

# In the Arena of Sports

## Favorite of the Fans

Probably no other fielder in the American league is more warmly welcomed by the fans than Bert Shotton, smart left fielder of the St. Louis Browns. Shotton is a famous wit and usually manages to keep the left field



Photo by American Press Association. BERT SHOTTEN.

bleachers in good humor by his funny remarks about the opposing players. He is the head of man for the Browns and is admittedly one of the fastest fielders in the game. As a batter he also ranks high, being just short of the coveted .300 mark. Altogether Bert may be safely put down as one of the classiest fielders of the game.

**New Cycling Champion.**  
Arthur Spencer of Toronto, Ontario, who recently won the national cycling championship, takes over the title from Frank L. Kramer of East Orange, who has held the championship for sixteen years. Spencer, the new champion, is but twenty years old and has been only riding as a professional for three years. He won his novice race at Waterloo, Ontario, four years ago.

**Cuba Buy First Baseman.**  
Roy Leslie, first baseman for the Waco team of the Texas league, has been sold to the Chicago Nationals. It was understood Leslie would report at Chicago at once.

## Directions For Making Laundry Soap at Home

A good grade of laundry soap can be made in the home from drippings, rancid oils and fats that ordinarily are wasted. Homemade laundry soap may be made by using seven pounds of solid fat and a pound of lye dissolved in seven cups of water.

Clarify and strain the fat and allow to harden. The fat is warmed enough to melt it and the lye solution stirred until the mixture becomes a creamy mass. It is then poured into molds to harden. This makes a firm soap for general kitchen use at a small cost.

All small pieces of soap should be saved and kept free from dirt and dust. When a sufficient number has accumulated it can be made into soap jelly or solution. This can be used for dish washing, wood-work, soaking clothes, washing flannels if made from neutral soap and scrubbing.

One bar soap or its equivalent in small pieces may be added to two or three quarts of water in the preparation of soap solution. Shave the soap and put into saucepan with cold water. Heat gradually for an hour until the soap is dissolved. A tablespoonful of ammonia, turpentine or kerosene may be added if desired.

One bar soap or the equivalent in small pieces and a quart of water is recommended in the preparation of soap jelly.

Commercial washing powders and cleaning agents are wasteful and expensive. A good liquid cleaning and bleaching agent can be made in the home easily by the use of a pound of soda dissolved in a quart of boiling water and one-fourth pound of chloride of lime added to a quart of cold water. Mix thoroughly. Let stand for several hours. Pour off the clear liquid. Bottle and keep in cool place.

## WOMAN'S SPHERE.

A woman who loves show, glitter, excitement, is seeking the paste diamonds of life. A woman's life is at its best when controlled by simple ways, simple thought, simple duties. The complexities of life that a man may face and solve enmesh a woman and usually leave her in the position of the fly caught by the spider.—Carmen Sylva.

## Around the House

When you finish using a cooking utensil fill it with water, preferably hot, excepting for those in which a starchy substance has been cooked. Thus when you finish using the double boiler turn the hot water out of the bottom portion into the top. The task of washing will be reduced to a minimum.

When you empty any bottle or dish that has contained milk fill it to the brim with cold water; also fill dishes that have contained flour and water or raw egg with cold water. It is the starchy in time so far as dishwashing is concerned.

After you have finished work in the kitchen at night pour at least a quart of boiling water down the sink drain. This is the starchy in time that keeps away the plumber.

Soak all dish cloths and dish towels in water with a little ammonia before washing. This is a habit that will make it unnecessary for you to rub your knuckles bare over the dish towels.

If you cannot get new rubber flaps for the fruit jars clip the old ones in melted paraffin or a mixture of paraffin and sealing wax, and when cool they will do duty as well as new ones.

The woman who has many dishes to wash and whose feet get tired should try standing on a rubber rug, such as many people have at their front doors. This sort of a foundation has a restful effect.

## Use Butter From Sweet Cream For Packing Down

Farmers who are making butter for winter's supply should use sweet cream of good quality, pasteurizing it by keeping the container in hot water for thirty minutes at a temperature of 145 degrees F. The cream should be stirred frequently during the process. It should then be cooled to approximately 50 degrees F. It is important that the butter should be made from sweet cream rather than from sour cream, since the keeping quality of sweet cream butter is better.

This cream should be churned in the usual way, and the butter may be packed solid in stone jars, or it may be made into pound prints and packed in jars, either with or without the regular parchment paper wrappers. The butter should then be completely covered with a salt solution strong enough to float an egg. A large plate or a header made of some odorless wood should be placed on the butter, and then clean stones or bricks may be used to weight it.

Persons who are not making their own butter can secure satisfactory results by getting fresh butter made from sweet cream and packing it as described. Such butter may be obtained from nearby creameries in wholesale lots. The best time to buy is from the middle of May to the middle of July. The butter should contain the usual amount of salt. Care should be taken to pack it in stone jars which have been thoroughly scalded and are free from taint or odors, and the butter must be kept covered with the brine solution.

## THE HOMEKEEPER.

I prefer the home and my home duties to any other occupation that might be offered me. I feel that a woman who cannot center herself in the home is lost to her bearings. She may be brilliant in other things, but she never quite secures perfect happiness.—Queen Helena of Italy.

## Light as Chaff

**Irish Wit.**  
An Irishman was sitting in the general waiting room at a railway station when a woman came in and, sitting down beside him, remarked:

"Sir, if you were a gentleman you would not smoke here."  
"Mum," he said, "if you was a lady you'd go to the ladies' waiting room."

"If I please to sit here I'll do it," the lady retorted angrily.  
"All right, mum," said the Irishman quietly.  
"If it pleases ye to sit wid me I'll give ye up wid ye."

"If you were my husband I'd give you poison," cried the woman.  
"If you was my wife I'd take it!"

## Evils of Drink.

The big increase in the price of beer was milk and honey to the teetotal crank, and he was gloating over the discomfiture of his friend who liked a drop, according to an English publication.

"But it is all for your own good," he impressed upon his friend. "No more morning headaches, no more shaky hands."  
"Yes," agreed the impenitent, "you can bet on no more shaky hands. I can't afford to spill any at the price."

## Head of the Italian War Mission to United States

The Italian royal war commission to the United States outranked in personnel the war conferences from either England or France, as it included a member of the reigning house of Savoy.

The head of the mission is his royal highness Ferdinand Humbert Philip Adalbert, Prince of Udine, who is thirty-three years old and a captain in



Photo by American Press Association. PRINCE OF UDINE.

the royal navy. He is a first cousin to King Victor Emmanuel. The prince has taken an active part in the war and has been awarded a medal of honor for personal bravery. The prince has a German wife, Duchess Isabelle, who was a princess of Bavaria, but she has ceased to know her German relatives since the war. She is head of a military hospital in Turin.

## Agri-graphs

When it comes to canning how about the wild fruits that grow along the streams or on the hillsides?

Federal and state cooperation promises to remedy the shortage of labor by aiding in recruiting and placing farm hands.

Better buy glass jars for canning and preserving as soon as possible to avoid delays at the height of the season.

Have you thought of a continuous spray outfit? It is too big an investment for small growers?

The season is not so far advanced that one cannot still plant a garden. Practice helping the food supply by putting in some quick maturing vegetables.

Thirteen states now have state forests. New York has the largest, with 1,825,000 acres; Pennsylvania comes second, with 1,008,000 acres, and Wisconsin third, with 400,000 acres. But except for planting and fire control New York does not practice forestry on its state lands.

## Mother's Doll Story

### The Pet Owl

Once upon a time there was a lot of cousins who had great fun playing in a big barn. They used to run and jump over the great mow right into the sweet, hot hay. And when they were tired of playing hide and go seek they used to swing from the great beams and drop right down on to the floor, all soft with hayseed.

One day the biggest boy found a young owl perched high up in the peak of the barn on a big beam.

Young owls can't see very well, you know. So the biggest boy picked the young owl right up in his hand and carried him into the house.

"Oh, mother," he cried, "would you make Jack a rag owl to play with? Because he just lost his willow whistle, you know."

Now, their mother was very clever with sewing things, so she cut some brown cloth in just the shape of the young owl and stuffed it. She embroidered a beak and neck feathers and sewed two bright buttons among them for eyes. And when it was all finished the biggest boy led the rag young owl fly away into a little tree where he hunted his thanks.

**Game of Butterfly.**  
Each girl is given a butterfly fashioned of crumpled paper perched on a stem about two feet long. Each boy receives a net, also fastened on a handle. Two lines are marked off about thirty feet apart, or a wide space between trees may be chosen. The boys take the position opposite the girls and try to catch in their nets the butterflies which the girls hold out temptingly as they sway and swing on the ends of the wire nets. As each girl's butterfly is caught she is out of the game, and when all are captured the sport is over.

## The Gingerbread Man.

The gingerbread man, who lives in a can  
On grandmother's cookie shelf,  
Just waits all the day  
For grandma to say:  
"Now, my dear, go help yourself!"

Yes, he smiles at me  
Right lovinly  
While I eat his raisin eyes.  
I nibble his toes  
And his icing nose,  
And he never even cries.  
Oh, it is a shame!  
I know I'm to blame.  
There's nothing to do, you see,  
But to eat my friend  
And so put an end  
To all of his misery.  
—Farm and Firefly.

## Inspiration Miscellany

### Making Courtesy Pay

There is an article in the American Magazine that tells about William Vernon Backus, who formed the Appreciation League. The writer says:

"Years ago," said Mr. Backus, "I acted like my ordinary citizen did when provoked by rudeness or discourtesy. I would report to headquarters the gross affronts offered by those whose public or semipublic position made it their special duty to be courteous."

"Then upon thinking about the problem I realized that when a man was reproached it made him bitter and angry with the public. And when he was discharged it did not cure the evil and only brought suffering upon his wife and children."

"Mr. Backus saw this system was all wrong. He questioned employees, and they told him they were not always courteous, because sometimes people were unreasonable, and anyway their efforts were not appreciated."

"What good does it do," said one man, "to be extra nice and cheerful when the impolite man gets the same pay and rating as those who make an effort to be courteous?"

"It was this remark which helped Mr. Backus to formulate his plan and his plan. The members of the Appreciation League travel to many places and always report courtesy and kindness to employers. For this purpose every member of the league is provided with a blank which permits the filling in the name and business address of a clerk, conductor, postman, usher, collector or any one at all who is especially attentive and deserving of commendation."

### A Safe Road.

The two parallel rails upon which life is sure to run safely and far are faithfulness and sincerity. No one who runs his life on them ever gets off the track or finds any freight too heavy to pull, no matter how steep the grade or how great the storm.

### Individuality.

No process is so fatal as that which would cast all men in one mold. Every human being is intended to have a character of his own, to be what no other is, to do what no other can do. Our common nature is to be unfolded in unbounded diversities. It is to wear innumerable forms of beauty and glory. Every human being has a work to carry on within, duties to perform abroad, influences to exert, which are peculiarly his and which no conscience but his own can teach.

## Pain and Struggle

Many people have fine dreams of moral and spiritual beauty which never become anything more than dreams, because they will not work them out in pain, struggle and self-restraint. Here is an incident from a private letter.

"One day lately one of my little music pupils, an old fashioned, sweet little girl about nine years old, was playing scales and octaves, when she turned to me and said, 'Oh, Miss Graham, my hands are tired.'"

"I said: 'Never mind, Norma; just try to play them once or twice more. The longer you practice them the stronger your hands will grow, so that after a while you will not feel it at all.'"

"She turned the gentle little face wearily to me and said, 'Miss Graham, it seems as if everything that strengthens hurts.'"

"I gave her something else, but thought, 'Yes, my dear little girl, everything that strengthens hurts.'"

The child was right. It is true in music: it is true in all art; it is true in the making of character; everything that strengthens hurts, costs pain and self-denial. We must die to live. We must crucify the flesh that we may find spiritual gains.—J. R. Miller in Spokane Spokesman Review.

### Exaggeration.

Exaggeration is neither thoughtful nor safe. It is a proof of the weakness of the understanding or the want of discernment of him that utters it, so that even when he speaks the truth he soon finds it is received with suspicion or utter unbelief.

### Your Own Self.

The ideal is in thyself. The impediment, too, is in thyself. The condition is the stuff thou art to shape that same ideal out of. What matters whether such stuff be of this sort or that so the form thou givest it be rock, be poetic? Carlyle.

### KEEP CLIMBING.

Although your chance in life seems small  
Rough the path and dark,  
Don't worry that you're going to fall,  
But get a firmer start.  
Slowly trudge on toward the goal,  
Keep headed the right way,  
Remember, you can never win  
Life's battle in a day.  
Like climbing up a ladder,  
Ascending step by step;  
Keep your aim the highest  
Lest your mission you forget.  
When at last the top is gained,  
Thank God the task is done;  
Look back upon the steps you've climbed,  
The battle nobly won.  
—Milwaukee Sentinel.

## Home Cookery

### Mixed Sweet Pickles.

One quart green cucumbers sliced. Do not peel. Measure after they are sliced. One large onion, sliced; one large pepper, sliced; put in salt water. Let stand three hours, then drain. One pint of vinegar, one-half teaspoonful of mustard seed, one cupful light brown sugar. Let this come to a boil before adding cucumbers, onion and pepper. After adding cucumbers, etc., let come to a boil again. Just before taking from the fire add one-quarter teaspoonful turmeric. This will make one quart.

### Scalloped Shrimps.

Take two cupfuls of freshly boiled or canned shrimps and break them into small pieces, make a highly seasoned cream sauce; add a tablespoonful of cracker dust to the shrimps and put them into the cream. Fill butteredramekins or baking shells with the mixture and bake till a delicate brown. Serve garnished with a slice of crisp bacon and a spray of water-cress.

### Blueberry Muffins.

Beat together one rounded tablespoonful of butter, one-third cupful of sugar, one egg, one-half teaspoonful of salt. Then add one-cupful of milk, two and a half cupfuls of sifted flour, from which save a spoonful to roll the berries in; four level teaspoonfuls of baking powder and one cupful of blueberries added lightly the last thing. Bake in greased gem pans and serve either hot or cold.

### Creamed Asparagus.

Cut all the tender part of the asparagus stalks into short pieces. Pour in enough boiling water to cover them and cook about fifteen minutes, or until tender. Add enough hot milk to cover the asparagus, season with salt and pepper and thicken with flour that has been creamed with butter. Serve in sauce dishes.

### Egg Sauce For Boiled Fish.

Boil two eggs for four minutes. Put into a bowl after taking off the shells and cut and mash them rather fine with a fork. Add salt, a pinch of ground mustard, a little white pepper and plenty of butter. Have ready a white sauce and pour this over the egg; mix well, turn into a gravy boat and serve.

## Utilize Cornmeal and Save Wheat Flour

Americans are addicted to the use of the light, fluffy loaf made of high grade patent white flour. For economic and patriotic reasons a taste for the coarser, darker but no less wholesome breads should be acquired. With housekeepers all over the country saving a few cupfuls of flour, the nation will be able to conserve a supply of wheat that will help with the war.

Cornbread may be made with yeast by using three cupfuls cornmeal, two cupfuls whole wheat or white flour, two cupfuls milk, two cupfuls water, two tablespoonfuls molasses, two tablespoonfuls shortening, one tablespoonful salt and one yeast cake.

Heat the milk and water to boiling. Add to it slowly one cupful cornmeal and stir until it thickens. Put these ingredients over a pan of hot water or in a double boiler and cook for half an hour. Remove, adding molasses, shortening and salt. When lukewarm, add yeast cake, which has been dissolved in one-fourth cupful of water. Add one cupful of cornmeal and one cupful of whole wheat flour. Beat with wooden spoon until smooth. Put in a covered bowl and let rise till double its bulk.

Add the remainder of the flour and cornmeal and knead until smooth and not sticky. Divide into three parts and shape into loaves. Put into well oiled pans and let rise until double in size. Bake in a moderate oven forty to forty-five minutes.

## War Vegetables

### CELERY

GROWS ONLY IN THESE FIVE PLACES IN ASIA, EUROPE, AFRICA, UNITED STATES AND INTERGROUND.

BEFORE IT WAS BROUGHT TO AMERICA, CELERY WAS FIRST GROWN IN ASIA AND DERIVES ITS NAME FROM THE FACT THAT IT WAS GROWN IN CELLARS.

IN AFRICA THE CELERY GROWS WILD—IT IS USED THERE AT ALMOST EVERY MEAL AND THE PEOPLE JUST GO WILD OVER IT.

THE FIRST CELERY GROWN IN AMERICA WAS BROUGHT HERE BY KRIS NOLAN, THE WELL-KNOWN ITALIAN FARMER AND GARDENER. HE TRIED THE CELERY IN HIS GARDEN IN THE STATE OF MISSISSIPPI, CALIFORNIA AND TEXAS.

CELERY IS FOUND IN MOST GARDENS AND IT IS THE BEST CELERY GROWN IN AMERICA. IT IS THE ONLY CELERY THAT IS GROWN IN THE UNITED STATES AND IT IS THE ONLY CELERY THAT IS GROWN IN THE INTERGROUND.

CELERY IS THE ONLY VEGETABLE THAT IS GROWN IN THE INTERGROUND. IT IS THE ONLY VEGETABLE THAT IS GROWN IN THE INTERGROUND.

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## What Women Like to Know

### For Midsummer

The misses' gingham shirt waist dress here shown meets the simple demands of hot weather. It is a one piece model made of striped zephyr gingham in



GINGHAM SHIRT WAIST DRESS.

black and yellow, blue and green or wide pink and narrow black stripes; open front model, fastens with white pearl buttons; shirred up skirt with patch pockets. Design by Franklin Simon & Co., New York city.

## Digestibility of the Common Vegetable Fats

The vegetable fats most commonly used as food in the United States—namely, olive, cottonseed, peanut and coconut oils—have been shown to have a high digestibility and consequent food value by experiments recently reported by the office of home economics of the United States department of agriculture. Sesame oil, which is used extensively as food in some other countries, but only in a limited way in the United States, was also found to have a high digestibility.

Cocoa butter, a product of the cocoa bean and a solid fat at ordinary room temperature, was found, however, to be a little less thoroughly digested than the other oils mentioned. The cocoa butter was about 95 per cent digested, while the other oils were approximately 98 per cent digested.

The experiments indicate that for the most part the vegetable oils studied, especially the five with the higher digestibility ratings, have about the same food value and digestibility as the animal fats in general use.

No ill effects from the consumption of fairly large quantities of vegetable oils were noted, and the experimental evidence in general confirmed experience in ranking them as desirable foods for man.

### When the Ice Gives Out.

The following suggestion is for the benefit of those who do not have ice. Stand a milk bottle, tall glass filled with butter or whatever it is desired, to keep cool in a deep dish. Put a glass inverted over the top or some other means of thoroughly covering. Fill outside dish with water as deep as possible. Wring a whole cloth (linen is best, as most absorbent) in cold water and lay over the top in a single thickness, drawing all ends under the water. If there is a margin of this all around ants cannot get in. Flies cannot penetrate the cloth, which draws up moisture. Set in a draft, away from the sun. Butter will keep firm, milk cold and sweet, through this method. Stand on floor if possible. It is always coolest there.

### Never Put Lye in Sink.

Never put lye in the kitchen sink. A great many misinformed people, when the drain becomes clogged with grease that never should have been poured into it in the beginning, immediately empty a lot of lye down the pipe. They wonder why the plumber has to be called then. Lye and grease make soap, and the misguided ones have simply filled the drain with it.

## MATRIMONY.

By taking a second wife a man pays the highest compliment to the first by showing that she made him so happy as a married man that he wishes to be so a second time.—Samuel Johnson.

However dull a woman may be, she will understand all there is in conjugal love; however, intelligent a man may be, he will never know but half of it.—Mme. de Sevigne.

How those on pot? They don't do it. The so-called Spoken. Spend need it.