

In the Arena of Sports

Capable and Lucky

George B. Whitted, outfielder of the Philadelphia National league club, is rated a lucky man among his fellows. On two occasions he has been shifted from one club to another and both times landed with a pennant winner. In 1912 he joined the St. Louis Nationals and in 1914 was sent to the Boston



Photo by American Press Association. GEORGE B. WHITTED.

Braves and materially assisted that aggregation in winning the world's championship. The following winter he was traded by Boston with Dugess for Sherwood-Magee. In the season of 1915 he helped Pat Moran win the National pennant, thus getting a slice of two world's league series. Whitted is a native of Durham, N. C., and is twenty-seven years old.

Jess Willard Sued

Jack Curley has started injunction proceedings in the supreme court against Jess Willard, champion heavy weight, to restrain him from giving circus performances in New York state. Curley demands \$20,000 from Willard. He says he entered into a three year contract with Willard in September, 1914, to act as his manager. Since Willard purchased a circus, Curley says, he has broken the contract and terminated the relations of manager and fighter.

Joe Tinker Fined

A fine of \$50 has been imposed on Manager Joseph B. Tinker of Columbus and \$35 on Fred Mollwitz of Kansas City for an altercation in a game at Kansas City recently by Thomas J. Hickey, president of the American association.

Pitcher Re-enters Game

Roy Patterson, former Chicago American and Minneapolis American association star pitcher, who has been out of professional baseball for two years, has rejoined the Minneapolis club.

Wise Observations

It's just as bad to say things that disagree with others as it is to eat things that disagree with yourself.

Work is not an enemy, but the best of friends. Narrow love and faith and hope make a narrow life.

The optimist is a man who can scent the coming harvest when the snow is on the ground. He can "feel the days before him."

Don't be too "nice." It is such an impediment to usefulness as stuttering is to speech.

Your enjoyment of nature this summer, the sea, the mountains, the flowers, will not depend upon the sea or the mountains or the flowers, but upon yourself.

Fireless Cookers Save Fuel

Home consumption of fuel can be much decreased by the wider use of the fireless cooker. These cookers not only save fuel, but save the time of the housewife. It is possible with little effort and expense to make a satisfactory fireless cooker if the manufacturer's types are not available.

Apricot Dumplings

Drain stewed dried apricots as dry as possible, inclose two or three pieces of apricots in a round of biscuit dough rolled thin. Place dumplings in a deep dish, sprinkle generously with sugar nearly cover with boiling juice, dot with butter and bake in a quick oven.

BRIEF SERMONS.

Resolve to perform what you ought. Perform without fail what you resolve.—Franklin.

If there is a harvest ahead, even a distant one, it is poor thrift to be stingy of your seed corn.—Carlyle.

Not in the clamor of the crowded street, But in ourselves, are triumph and defeat. —Longfellow.

Around the House

Much food is ruined by being stored where flies or other insects or rats and mice can get at it. Much cereal food is ruined because it is not protected against weevils or other insects.

Skim milk is regarded by many persons as unfit for human use. As a matter of fact, it contains practically all of the constituents of whole milk except the fat taken off in the cream.

Tiled floors should be wiped over with skim milk once a week after they have been washed. It is a good plan to rub them over with linseed oil about once in two months and then to polish them with a soft cloth.

Whenever a hat, dress or any other article of clothing is discarded rip off the trimmings, cleanse them if they need it and put away in a box for future use.

Wash milk bottles as soon as empty and do not use such containers for any other purpose. Use pure water and do not wipe with a dish towel. Scalding and air drying are better.

Stale rolls and biscuits may be freshened by immersing them quickly in boiling water and putting them into a hot oven to dry out. They may be served hot and will taste as fresh as when first baked.

Suggestions For Using Butter Economically

Use butter economically. Select fat that is cheapest for a given use. Extend the country's resources by using fats from all available sources.

In many homes butter is allowed to become soft, in which state more is used than necessary. Butter added to vegetables during cooking means waste, as butter loses its seasoning quality by cooking. If economy is to be practiced add the butter just before removing the dish from the stove. In the preparation of many dishes butter can be supplanted in whole or in part by cheaper fats with little if any change in the flavor of the finished product. Even for table use some of the butter substitutes can be used where the dietary is not limited in variety of foods.

In salad dressings olive oil can be replaced by cottonseed oil, corn and peanut oil preparations. Since these are produced in this country they are cheaper than olive oil, which is largely produced abroad.

The trimmings from meat, usually kept at the market, unless the housekeeper especially requests them, may be used in suet or steamed puddings or rendered and used for deep fat frying.

Gritty Oil Shortens Life of Engine Bearings

Old oil will damage the gas engine far more than will hard work, according to W. H. Sanders, instructor in motors in the Kansas State Agricultural college. Oil that has become saturated with the fine steel particles from the bearings should be drained off, and fresh oil should be placed in the oiling system at regular intervals.

Oil becomes black and gritty in time, and before this stage is reached it should be replaced by fresh oil. The gritty oil may be filtered and used again, but the best method is to use fresh oil. New oil costs something, but is cheaper than new bearings.

In cleaning an engine before replacing the supply of oil it should be run until thoroughly warm. All the oil should then be drained from the crank case. The same amount of clean kerosene should be placed in the oil reservoir and the engine run carefully for a short time until all of the crank shaft bearings are thoroughly cleaned.

The War Garden—Coffee Bean

THE COFFEE BEAN IS A DISTANT RELATIVE OF THE LIMA, BOSTON, STRING, BAKED AND OTHER BEANS. HOW FAR, DISTANT NOBODY REALLY KNOWS, BUT IT MUST BE AT LEAST 250 MILES.



COFFEE WAS FIRST FOUND IN ABBYSSINIA ON THE SIDE OF A HILL BY A MOHAMMEDAN PRIEST WHO TOOK IT HOME AND PLANTED IT IN A COFFEE POT.

A TURKISH RULER OF THE 15TH CENTURY WAS INVITED TO A COFFEE CLOCH BY SEVERAL FRIENDS, AND AFTER DRINKING A CUPFUL, HE SAID THAT THE COFFEE WAS IN SUITABLE AND HE CLAIMED IT WAS BOOZIE AND HE PROHIBITED ITS USE.

EVERY BODY WHO DRINKS COFFEE IN THEIR HOUSES OR OFFICES SHOULD HAVE A COFFEE HOUSE.

BY THE NAME OF DEMI TASSE TOOK COFFEE FROM BRAZIL TO EUROPE AND STARTED THEM GROWING IN SEVERAL COFFEE HOUSES FROM THE BARK OF THE COFFEE PLANT.

THE COFFEE NUT IS ONE WHO IS CRAZY FOR COFFEE.

THE COFFEE BEAN IS ONE WHO IS CRAZY FOR COFFEE.

Major General Sibert Noted Army Engineer

Among the major generals of the regular army recently advanced to that rank by President Wilson is William L. Sibert, recently brigadier general in command of the Pacific coast artillery district, with headquarters at Fort Wile, San Francisco.

Press dispatches from France, presumably sent forward with the approval of General Pershing's staff, show that Major General Sibert is already in France and has been chosen to command the first force sent abroad under General Pershing as commander in chief of the expedition.

The new major general is a native of Alabama and will be fifty-seven years old next October. He was graduated



MAJOR GENERAL WILLIAM L. SIBERT.

from West Point in 1884 and assigned to the engineering corps. Since then he has been engaged principally in engineering work and is noted as the builder of the famous Gatun locks and dam on the Panama canal. During the Spanish-American war he took a battalion of engineers to the Philippines and, among other work, rebuilt the Dagupan railway. In 1914 he was selected by President Wilson as chairman of the board of engineers to examine the details of the American Red Cross project for the prevention of floods in eastern China.

Prevent Waste of Sugar And Failure of Jellies

Much waste of sugar and spoilage of jellies can be avoided by using a simple alcohol test recommended by the bureau of chemistry, United States department of agriculture. To determine how much sugar should be used with each kind of juice put a spoonful of juice in a glass and add to it one spoonful of 95 per cent grain alcohol, mixed by shaking the glass gently. Pour slowly from the glass, noting how the pectin—the substance in fruits which makes them jelly—is precipitated. If the pectin is precipitated as one lump a cup of sugar may be used for each cup of juice. If in several lumps the proportion of sugar must be reduced to approximately three-fourths of the amount of the juice. If the pectin is not in lumps, but is merely precipitated, the sugar should be one-half or less of the amount of the juice. If the juice shows no precipitation under this test it is unsuitable for jelly making, and must be combined with apples or other juices rich in pectin.

The housewife will do well before making the test to taste the juice, as fruits not as acid as good tart apples probably will not make good jelly unless mixed with other fruits which are acid.

Mother's Doll Story

The Sitting Hen

"Mother, where is my pet hen?" called Benny one morning.

"Did you look in her nest, my dear?" asked his mother.

Then Benny ran to the kitchen and looked in the pasteboard box that the cook had given him for his rag doll.

Betty was her name. "She had flannel wings and tail sewed on to a gray felt body, and a bit of red flannel made her a charming comb."

Betty had scratched around the house to find some hay for a real nest, but there was no hay in the house. So she was glad to have a pasteboard box to lay eggs in.

And what do you think Benny found under her when he ran into the kitchen?

Why, three big candy eggs—molasses candy, you know. And then the cook gave him two gingersnaps, and, with Betty under his arm, he toddled off to eat an egg and a gingersnap out in the back yard under the big apple tree.

Conundrums.

What is the color of a grass plat covered with green? Invisible green.

Why did Adam bite the apple Eve gave him? Because he had no knife.

What word by changing a letter becomes its opposite? United—untied.

Why does a dressmaker never lose her hooks? Because she has an eye to each of them.

Inspiration Miscellany

Habits Are Forces

Even without considering all the common bad habits, just think of the thousand and one little habits that largely determine one's every thought and act. In the commonest things everyone is influenced by innumerable little habits that he seldom suspects. Hardly an impression, emotion, opinion, resolution or action is possible to us that is not influenced, directed and colored by fixed conditions within ourselves—habits.

Almost every move in the process of the morning's dressing, for example, is involuntary and calls for no conscious thought. Your mind is absorbed in mapping out the day's work while habit is washing and dressing you.

Habit accustoms us to doing most of the everyday things in particular ways, and we consciously turn the mind to them only when they chance to be done differently. The dividing line between efficiency and inefficiency is largely right here. Any one who stops to think about it can easily see that innumerable little habits make up a very large part of our lives. It is, indeed, well worth while carefully to study the host of little habits that breed and hide in the most secret cells of brain and muscle. None of them is too small to be worth attention.

Bad habits are the little threads with which the weak Lilliputians bound the strong Gulliver in helplessness.

Good habits are like a well made harness, enabling us to do our work in the world with less friction and waste of energy.

Habits we cannot avoid. Nor can we escape being greatly controlled by them. But we have free choice between the habits that are good and helpful and habits that are bad and harmful.—Christian Herald.

Man's Free Will

Man's free will is but a bird in a cage. He can stop at the lower perch or he can mount to a higher. Then that which is and knows will enlarge his cage, give him a higher and a higher perch, and at last break out of the top of his cage and let him out to be one with the free will of the universe.—Lord Tennyson.

Girls Who Work

Here is the gist of a discussion at a business conference: "There's nothing easier than to get out of date in your job. Because you've made a good record don't think you can lie back on it and let it float you the rest of your life. You'll find yourself in backwater in no time."

"You've got to keep growing. One way is to keep interested in what's being done all around you, especially in your own business. Another way is to get some friend you can trust to point out to you where you are slack. Another way is to bring a few tests to bear on yourself at least once or twice a year—not salary tests (these may be deceptive), but work and idea tests."

We women need to do a lot of growing, whatever our work may be.—Jessie Roberts in New York Globe.

The Beautiful

We ought to acquaint ourselves with the beautiful; we ought to contemplate it with rapture and attempt to raise ourselves up to its height, and in order to gain strength for that we must keep ourselves thoroughly unselfish. We must not make it our own, but rather seek to communicate it—indeed, to make a sacrifice of it to those who are dear and precious to us.—Goethe.

Worth While

It is easy enough to be pleasant. When life flows by like a song, but the man worth while is one who will smile when everything goes wrong.

For the test of the heart is trouble. And it always comes with the years. And the smile that is worth the wearies of earth. Is the smile that shines through tears.

It is easy enough to be prudent. When nothing tempts you to stray. When without or within no voice of sin is luring your soul away. But it's only a negative virtue. Until it is tried by fire. And the life that is worth the honor of earth. Is the one that resists desire.

By the cynic the sad, the fallen. Who had no strength for the strife. The world's highway is cumbered today. They make up the item of life. But the virtue that conquers passion. And the sorrow that hides the smile. It is these that are worth the honor of earth. For we find them but once in awhile. —Ella Wheeler Wilcox.

Home Cookery

Veal and Ham Pie

To make a moderate sized pie take half pound of neck of veal, a quarter of a pound of ham, two hard boiled eggs, a little parsley, mixed herbs and pastry. Remove the meat from the bones and put in a saucepan to stew, then add the meat to cook partly while the crust is made and the eggs are boiled. Take out the meat and fill the pie dish with alternate layers of veal, ham and egg cut into thick slices and sprinkled over with the herbs and seasoning. Then strain the gravy into the dish until it is about half full. Wet the edges, line with a strip of thin pastry, then cover. Make holes in the top, then decorate the pie and bake in a moderate oven for one hour.

Creamed Codfish in Bread Cases

Cut rather thick slices of bread, remove the crusts and with a cooky cutter stamp out the center of each, leaving a case similar in shape to a patty shell. Fry in deep, hot fat to a golden brown; drain on brown paper and fill with the following: Let a piece of salt codfish stand in cold water for several hours or overnight. Heat it gradually in the water, and when the fish begins to shrink drain and mix with a scant cup of cream sauce to which a chopped hard boiled egg has been added. Stir until the fish is heated, season lightly with paprika and sprinkle in a little chopped parsley. Use no salt.

Apple Sauce Cake

Cream one cupful of sugar and one-half cupful of shortening. Dissolve one teaspoonful of soda in a little hot water and stir this in one cupful of sour apple sauce, letting it foam over into the mixing bowl. Add nearly or quite two cupfuls of flour sifted with one teaspoonful of cinnamon, one-half teaspoonful of cloves and a little nutmeg. Mix thoroughly, then add one cupful of raisins. Bake in a loaf tin about forty-five minutes.

Prune Tartlets

Line small tins with pastry; in each put a tablespoonful of prune pulp, prepared by rubbing cooked prunes with their juice through a sieve and adding two tablespoonfuls of fine breadcrumbs to each cupful of fruit; cover with mixture of two tablespoonfuls of butter and sugar beaten to a cream with two eggs, two-thirds cupful of breadcrumbs, ten drops of almond extract and a teaspoonful of baking powder.

Summer Management Of the Poultry Flock

Mash hoppers that allow grain to be scratched out and wasted are a cause of more loss than is commonly supposed. Under average conditions as much as 10 to 15 per cent may be wasted without its becoming very noticeable.

During the spring, summer and fall hens on range will pick up enough to decrease very materially the amount of grain they will require.

Free range does not mean a yard where hens have run for years or an hour or two for liberty just before evening. Real range means free access to fresh green fields or pasture from daylight until dark.

If henhouses must be closed at night for protection open them in the morning as soon as the hens come down from roost. Hens get more out of the first two hours of daylight than all of the afternoon. If it is possible to move poultry houses away from other buildings or the home garden to a place where the hens can have absolute free range on fresh sod this is the year to do it. This is equally if not more important for young stock than for the mature birds.

Light as Chaff

Matrimonial Peers. Billy was about to be married, and his friends—married friends—were giving him good advice, the burden of which was "Forget it!"

"Forget it!" was not to be dissuaded. "Oh, I don't know," he replied. "Marriage is all right if you take it in the right way. Now all this talk about matrimonial quarrels, arguments, and so on, is all nonsense. Surely you can accept one another's point of view. And, anyway, there's always an answer to every argument."

"Oh, is there?" growled the old married man. "I tell you, my boy, there's one argument in married life that you'll never be able to answer."

"Really? And what's that?" "Why, when your wife says, 'If the Browns can afford it we can.' You try to find an answer to that!"

Age of the Beast

A man who wanted to buy a horse asked how to tell the horse's age. "By his teeth," was the reply.

The next day the man went to the horse dealer, who showed him a splendid black horse.

The horse hunter opened the animal's mouth and turned on his heel. "I don't want him," said he. "He is thirty-two years old."

He had counted his teeth.

What Women Like to Know

Smart For Summer Wear

The illustration shows a white handkerchief linen waist, tucked and eyelet embroidered in floral design; sailor collar and turned back cuffs of white pique. The skirt is of white pique.



WILLIAM OLD SOLE SHOWS.

with large knapsack pockets self corded at opening and fastened by black buttons. Shirred top skirt and detachable belt. Design by Frankha Munn & Co., New York.

Directions For Canning Fruits Without Sugar

The use of sugar, of course, is desirable in the canning of all kinds of fruits and makes a better and ready sweetened product. Moreover, most of the fruits when canned in water alone do not retain their natural flavor, texture and color as well as fruit put up in sirup. Fruit canned without sugar to be used for sauces or desserts must be sweetened.

Can the product the same day it is picked. Cull, stem or seed and clean the fruit by placing it in a strainer and pouring water over it until it is clean. Pack the product thoroughly in glass jars or tin cans until they are full.

Use the handle of a tablespoon, wooden ladle or table knife for packing purposes. Pour over the fruit boiling water from a kettle, place rubbers and caps in position, partially seal if using glass jars; seal completely if using tin cans. Place the containers in a scalding vat, such as a wash boiler with false bottom or other receptacle improvised for the purpose. If using a hot water bath outfit, process for thirty minutes. Count time after the water has reached the boiling point. The water must cover the highest jar in container. After sterilizing remove packs, seal glass jars, wrap in paper to prevent bleaching and store in a dry, cool place.

If you are canning in tin cans it will improve the product to plunge the cans quickly into cold water immediately after sterilization. When using a steam-pressure canner instead of the hot water bath sterilize for ten minutes with five pounds of steam pressure. Never allow the pressure to go over ten pounds.

A Cooking Hint

The quality and flavor of meat or fish can be injured by overcooking or improper cooking. If fats are allowed to burn even a little they develop unpleasant flavors. It is happening in making gravies and sauces or in frying foods the food will usually not be eaten. Burned meat is also disagreeable, and so are burned vegetables.

Reduce Food Bills

The same standard "Eat enough food and no more" rigidly followed would reduce greatly food bills in many homes and at the same time tend to improve the physical condition of all members of the household.

IDLE WOMEN

There are too many idle women in the world. This is not because of a lack of work, but a characteristic of certain females to think they have no responsibility in life. All life must be responsible or it is worthless.

Vigorous work would cure scores of so called feminine ailments and make the world of women more helpful than it is.—Marie Corelli.