THE POLK COUNTY NEWS

## SOMETHING TO THINK ABOUT

By F. A. WALKER
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## LYRICS OF LIFE

By DOUGLAS MALLOCH

GEE AND haw
$\boldsymbol{A}_{\text {That knew no laws and knew no }}^{\text {FELLA }}$
 If both had geed when it was haw,
While that aln't just exactly law,
 But not these two. It old July,
When you yelled "gee, Old January, 'tother one,
Observin' what July had d Cservin what July had done,
Would start to hawin' on the run. So gee and haw and haw and gee,
But never simultan'ously Bey went through life, and kicked
more dirt And done less work and done more
hure
$\qquad$
$\qquad$ Who didn't know you had to wear
The marrage collar fair and sam
And pull together everywhere. One cart' have haw and one have ge
To gee or haw you must agree And then go forward, gee or haw
Accordingly, without no fawAccordhngly, with oun no jaw-
And thats good sense, and that's good

## SCHOOL DAYS



Sick im. Dan!


## t.


 health value of fbuits and VEGETABLES.
 Rhutarb or ple plant, when prope Its cooked, is a good laxative, shile
ulating acid is cooling and stim ulating. The tender green helives
combined with other grens, ari es
pecially good served es Lettuce is considered a sure rephedy
Por nervounness and insomnta.
Shaten Shakespeare has one of his ehgra
ters remark: "Did I eat any lettuge
supper last night that I and And of water cress, "a cheap b
wholesome salad from the briok
Con Containing so much sulphur, this
dainty
blood. Tite green tends to purife the bood. is all ready to be assimilated
forme
while the form we buy is not. Dandelion greens carry a high pe
centage of iron, while the tender poun leaves mate a fine esalad. Mixed with
potato, it improves both kinds. potato, it improves both kinds.
Spinach, which is called the bioo of the blood, stands at the hedd oo
vegetables in percentage of iron. This vegetable has a most healthful actio
on both bowels and kidneys.
The onion too often snubbe b those who would te ultra finie. Holds
a high place as a flavor vegetable, stimulating, laxating and
purifying the whole system Beets are a nerve tonic, make ne
blood; the Greeks held the beet de
for brain works. Cucumbers are rich in potassium
and phosphorous; even in andient
times they were used for the comple times they were used for the complex
ton, internally as well as exteryally.
Carrots rank still higher Carrots rank still higher in these
days with the beaaty speclillst: when
eaten raw, one a day, they are a s sure
cure for a muddy cure for a muddy comptexion.
Grapes are one of the favilte fruits and are usually taken bif a
with cleansing and tonle effect.

 DAINTY COMPANY DISHE!.


 narrow girdies with floating ends that
are mere finishing touches of color, to
got ling loop and two diagonal ends spread
thensens antives over the skirt finished oft gorgeous affairs made of brilliant
brocaded ribbons, that dominate the brocaded ribbons, that dominate the
costume. The dress becomes a background for these pretentious accessplendid stuff. $\qquad$ materials sashes are often made of casionally, narrow ribon is used with
che sime and these fabric sashes. Girdles of fabric finished with bows and long ends of
narrow ribbon make a happy comblna
tion, but the hadd tion, but the handsomest and dressies
sashes remain, as they always have saskes remain, as they always hav
ben. of ribons. Three of them are ilustrated here, found among the sim
plet designs. for sashes have been much elaborated by combining ribbons
of different colors in them aind by rib bon flowers and ornaments ahd by ribEgyptian sash, tied in front and held
by some sort of jewelry, ts, seen on
some of the smart imported models. some of the smart imported models.
The spirited sash at the left of the baking dish. Grate the rind of on or orthe julce of each with one-half capful of sugar. Pour over the bananas,
adding two tablespoonfuls of bitter.
Baste during the baking, about twenty minutes.
Sour Cream Pie.-Beat the yots
four eggs until llght and creamy, ad
a a cupful of sugar, the same of cheppe
raisins and sour cream, with one a doubth teaspoonful bofler and cook until srion in
a and thick. Line a pie plate with rich
pastry and bake the crust. Fill with
the mixture cover with a meringe using the whites of the eggs mixeed wifth
four tablespoonfuls of sugar. Heap roughly over the top
oven to brown lightly.
Pear Salad.-Take halves of Leeled
very ripe pears, or the canned viriety
may be used if drained. Sprinkle with may be used if drained. Sprinkle with a teaspoonf of lemon all of tream
the center with a Place on lettuce leave and
cheese. Plo cover with a dressing made with the
pear juice, if canned fruit is usid, or
with a little pineapple julce, oilve oll, catsup, lemon juice and paprika, with
a dash of salt, and sugar if tresh fruit is used.
Peacherino.-Rub a cupful of tresh
ripe peeled peaches through a sleve. ripe peeled peaches throgh a
add a cuptul or less depending gpon
the sweetness of the fruit ant the taste of the family. Beat the chites
of three eggs until stifi, then fid in the peaches and cream. Pound nto
a well-buttered baking dish and bake
in water until firm. Serve with whipped cream.
Vegetable Dish.-This is the spason
to cook young onions, carrots anc peas together, adding a bit of browne? salt
pork cut in bits, a cupful of mill and pork cut in bts, a capfreay to erve.
seasonings, $\begin{aligned} & \text { just as it } \\ & \text { Cut the carrots and onions in, thin }\end{aligned}$ slices.
Potato Souffle-Boil and mash ten
potatoes, press through a steve, add potatoes, press through a siever ad
two onions chopped fine, three, slicee
of bscon, chopped, the yolke of bacon, chopped, the yolks of four
eggs well beaten; two tablespo nfuls
of chopped parsles. Add a curinil o of chopped parsley. Add a cuiful o
milk, mlx and fold in the stify f eaten
whites. Bake in a buttered dish nutil Whites. Bake in a butere at onje.
puffed and brown. Serve Maxwiel

SASH FOR SUMMER WEAR IS NARROW TO SUIT OCCASION

 ted swiss, printed voiles and sprightly
organdies clothe them in the fine
 prettiest in them. They are very sim. . scuares on a white ground are popu-
ply made for the younger girls, and lar and make up well with aithe
 are lovely color mediums, and all the
flowerlike tints and tones we sash of white organdie. The
pear in in this year's cottons. At the left oof the picture above, the
little girl of elght or so appears in a
efow sleeves are finished with a band
of it. But the special glory and dig. Hight blue dotted swiss. It has a
baby watst with square neck opening
anished of this frock is revealed in the
and finished withe a frill of blue organdie,
and three-guarter sleeves finished with
makes the difference between the dress
of a young girl and that of her small
erve
zing
le

