Constructing a Model of Little America for Museum

This model of Little America, the camp of the Byrd expedition in the Antarctic, is being constructed by mem-bers of the party for the American Museum of Natural History in New York.

Salads and Desserts Are Popular

COOD salad is always a welcome A dish at any time or season. Fruit sninds especially appeal to the appe-tite in warm weather.

Chilled Fruit Salad.

Cover salad plates with fresh crisp lettice and arrange mounds of sliced fruit, such as oranges grapefruit, peaches, pears and berries. In the center place a mound of cott: re cheese, then surround with such fruit and berries as are in season. Serve with a fruit mayonnaise—add orange high to mayonnaise—chill and orange juice to mayonnaise, chill and beat well before serving. One of the valuable food adjuncts

one of the valuable food adjuncts (vitamin C) is found most liberally in due citrus fruits. It is an unstable element and cannot be stored in the body for any length of time, hence a daily intake of such fruit makes for bodily health.

Deviled Crabs.

Take one can of crab meat, mix with one cupful of oread crunabs offwil⁴ one cupful of oread crunbs - di-ened with one half cupful of milk, add two ecg yolks hard cooked and put through a sieve; add one tablespoon-ful of salt, a dash of mustard one-fourth of a cupful of melted butter. Fill timbales or small ramekins, sift buttered crumbs over the top and brown lightly in a moderate oven.

Frozen Fruit Salad. Soak two teaspoonfuls of gelatin in two tablespoonfuls of water and melt over hot water. Add the soft-ened gelatin to one cupful of mayon-naise, then add one cupful of cream when a bld in one and me holf whipped. Fold in one and one half cupfuls each of orange pulp and size apple, or bananas and peaches com-bined. Pack in a sealed can. Freeze,

cream or the same of milk and one

strawberries or white grapes, one-halt cupful of powdered sugar. Serve very cold in sherbet classes with a mara-schino cherry for a garnish.

Add to one quart of rich milk two and one-half cupfuls of temon julce and one cupful of any of the follow-ing fruits: Crushed strawberries, rasp berries, apricot pulp, mashed peaches, bananas or apple sauce. Freeze as usual.



R EVERENCE is a strong sentiment [K of esteem and respect. It is an attitude of deep and sincere admiration for what isswastly above and beyoud us.

The self-regarding instinct is the strongest motive of human behavior. This impulse has two phases, self-assection and self-abasement or submis-sion. In domination and exploitation, the desire to lord it over others, we have an illustration of the self-as-sertive phase. Reverence illustrates the highest form of the submissive impulse.

We take pleasure in submitting to a superior person because in so doing we raise ourselves to kinship with him and shine by reflected glory. We follow a great leader and are glad to be identified with him even if it involves some pain and sacrifice. The satisfaction in this form of submis-sion is in reality self-assertion.

And if we find pleasure in submit-ting to superior human beings, how much more pleasing it is to submit to the god of all the universe who is so much more powerful than any mor-tal or group of mortals. The compli-ment to our self-esteen is correspond ment to our self-esteem is correspondingly great.

Despite our egotism and self-asser-tive tendencies all of us realize our weakness and frailty as compared with the forces of nature and the what the forces of nature and the great mysteries of life that baffle the wisest of men. We cannot help but feel a sense of inadequacy ns we stand in the presence of these great phe nomena. Our sense of submission and self-abasement predominates and we find pleasure in assuming the attitude find pleasure in assuming the attitude of reverence towards the power or supreme person we call the delty.

Submission to an interior or an equal rankles and we never do it, willingly. But to submit to a superior is a great pleasure because in so doing we really climb up in our own estimation. In reverence we identify ourselves with the supreme being and enjoy the added sense of

otherwise possess. Reverence is sincere and elevating, It appeals to our ego maximution in-directly but nevertheless effectively. (& by McClure Newspaper Syndicate)

security and power that we could not

Gigantic Star

Antares (Alpha Scorpii) is the larg-est star of which we have reasonably accurate measurements, its dimeter being about 400,000,000 miles; in vol-ume it is 100,000,000 times as large as the sun and 125,000,000,000,000 11mins

Amazon Nations

There seem to have been three nations of Amazons-one in Africa under Queen Myrina; one in Africa under Queen Myrina; one, the Asiatic, with an empire along the Black sea, and the Scythian Amazons, probably a branch of the Asiatic tribe.





HER BROTHER BILL TOLD HER THAT_

If an actor should so far forget himself as to play, "Home, Sweet Home," in a theater, crate the scenery and pack the trunks, for it's a sign that show will speedily close. (① by McClure Newspaper Syndicate.)

Lay Cornerstone for New Education Building



of the grand lodge of Masons of the District of Columbia and the United States commissioner of education, officials of the National Education association laid the cornerstone for their new headquar-ters building at Washington. The photograph shows Dr. William John Cooper, missioner of education, and Deputy Grand Master C. Fred Cooke laying the stone.

The Child	ren's Corne	C & DOROTHY EDMONDS
AN OLD FAVORITE RETOLD	Where he had planted out his bean, climbing in the air.	6 0
Jack was a lazy boy, who lived with his mother; He hadn't any father or sister or brother.	Up and up and up it went, till it seemed to touch the sky, And Jack said to climb it he was bound to try.	
They had a little cottage, and an old, old cow; One day his mother called him and said to him, "Now,	His .nother said "More foolishness!" but Jack would go. He climbed on up and up, till he had reached the top, and so	Buys U "I haven't any grip. T Alasi Alasi I rus it."
Jack, we have no money, so our cow we must sell; Take her off to town, and luck be with you." Well	He gave a look around him, and saw a castle near. Now he was very hungry from climb- ing, so 'twas clear	Buys G "I never, never cult. T I'd be ashamed to do 19."
Jack took the old cow and started off for town	That he must go and give a knock and ask someone for bread. A women met him at the door: "For the love of Me!" she said.	Bays G. "Scanber, I always stop,
Bye and bye he met a man who said to him, "How In the world do you expect to sell that old cow?	"What ever be you doing here? Oh, Oh, my dear, You'd better go as far away as e'er you can from here!	T Just before I get to 11."
Now, I have some magic beans and I'll give you one In trade for the old cow." Jack said, "Done."	"My hueband is a giant with an awful taste For little boys like you, dear, so you'd better make haste."	F Determined to get through it.
Then he turned himself around and started off for home	But lack was very hungry, and he begged her so. That she let him in io get a bite, but she said. "You know	could carry him, Slid right down the bean stalk an reached the bottom, BLIM! When his mother saw him, she wei
Soon he was home again, and his mother said, "Jack.	If we should hear a cry 'Fee-fi-fo-fum!' I'll have to hide you quickly, for 'twill be he, come."	for very joy; So happy now to have again her ver careless boy!
18	And indeed it wasn't long before these words were said. "I smell the blood of an Englishman! Be he alive or dead.	Now they had a plenty, and would never have to beg: Jack need only say "Lay!" There wa a golden eggi
10	Fill grind his bones," the giant cried, "Till grind his bones," he said, "Till grind his bones, his precious bones, to make my bread"	Jack made other journeys, took th money bags, once, From the giant, who lay sleeping, an stupid as a dunce.
	She popped Jack in a closet, and shut him up tight	But when Jack tried to carry off th gold, magic harp It cried "Master" and he was afte Jack sharp.
	The giant. "Wife!" he cried, and "Wife!" he cried again. "There's someone in this castle, for I can smell him, plain!"	They raced for the bean stalk, but Jac was so slick He was down in a jiffy, crying, "Brin the ax, quick!"
	He wrinkled up his ugly nose, and gave her such a look! She faced him squarely but her poor knees shook.	Jack cut the bean stalk with one bi whack! Down came the glant, breaking hi back;
	"It is only fresh steak, and nothing else besids; There is no one in the castle," the poor woman lied.	Breaking his neck, too, and breakin his head! "Whoopee!" cried Jack, in give "Th old giant's dead!"
	So the giant ate a huge dish of steam- ing steak, and then- "Go," said he, "Quickly, and bring me my hen!"	Now, lest I make my story longer tha I ought. Til have to hurry up a bit and try t out it short.
Tou had hardly started, and here you are back! How much did you get, dear? Tell me quickly!" And, fack held out in silence the bean in	Peeping through the keyhole Jack saw the hen; "Lay!" said the giant, "Lay!"-and then-	In the end it turned out that a lon time ago The castle had belonged to Jack's fa ther, you know.
his hand. His mother could do nothing but shake her bend and ween:	Right before his very eyes she laid an egg of gold! Another and another did our Jack be- bold.	So he and his mother went back ther again, Taking all the money bags, the har and the hen.
Sut Jack planted out his bean, and then went fast asleep. In the morning he looked out, and make a vine there	Bye and bye the giant put the hen down on the floor; Then he fell so fast maleep that Jack crept through the door,	There they lived happily, so the stor scea, But, just how long a time, nobod knows. Olive Benson

SUPERSTITIOUS

Lemon Fruit Sherbet.

----- By NELLIE MAXWELL ---cream is used whip it before adding. Freeze to a much, then add the whipped cream and finish freezing. Orange ice Cream. Mix three cupfuls of orange toice with one cupful of sugar. When well dissolved add two cupfuls of thin

Fruit Cup Dessert.

Cut one orange, add one cupful of pineapple diced, one cupful of haived

(C. 1920, Western Newspaper Union.)