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W. N. U., BALTIMORE, NO. 2-1923.

Relative Rewards.

"Do you know," said the earnest person, "that there are men renowned in literature, art and science whose annual incomes are not large enough to give them the ordinary comforts of life?"

"I don't doubt it," said Mr. Gawker, "but if nature gave them sound bodies to start with and they've enjoyed reasonably good health, it seems to me that it's their own fault if they haven't gone in for athletics and acquired proficiency with a pair of eight-ounce gloves."—Birmingham Age-Herald.

Students of ancient history are never up to date.

The KITCHEN CABINET

(© 1924, Western Newspaper Union.)

"One's personal enjoyment is a very small thing, but one's personal happiness is a very important thing. Those only are happy who have their minds fixed on some object rather than their own happiness."

TEMPTING DISHES

Apples are so common and so generally found in any market that we are apt to slight and undervalue them. There is no more tempting garnish for a luncheon dish or for dinner than a rosy, cheeked stewed or baked apple on the dinner plate with the roast. These are prepared by cooking them gently until tender with the skins left on or partly removed to keep them from bursting. When tender, carefully remove the red skins (of course they should be of the red-skinned variety) and scrape the red with a knife or spoon from the inside of the apple and it makes the attractive "apple in bloom."

Apple Souffle.—Core, peel and stew four tart apples in just enough water to prevent burning. Pass through a sieve. Put one tablespoonful of butter in a saucepan, add four tablespoonfuls of cornstarch and one tablespoonful of flour, one-fourth of a teaspoonful of salt, four tablespoonfuls of cold water, stir and cook until clear. Add one cupful of hot apple sauce sweetened to taste and one teaspoonful of lemon juice. Remove from the fire, add a small well-beaten egg and cut and fold in the stiffly beaten whites and pour into a well-buttered baking dish; bake until puffed and a delicate brown; serve at once.

Split Pea Soup.—Take one pint of dry legumes, one onion, one-half head of celery, three tablespoonfuls of flour, the same of butter, one-half can of strained tomato and one cupful of cream. Soak the peas over night, drain and simmer until tender, stirring often. When the peas are tender, fry the onion until tender, also the celery cut fine, in a little beef fat. Add to the soup and cook until smooth. Put through a sieve, add the butter and flour cooked until smooth, the tomato and the cream. Serve hot with toasted wafers.

Date Muffins.—Cream one-third of a cupful of butter with one-fourth of a cupful of milk, one-fourth of a teaspoonful of salt. Mix two teaspoonfuls of baking powder into two cupfuls of flour; mix all together, beat well and add one-fourth of a pound of chopped dates. Bake in gem pans in a moderate oven.

Fish Hash.—Put hot, salted, cooked potatoes through a ricer, add one egg to a pint of the potatoes, two tablespoonfuls of butter and salt and pepper to season. Beat well and add an equal quantity of flaked fish. Fry in bacon fat and serve garnished with parsley.

To preserve a friend three things are necessary: To honor him in presence, praise him absent and assist him in his necessities.—Italian Saying.

GOOD THINGS WE LIKE TO TRY

A delicious cake to serve on "special occasions" is the following:

Fruit Layer Cake.—Cream one cupful of butter, add two cupfuls of sugar, six eggs beaten well, one cupful of milk, two and one-half cupfuls of flour, one teaspoonful of vanilla, three teaspoonfuls of baking powder. The yolks of the eggs if added first and the whites stiffly beaten folded in at the last make a very delicate cake. Bake in layers.

Fruit Filling.—Boil two cupfuls of sugar until it threads and pour slowly over three stiffly-beaten whites of eggs, beat well, add one-half cupful of citron finely shredded, one-half cupful of figs, one cupful of raisins chopped, one pound of blanched and chopped almonds. Spread between the layers and on top.

Spanish Bernoda.—Wash, skin and cut into dice two pounds of fresh fish, bass or halibut, or any fish in season. Have ready five large potatoes sliced, two onions sliced, one-half a can of tomatoes and a few spoonfuls of catsup. Arrange in a deep baking dish in layers, first the fish, then the potatoes, next the onions, and last the tomatoes; pour over the catsup and sprinkle with two tablespoonfuls of butter cut into bits. Add salt to season and bake three hours, well-covered.

Baked Bananas With Sultana Sauce.—Cook one-half cupful of sultana raisins in one and one-half cupfuls of boiling water for thirty minutes. Sift together one-half cupful of sugar, two teaspoonfuls of cornstarch, then add the raisins and water, of which there should be a cupful. Boil six minutes, add one teaspoonful each of lemon juice and vanilla and serve poured around the baked bananas.

Seafoam.—Dissolve two cupfuls of granulated sugar in one-half cupful of hot water, then add one-half cupful of white corn sirup and boil until a little dropped into cold water will make a hard ball. Have the whites of two eggs beaten until stiff, pour over them the boiling sirup very slowly, beating all the while. Add vanilla and nuts and when stiff drop by spoonfuls on a buttered sheet.

Nellie Maxwell

LOS ANGELES MAN SAYS IT NEVER FAILS

"Tanlac is my stand-by, and I wouldn't think of being without it. It has set me on my feet more than once when I had such bad spells of stomach trouble. I thought I couldn't get well." This emphatic statement was made recently by W. C. Wallace, 320 N. Normandy Place, Los Angeles, Calif.

"An acid stomach and indigestion caused me indescribable suffering for more than four years," he said. "Awful pains would strike me soon after eating, and I would be almost doubled up in agony. Often I had to take to my bed, and I would lose much weight with every spell. I was told I had ulcers, enlarged stomach and other ailments, but all my efforts to get relief failed. I kept getting worse, and figured I would have to get something to help me or I couldn't keep going much longer."

"I read in the papers where Tanlac was helping others with stomach troubles, so I began taking it. It never failed to straighten me out, and I gained back my lost weight, too. I am more grateful than I can say for the good this medicine has done me, and I do not hesitate to give it my fullest recommendation."

Tanlac is sold by all good druggists. Over 35 million bottles sold.—Advertisement.

Odd African Tribe.

The El Molo ("Poor Devil") are a small and little-known tribe, dwelling on islands close to the east shore of Lake Rudolf, in East Africa. They are now a community of about 70 souls under the leadership of a blind chief.

They construct the poorest type of shelter from leaves of the Dom palm. Their sole food is fish, which they occasionally spear, but more often catch in coarse-meshed fiber nets; their only drink is the vile soda-impregnated water of the lake.

The El Moro are almost amphibious, and are apparently unable to go for more than an hour without water, for after that time their lips swell up and start bleeding. They have their own language.

Nothing to Eat.

My most embarrassing moment came when I had dinner with a friend who put out a most beautifully served and appointed meal, with gorgeous service and artistic settings, but with little food. I was duly impressed with the beauty of the meal, but equally depressed by the lack of food, and with both these feelings in mind I blurted out to the hostess on leaving: "You must come and dine with us soon. I can't promise you a more artistic dinner than yours was, my dear, but you may be sure it will be more substantial."—Chicago Tribune.

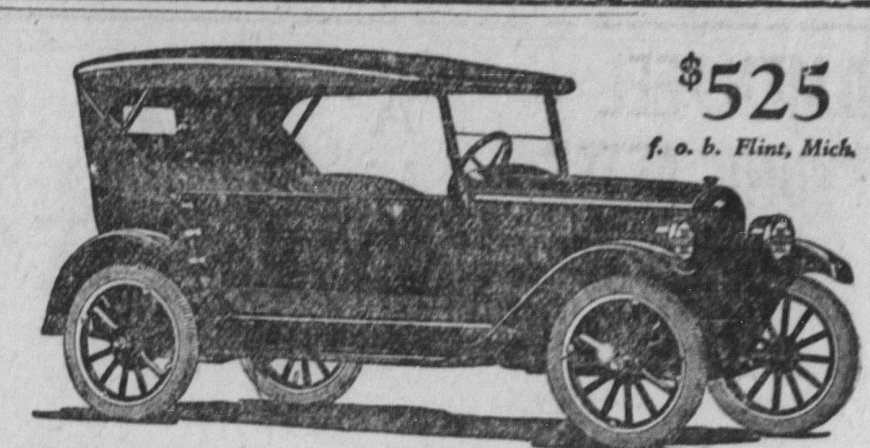
The Ways of Man.

"It is simple to distinguish between the married men and the single, though both would have you believe they are benedicts when purchasing Christmas gifts for women," said the observing shop girl. "The single man, wanting something silk and pink, tells the clerk that 'it is for my wife'; though we know different. The benedict refers to his wife as 'she' or 'her,' and though he generally spends a pretty price, is not so hard to suit as the other."—Detroit News.

A Doubtful Collegian.

Jones (to college senior)—When do you expect to graduate?
College Senior—Every year.—Judge.

It sometimes happens that the parson who gets a \$10 marriage fee profits by the mistakes of others.



\$525
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10c Gives Old Capes Glow of New

Putnam Fadeless Dyes—dyes or tints as you wish

FEMALE VICTIMS OF PLAGUE **SERGEANT USES HIS BRAINS**

Figures Show That Tuberculosis is Spreading, Chiefly Among Women Active in Industrial World.

The death rate from tuberculosis among women is on the increase. In spite of the increase in active cases among women the death rate for males is still higher than that for females by almost one-third. "The sudden influx of women into industry during the war may, in a measure, be responsible for this increase," says a statement from the National Tuberculosis association. "This does not mean that there is any real basis for the assumption that women are not as well fitted for industrial work as men are. It is a fact, however, that many women who work in industry also look after their household duties and bring up large families of children. Consequently, insufficient rest, improperly cooked food and lack of fresh air so undermine the constitution that they readily become victims of the tubercle bacillus."

Knew What They'd Catch.

The twins had gone in swimming without mother's permission and they anticipated trouble.

"Well," said Tommy, philosophical, "we're both in the same boat, anyhow."

"Yes," returned Ray the humorist of the family, "but I'm afraid it's a whaleboat."

Some men acquire a reputation for laziness, while others get the credit for being diplomats.

Dumb waiters carry everything but gossip.

Has Made Discovery That Weather Can Be Utilized as an Aid in Recruiting.

"Studying weather forecasts, that's how I land 'em." Thus one of the regular army's most proficient recruiters explains the success which has made him one of the "aces" of Uncle Sam's recruiting forces.

When winter blasts blow around his "Uncle Sam Wants You," sign the sergeant hangs out alluring pictures of a field artillery column at rest on the side of a Hawaiian island road shaded with palm trees. When the city sizes in the summer he extracts from his supply of posters a persuading "Spend Your Summer in Cool Alaska With the Infantry" sign.

"And you ought to see 'em flock in," glomts the sergeant. "Give me a week of rain and I'll land 'em for any post on the Mexican border, 50 miles away from a river. Come around and see me this winter. I can fill a division for the Philippines any day there's snow on the ground. But Alaska, or the Canadian border, not a chance!"

Willie's Wish.

Little Willie—Maw, I wish that I was a flower.

Mother—Why, Willie, what makes you wish that?

Little Willie—Because then I could stay in bed all day.—Indianapolis Star.

Marriage is a lottery, and that is why the law interferes in so many cases.

A rich bachelor uncle has matters made as pleasant for him as a rich grandpa.

Rosy Cheeks and Sparkling Eyes



GOOD health, the signs of which are so plainly written in looks and action, comes from within—the natural result of right food, such as Grape-Nuts.

Crisp, delicious and soundly nourishing—easily digested and quickly assimilated—Grape-Nuts brings happy smiles at the breakfast table and happy feelings afterward.

All the family will thank you for including Grape-Nuts in your grocery order today. It's ready to serve in a moment with cream or milk.

Grape-Nuts—THE BODY BUILDER

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In Use For Over Thirty Years

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THE CENTAUR COMPANY, NEW YORK CITY.

Students of ancient history are never up to date.

Awful Plight of a Tramp.

Tramp (at the back door)—Kind lady, I ain't one er them what's seen better days. I ain't 'ad no better days. I've bin neglected right from the start—bein' born in a little attic in Lunnon while me parents was down

at South End enjoyin' theirselves.—London Punch.

It takes a woman to tell a joke without a point.

The highway is never about.

Genuine



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Unless you see the "Bayer Cross" on tablets, you are not getting the genuine Bayer product prescribed by physicians over 23 years and proved safe by millions for



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secure for the industrious settler ample returns for his energy. Clearing the cost of one's farm with a single year's crop has an appeal, and has been done by hundreds of Western Canada farmers. Taxes only upon land (not on improvements). Perfect climate, attractive social conditions, good neighbors, churches, schools, telephones, excellent markets and shipping facilities make life happy as well as prosperous.

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