon rind, a pinch of ginger and a quarter of teaspoonful of salt, milk and flour sifted with the baking powder. Drop by teaspoonfuls into hot fat and roll in powdered sugar.

**Egg and Cheese Salad.**  
Slice half a dozen hard-cooked

eggs, line a salad dish with lettuce and arrange a layer of eggs on the lettuce, then sprinkle thickly with grated cheese. Add cream to mayonnaise and spread a layer over the cheese, then a finely minced cucumber and the remainder of the eggs. Cover with mayonnaise and sprinkle with cheese. Serve cold.

**Celery and Pineapple Salad.**  
Use equal parts of celery and pineapple, cut fine. Sprinkle with French dressing and chill. When ready to serve add a few pounded almonds to a mayonnaise dressing and serve garnished with shredded almonds on lettuce.

**Coffee Blanc Mange.**  
Take two cupfuls each of coffee and milk. Add four tablespoonfuls of corn starch, four tablespoonfuls of sugar to a little of the cold milk. Cook until it thickens, then pour into a wet mold and chill. Serve with whipped cream.

**Normandy Salad.**  
Cut three cucumbers and three hard-cooked eggs in dice, add a cupful of minced olive, half a cupful of pecans or walnut meats broken in bits and mayonnaise. Serve on lettuce.  
(Copyright, 1920, Western Newspaper Union.)

## Peace

By GEORGE MATTHEW ADAMS

**IF YOU** would look into the face of a strong man, search out him who is at Peace with himself. For it is during the time of Peace, both in the life of an individual and a Nation the growth and power accumulate.  
Live in Peace.  
Peace is always constructive. For where there is mutual co-operation between every one of your faculties, there is team work. And team work means that you get the biggest results from your combined efforts.  
Live in Peace.  
Live in Peace with all about you. Where there is no Peace, there is no happiness and no time for taking up the things that count for the most. We are greatly influenced and inspired by the lives of people with whom we come in contact most. And if there is continual Peace among all, there is sure to be continual helpfulness among all.  
Live in Peace.  
Keep your mind in Peace. For the Mind houses the "Headquarters Staff" from which all the important orders in the game of Life proceed. Peace originates in the Mind. Let Peace rule your great Nervous System. Let Peace guide your day. For out from its application comes Power and Plenty.

## PEACE WORK of the RED CROSS



**W**ORD comes from Washington that the cities and towns and rural districts of the nation are waking up, looking themselves over, examining the dark places, and deciding, almost all of them, that a vast amount of improvement is possible in both health and looks. And this awakening and stirring about is laid at the door of the American Red Cross. In other words, the Red Cross has offered through its many channels to lend the cause a trained mind, a big heart and a strong generous hand. Reports just made by the national headquarters of the organization show that there are today 1,000 Red Cross chapters engaged in one or more forms of social and community activity included in the peace-time program of the society. Evidence of the increasing alertness of communities to their needs is found on all sides. They are recognizing protection and conservation of life, recreation, child welfare, community organization, sanitation, education, delinquency, Americanization and innumerable other problems as their very own, their most vital business. In the solution of these, they are being given the aid of the Red Cross "without stint or limit" wherever it will do the most good.

War-time developments gave every community in the United States an organized and recognized center of activity through which the people can serve and improve themselves. Such centers are the Red Cross chapters, scattered throughout the length and breadth of the nation. They are important and controlling factors in the peace plans of the American Red Cross. Each chapter being a local activity, all chapters are aware of existing conditions in their communities and are acquainted with what steps are necessary to improve the general welfare. Upon them rests the duty of offering some specialized service which may be adapted to home-town needs, toward the solution of the perplexing problems which daily confront the home folks. No community and no family is without them.

These peace duties are outgrowths and continuations of the duties which came during the war. They, of course, receive the best attention of the Red Cross. But they in no way interfere with furnishing relief in disasters, carrying on foreign relief and finishing up the war job.

A community may have a very feeble sort of awakening. Does the Red Cross ignore the sign of life? Not at all. The Red Cross regards even a faint interest as too valuable to be neglected and attempts to offer, the form of service suited to that community's need. In one locality where 13 of the 22 chapters engaged in peace-time work have jurisdiction over the population of less than 10,000, it is interesting to note how the consciousness of the smaller chapters is growing.

One of them recently requested the privilege of showing its city how garbage can be handled in an economical and clean manner. In response to the request, a Red Cross worker visited the chapter, armed with public health pamphlets and with working plans for incinerators and other methods of disposal. A chapter in California which is active in the field of health and social welfare writes:

"We have decided to furnish milk in the public school for some marked cases of under-nourishment, some of them the result of influenza. During the month, we transported to the hospital 18 cases of influenza, aided in

on a human being the disease is transmitted to him. In view of increased activity in trade, the health officials are much worried over the prospects of ships carrying plague-infected rats into our ports.

**Oil on Troubled Waters.**  
Poets and philosophers of all ages have sung of oil and its soothing qualities. "Why," asked Plutarch, "does pouring oil on the sea make it clear and calm? Is it for that the winds slipping over smooth oil have no force, nor cause any waves?" It is told in the Ecclesiastical history that the Bishop Adain gave holy oil to travelers, saying: "But do you remember to cast this oil I give you into the sea, and the wind shall cease immediately." Pliny the elder proclaimed that "everything is soothed by oil." Our own Ben Franklin wrote much on the phenomenon of oil on the troubled waters. It has grown to be an accepted belief in every walk of life that where there is oil to be poured forth there is peace.

## Just Folks

By EDGAR A. GUEST

### THE MOTHER ON THE SIDEWALK.

The mother on the sidewalk as the troops are marching by  
Is the mother of Old Glory that is waving in the sky.  
Men have fought to keep it splendid,  
men have died to keep it bright,  
But that flag was born of woman and her sufferings day and night;  
'Tis her sacrifice has made it, and once more we ought to pray  
For the brave and loyal mother of the boy that goes away.

There are days of grief before her,  
there are hours that she will weep.  
There are nights of anxious waiting  
when her fear will banish sleep;  
She has heard her country calling and has risen to the test,  
And has placed upon the altar of the turmoil of the fray  
The anguish of the mother of the boy who goes away.

You may boast men's deeds of glory,  
you may tell their courage great,  
But to die is easier service than alone to sit and wait,  
And I hail the little mother, with the tear-stained face and grave  
Who has given the flag a soldier—  
she's the bravest of the brave,  
And that banner we are proud of,  
with its red and blue and white  
Is a lasting tribute holy to all mothers' love of right.  
(Copyright by Edgar A. Guest.)

## SCHOOL DAYS.



## Rann-dom Reels

By HOWARD L. RANN

### SLEEPING IN A TENT

**S**LEEPING in a tent is a tried and tested method of getting close to nature and the domestic mosquito. For some reason which science has never been able to ascertain, the American mosquito operates at his best in a wall tent which has been swathed in netting. Many a man has left an air-tight chamber two flights up, where he was free from mosquitoes and breath, and sought refuge in a tent out in the yard, only to arise in the morning decorated with the pink art craft of the nomadic mosquito and the treacherous red ant.

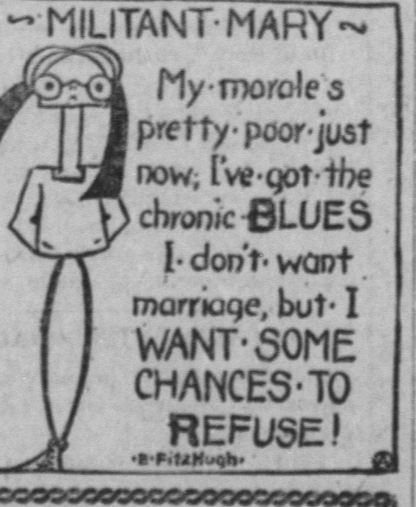
A 7 by 9 tent which has been put up by a sixteen-year-old son who was in a hurry to go fishing in an inviting place to sleep in during a rain storm. After it has rained for a while the

Owing to lack of space in the average tent, the spring cot is used as a substitute for beds. As nobody ever manufactured a cot that was over five feet long the result is that several of the male members of the family are obliged to allow their feet to hang over in a graceful parabola, or else curl up like a telescope fireladder and collect a full set of internal contracting cramps. No man ever slept on one of these cots and became the unwilling prey of every home-faring pinch bug without cursing the manufacturer to his latest breath.

Tents are constructed of strong fibrous materials which will keep out everything but the wind, rain and man-eating insects. When one thinks of the thousands of intrepid American families who go to roost every night in the summer in a dog tent, which is

able to cave in every time the wind gets above middle C, he will not fear that we are losing those heroic qualities which shone at Bunker Hill and the late Chicago convention.

The tent sleeper is an early riser, owing to the milkman, the leeman and the insomniac rooster, and therefore the practice should be encouraged.  
(Copyright.)



The Tent Sleeper is an Early Riser. Owing to the Milkman, the leeman and the Insomniac Rooster, the tent will lose the waterproof quality it left the factory with and begin to allow lean, penetrating streams of water to wiggle down the necks of the sleepers. If it rains hard the water will also crawl under the tent and collect in a large, damp body on the floor, so that anybody who gets out of bed to tie up the west flap will have no trouble in telling what it is at once. More internal rheumatism has been caused by sleeping in a water-soaked state in a tent which was guaranteed to stand off a cloudburst than from any other cause except putting vinegar into the breakfast food.

## LAST NIGHT'S DREAMS

—WHAT THEY MEAN

**WHEAT.**  
**N**OTHING grows in the land of dreams, say the readers of destiny, more favorable to those who see it in their nightly visions than a field of wheat. To look upon a field of the growing grain, or preferably to walk in such a field, foretells a great financial prosperity. To those unmarried this dream indicates success in love beyond their most sanguine expectations. Not only will they marry the person of their choice but the marriage will be a most happy one and their children will be handsome and well-behaved. All this in addition to the wealth the dream foretells. If you are engaged in a lawsuit a dream-stroll through a wheatfield is a prognostication that the suit will be decided in your favor. In fact you will be successful in all your undertakings if you dream of wheat.

There seems to be some occult connection between the wheat seen in dreams and financial matters which is

wholly unconnected with those relations as they exist in the wheat-pit of the produce exchange—and fully as much to be relied on as many grain speculators have found to their cost. In fact speculation in dream wheat has a decided advantage over speculation in the ordinary kind in that you don't have to put up any margin. To dream that you are eating wheat in the ear indicates that your profits in business are doubly secured. And if you are a farmer and dream that you are giving away wheat you are going to have a most plentiful harvest. There are only two things to be avoided by those dealing in dream wheat. You must not dream that you are buying it; that is as unlucky as it is lucky to dream that you are giving it away. Nor must you carry on your back any quantity, however small, of the phantom grain or you will suffer financial losses. Bearing these two exceptions in mind go to bed resolved to dream of wheat.  
(Copyright.)

## Rats and Bubonic Plague

Bubonic plague is more common in the United States than typhus. The plague is primarily a disease of rats, caught by them from fleas, carrying the infection. Many Mediterranean ports are now reported as being infested by rats suffering from plague. These infected rodents are carried from one country to another on ships, where they get ashore and start new outbreaks. If an infected flea gets