THURSDAY, FEBRUARY 20, 1930

for the Florence Riddick Boys

LIKE NOBODY'S BUSINESS In the winter time, when everybody gets up late and hurries away to who is trying to reduce. Nuts should

pajamas and yesterday's clothing lying on the floor or hanging in the nuts is good for the teeth, both bebathroom; or when they all come home and deposit school books, mittens, galoshes, letters and what-haveyou on every table and chair and shelf-then the home looks "like nobody's business," unless Mother makes it her business to be the patient goat and pick up after everybody.

But is it fair-I ask you-to convert Mother into everybody's valet? Is that recognizing her as the "queen of the home?" Queen of hearts she may be, but no use treating her like the deuce.

Wouldn't it be much more fair and square for each member of the family to pick up after himsellf. Try to teach each one to put away a thing he has used, when he is through using it. Yes, it will be a job, and it may be as much work as picking eating raw carrots is that it takes so up after him. But it is the right long to chew them but, with the principle and will help to train the young folks to make somebody's good wife or husband, in the years to come.

DRESS ARCHITECTURE

No woman looks her best by chance. It requires study to acquire the clothes which will bring out one's rots. best points and put the dimmers on one's weak ones. Garments and accessories should not be purchased hit and miss. A systematic plan should be mapped out semi-annually to make one's wardrobe harmonious and such tuce leaf, with whipped cream, flavorwill enhance one's good appear- ed with the mayonnaise, on top. Crisp ance. It is just as necessary to ideal dressing as the blue print is to housebuilding. When the vernal and autumnal equinox rides toward the zenith, con- pickles or olives may be added to this sider that the time to take an inventry of your clothes closet and map out what you will need for the next two seasons. Divide the contents of that closet into two groups, keeping their babies too warm. They the things which will not do and the think of the infant as such a delicate things which will. Send the first little creature and they almost smothpile to the charity organization and er it in wool blankets. They forget send the second to the dry cleaner or that baby has an excellent heating the seamstress to be put in perfect plant inside of him and his heart condition. Then make a list of what pumps red blood through his veins you need to complete your outfit. It is a good thing to build your through yours. wardrobe around your coat. Hat When a baby's skin feels cold as dresses, hose, gloves should seem to a frog, baby is comfortable. Like make a complete costume with it. a little fish, he likes to be cool and This may seem rather difficult if the it hardens him and makes his resiscoat is fur or a color to which you tance to cold greater. Neither babies do not like to limit yourself-but nor adults should be subject to sudden only in this way can you get 'the changes of temperature nor permitted smart ensemble effect. Hose and to lie in a damp room nor in a draft, week in hot, soapy water. To clean gloves this season incline to a sun- Given an even temperature and mode- the kettle when the coating has beburn shade, even when worn with rately dry air, baby will thrive best if gray, black or white. With a navy coat, wear navy dress- five degrees. es, light blue; or bars, checks or fig- The result of keeping baby too ures in which blue predominates. warm is skin troubles and lung and With the black coat, black, white and bronchial diseases, running ears and gray are first choice, but almost any pneumonia. other color may be worn with black. With a brown coat, any shade of brown, tan rust, or red is good. Green goes well with brown, for variety.

serve as substitutes. They are fattening and should be avoided by one school or work and leaves last night's be eaten as a part of the meal and not between meals. The eating of cause they require chewing, and also because they are a bone building

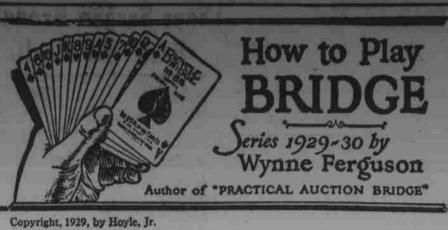
> food. To incorporate nuts into the diet, add them to breads, puddings, salads, candies, cakes and cookies, or to almost any other dish, where they will not offend the taste. Peanut butter, and shredded cocoanut are easily handled foods and should be a fixture on the cupboard shelves, and frequently resorted to. One caution ; Nuts are subject to spoilage through insect life and becoming rancid so do not stock up too heavily on them at one time.

CARROTS IN SALAD

Raw carrots, grated, are delicious in any salad. - The chief objection to new modern grater, made especially for vegetables, it is easy to prepare them so that they may be eaten, with less difficulty. They have a taste like orange when added to a salad and there is nothing so healthful and rich in vitamins as raw car-

A salad which is almost a meal may be made by adding chopped nuts or grated cheese to raw carrots. Add enough mayonnaise dressing to hold them together. Serve on a let-

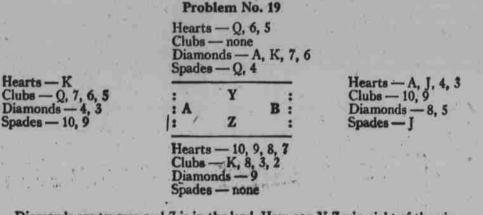
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ARTICLE No. 20

One of the most popular forms of | Talk it over with your friends and indoor amusements is the Auction remember that the correct solution Bridge problem. You will see interested must be one that is good against any players in the theatres, subway trains, defense. Don't make the mistake of at the seashore and other Summer re-sorts, poring over some double dummy Bridge problem. Just to be in the fashion this article will deal entirely

with such problems. The first problem is one for you to think over during the coming week. solution must be one that is possible against any or the best defense.



Diamonds are trumps and Z is in the lead. How can Y Z win eight of the nine tricks against any possible defense? Solution in the next article. The following problem was given in the preceding article. The solution is given here. If you haven't already tried to solve it, do so now before you read

e solution.

earts — Q, 10, 8, 7 lubs — 10, 8, 6 iamonds — none pades <u>—</u> none	Hearts — K, J, 9 Clubs — 4, 3 Diamonds — K, 10 Spades — none	
	A Z B	Hearts — none Clubs — J, 9, 5, 2 Diamonds — Q, 9 Spades — A
	Hearts — 6 Clubs — K, Q, 7 Diamonds — 6, 4 Spades — K	

If spades are trumps and Z is in the | nine of diamonds. Z follows suit and A ead, how can Y Z win six of the seven is forced to discard. He cannot discard

lead, how can Y Z win six of the seven tricks against any defense?
Solution: Z should lead the king of spades. A can safely discard the seven of hearts, Y must discard the ten of diamonds and B is forced to win the trick with the ace of spades. B now has the choice of two leads: (1) the deuce of clubs; (2) the nine of diamonds.
(1) Suppose B leads the deuce of two deuces the deuces the deuces the deuce of two deuces the deuces two deuces

True Tales Of Africa, A Land **Of Paradoxes**

PART VIII

By the time we had reached Lamo the weather had quited down. We went into the harbor to within a mile of the shore. There was no dock. eW went down into native rowboats and so to the shallow water. There the boats weer grounded and we were We went down into native rowboats the boats were grounded and we were carried the remaining twenty yards on the backs of the boat boys. Men, women and all were carried thus. You can well imagine some dignified Governmen: Official-they are officials theer and not servantsbestraddle the neck of a naked nigger as he flounders along in water up to his arm pits. The most ridiculous sight is the dear, fat old lady that knows the boat boy is going to fall.

You can picture this dear. fat old lady hanging on for dear life to the matted wool of an African's head and talking frantically to him in English, of which he understands not a word, Her fat legs are sticking straight out in front of him at an angle to each other of about ninety degrees-and every once in a while dipping down in the sea water, accompanied by an appropriate scream and more vituperation as to the imbecility of the diminutive nigger struggling gloriously to reach dry land. To a lot of shows that are not half so comical admission is charged.

In the city of Lamu-which consists of native wattle and daub huts and a few corrugated iron "Dukas" (stores) run by East Indians, a native market and the customs house and the Europeans' quarters set up on a corrall hillock-we found ourselves in an unadulterated African atmospheer for the first time. Naked natives, all very noisy and argumentative, bartering and trading. They sold and bought everything up and down from virgin girls to goats in-"Wembe," "Mahinde," cluding 'Mboga," "Pelepele," "Tembo" "Kikapoos," "Kibuis," "Mahuti." Which being interpreted is: beer grain, corn, salad. pepper, beer, honey, baskets, earthen bowls. A great many other things were offered and bought and sold. The women, I noticed were very erect in their bearing. On inquiry, I found that this is due to the fact that are continually carrying large loads on their heads. The man, lordly master of the house hold, carries no loads-except when he hires out to the white for that particular purpose. More about this load carrying by the ladies of the land as we go along. All along the Benidir coast there are ancient shrines. These were built by the Postguese and the Goanese that made up the soldiers of Vasco de Gama's hordes that marched thru this country long, long ago. In Milton's "Paradise Lost" you will find numerous references to this desolate bit of God's creation. To think of those old soldiers marching thru the sultry heat and rough country in full marching order, which in those days meant brass helmets and armour! The whole suit is said to have weighed 60 pounds. This besides his rifle, food and so on. It was at Lamu, years afterward, that we were to hear for this first work and give you the satisfaction of time that the world was at war. feeling that the house is more livable There is a story with that, we will give at the proper time. One other thing that seemed so awkward and and sluggish to us at Lamu was the Cook one pound of cranberries on camel drawn sim sim mills. Sim sim one cup of water until tender. Put is a native bean that is very rich in (Continued on page four)

PAGE THREE

NUTS AS FOOD

building elements as meat, and can keep the inside of the kettle free will not become soggy, but it will re- into molds.

carrots should be used for the salad. Large ones will do if they are tender. Scrape them and then grate them. Green peppers, chopped, or salad for variety.

BABY'S TEMPERATURE

Most mothers make the mistake of much more rapidly than yours does

the thermometer hoves around sixty- and scrape the inside of the kettle

CARE OF TEAKETTLE

If you use hard water, lime is sieve makes a good substitute for this likely to precipitate and form a thick, cover in the home. Before you begin grayish deposit on the inside of it. making pancakes, warm a dish to hold This will sometimes chip off and ap- them and also the strainer to cover pear in water you are pouring from them. Put the cakes quickly into the Valuable nutrients are nuts. We the teakettle or it may make such a dish and cover quickly. The perfoshould include more of them in the heavy interlining that it will hinder rated pan-shaped cover will permit through a sieve; add two cups sugar oil and the natives make quite a diet. They contain the same body the heating of water. It is better to enough steam to escape that the cakes and cook for five minutes, then pour trade out of exporting it to "civilized"

(1) Suppose B leads the deuce of forced to discard. He cannot discard clubs. Z should win the trick with the the queen of diamonds or Z's six of queen of clubs, all following suit. Z should now lead the six of hearts, A should play the eight, and Y should win the trick with the nine. B is forced to discard the five of clubs. Y should now play the king of hearts and B is again forced to discard. He cannot discard the queen of diamonds or Z's for the same reason given in the pre- clubs. ceding trick; so he is forced to discard

the nine of clubs. Z should then discard the seven tricks against any defense. the queen of hearts or Y's jack of forced to discard the eight of clubs. Y and seven of clubs.

(2) Suppose at trick two B leads the fully. It will well repay you.

mond or Y's king of diamonds and Z's six of diamonds will be good; so he is six of diamonds will win two tricks. B forced to discard the nine of clubs. Z is forced, therefore, to discard the five should discard the six of diamonds and of clubs. Y should now lead the king A follows suit. Y should now lead the of hearts and B again is forced to dis- four of clubs and Z must win the next card. He still cannot discard a diamond two tricks with the king and seven of Thus in both cases, Y Z win six of

the four of diamonds and A follows It is a pretty problem in the forcing of suit. Y should now lead the king of discards. Both A and B are forced to diamonds. B and Z follow suit and A discard clubs and thus enable Y Z to is forced to discard. He cannot discard make three club tricks when only two tricks in that suit appear to be winners. hearts will be good; therefore he is The forcing of discards is one of the most common ways that good players now leads the four of clubs and Z must adopt to win tricks that the average win the next two tricks with the king player would lose. Study this problem and the methods adopted very care-

from the coating of lime. To do this, tain enough heat to keep them de wash the inside of the kettle once a licious.

come heavy, use a flat chip of wood with it.

PANCAKES

In a hotel, they bring your pancakes covered with a dish with a hole in the top, to keep them from getting cold. A steamer or strainer or

HOUSECLEANING

To avoid the semi-annual upheavals of housecleaning, set aside a regular time each week when you will do some special housecleaning job and thus keep the house clean all the time, or rather in the process of continual cleaning, in homeopathic doses. This method will distribute the from day to day.

CRANBERRY JELLY

Grawn for this paper By FISHER

KNUW WHY - - - A Watch Always Stops At The Wrong Time ?



