

# In the Arena of Sports

## Hank Gowdy, Boston Braves

Hank Gowdy, crack catcher of the Boston Nationals and batting hero of the world series of 1914, was one of the first of the ball tossers to enlist in the army. He joined the second brigade of the Ohio national guard at Colum-



Photo by American Press Association

HANK GOWDY

bus, his home city. Hank is twenty-seven years old and is under contract at a salary of \$30,000 a year. As the Ohio national guard forces will not be mobilized until July 15, Gowdy's services will not be lost to the Braves until that date.

**Ball Magnate to Go to France.**  
Captain T. L. Huston, part owner of the Yankees and one of the most popular magnates in baseball, has joined a regiment of engineers which will go to France in the near future. He gained much experience in building railroads and bridges in Cuba during the Spanish war, and he will devote his time to this line of work at the front.

**Honor For Nap Lajoie.**  
Napoleon Lajoie, who is the manager and second baseman of the Toronto International league club, has not been forgotten by the American league, for which he played many years. At an early date, President Johnson will visit Toronto and present Lajoie with a diamond Maltese cross.

## Timely Summer Hints For the Home Gardener

Now that radishes, lettuce and in some sections peas, spinach and other crops are being harvested, home gardeners should be making their preparations to utilize the freed space by planting other crops, say specialists of the United States department of agriculture.

In planning for these plantings the specialists suggest it is well at all times, but especially this year, to concentrate efforts on the production of vegetables that have considerable food value and on those which may be stored in their natural condition, dried or canned, for winter use. Late Irish potatoes are one of the important crops that can be grown on the freed ground which is easily stored, and the present market prices make it worth while in sections where they thrive to replant with this legume the space from which crops have been harvested.

Other vegetables of much food value from which choice may be made for late plantings include sweet corn, late beans, string beans, turnips, tomatoes, squash and pumpkins.

Among the less nutritious vegetables which may be planted in soil freed by early harvests are late cabbage and cucumbers. Winter onions, fall lettuce and fall radishes also may be planted late in the season.

**Cleaning Copper.**  
When cleaning copper use hot vinegar in which a little salt has been dissolved. A thorough washing with soap and warm water must follow and every trace of the acid removed before finally polishing with dry whiting. If any vinegar is allowed to remain verdigris will appear and the article be completely ruined.

**PERSIAN PROVERBS.**  
A prince who falleth out with his laws breaketh with his best friends.  
The laws are the only guards he can be sure will never run away from him.  
Power in the prince and liberty with the people are like heat and moisture—where they are well mixed everything prospers.

## Around the House

Hominy is one of the best substitutes for the potato.  
The chief food value of the potato is its iron and potassium.  
Most vegetables are better when served in their own juices.

The present high cost of living is an opportunity to learn not to waste.

Grated cheese on crackers which are toasted are a good luncheon relish.

Pineapples, nuts, celery and marshmallows make a most delicious salad.

Prunes stewed with slices of lemon or oranges make an excellent dessert.

It is best to roast or pan a chicken with the breast down. It will be more juicy.

Cons stews should never be used in a hurry—they vitiate the air too seriously.

It is a well known fact that food with a savory smell is the most appetizing.

Continental muffins made with dates chopped in small pieces are very wholesome.

In handling a velvet bag, stamp the design on the wrong side and it will be easier to sew.

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## New Commander in Chief Of the Russian Armies

General Alexis Brusiloff, who was recently appointed commander in chief of the armies of Russia, has been in command of the army on the southwestern front. He succeeds General Michael V. Alekoff.

General Alekoff was appointed commander in chief on April 15, soon after the retirement of Grand Duke Nicholas.

At the outset of the war General Brusiloff was a corps commander under General Ruzsky, who in turn was the right hand commander of the Grand



Photo by American Press Association

GENERAL ALEXIS BRUSILOFF

Duke Nicholas. General Brusiloff earlier distinguished himself by the capture of Halicz in September, 1914, which led directly to the battle of Rawa Ruska and the fall of Lemberg.

In the spring of 1916 he succeeded General Ivanoff as commander of the southern group of Russian armies and on June 4 that year began his great campaign.

He broke the Austro-German line in a score of places along a front of more than 200 miles, rolled it back a distance of from fifty to a hundred miles, captured the cities of Lutsk, Dubno, Brody, Czernowitz, Kolomen, Stanislaw and many others, overran the entire province of Bukovina and captured upward of 350,000 prisoners, hundreds of guns and vast supplies of war material.

## Light as Chaff

**The Pup's Demise.**  
Faddy Flynn was very proud of a huge bulldog he possessed. The dog accompanied Faddy everywhere he went. One day he went to a neighbor's house to see Faddy without the dog and looking very sad.

"Well," asked the neighbor, "how is that dog of yours going on?"  
"Oh, he is jabsing, he is dead! The illigant bastie went and swallowed a tape measure!"  
"Oh, I see! He died by inches, then?"  
"No, indeed, he didn't, he went round to the back of the house and died by the yard!"

**Retort Courteous.**  
"Would ye do something for a poor old sailor?" inquired the seedy wanderer at the gate.  
"Poor old sailor?" said the lady at work over the wash tub.  
"Yes, I followed the water for sixteen years."

"Well," said the worker, as she resumed her labors, "you certainly don't look as if you ever caught up with it!"

**Degraded.**  
An emigrant to a barren land took up his own holding; but, although he worked hard, he found little to reward him for his labors. One day when he was very much depressed by the situation a stranger accosted him and asked, "Why is it that nobody fishes in the river yonder?"

"Alas! no fish," the farmer grunted.  
"How is it that there are no fish in such a fine river?" asked the other.  
"Stranger, if you could get out of this barren country as easy as a fish kin, do ye reckon ye'd stay?"

**A Fishy Tale.**  
A little fish with a brook was sporting playfully with a hook. He nibbled once, he nibbled twice. He nibbled—my, how sweet!

Then, what a tingle up of things! And all the world seemed sprouting wings.  
The water flew—likewise the fish—And next he'd be garnished on a dish.

## Inspiration Miscellany

### Scatter Your Smiles

We are living now in a troubled time. War is with us—war that brings the fear and pain of parting and giving and renouncing. And it isn't as easy to smile as it has been. And for just that reason every smile that we give means a hundred times as much as it formerly did.

And so I'm going to ask you, friends, of mine, to try to bring one smile a day to some soul who maybe hasn't the chance to smile. You needn't limit yourself to one smile. If a citizen makes ten, twenty, fifty people smile, so much the better. But be sure, at least, of that one smile.

A little old lady didn't know that she was making the way possible for a genius that she was bringing a gift of God out of obscurity into the light. But that's what she did when she made the writer girl's work worth while.

We don't know any more than the little old lady did, when we give our smiles, just how much good we may be doing. Sometimes a smile given at the right time is worth almost as much as a word of understanding or a loving hand or a bit of helpful advice. And sometimes the smile that isn't given, may be the weight of lead to help crush some one.

A little girl in the subway disappeared into the crowd before I could show her that I wanted to be friendly. Don't let your opportunities to bring cheer disappear, as she did, into oblivion. Margaret E. Saugster, Jr., in Christian Herald.

**Love That Counts.**  
The greatest modern sin is the abstract love of humanity, impersonal love for those who are somewhere out of sight! To love those we do not know, those whom we shall never meet, is so easy a thing. There is no need to sacrifice anything, and at the same time we are so pleased with our selves. The conscience is fooled. No, we must love our neighbors—those we live with and who are in our way and embarrass us.—Leo Tolstoy.

**Riches and Strength.**  
Men seem neither to understand their riches nor their strength. Of the former they believe greater things than they should, of the latter much less. Self reliance and self denial will teach a man to drink out of his own cistern, and to eat his own sweet bread and to learn and labor truly to get his living, and carefully to expend the good things committed to his trust.—Bacon

**KEEPING ONE'S TEMPER.**  
If you get mad because things don't go your way it is a pretty good sign your way is not the true way. It very often happens that a man's good intentions are frustrated and ruined because he becomes incensed when others do not agree with him. A true seer keeps his one kind and friendly.—Whenever we see among our correspondents one who is greatly irritated at another and attempts to burn tar on him we feel quite sure the doctrine he espouses is all wrong. When we read a contribution in a controversy we throw it aside immediately upon seeing an angry thrust. For we say to ourself truth does not do anything when a man asks us to do something we don't feel inclined to do and gets mad at our refusal, then we are quite certain we did just right. They are weak persons who act a certain way simply because they are asked to. One should always have a faith in what he does.—Ohio State Journal.

**Hopefulness.**  
The men whom I have seen succeed best in life have always been cheerful and hopeful men, who went about their business with a smile on their faces and took the changes and chances of their normal life like men, facing rough and smooth alike as it came, and so found the truth of the old proverb that "good times and bad times and all times pass over."—Kingsley.

**A Good Rule.**  
It is a good rule, and it is a safe rule to sojourn in every place as if you meant to spend your entire life there, never omitting an opportunity of doing a kindness or of speaking a true word or of making a friend.—Ruskin.

**REMEMBER BOYS MAKE MEN**  
When you see a ragged urchin standing wistful in the street, with torn hat and knees full of sores,  
Dirty face and bare, red feet,  
Pass not by the child unheeding,  
Smile upon him. Mark me, when he's grown he'll not forget it.  
For, remember, boys make men.

When the buoyant youthful spirits overflow in boyish freak,  
Child your child in gentle accents,  
Do not in your anger speak.  
You must sow in youthful bosoms seeds of tender mercies, then plants will grow and bear good fruitage.  
When the erring boys are men,  
Let us try to add some pleasures to the life of every boy,  
For each child needs tender interest in its sorrows and its joy.  
Call your boys home by your brightness.  
They'll avoid a gloomy den  
And seek for comfort elsewhere,  
And, remember, boys make men.  
—Unidentified.

## Home Cookery

**Strawberry Meringue Pie.**  
Prepare a paste shell and bake over an inverted grease pan—rather deep. When cold fill with large berries and sprinkle lightly with powdered sugar. Arrange the fruit in symmetrical circles. Cover over the top with a meringue made from the stiffly whipped whites of two eggs, blended with two tablespoonsful of powdered sugar. After sprinkling with granulated sugar set in a moderate oven until delicately browned.

**Cherry Pudding.**  
Two cupfuls stale cake crumbs, one quart milk, one and one-half cupfuls red cherries, canned or fresh, one-half cupful sugar. Soak the crumbs in the milk for thirty minutes and then add the sugar and cherries. If the cake is not well flavored add a few drops of vanilla or almond extract. Turn into a buttered baking dish and bake about an hour in a moderate oven. Serve with hard sauce containing a little of the cherry juice.

**One Egg Chocolate Cake.**  
Beat half a cupful of shortening in a cream, gradually beat in a cupful of sugar and an egg lightly beaten. Sift together two cupfuls of flour, a teaspoonful of soda and a pinch of salt. Add to the first mixture a teaspoonful of vanilla extract and two squares of grated unsweetened chocolate that has been melted over hot water and thinned by the addition of a little boiling water. Beat well and add the flour, alternating with about three-quarters of a cupful of well soured milk. Bake in a square shallow pan and cover with boiled frosting.

**Boisque of Clams and Green Peas.**  
Cut an ounce of salt pork into bits and cook in a saucepan until the fat is well tried out, but not in the least brown. Add a small onion, two new carrots and a couple of stalks of celery cut in bits and stir and cook until softened a little; then add a pint of green peas, two or three sprigs of parsley and a pint of boiling water. Cook until the peas are tender and press through a sieve. Cook a pint of clams in a pint of their liquor diluted with hot water for five minutes, drain the liquor into the puree of peas, chop the clams and add them also. Melt a tablespoonful of butter, blend in a tablespoonful of flour and add gradually a pint of hot milk. Cook until the thickened milk boils, mix with the other ingredients and serve immediately.

**Keep Tomatoes From Contact With the Soil**  
Stake tomatoes and get more and better fruit is the advice of M. F. Ahern, associate professor of horticulture, Kansas State Agricultural college.

Tomatoes in the home garden, if properly staked, give the best results. Staking will give satisfactory results with plants that have not been pruned, but the finest tomatoes are secured by pruning the plants to two or three stems.

In tests conducted by the department of horticulture three stems gave the best results. Tomatoes may be trained on a trellis, wires or stakes. Barred hoops have sometimes been used with good effect.

Tomatoes grown in this way can be sprayed easily, are readily harvested, and there are fewer rotten tomatoes than if they were in contact with the soil. If planted close enough fewer fruits will be sun scalded than if the vines are permitted to grow over the ground. This method is somewhat more expensive than the common method of growing tomatoes, but it will pay the home gardener well.

**Cottage Cheese a Cheap Substitute For Meat**  
Cottage cheese is richer in protein than most meats and is very much cheaper. Every pound contains more than three ounces of protein, the chief material for body building. It is also a valuable source of energy, though not so high as foods with more fat. It follows that its value in this respect can be greatly increased by serving it with cream, as is so commonly done.

The following recipes illustrate a number of ways in which cottage cheese may be served.

**Cottage Cheese Rolls.**—A large variety of rolls suitable for serving as the main dish at dinner may be made by combining legumes (beans of various kinds, cowpeas, lentils or peas) with cottage cheese and adding bread-crumbs to make the mixture thick enough to form into a roll. Beans are usually mashed, but peas or small lima beans may be combined whole with bread-crumbs and cottage cheese, and enough of the liquor in which the vegetables have been cooked may be added to ret the right consistency, or instead of beans or peas chopped spinach, beet tops or head lettuce may be added. Bake in a moderate oven, basting frequently.

**Boston Roast.**—A pound can of kidney beans or equivalent quantity of cooked beans, one-half pound of cottage cheese, bread-crumbs, salt. Mash the beans or put them through a meat grinder. Add the cheese and bread-crumbs enough to make the mixture sufficiently stiff to be formed into a roll. Bake in a moderate oven, basting occasionally with butter or other fat and water. Serve with tomato sauce. This dish may be flavored with chopped onions cooked in butter or other fat and a very little water until tender.

**Decorating the Table.**  
Here are some rules which always hold good in decorating a table:  
Never overload; it is better to have too little decoration than too much.  
Never have the centerpiece so high as to obscure the view of those on the opposite side.  
The shape of the centerpiece should be in effect that of the table, round on round table and long on long table.  
In a flower arrangement be sure to have enough green.  
Do not mix two kinds of flowers.  
When candles are used for lighting have at least one for every two guests. One for every guest is better, and never place them in the center of the table.

**WAR VEGETABLES—THE BEAN**  
PROLOGUE—THE BEAN IS USED IN ALL PARTS OF THE WORLD AND FORMS THE WORLD OVER—GROW BEANS IN YOUR GARDEN. THEY MAKE GOOD BEAN-POAS FOR THE KID AND ALSO MAKE EXCELLENT FOOD—IF YOU WANT TO HAVE SOMETHING SWELL, PUT A LIMA BEAN IN WATER—

FOLLOWING ARE SOME OF THE MEMBERS OF THE BEAN FAMILY—  
LIMA BEAN  
KIDNEY BEAN  
CHICK PEAS  
SOY BEANS  
POTSUS  
MUNG BEANS  
ADZUKI BEANS  
BLACK BEAN  
MEXICAN BEAN  
VEGETABLE BEAN  
STRING BEAN  
TICCA BEAN

NAME GIVEN THEM BY INDIAN GIRLS WHO USED TO STRING THEM AND WEAR THEM FOR NECKLACES—  
MEXICAN BEAN  
VEGETABLE BEAN  
STRING BEAN  
TICCA BEAN

THIS BEAN DERIVES ITS NAME FROM THE FACT THAT IT TRIES TO JUMP AWAY FROM THEIVING GRASSHOPPERS—  
BASEBALL BEAN—THIS PARTICULAR BEAN IS A COUSIN TO THE BASEBALL BEAN—EVERYWHERE—USA—SOAKED AND BATTERED—

NO SALT IS USED AS THE BEAN GROWS UNDER THE SEA AND IS NATURALLY SALTY BY SEA SALT—  
BAKED BEAN—THIS BEAN WILL ALWAYS BE FOUND WHERE THERE ARE PRAIRIE BOYS—

HE WAS SO GENERALLY CIVIL THAT NOBODY THANKED HIM FOR IT—  
I HAD RATHER HAVE A FOOL TO MAKE ME MERRY THAN EXPERIENCE TO MAKE ME SAD.—Shakespeare.  
Most of our misfortunes are more supportable than the comments of our friends upon them.—O. C. Colton.

## What Women Like to Know

### For Beach Wear

Skirt of washable white London shrunk flannel, tailored model, fastened in front with large pearl buttons through hand made buttonholes, gath-



TAILORED MODEL

ered back, self bound slash pockets, new model belt with two straps in back.

This smart tailored waist is of white pussy willow silk, turaback cuffs and novel roll collar of radium silk striped in rose, open or make large pearl button. Design by Franklin Simon & Co., New York.

**Cottage Cheese a Cheap Substitute For Meat**  
Cottage cheese is richer in protein than most meats and is very much cheaper. Every pound contains more than three ounces of protein, the chief material for body building. It is also a valuable source of energy, though not so high as foods with more fat. It follows that its value in this respect can be greatly increased by serving it with cream, as is so commonly done.

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