COOK BOOK by Newie Maxwell

the grass under the trees on a e's day, listening to the murmur a water, or watching the clouds float is the sky, is by no means waste of Lord Avebury.

EVERYDAY FOOD.

IT IS not a difficult problem to arrange a meal for some occasion and here it both good and unusual; but be daily meal preparation does bea burden sometimes when econvariety, wholesomeness and diall enter into the problem.

Markerel With Potato Balls.

Cut enough pared potatoes into quarto fill a pint cup. Turn into a cover with boiling water

THE WOODS

BY DOUGLAS MALLOCH

THE LETTER.

E can lie all the night and think of you,

CAN'T tell you, girl, how I love you-

it is something the woods never

but I can't put the matter in speech-

that around the whole universe reach.

we have that is wide as the arches of

love that is long as the marches of

love that is strong as the larches

that mount to earth's uttermost

the woods we are rougher than others

you know in the parlors of town;

Is song since we crept to our mothers

The sleep in the huts of the humble

chunders of earth and of air

and we live on a sturdier fare;

wolf and the wild we are brothers

me are kin to the creatures of brown;

the music we hear is the rumble of

ere the pine and the tamarack tumble

and the pathway of progress pre-

this land is the land of the lover,

strong is the heart of the pine;

leve's cup in the town bubbles over,

longs most for a lover's delights.

can't breathe his soul in regrets;

please the pink ear of coquettes.

him, forgetting the forest afar,

love of the man out-of-doors;

song that the nightingale pours,

from eventide's musical shores.

follows the feet of the herds:

however my pulses may beat:

wolceless and mute, at your feet.

hears with the olden surprise-

But the night is all starshine and glory

The night is all starshine and splendor

up here in the tamarack lands;

tale that a planet grown hoary still

because I have looked in your eyes.

night is all moonlit and tender be-

your eyes they may widen with

wonder, but I know that your heart

cause of the touch of your hands-

(Copyright.)

A Mere Trifle.

Physician-You have a broken leg

fractured ribs, a dislocated arm

and bruises and abrasions too numer-

to mention. Your injuries will

The Flopper (the movie hero)-Two

months nothing! I can sleep them

in twenty-four hours.-Film Fun.

The can't tell you, girl, the old story, em-

bellished with city-bred lies.

of the absence of words;

find it a tale incomplete-

bigness of heaven and star:

but here it is purple as wine.

here on a mightier scale;

that he fights,

of the city forgets:

the place for a love such as mine;

sweet is the scent of the clover, but

stars from the east to the west;

sunrise to sunset and rest;

t is not idleness, and to lie some- | and one capful of flaked leftover mackerel in the center of the potato dish, above the water in dish or steamer. Let cook until the potatoes are tender, drain and press them through a ricer, heap over the fish, add a teaspoonful of butter, a few dashes of black pepper, one egg beaten light and shape into balls. Fry at once in deep fat. Serve with lettuce or cabbage salad.

Pacific Salad.

One cupful of spaghetti broken in bits and boiled: one good sized stalk of celery cut in bits, two green peppers cut fine from which the seeds and white membrane have been removed; two sweet cucumber pickles, cut in thin slices, and plenty of good bolled salad dressing.

(@ 1921, Western Newspaper Union.)

Something to Think About THE JOB AND THE MAN By F. A. Walker

O NE of the greatest troubles with the average man is that he does not get excited frequently enough. Excitement is only MULTIPLIED ENTHUSIASM.

at's love like the blue skies above you The man who lacks enthusiasm doesn't get far, whatever road he trav-

> One of the chief faults of a snail is that it never has the sensation of excitement.

It crawls along in a seemingly aimless fashion, and having reached the nowhere for which it was headed, it stops to contemplate its effectiveness. Nobody is ever interested in a snail, and only the dullard copies him.

If you want to see enthusiasm and excitement in animal life, watch an ant. Everything interests him. Everything has a meaning for him. Everything he sees or feels is a matter of investigation and study.

He is excited all the time and accomplishes something every minute.

be excited about what he is doing. He should be so intensely interested in it, so thoroughly in love with the task and its accomplishment, that its

Every boy and every man ought to

finish should find him thrilled with enthusiasm,

Can you imagine Edison working without enthusiasm and excitement? Can you conceive the feverish eagerness with which Galileo worked through the night on that first crude telescope and with what excitement, he took his first look through it toward the far-off stars? Yet that telescope was not as powerful as the opera glass you carry to the theater.

'Can' you imagine with what excitement Mme. Curie looked upon the first tiny speck of radium which she had distilled from the tons of material which concealed it?

THE GLORY OF LABOR IS IT'S ACCOMPLISHMENT.

The real wages of work is the satisfaction of production.

The man who makes a machine of himself, who finds no interest and no basis of enthusiasm in his daily task

is little better than the ox. There is no labor so menial and no task so hard that it has not in it a reason for enthusiasm.

The scrub woman whose knees are calloused and whose arms ache from her lowly labors may still find a distinct pleasure and an actual enthusiasm when she sees the glistening cleanliness acomplished by her hands.

The teamster can be enthusiastic about his horses and his wagon. The office boy can get excited about the rush of business where he is employed. Everybody has some reason to get enthusiastic and excited about their work. If they have no reason they are either following the wrong vocation or they are looking on the world and its doings with distorted vision.

If your present work doesn't enthuse you, if you cannot get excited and happy about it, find something else to do. Get another job. Find something that will stir you up and rouse your mind and hurry your fingers and leave you, when the day is done, anxious for tomorrow and the bigger accomplishment that It will make possible.

Don't be content to be a snail. A SNAIL NEVER GETS ANY-

(Copyright.)

SCHOOL DAYS



THE GIRL ON THE JOB

How to Succeed-How to Get Ahead-How to Make Good By JESSIE ROBERTS

ammunumanumanumanuma 2 WOMEN IN BANKS

THE big banks and trust companies important positions. And the girl just | nity to go as far as your capacities perout of college who is looking for a job may find it well worth her while to interview a banker as to getting a start. She will have to begin at the bottom, but she stands an excellent chance to get well up to the top. you in bed at least two months.

Take the case of a woman who has recently been made assistant secretary to the New York Trust company. Her special work will be to assist the clients of the company to prepare their personal budgets, and to advise minors in the charge of the company now best to manage their allowances. There is a real opportunity for women who are capable of it to do very valuable and well-paid work in this line.

Another woman is employed by the Guaranty Trust company in the capacity of bond salesman. She is as yet one of the very few women who are making a success in this business, but her opinion is that it is a work wom-

en can do well. Any girl who has a leaning toward finance will be wise to specialize in some good school. She is advised to take a job in some financial house at the same time that she is taking her course at night school. Her job will

ly to be in actual touch with conditions in a financial office or bank.

There is a dignity about work of this sort that appeals to many girls who have graduated from college and who do not want to enter the ordinary office. What is more, it holds out fine possibilities. But it requires a type of mind that is not found in every woman. If you have the gift, and get the training, you now stand A are beginning to put women into a good chance of finding full opportumit. Prejudice against women in this field is rapidly disappearing.

(Copyright.)

Toys of Past Ages.

The earliest-toys of the ancients which have been recovered and preserved are those of the Egyptians. One of the most interesting of these is the figure of what looks like a ram crudely carved in stone, with six perfectly formed cloth sacks piled on its back as a load. The sacks are filled with sand. The toy was found during an excavation by a party sent out by the Metropolitan Museum of Art at Hukes-dair-el-Bahri. It is a relic of the Eleventh Dynasty, about 2160 B.

C. Another find, of the Twelfth Dynasty, about 1788 B. C., consists of three very crude dolls. All are of wood, flat, thin and of the most simple design, merely suggesting the outline of a dressed figure.

Revised History. "Why did Washington cross the Del-

aware?" "Please, teacher, he wanted to go probably be a small one, but it will to Atlantic City."-Boston Transcript.

DISEASE CAUSE OF ANIMAL LOSS

Three-Fourths of Ailments Which Ruin Valuable Herds Can Be Prevented.

SANITATION NEEDED

Contagious Maladies, Sporadic All ments, Parasitic Troubles, Accidents and Neglect Are All Quite Disastrous.

Prepared by the United States Depart ment of Agriculture.)

Every year the people of the United States lose over \$200,000,000 directly (and no one knows how much indirectly) through diseases of farm animals. This is a large toll when divided on a per capita basis, and when it comes home to the farm stock-raiser who finds a valuable animal dead in the barn, or an epidemic spreading into his herd, the loss is sometimes disastrous. The most regrettable feature of the case is that probably threefourths of the loss could be prevented.

Five Causes of Disease.

There are five principal causes of disease and death of farm animals contagious diseases, sporadic disease, parasitic troubles, accidents and neglect. Cortagious diseases can be avoided, or at least their consequences greatly diminished, if farmers will learn to co-operate with the United States Department of Agriculture and the various state livestock and sanitary authorities who are striving to maintain animal health. Farmers should report promptly to the nearest officials any suspicion of the presence of contagious disease, and they should observe carefully all regulations in regard to quarantine, sanitation, and care of animals, as protection against contagion,

Tuberculosis is one of the worst scourges among animals and it thrives best in damp, dark, ill-ventilated stables. It is less common among animals running at large. Light, dry, well-ventilated stables and dry, clean barnyards or paddocks are essential to the health of farm animals. One valuable point in combating contagious diseases, especially tuberculosis, is to start the herd with animals that not only are free from disease, but are of



Proper Care Keeps Farm Animals Healthy.

stock that is not predisposed to dis ease. Official tests of herds are made on request and through co-operation of the United States Department of Agriculture with livestock sanitary officials. Purchase of breeding stock from these berds is a wise precaution. Care also should be taken to obtain stock adapted to climatic and local conditions. The other sources of animal loss are largely a matter of intelligent and careful handling.

Sporadic and incidental diseases, such as disorders of the digestive and respiratory tracts, can be avoided largely by proper handling and feeding. A proper balancing of rations has a material influence on the health of live stock. Too much of any food element is likely to result in digestive disorders, thus predisposing the animal to disease.

Parasitic diseases also carry off large numbers of valuable animals every year. They are largely the result of improper housing and neglect. The average farmer can not be expected to have the time and aptitude for study which will keep him apace with the latest developments in feeds and feeding, animal nutrition and medicines, hygiene, and other important matters related to the stock-raising industry. He can, however, avail himself of the benefit of the studies and demonstrations of specialists who have devoted their entire time to these subjects. Every state agricultural college maintains a corps of specialists whose publications and services are available.

Department Offers Aid.

The department of agriculture is constantly giving out important information in books and bulletins which may be had on request and in every state the department has representatives combating animal diseases. It is well to consult a local veterinarian in case of any disturbing symptoms and to report to the state veterinarian or the United States Department of Agriculture, any symptoms which indicate the possibility of an epidemic. The wise breeder is ever on the lookout to prevent disease instead of waiting until a cure is necessary.

MAKE COMPOST HEAP FOR USE IN GARDEN

Start By Laying Down Bed of Fresh Stable Manure

Organic Rubbish, Decayed Vegetables Dead Vines, Weeds and Other Truck May Be Used-Size Plot Necessarily Varies.

(Prepared by the United States Department of Agriculture.)

Garden waste, decayed vegetables, dead vines, weeds, and the organic rubbish that collects about the place during a busy summer may be cleaned up and put to work again through the agency of a compost heap. Start the heap by laying down a bed of stable manure which has not been burned or heated. The size of the plot will vary with the amount of refuse to be used; for ordinary uses, if the bed is made 8 feet long by 6 feet wide and 2 feet deep it will serve the purpose. Over the manure spread a two-foot layer of refuse and cover it with another layer of manure. This last layer need he only a foot in thickness. Re-



Don't Leave Manure in Piles Exposed to Weather Conditions Favorable to a Compost Heap.

peat the layers until all the waste has been disposed of and then cover the whole with a layer of earth.

If it is desired to add to the heap from time to time the top layer may be opened and the new material emptied into the hole thus made. This is convenient for the suburban home where there is no animal to consume the kitchen waste. In the spring the heap is well mixed with a fork and the compost is ready to be spread on the garden plot. The heating manure will effectively destroy any weed seed present and will also break down the structure of most of the materials that have been thrown upon the pile. The process may be continued indefinitely by simply adding enough manure to insure heating. Compost is especially valuable for use in hotbeds and coldframes.

CLEANING UP INSECT PESTS

Many of Hibernating Species May Be Destroyed in Winter By Cleaning Up Obscure Corners.

Much can be done now to reduce the possibility of insect plagues next summer if a little effort is directed toward the destruction of insect shelter areas. Around the grounds and gardens, under hedges, beside ditches, and in fence corners are bunches of insectsheltering weeds or grass. By the time cold weather approaches many kinds of insects in the adult or immature stages have taken full advantage of these nooks and hidden away there for the winter. The bureau of entomology, United States Department of Agriculture, says that if these spots are cleaned up and the refuse cut and burned, many of these hibernating insects will be destroyed and the damage from such pests during the coming season will be materially lessened.

PROVIDE BATH FOR POULTRY

Chickens Cleanse Themselves by Wallowing in Soll and Dust Box Should Be Accessible.

Chickens never wash, as many other birds do, but cleanse themselves by wallowing in soil. Where board or cement floors are used in the chicken house, some means for dusting should be provided during the winter months, say poultry specialists of the United States Department of Agriculture. For a flock of 50 to 60 fowls a dust box 3 by 5 feet or 4 by 4 feet will generally be found large enough, and should be placed where it can be reached by sunlight during as much of the day as possible.

Fine, light, dry dust is the best kind with which to fill the box, but sandy loain is good. Road dust is recommended by many, but it is apt to be flithy. Coal or wood ashes may be mixed with the soil if desired.

FARM FOR CENSUS PURPOSES

is All Land Which is Farmed by One Person, Either by His Own Labor or With Assistance.

According to the 1920 census there are 6,449,998 farms in the United States. A "farm" for census purposes is all the land which is directly farmed by one person, either by his own labor alone or with the assistance of members of the household or hired employees. When a landowner has one or more tenants, renters, croppers or managers, the land operated by each is considered a "farm."

CONDENSED NEWS FROM THE OLD NORTH STATE

SHOAT NOTES OF INTEREST TO CAROLINIANS.

Kinston.-In the first week of the campaign on rats here school children accounted for nearly 1,000

Sanford.-A big force of hands are at work rebuilding the Sanford hotel. which was destroyed by fire several months ago.

Statesville. - The Iredell county chaingang, which was abolished sev. eral years ago, was re-established at the meeting of the board of county commissioners.

Lumberton.-H. F. Bissell, Robeson's watermelon king, died at his home near Orrum, Robeson county, of paralysis. Deceased was 76 years

Albemarle.-The textile plants of Albemarle are again running on full time and the outlook is that they will continue to run on full time from this time on.

Greensboro.—The body of D. M. Currie, well known throughout the state as a civil engineer, was taken to Sanford and funeral and interment took place there.

Salisbury.-The new program for Salisbury's schools will mean a bond issue of \$800,000 as a maximum and a tax for schools of not exceeding 50 cents, according to a statement given

Washington, (Special).-Fred W. Kluttz has been appointed postmaster at Rockwell.

March 16 examination for postmaster at Belmont will be held at Gastonia. The salary is \$1,900.

Winston-Salem. - The campaign conducted here in behalf of Chinese relief fund closed and reports show this community contributed \$7,702.99, this being more than the amount assigned to this city.

Wilson,-Will and Howard Bethea, brothers, who a year ago standed to death a man and then severed the head from their victim, will be tried in superior court here, and Solicitor Allisbrook will insist on murder in the first degree.

Wilmington.-The club house of the New Hanover Golf club several miles from the city was destroyed by fire.

Charlotte.—David Snyder, four-year old son of Mr. and Mrs. Isaac Snyder, 212 Worthington avenue, died about an hour after he had been struck by an automobile.

Wilson.—Capt. E. S. Darden, & prominent business man of Stantons. burg, died of heart failure while attending a meeting of the board of directors of the Planters Bank in that

Statesville.-William Y. Westmoreland was found guilty of murder in the first degree, following his trial here on charges of killing James Nantz, a public chauffeur, on October 20.

Lumberton.-In its report to Judge Daniels the Robeson county grand jury did not mince words in denouncing the conditions of the county home. "We have no county home," the report says, "it is a poor house in fact as well as in name.

Charlotte.-Charlotte will soon have a toy factory. The Southern Industrial Institute, located here is going to manufacture several different lines of toys and novelties. They now have in process of construction a modern, up-to-date wood working plant and toy factory.

High Point.—While playing in the front yard, of her home here, Mary Drew Dalton, little daughter of Mr. and Mrs. Carter Dalton, was attacked and badly bitten on the hand by a strange dog. The canine was killed and its head sent to Raleigh for examination.

Lumberton.-A total of 179 people were examined at the 13 free tuberculosis clinics conducted in Robeson county during the last three weeks. Of this number 61 were found to have tuberculosis.

Charlotte. - The "flying parson." Lieutenant Belvin W. Maynard has been invited to be the guest of the Charlotte Aero club for luncheon when he visits Charlotte and speaks at the auditorium, under the auspices of the Junior Order United American Mechanics, late in February.

Greensboro.-The law enforcement convention under the auspices of the Anti-Saloon league of the state, in sesion here for two days, came to a close with the election of A. M. Scales of Greensboro, president, and of other

Charlotte.-One man was instantly killed and another had a miraculous escape in another automobile accident on the Dowd road.

The dead man is Everett McArver. 30, owner of the Central Auto service Gastonia.

a fact, l-love PRANQUILLITY But when there's ouble UNCLE SAM - KNOWS HE CAN DUNT ON ME!

-MILITANT MARYan-not belligerent;