

Today's Carelessness May Mean Tomorrow's Unhappiness and Worry

An Association of Truck Drivers Has Adopted an Axiom for Careful Driving Which Is Useful Elsewhere

"BE CAREFUL today," is one of the safety-first rules issued by a truckmen's association...

Watch out for it, be careful about it today, so that you may have a better chance of happiness tomorrow.

YOU have to look out for your own happiness; you can't just never think of it without any attempt to guide it into the ways that you delight in.

Of course, if you try, and fail, crying over it won't help you half so much as making the best of what you have.

You do best others by being careful. The motorist who drives carelessly and heedlessly, with more thought of his own destination, if he happens to have one, than of the safety of that of his fellow motorists, is very apt to gain a hospital as his destination, and a great deal of time in which to meditate over it as a result.

Motorists must be seriously if anybody happens to get ahead of them. If they are not going anywhere, just out for a ride, to see what news is in the way of scenery and air, they fuss and splutter and speed forward as if they had been personally assaulted.

It's so senseless and so childish. But it isn't only in motoring that you can use this little axiom.

You'll find it very useful in your daily life, whatever walk of life you claim as your own.

TODAY'S events and the way you conduct yourself during them have much to do with what the morrow will bring forth.

If you are not careful about your tongue it may say something today that will make you extremely unhappy tomorrow.

You may jump to a conclusion today that will be proved entirely the wrong one twenty-four hours later, and if you have acted upon it, you may be well, almost any catastrophe may be brought about in this way.

Something you say in a blustering, unguarded moment today may react in the most distressing way upon you tomorrow.

It may be in the giving of an invitation, the expression of a criticism, the statement of a half-formed opinion, or the confiding of a business secret.

Whatever it is that forms into words on that tongue of yours, when you are careless about it, has possibilities of danger.

Mrs. Wilson Names the Various Kinds of Fish and Tells How to Prepare Them

Local Markets Now Have a Wide Variety of Sea Food to Take the Place of Meat in the Menu

By MRS. M. A. WILSON

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THE lesson today is upon fish. The markets abound with many varieties of fish, and even the most remote of the rural communities have a splendid selection of fish in their local markets at least once a week.

Blackfish, bass, both the striped and black bass, bluefish, or snapping mackerel, rockfish, kingfish and whitefish, flounders, sole, sheephead, catfish, halibut, halibut scrod codfish and flake, herring, shad, mackerel, mullet, butterfish, porbeagle, trout, both the freshwater variety and sea trout, mountain trout, white perch, yellow perch or striped perch, weakfish, sunfish, Spanish mackerel, tarpon, smelt, salmon, pike, pollack, puffers, sword and drumfish, sculpin, oysters, terrapin, snapping turtles, snails, eels, lobsters, mussels, clams.

The following rules apply to make a choice of fresh fish:

The fish should be quite stiff and firm to the touch, the eyes standing out full and clear, the gills red and the fins quite firm.

To be able to classify the different varieties of fish you should know that the salmon is considered the choicest fish that is sold fresh, cut in steaks, small head and thick, heavy shoulders, the meat is quite red in color, solid and flaky.

The Eastern or Kennebec salmon are choicest; then those from the Penobscot and St. Johns Rivers are next. The salmon of the Western Coast are used extensively for canning purposes.

Salmon are sold fresh, cut in steaks, for broiling, and in chunky pieces for boiling or baking.

Salmon are canned and also smoked and pickled.

Spanish mackerel is a very choice fish, and is somewhat similar in appearance to the spring mackerel, but it is a much larger fish, not having the dark lines on the sides. It has a row of pale yellow spots instead.

Sheepshead is a name given to a variety of fish that has a head and mouth resembling the sheep's head. It is a large, short, thick fish of silver-white appearance, with many dark bands running across the fish and a snout-like-looking face.

Sea bass is a gamey fish that is used for all around purposes, the small fish is usually broiled or broiled.

Shad is the choicest variety of fish, and is usually broiled, broiled, baked and fried.

The bluefish, so named because of its color, belongs to the mackerel family and averages from two to six pounds. This fish is usually fried, broiled and baked.

Flounders and sole are flat fish of the skate variety and are usually broiled and either sauteed in butter, broiled, or dipped in eggs and bread crumbs and fried in deep fat.

Catfish is a pan fish. This is skinned and rolled in flour and cooked in small amount of fat.

Hadlock, scrod, cod, hake and haddock are fish that are cut in steaks for broiling and also for broiling and baking.

Mullet, butterfish or sand dabs, puffers, trout, perch, sunfish and smelts are pan fish.

Sturgeon is cooked like salmon. Pickered, pike and lake trout are usually panned or broiled.

Kingfish is pan fried or broiled. Frog legs are a splendid delicacy and are prepared by dipping in egg and cracker dust and frying in deep fat; they are also sauteed in butter and stewed in cream.

Scallops, clams, and oysters are prepared by steaming, also by broiling, and by dipping in beaten egg and bread crumbs and sauteing in deep fat.

Preparation for broiling and baking: Broil and bake in the case of oysters, shellfish, and small fish, with sufficient boiling water to cover the fish and cook, allowing twenty minutes to the pound.

To Broil: Prepare fish by scaling and cleaning; broil and bake in the case of oysters, shellfish, and small fish, with sufficient boiling water to cover the fish and cook, allowing twenty minutes to the pound.

Hard on Sister: In India there is a rule which says that where there are several daughters in one family the youngest one may not marry until the eldest has found a husband.

High Shoes Now: The Eastern or Kennebec salmon are choicest; then those from the Penobscot and St. Johns Rivers are next.

Adventures With a Purse: I bought some gray silk stockings which went with them perfectly.

Something New: Fur-edged side panels are something new in the way of trimming for evening gowns.

What's What: Fur-edged side panels are something new in the way of trimming for evening gowns.

The Woman's Exchange: Using Cream: Dear Madam—Some time ago I wrote you in reference to bleaching dark hair and you advised lemon cream.

A Rusty Steel Beaded Bag: Dear Madam—Will you kindly let me know just how to prevent steel beads from going rusty?

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NO, THEY AREN'T TWINS

Please Tell Me What to Do

Letters to Cynthia's column must be written on one side of the paper, and must be signed with the writer's name and address. The letters will not be published if the writer does not wish to have his name and address published on both sides of the paper will not be published. Letters can be given in the column if the writer wishes. Letters are only published when absolutely necessary.

To A. B. C.: Does your pal know that you never expect to ask her to marry you? She may think that she has an understanding of the kind with you, and it so, she would naturally resent your asking to any one else.

Dear Cynthia—Once again I write to your valuable column in the EVENING PUBLIC LEDGER in answer to Simon Knight's letter. Nubian Knight, old top, said to me that I have met two nice American girls, but I have not met any of your fellows yet.

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They're just two pictures of one girl wearing the same coat in two different ways. The reverse of bright-colored Persian cloth may be worn thrown back in a Tuxedo effect that looks like a long coat.

Things You'll Love to Make



A Jointed Rag Doll: Here is a jointed rag doll that you can make at home for little sister.

Choosing Curtain Material: Many people use the word chintz for virtually all printed linen and cotton drapey fabrics without thinking of the great difference between these materials.

Don't Even Sign His Name: Dear Cynthia—Must talk to "Sealment the Fille" a little. Will you tell me what I can do to prevent steel beads from going rusty?

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LOVE NOTS

The Mended Romance: Think you that you can mend a broken romance?

Less appetizing than warmed-up potatoes is the love that has grown cold. When the sheen is off the Danish Cupid prefers dining at a quick-lunch counter.

Lo, you can lead a man to a woman, but you cannot make him drink a love-potion that has soured.

For as bread is the staff of life so is love the truth of matrimony.

But a patch in the love pattern spoils its symmetry.

Apathy is the heart's to-let sign. It is the one-way street through love's bazaar. Alas, there can be no returning.

THE HOME IN GOOD TASTE: By Harold Donaldson Eberlein

Glazed chintz is much in vogue now. When it is used for curtains it is well to make sure that any lining is water shrunk. Otherwise, if the lining is affected by dampness, it will pucker and pull the curtains out of shape.

Remember not to put a large pattern fabric in a small room. Use an inconspicuous fabric if the design in your rug is pronounced. But if your rug is plain, a bolder design (as shown in the illustration) may be employed.

Tomorrow—Use of Italian Furniture

There'll Be Smiles of gladness when your husband comes down in the morning to a steaming cup of

ASCO Coffee 29c

In all our Stores

AMERICAN

Can You Tell? How Wood Decays

Wood which contains innumerable minute microbes decays because the microbes feed upon and destroy the fiber of the wood.

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The Reckless Age

Introducing some of the younger set at a coming out party.

CHAPTER II Aline and Her Family

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