

Quick Meal for Cool Evenings

Tomato Stuffed With Icebox Leftovers Is Good.

By EDITH M. BARBER

A VERY simple menu for the quick meal tonight has been chosen and we are pinning on a quick and cool enough to light the oven for half an hour. We are using the old standby, bacon, which has probably known responds so well to oven treatment, and as we have the oven hot for the corn, the bacon can be baked at the same time.

The broiling pan with its rack makes an excellent baking pan for this if it fits in the oven. The tomatoes may be stuffed with whatever is in the icebox. Perhaps a few slices of cucumber from last night's salad, a little deviled ham, some lettuce which may be shredded very fine, make a delicious combination.

Whatever we use, we must not forget a little onion juice or chopped onions with mayonnaise, which holds the stuffing together. Another tomato salad can be made of small whole tomatoes, skinned and chilled and served on lettuce leaves sprinkled with cheese and garnished with mayonnaise.

The melons, which are very good just now, have been chilled for at least 24 hours. Choose your favorite kind.

If the night is warm, do not light the oven, but cook the bacon on top of the stove, remove the fat and stir the corn and seasonings into it. Cook five minutes and serve with the melons. Eggs may be beaten slightly and stirred into the corn if you have not had your eggs at the morning or noon meal.

seasonings, add corn, egg slightly beaten, and worcestershire sauce. Pour into a baking dish, cover with crumbs mixed with a little butter and bake until crumbs are brown.

Corn Tartlets
Rich biscuit dough
1 cup corn pulp
1 teaspoon salt
1 tablespoon melted butter
Pepper
1 teaspoon chopped pimientos
1 teaspoon chopped green pepper
1 teaspoon minced parsley

Roll out dough, spread half with ingredients mixed in order given. Fold over dough, cut in 2-inch squares. Pinch edges of dough together. Place in pan with small amount of fat—brush top with fat; place in hot oven and let brown. Serve with tomato sauce, or with chicken gravy.

Seeing in the Dark
No animal can see in absolute darkness, but the eyes of many of them are so adapted that they can see very well in a minimum of light. The average night is not very dark to an owl or cat.

Seeing Ireland From Top of a Horse



Here is Miss Gina O'Brien of South Bend, Ind., with the trusty nag on which she is spending her summer seeing Ireland. The young lady was born in the Emerald Isle and was brought to America by her parents when she was three years old.

Uncommon Sense

By JOHN BLAKE
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Face life as it is: Don't run away from it.

You will have your share of trouble. So will everybody else.

You will meet with disappointments, defeats.

But stand up and take it. Don't run away.

Probably the job of attaining distinction is more difficult today than it ever has been.

There is more competition for the high prizes.

There are more competitors who are well trained and well educated.

Time was in the early history of this country when a man who could read and write and "figure" had a better chance than most of his neighbors.

What are called "advantages" are more general now.

Illiteracy has practically vanished.

You never know today with whom you are competing.

Now and then when some great invention is made, and some earnest student man profits by it, you find that perhaps a hundred people have been working on the same thing.

But don't bother about that. Everybody is on their own. If they are gifted with the willingness to work hard, and have keen and intelligent minds, they are pretty certain to win some kind of success.

With people like these you must compete.

You never heard of them; they never heard of you.

But you are in the same race, and one among you is going to win.

That isn't easy. But nothing worth doing is easy.

Get the best education you can at the start.

Improve on it as you go along.

Cultivate as far as possible the interest and the friendship of people who have intelligence and perseverance.

Play just enough to keep your body in good health.

As for work, indulge in it as much as you can. Worry may kill you. Work won't unless there is something the matter with your physical system.

It may be that, in spite of everything you will leave no "footprints on the sands of time," but at least before you leave this planet you will have the satisfaction that you used everything you had, and that you did make progress along some new path.

Except in partially civilized countries there should be no such thing as provincialism.

Looking at the newspapers, furnished with electric eyes and ears that do their work in all parts of the world, happenings in London and Paris and the Balkans and Constantinople are known to the whole world the next morning.

Every intelligent man and woman is a newspaper reader.

When I was a child in a little town in the Middle West, the papers in the nearest so-called cities printed briefly events that now are given a number of columns.

Once the man who lacked the means to travel knew very little about what was going on in the world.

Today he knows all the newspaper correspondents and reporters and editors know, and that is a great deal.

As a result of the growth and improvement of the newspapers there is no longer any excuse for ignorance outside jungle countries.

There are nevertheless many people who will not take the trouble to read, unless it is about prize ring fights or handbills, or little wars in South America.

If they get no benefit from the press it is their own fault. It is there every morning, or every afternoon in clear type.

Every day the world is getting more interesting.

Today something that looks like a war cloud is rising over the Balkans.

Once before a war cloud of about the same size was observed in the same place, and a few days afterward the whole world was catching fire.

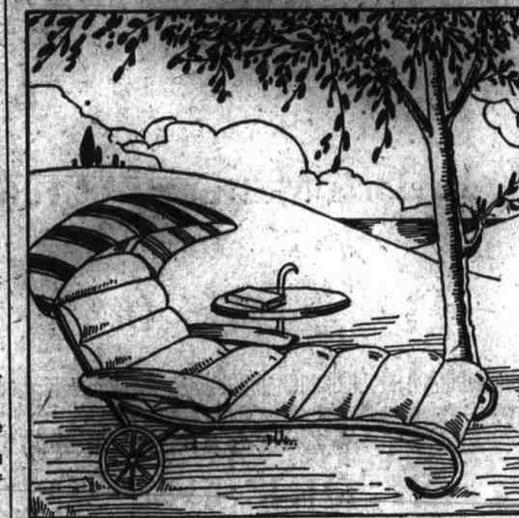
If you want to talk convincingly, and to think intelligently, you must have something to think and talk about.

Don't let these opportunities go for nothing.

Read, mark, and inwardly digest.

The Household

By Lydia Le Baron Walker



The reclining chair on wheels, when equipped with an awning, is a luxurious piece of portable furniture. Note the cane table held securely by thrusting cane-end into the ground. Also a portable piece.

CHAISE longues and reclining chairs of different types are among the fascinating portable pieces of lawn furniture. These would be unwieldy in folding furniture so they become chairs on wheels, not wheeled chairs in the ordinary sense, for this term is too closely allied with invalidism. These modern pieces are for the hale and hearty rather than the infirm or sickly. They are the essence of lawn luxury in chairs, especially when equipped with canopy awnings that form decorative hoods for the backs of the lounges.

The shape of the chairs is so cleverly contrived that one scarcely realizes that the curved legs at the end of the chaise longue make just the right handles by which to trundle the chair about from one spot of beauty on a lawn to another, as the sunlight shifts or the fancy dictates. Unlike the usual wheel chair, the novelty chair on wheels is not pushed about from the back, but is trundled about by lifting the wheelless foot, the light end, by the legs and then pulling the lounge, or reclining chair, whichever you wish to call it, which rolls along easily on the rather small wheels positioned under the back. This is the heaviest part, and yet so well balanced is it on the wheels,

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that its weight is not realized as you trundle the reclining chair over the grass.

Portable Chairs
The latest innovation in these wicker lounges and chairs on wheels is the awning top. This is attached to the slanting back which is invariably at one end of the piece of furniture, and not along one side as is the case with sofas, love seats, and regulation lounges. In fact, the difference between the lounge and the chaise longue is immediately recognizable by the spelling. The "u" comes in a different place in the words. The lounge is a long chair with a seat sufficiently extended to include the foot rest, and so permit the occupant to recline, although not precisely to lie down. The shape is classic. The development in portable form is modern.

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they understand one another. Much of the confusion and difficulty today is due to misunderstanding.

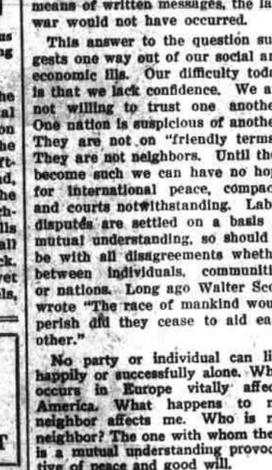
In a recent biography of Herbert Hoover reference is made to his frequent use of the transatlantic telephone. The writer remarks—aside—that if the telephone could have been used instead of communicating with foreign powers by means of written messages, the last war would not have occurred.

This answer to the question suggests one way out of our social and economic ills. Our difficulty today is that we lack confidence. We are not willing to trust one another. One nation is suspicious of another. They are not on "friendly terms." They are not neighbors. Until they become such we can have no hope for international peace, compacts and courts notwithstanding. Labor disputes are settled on a basis of mutual understanding, so should it be with all disagreements whether between individuals, communities or nations. Long ago Walter Scott wrote "The race of mankind would perish all if they cease to aid each other."

No party or individual can live happily or successfully alone. What occurs in Europe vitally affects America. What happens to my neighbor affects me. Who is my neighbor? The one with whom there is a mutual understanding provocative of peace and good will.

© Western Newspaper Union.

Beautiful Formal Gown



Intricate cutting and expert handling of the gleaming and mat surfaces of shell pink crepe satin combine to make a formal gown of rare beauty. The knotted effect at the back of the waist accentuates the graceful lines of the skirt.

Many Carnivorous Plants

There are over 420 known carnivorous plants, but none of them actually consume human flesh.

WHO IS MY NEIGHBOR?

by LEONARD A. BARRETT

The dictionary gives two distinctly different definitions for the word neighbor. "One who dwells near another." "One who lives on friendly terms with another." These definitions suggest divergent philosophies of life. It is clearly evident that the answer to the question, who is my neighbor, cannot be given in terms of geographical limitations. The man who lives next door may or may not be my neighbor. The mere fact that his house is next to mine does not necessarily make him my neighbor. I may not even know his name and nothing about his family. He may be a complete stranger just as much as though he lived in a foreign land. The answer to the question cannot be made in terms of social or racial distinctions. Whether he be poor or rich, educated or not, has nothing to do with the case. If I have friendly relations with him, he is my neighbor.

What is true of individuals is also true of communities and nations. England has frequently referred to the United States as her neighbor and vice versa. When we accept the answer, "One with whom we have friendly relations," we find a possible solution for many of the problems confronting us in our present changing social order. When neighbors are friendly together

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QUILTMAKERS FAVOR OLD-TIME PATTERNS



Patchwork quilt making is still in the limelight and the old patterns seem to be most in demand.

Here are the names of the blocks shown above. Most of them are very old designs—"Log Cabin"—"Rare Old Tulip"—"Poinsettia"—"Pineapple"—"Butterfly"—"Pussy in the Corner"—"Pin Wheel"—"Sunbonnet Babies."

When making the next quilt watch the seams, one seam sewed wrong ruins the whole block. Here are a few suggestions for making perfect quilts. Press all material before cutting. Use blotting paper for patterns, thus avoiding pinning. Cut each piece exactly like pattern. Match all edges perfectly when sewing together. Lay the patches and blocks out for best color combinations before sewing together.

Patchwork Quilt Book No. 21 contains 37 old and new quilt designs with illustrations, instructions and cutting charts for the patches. The above 10 quilts are included. Send 15c to our quilt department and receive this book by mail.

Address, HOME CRAFT COMPANY, DEPARTMENT D, Nineteenth and St. Louis avenue, St. Louis, Mo. Inclose a stamped addressed envelope for reply when writing for any information.

Mediums of Exchange
in Periods of History

Cattle were the first and most popular commodities of exchange, and still remain so in many parts of Africa and less civilized regions. Grain and sheep, salt and shells were all "money" in early times. Marco Polo, the great world traveler, noted that the Chinese monarch had "papyro or leather imprinted" money in all his provinces, equally acceptable to all subjects as exchange.

Soon metals became the most convenient form of exchange. But copper bricks were used by the people who built the pyramids, while rings of copper and metal were preferred by the later Celts. "Ring money" became quite common in Europe.

Later, paper money was used, but at first the paper was nothing more than a "receipt" for the metal money which the bankers lent to one another. The "receipt" of paper money would pass from hand to hand for the metal money which it represented. It was soon discovered that this paper "receipt" was easier to carry around and handle and compute with than any more solid form of money.

The first issue of paper money in America was in Massachusetts in 1690. In the next 30 years continental paper money had come into general use. But this led to extravagance, and quick depreciation, so that we get the expression, "not worth a continental (bill)."

Hopeful Words
We are still a very young world and I believe that we are getting better.—Sir Wilfred Grenfell.

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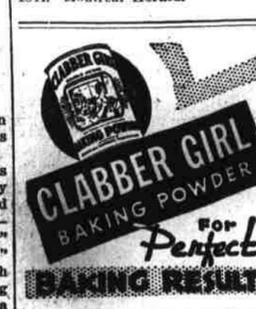
From every land, from every clime, will come tidings that are always interesting and may become extremely important.

Keep informed about them. It will make you a better citizen, it will give you a higher regard for your own country.

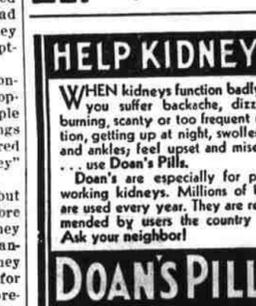
I have never known a constant newspaper reader who was not well informed and free from the belief that the only country that amounts to anything at all is his own.

LONG-LIVED FAMILY

That Canada has families with a record for longevity is demonstrated by the Colquhoun family. Eight of the original family of 11 persons are still alive, and their ages total 627 years, their average age is 78 years, 4 1/2 months. The family now consists of J. D. Colquhoun, 87, Wales, Ont.; Charles, 85, Sacramento, Calif.; Mrs. John Hay, 81, Detroit, Mich.; S. K., 78, Deloraine, Man.; M. M., 78, and Miss A. M., 72, of Sacramento; J. E., 76, of Waskada, Man.; and Dr. Philip, 70, of Waterville, Que. The family are the sons and daughters of Mr. and Mrs. J. A. Colquhoun, who settled in Dundas county in 1844.—Montreal Herald.



Both Inspirative
A mother's high regard for her son's abilities is an inspiration to him, as well as his wife's.



Smokers!

Try one!
It makes the next smoke taste better

CONSTANT SMOKER

Most men that smoke a lot have what we call "fuzzy tongues" and don't know it! Smoking stops the flow of saliva in the mouth and you get too much acid in your system. Makes you feel sluggish and lousy. The best way to lick the acids and still keep smoking is by taking Milnesia wafers twice a day. Your mouth will always feel clean and fresh and you always have your usual pep.

MILNESIA Wafers neutralize the excess acids that cause indigestion, heartburn and sick headaches. Each Wafer is a full adult dose, children—one-quarter to one-half. Pleasant to take. Recommended by thousands of physicians—At All Good Druggists.

Economical, too!
Each Milnesia package contains more Magnesia Hydroxide than all other liquid forms.

The Original MILNESIA WAFERS

MILK OF MAGNESIA WAFERS

AMAZE A MINUTE

SCIENTIFACTS BY ARNOLD

SNAKES ARE SLOW!
SNAKES DO NOT TRAVEL AT GREAT SPEEDS. THE DELUSION BEING CAUSED BY FRIGHT. EVEN THE FASTEST BLUE RAKER NEVER MOVES FASTER THAN 2 1/2 MILES PER HOUR.

SWEET PEA ORIGINS—SWEET PEAS CAME FROM SICILY. SEEDS BEING FIRST SENT TO ENGLAND IN 1695.

BIRD PICTURE IN FLIGHT—PICTURES OF BIRDS IN FLIGHT ARE BEING TAKEN FROM AIRPLANES TO STUDY MIGRATING MEMBERS AND FORMATIONS.