

The Friends of Youth

by O. Lawrence Hawthorne

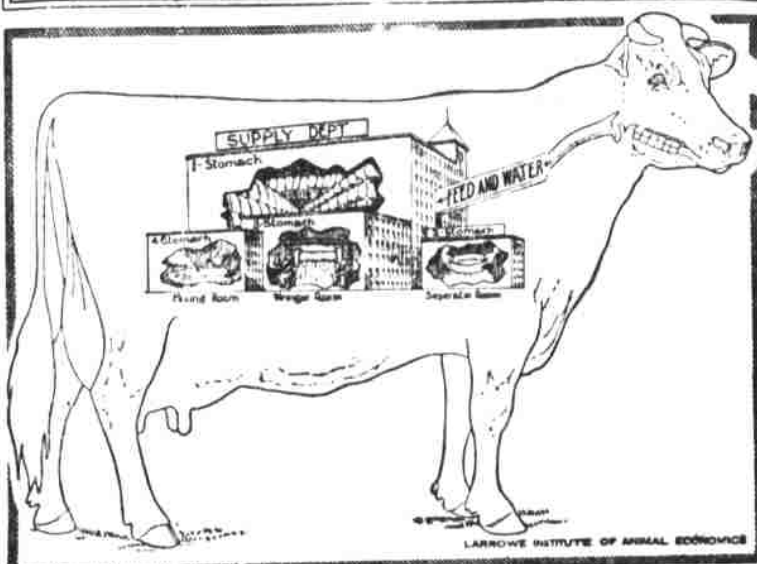
Where are the comrades of long ago,
The boys and girls that I used to know
Back there in the old home town?
What have they gleaned from the passing years:
Abundant laughter or more of tears?
A cheery smile or a frown?

Back in those fanciful childhood days
We dreamed our dreams, and we went our ways
To make all those dreams come true.
Who have continued to journey's end
That rugged pathway whose upward trend
Finds fortune? I wish I knew!

What have they learned of the better things,
Of the joy that communion with nature brings,
Of the comfort that children give?
What do they know of the peace of mind
That comes to them who are staunch and kind?
I wonder just how they live.

Swiftly the years have been fleeting by;
Broad are the miles that between us lie
And far have we grown apart;
Yet there is something devout and fine
That cherishes those old friends of mine,
And cloisters them in my heart.

Cow Uses Four Stomachs to Digest Its Daily Food



ALL the four stomachs of the dairy cow must work as a unit if she is to produce the most milk year after year, states the Larrowe Institute of Animal Economics. The first stomach serves as a storehouse for bulky feeds and the second as a separator room, while the third stomach acts as a wringer to squeeze out water from the food, leaving it in a mealy condition, ready for the fourth stomach, where real digestion begins.

How the four stomachs, backed by a plentiful supply of well-balanced feed and pure, fresh water, can be made to pay big profits, is well illustrated in the official cow-testing association record of Sadie, the world's second highest record grade cow. In one year through the stomachs of this plebeian daughter there passed 6,803 pounds of a prepared dairy ration, 777 pounds of dried beet pulp, 2,133 pounds of mixed clover hay and 5,182 pounds of corn silage, which were turned into 21,680 pounds of milk—enough to fill over 10,000 quart bottles! In other words, for every pound of grain entrusted by Sadie to her stomachs she produced a quart of milk with three pounds of milk to the bucket.



A Dollar Dinner for Four

In solving her eternal problem—how to combine appetizing variety with economy and nourishment, in the daily menu—the housewife should have all the aid she can get. The following menu, which serves four people and costs only 1.00, may prove helpful—

Vegetable Soup Spanish Eggs Bread and Butter Baked Corn

Pineapple Pudding
A CAN of vegetable soup costs 10 cents. Ingredients for the Spanish Eggs are canned tomatoes, 6 eggs, onion and seasoning. A large can of tomatoes costs about 13 cents, and 6 eggs 20 cents. Pour liquid from tomatoes and cook them in saucepan about 10 minutes with seasoning and a little onion. Stir in eggs with fork until cooked. Serve on buttered toast.
A can of corn costs 13 cents at special sales. Chop corn with half a small onion and 1 green pepper. Season and place in well-greased casserole with alternate layers of breadcrumbs. Dot crumbs with butter and bake 1/2 hour. A loaf of bread costs 10 cents. Enough coffee for 4 people, at an

average cost of 40 cents a pound, is about 4 cents.
A can of shredded pineapple for the pudding costs about 21 cents. Other ingredients are a few slices of buttered bread, spice and 2 whites saved from eggs used for Spanish Eggs. Fill dish with alternate layers of pineapple and buttered bread, add spice cover dish and bake in pan of water in oven 1 1/2 hours. Make meringue of egg whites and brown lightly. Serve with juice drained from pineapple.
Left-over bread may be used for pudding and for crumbs in baked corn. Total cost of main ingredients about 91 cents, leaving 9 cents to cover cost of butter and sugar for the meal, and minor ingredients.

A Gift From Mexico



OLD Mexico, steeped in romance and charm, has among its many delightful characteristics a cookery unlike that of any other nation. Flavor, spice, abound in Mexican dishes and their aroma is enticing. Chili con carne which comes prepared in cans is one of the best of Mexican dishes, not only because of its attractive appearance, but its palate tickling flavor. And it contains all the needed food elements for a well balanced meal.

Red kidney beans, the basic food in chili con carne, are rich in protein and carbohydrates, forming one of the best energy producing foods at our command. Other ingredients of chili con carne are delicious juicy beef and gravy, the former containing much needed protein, fats and oils, while tomato and Mexican peppers, with their important mineral properties make a well balanced offering. The seasonings and proportions follow recipes originated by the Mexicans many years ago, and the result is an unusually appetizing dish.

The housewife is wise to make use of such a delightful novelty to secure variety in diet. Such a dish serves a good purpose in introducing red kidney beans under a most attractive guise. Kidney beans, in addition to being nourishing have the added merit of being an inexpensive food. They come canned and ready for use in salads and other dishes.

KIDNEY BEANS AND SPAGHETTI—Mix a can each of spaghetti, kidney beans and tomato sauce, season and bake in the oven for fifteen minutes. This is a delicious dish that serves as a meat substitute.

The School Lunch



THE housewife's shelf of canned foods must help materially, particularly in the fall season, to take care of the children's school lunch. A few canned staples that the housewife may use in quickly made sandwiches are peanut butter, canned sandwich fillings, fruit cake and brown bread, also sardines, salmon, tuna fish, cheese, jellies, jams, potted ham and chicken.

One may transmute a whole Boston lunch to the school yard by making a sandwich of canned baked beans and tomato sauce with Boston brown bread. When bought in cans, this bread is always fresh and delicious. And think of the nourishment in such a sandwich! Beans, packed cold in jars, make a good and convenient change from sandwiches.

Peanut butter, which comes in easily resealed cans, is always good for children's lunches because it is nourishing and most of them like it. It combines very well with pimento cheese, jelly or dates.

Canned cheese, potted ham and chicken, sardines, salmon and tuna fish are all good foods, containing needed protein. Cheese may be purchased in small or large cans and kept in reserve. No fear of its becoming rancid or unpleasantly odorous.

Fruit cake is a fine solution of the sweet question pertinent to every school lunch. It is wholesome food and the tight tin boxes keep it fresh and moist for a long time. Sweet sandwiches, too, of jellies and jams, perhaps combined with cream cheese, are valuable energy producers. Don't forget to vary sandwiches by using different kinds of bread, rye, whole-wheat, graham as well as white and Boston brown bread.



Novelties in Ready-to-Serve Foods

WHEN the modern housewife wishes to avail herself of the convenience of ready-to-serve foods, she is not limited to a few staples, as her grandmother was. All sorts of delicacies and novelties are at her disposal. Without the trouble of preparation or long cooking, and at reasonable prices, she can serve her family and guests with a wide variety of foods which used to be more or less in the epicurean class, or the preparation of which entailed much hard work.

Since the Russian caviar, is procurable in canned form, a supply should be kept on hand for sandwiches for afternoon tea, or for the impromptu after-theatre supper. Now that mushrooms come in cans, they are used with much more confidence than of old. For those used in the

canneries are grown for the purpose, thus eliminating all danger of harmful species. These prepared mushrooms are exceedingly convenient for last-minute use. They may be heated and served with beefsteak, chopped up with bits of left-over chicken and served on toast, or served alone on toast.

Cheese of all kinds can be purchased in small tin cans and in this preparation it keeps moist indefinitely. The forerunner housewife who has on her pantry shelves a variety of timed cheeses is prepared for emergencies. Artichokes now come in cans, ready to serve at a moment's notice. And certain ready-made entrees, such as beef à la mode, Hungarian goulash, chicken curry, chicken à la king, chop suey, and lobster Newburg, simplify modern entertaining.

Wholesome Goodies Made with Cherries



EIGHTY per cent of the cherries picked during July are canned. Most of these are sour red cherries. They are packed in large No. 10 cans for hotel use and in small cans for household use. The large cans are good for making preserves when the housewife wants to prepare some favorite preserve on not too large a scale.

Deep Dish Cherry Pie
Line a deep pan with plain pastry, cover with canned sour red cherries and juice, several small lumps of butter, sprinkle with sugar, dredge with flour, add another layer of pastry, then the rest of the fruit with sugar, butter, and flour. Add top crust and bake.

Cherry Jam
Drain liquor from gallon can of cherries, boil liquor till it is reduced by half. Add sugar in equal quantity, cook until a little poured on a plate jellies, run fruit through meat chopper, then add it to hot syrup. Boil again until the test proves, pour into jars, and seal. Canned cherries are always available and the jam can be made at any season of the year.

Cherry Dumplings
Drain canned cherries from syrup. Put cherries in center of six inch square of pastry, sugar, butter, and spice to taste. Brush white of egg on edge of pastry, bring four points to top, brush surface with white of egg, bake and just before taking out, sprinkle with powdered sugar to form glaze. Make syrup into a sauce.

Cherry Pot Pie
In a deep dish on top of stove boil cherry juice into the hot juice, drop by spoonfuls soft dumpling paste in round balls. Cook till they are done, about twenty or thirty minutes.

Spring Tonics



"SPRING FEVER" is the term facetiously applied to "that tired feeling" which we all get when the first mild days succeed a long winter. It is a general letting down of the energies which have been keyed up by the cold. We feel lazy and unambitious, and our appetites flag.

Yet, during this period of readjustment of the human system to the change in temperature, it is essential to keep up the strength and vitality. The body needs, in particular, a fresh supply of iron. It becomes the problem of the housewife to serve such foods as will not only tempt the appetites of her family, but re-energize their systems.

Children, too, suffer from this general "letting down" in the early spring. Formerly, herb-teas and certain medicines were administered as "spring tonics." But nowadays it is considered more effective to eat foods rich in iron, than to dose with medicines containing that element. For in food we get nourishment as well as a tonic.

All green vegetables, such as spinach, cabbage (sauerkraut), asparagus, Brussels sprouts and lettuce are rich in iron and vitamins. So are carrots. Spinach and sauerkraut are additionally valuable as system-cleansers. As most of these vegetables may be had, regardless of the season, by buying them in tins, we need not wait for our spring tonics. Thubarb is another excellent tonic, because of its refreshing and appetizing "tang." It, also, may be purchased in cans, when the fresh is unavailable. It is particularly good for us in the springtime.

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