

The world moves on, its progress

brings Grand reforms, undreamed of things:

But nothing modern can fill the

Of the dear old home and mother's face.

—Mrs. C. Jewett.

S FOOD materials differ in price

with the locality and the season,

HOUSEKEEPING HINTS

it is often impossible to strictly fol-

low a recipe, as we find some ingredi-

ent either too expensive or difficult to

If the housewife understands the

composition of foods she can substi-

tute some other food material with

For example, when butter is called

for in a recipe, chicken fut, sour

cream, clarified bacon fat or some

other butter substitutes may be used,

depending upon the food to be pre-

Cream contains more water than

butter, chicken fat less; so, in using

such fats, their composition must be-

Chopped nuts are added to foods

such as salads, mock meat loaves and

other dishes, adding food value to the

dish. All these things are invaluable

feeding her family well and with

The Department of Agriculture of

each state and at Washington are

publishing bulletins from time to time,

many of them for the asking, of great

The following data may be helpful

In one cupful of milk there is or

In one cupful of cream, three table-

spoonfuls of fat; double cream six ta-

Butter, fourteen tablespoonfuls of

fat; the two unaccounted for are salt

One cupful of English walnuts, two-

One cupful of peanuts about one-

Chocolate, one ounce, a scant table-

Minute Soup.

Take one cupful of bread crumbs,

one tablespoonful of butter, one onlon

grated, salt, pepper and a little poul-

try dressing, one and one-half cupfuls

of rich cream and three cupfuls of

boiling water. Simmer one minute,

Necei Maxwell

By Viola Brothers Shore

DON'T let your right-hand neighbor know what your left-hand neigh-

If your lawyer happens to be a

member of your family, he gen'rally

You often go to bed cryin' the days

you get up laughin'. But you seldom

go to bed laughin' the days you get

People with strong appetites ain't

It's gen'rally less dangerous to face

a danger than to keep on bein' afraid

What if you do fight with her oc-

casionally? Don't a man always en-

joy a horse the best that takes the

(Copyright.)

much bothered about niceties of taste,

should be two teaspoonfuls of fat.

assistance to the housekeeper.

in learning to compare values:

blespoonfuls of fat.

thirds of a cupful of fat.

and moisture.

third of fat,

spoonful of fat

FOR THE GOOSE-

advises a settlement.

FOR THE GANDER-

most breakin' in?

bor is doin'.

up cryin'.

obtain

good results.

considered.

economy,

SOMETHING TO THINK ABOUT By F. A. WALKER

TAKE THE SUNNY-SIDE

S YOU journey along the road of A life, you may observe as you push your way in and out, elbowing the crowds and perhaps studying !aces, that it is worth while to take re sunny-side.

There is at the best an odd, uncomfortable mixture of shades and shadows, which has a way of dampenng ardor and giving you the "blues," when you are doing your utmost to be :heerful.

Hope, it is affirmed, deserts us at ao period of our existence, but it codiles a little closer and smiles infinitey sweeter when we elect to choose the sunny-side and saunter along in step with it, under the spell of its cheery companionship.

On the sunny-side we find better nealth, good fortune, inspiration and nnumerable uplifting thoughts which enaoble the soul.

And we get them in abundance, for shey are always there, delectable and ovely as gardens of new-born roses.

The kindly face of the old lady you to the housewife who is interested in just brushed by in your eagerness to get ahead, bears testimony to the mystic magnetism of the sunny-side. And the fine old gentleman immediately ahead, attests by his erect carriage and beaming countenance that he has anfalteringly trod the sunny-side, since the day he resolved to leave the shadows in which he was witherng and fading.

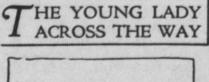
There is a lingering boyishness in ais demeanor and in his vigorous step as he wends his way, lifts his aat and smiles with serene contentment.

For years, let us suppose, you were morose, moodish, sullen, Ill-humored, churlish and sulky, then one day, an impulse seized you and led you to the sunny-side.

In a little while you were transformed, flushed with fervor, enthusiasm, tender passion and rapturous adoration.

You saw with new eyes, felt with new sensibility, heard with new delight. You were a changed being, due entirely to taking the sunny-side, where you could discern the bright and beautiful things in life which all the while had been close about you, but hidden in the dark.

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The young lady across the way says no wonder lamb is so expensive when so many of the sheep are killed just

Compliments don't cost nothin' . . for their wool. to the giver. (@ by McClure Newspaper Syndicate.)

BUILD YOUR HOUSE

By DOUGLAS MALLOCH

EN hurry home before the approaching storm; When day turns dark, they think of hearths and fires,

Some bed to lie in, and a house to warm-When day turns dark these are the heart's desires

When that hour comes, when rolling clouds arise,

When men go hurrying homeward ways, Home will not fall like manna from

the skies-They must have built it in their better days.

No clap of hand will raise a fairy No shelter open by some magic

deed: To have a roof when winter winds carouse A man must build in time of little

need. The fool will say, "I'll build a house in time,

But now the summer blossoms ev'rywhere." But who would have a house to which to climb

Must build it in the days when days are fair. so folly thinks of faith. When all is

well Why heed the solemn summons of the church? 'When I have sorrow, I have woe to

tell. Then for her consoletion I shall search." But faith is builded as all shelters are,

And who would pray must also learn to praise. A faith to hide us when the tempests

We must have builded in our better days.

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THE WHY of SUPERSTITIONS By H. IRVING KING

VAMPIRES

HIS is an ancient Slavic supersti-A tion which spread to many lands but flourished chiefly among peoples who buried their dead instead of cremating them. Though much less common then formerly the vampire superstition is by no means extinct. In 1870 and 1871 there were many trials of people accused of disturbing dead bodies in connection with vampireism in Germany-there seemed to be an epidemic of the superstition just then and in comparatively recent years at least two cases have come to light in New England.

A vampire is supposed to be a dead person who comes forth from his grave to suck the blood of the living at night. The superstition is a bit hazy as to the form in which the vampire comes, whether as a ghost or in the actual, buried body. An examination of the oldest and best authorities would seem to indicate a sort of "astral body." Criminals and suicides turn into vampires but a rabbit running over, or a bird flying over the grave of an innocent person may change him into a vampire.

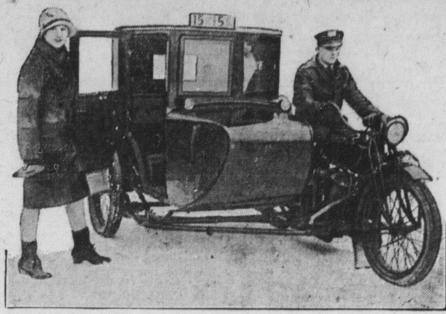
This superstition doubtless originated in the gloomy imagination of Slavs who saw their loved ones dying from some wasting disease for which they were unable to account. In a New England case of vampireism which the writer investigated about thirty years ago the family afflicted were found to be consumptive. Burning the body of the suspected vampire is the accepted remedy for the affliction.

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Would Have That Pleasure Horace-I'll see you again some ime, ch. what? Phyllis-Yes, I often go to visit

ncle George. Horace-Your Uncle George? Phyllis-Yes, he's an insane asylum perintendent.

(Copyright) "It is to be noted," says Pertinent Polly, "that having a sharp tongue never gets anybody a reputation as a NEW THREE-WHEELED CABS FOR NEW YORK



Photograph shows Miss Genevieve Tobin, movie star, about fo step into New York's latest mode of travel, a three-wheeled taxicab.

CLEAR SIGNALS ARE NEGLECTED

Records of Many Motorists Marred by Preventable Accidents.

Too many motorists never achieve perfection to their driving, their records are marred by accidents of various kinds and their car operation and upkeep costs are high merely because they fall in the first fundamental of good driving-the necessity of giving clear, sharp signals of their inten-

This opinion is expressed by Charles M. Hayes, president of the Chicago Motor club, who suggests that every motorist might profit by taking an inventory of his driving practices.

None Is Immune, "It seems that none is immune to this form of carelessness or thoughtlessness," says Mr. Hayes. "There are times when business or home cares or something of that nature press heavily upon everyone, and under such circumstances, one drives more or less like an automaton assuming, subconsciously, that the other man's mind is alert and that his vating step in the loop, so that workkeenness can compensate for our preoccupation.

"Such an attitude isn't fair when one looks at it coldly. It actually is a form of 'buck passing' that the average motorist would not be guilty of if he looked at it in the proper light.

Remove Mystery Element. "Successful driving-that is, driving each driver removing the element of mystery from his every intention. Thousands of accidents are caused annually in all parts of the country because some driver falls to give a signal and another assuming that he knows the first man's purpose, guesses wrong.

"The American Automobile association, with which this club is affiliated. is continually active through its more than 800 local organizations in the interest of safer driving.

"It is a problem for each motorist, individually. Unless each makes it his business to improve his own driving by complying with the signal regulation, far-reaching results cannot be achieved."

Treat Visitors Nicely

The California State Automobile as sociation is doing everything possible to make the visiting motorist's stay in California pleasant. The stranger is welcomed by a sign at the state line, Invited to stop at the nearest association office, given a motor tourist map listing and describing scenic and historical points, provided with road information, a digest of the state's traffic laws, and receives the visitor's permit required by law.

Current Skips Across

Moisture or grease on the surface of the distributor housing will sometimes cause serious missing, because the high-tension current skips across the surface of this foreign matter instead of through its regular channels The remedy is to wipe off the surface. The presence of moisture may be explained by the fact that it is drawn in with the air through the radiator, or may condense on the surface on a damp day.

Change Air in Tires

To keep balloon tires up to a certain pressure, rather than to vary autos. Isn't that enough to make the them according to road and load conditions, is analogous to trying to run through the winter on a summer carburetor adjustment, Owing to should be inflated to its maximum limit when driving over smooth pavements. When traveling over rough roads the minimum limit of pressure should be adopted.

Traffic Laws Fail

Practically none of the traffic laws now in force can be counted upon to prevent accidents due to careless driving, Fred W. Johnson, father of the safety-first movement, said to Secretary Hoover during his recent safety National Safety Council. conference. Mr. Johnson advocated greater stressing of the manufacturers' responsibility to highway safety, saying that the adoption of such safety materially reduce the mortality rate. | to go the hard way.

Stubborn Wheel Removed With a Chain and Jack

While a wheel puller is the proper tool with which to remove a rear wheel that is tightly jammed on the tapered end of the axle, sometimes you find you must do the job without the necessary special tool. The illustration shows a way to get the wheel off by means of a tire chain and the jack. After the hub cap and locking



How to Remove a Stuck Wheel With No Tools but Chain and Jack

nut have been removed, the tire chain is looped around a couple of spokes and the end of the jack is placed with the foot against the axle and the eleing the jack lever exerts pressure directly in line with the axle. Make sure that the chain is fastened securely.-Popular Science Monthly.

Ontario "Sells" Drivers on Value of Policeman

Now it is the traffic cop who is bethat is free from accidents of every ing advertised. Through the medium variety, even the most minor-depends of the effectively printed word, the Ontario department of highways has undertaken to "sell" the traffic policeman as a friend of the motorist,

Wisely, it seems, the minister of highways points out in an advertisement that the traffic patrol "is not to inconvenience the motorist and not for the purpose of collecting fines. Its aim is to protect life and limb, and the public investment in the roads. Its work makes for the safety of yourself and your family."

Having addressed the motorist on the purpose of the traffic patrol, the highway official calls upon the car owner to co-operate with the officers. On this point the ad reads:

"Do not fall into the temptation of speeding because the road ahead is clear. Remember that excessive speed is one of the greatest agents of destruction of some roads."

Excessive Cooling

If the engine is subject to excessive cooling-as many new power plants are-efficiency is impossible since an engine runs best when just below the boiling point. Excessive cooling can be minimized through using a smaller hose connection inside the regular connection. This restricts water passage and slows down circulation. Never use emery cloth or sandpaper to clean the distributor points.

AUTOMOBILE NOTES

See that springs are greased occasionally.

Before starting, set spark lever about one-fourth up sector.

Experiments with grain dust prove that it will some day be used to run horse laugh?

A racing car with power supplied by the pulling of levers by the riders the tendency to jiggle, a balloon tire recently attained high speed on a track in Munich.

> There are limousines in this country large enough to accommodate almost as many passengers as a flivver coupe on the way home from high school

It is a foolish motorist, who boasts of all the fresh air he enjoys while driving and then goes home to sleep in an unventilated room, observes the

Filling station employees declare that all motorists, in asking routes, demand concrete highways instead of precautions as the all-steel body would gravel roads. Evidently they prefer



The Masquerade

All ready for the party -such excitement and joy. And of course the 'eats" will be Monarch Cocoa and Teenie Weenie Peanut Butter sandwiches. Provide plenty for they'll all want more.

Every genuine Monarch package bears the Lion Head, the oldest trademark in the United States covering a complete line of the world's finest food prod-ucts—Coffee, Tea, ucts—Coffee, lea, Cocoa, Catsup, Pickles, Peanut Butter, Canned Fruits and Vegeta-bles, and other su-perior table spe-



REID, MURDOCH & CO.



Cord Wood Saws

Wade Gasoline Saws.
Witte Gasoline Log and Tree Saws.
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Catalogue Free. Write for prices or see your dealer RAWLINGS IMPLEMENT CO. Baltimore, Md.

PUMPS

Myers hand, power and Electric Pumps.

Burks Valveless Electric Pumps.

Hydro-Pneumatic, Steel and Wood Tanks.

Pump Jacks, Witte and Jumbo Jr. Engines.

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Ask your dealer or write us direct.

k your dealer or write us direct. KANAWHA PUMP WORKS Baltimore, Md.

SALESMEN Wanted To Sell Our West Virginia Grown Nursery Stock. Fine canvassing outfit FREE. Cash Commission Paid Weekly. WRITE for terms. THE GOLD NURSERY CO. Mason City, W. Va.

BAKERY FOR SALE Receipts \$280,000 Year

Wholesale and Retail, located in live Pena. city; est. 21 years; 75% sales retail, employs 48 people, 8 trucks, 12 wagons; valuable real estate; profits over \$20,000 year; owner retiring; sell this wonderful business at \$20,000; refer to (File 127). Write THE APPLE-COLE COMPANY Transportation bldg. — Detroit, Mich.

WANTED-SALESMAN WITH CAR to travel and sell cigars to retail dealers. Responsible party financed. SHELBY CIGAR CO., Dept. B, Shelby, N. C. Make \$75 Weekly Mailing Circulars to opportunity seekers, women, etc.; experience unnecessary. Send \$1 for guaranteed plan. S. E. YOUNG, Box 624, Dermott, Arkansas. \$50.00 WEEKLY IN ADVANCE SELLING Novelty Bedspreads and Silk Hosiery to housewives. Full or spare time, either sex LIBERTY MILLS, Dept. B, Shelby, N. C.

Romany Marriages

Jumping over a broomstick is the only marriage cerembny under Romany law. This was explained by an aged gypsy woman, who applied at Fareham for a pension, when asked to produce her birth and marriage certificates. "My husband and I have lived happily as man and wife for over fifty years," she said promptly. The old lady's application for a pension was granted.

Like a coy maiden, ease, when courted most, farthest retires .- Cow-





W. N. U., BALTIMORE, NO. 8.1927.