

In the Arena of Sports

Senators' Third Baseman.

Clark Griffith's shift of Eddie Foster from second base to third seems to have had a good effect on the playing of the Washington American league team. At least that is what Eddie's friends say. Since a month ago the



EDDIE FOSTER.

Senators have been playing as good ball as any team in the league, not excepting the White Sox and the red hosed men. Last year Foster performed in both positions on the diamond and played fine ball. Ball fans believe, however, that if kept at third, which is his best place, he would make a still better showing. He is considered one of the best hit and run players in the game.

An All Star Team.

Damon Runyon, a sporting writer on the New York American, makes the following selections for an all star baseball team: First base: Eddie Collins, second base: Chapman, short: Velt, third base: Speaker, Cobb, Rousch, outfielders: Walters, Schalk and Schanz, catchers: Toney, Ruth, Alexander, Johnson and Caldwell, pitchers: Bobby Veach and the utility outfielder and Leon Groh the utility infielder, he plays second, short and third with equal facility.

Harvard to Help Football.

Although Harvard university has canceled its varsity football schedules for next fall, the sport will still be encouraged. The rule barring freshmen from the varsity team probably will be waived and informal games with New England colleges arranged.

Blacklist for Mamau.

Pit her Mamau, who was suspended for breaking discipline, has been blacklisted by the Pitt-burgh Nationals. President Dreyfus recently notified the national commission that he had taken this course.

Banana Has High Food Value When Fully Ripe

Mary Swartz Rose, assistant professor in the department of nutrition of the teachers' college at Columbia university, gives bananas this value:

Bananas may be regarded as a staple, fresh fruit, high in fuel value, low in price and easy to prepare. They are oftenest cheapest when at their best, when the skins have darkened and the fruit is soft, though still firm. Digestive difficulties usually arise from eating them too green or too fast. As they ripen, considerable starch is changed to sugar, so they have a higher flavor as well as greater digestibility when fully ripened.

Baking ripe bananas in the skin, if properly done, produces a more succulent food of fine flavor. They must be quickly baked till soft and the juice begins to flow, but no longer or the juice all oozes out and they become tough and dark and lose much of their flavor. Bananas baked before the skins darken will never be as palatable as the fully ripened ones, though they are more digestible than if eaten raw.

Cripe bananas are best baked without the skins and basted with a syrup. These may be used as a dessert, while those baked in the skins may take the place of a vegetable in the menu. Bananas can be mashed and stewed with a little water, flavored with lemon juice and sugar, making a palatable sauce.

- Children and foolies cannot lye.
- Heywood.
- A lie never lives to be old.
- Sophocles.
- Aristotle was once asked what those who tell lies gain by it.
- Said he, "That when they speak truth they are not believed."
- Diogenes Laertius.

Around the House

Either fry fish in oil or lard. Butter is not good. Lemon juice or slices of lemon are best served with fish, as the acid corrects and balances the strong fishy taste.

The fruit of the common elder is used for sauce and pies, and a sort of sirup for griddle cakes is sometimes made from it.

Keep all the operations of canning clean and sanitary. A little dirt, a little carelessness, may spoil hours of hot work. Be careful.

American cheddar cheese is a very satisfactory substitute for meat. It can be kept in storage for a long time and contains much food in small volume.

Bicarbonate of soda, which is plain bread soda, is good dissolved in water as a wash for prickly heat. It is also an excellent mouth and tooth wash, neutralizing the acidity of the mouth and keeping it sweet and wholesome.

To freshen salt fish cover with plenty of cold water, allow to heat gradually on the back of the range, then when hot pour off the water and repeat. Then remove fish and skin bone and flake. Always simmer slowly salt fish.

Cottage cheese is one of the finest sources of protein. If it gets a trifle too hot when cooking or the milk has stood beyond the time when it is just clabbered it will be spoiled for food. Chopped chives or nut kernels are a fine addition to cottage cheese.

Directions For Salting And Smoke Curing Fish

To preserve fish for winter use it may either be preserved in a brine or first salted and then smoked. For curing and packing in brine the fish should be washed in cold water and the head and entrails removed, after which they should be thoroughly rubbed inside and out with fine salt and packed in earth jars or clean, sweet barrels that have never contained vinegar or kerosene. After the fish have remained in this salt overnight brine composed of fifteen pounds of salt, four ounces of saltpeter and four gallons of water to each hundred pounds of fish should be poured over them. This should be weighted down with a wooden block or clean stone, so that the brine entirely covers the fish, and the jar should be kept in a cool, well ventilated cellar.

For curing and smoking fish, clean as above and pack in salt so that each fish is completely surrounded by the salt and allowed to remain there for fifteen to twenty days, after which all may be hung in the smoke-house and given a heavy smoking with hickory wood. After the smoking the fish should hang so that no two fish touch for at least the first three days, after which they may be placed in a dry, well ventilated place for future use.

Light as Chaff

Men worked in a powder factory and usually went home to meals with a heavy load. The latter was getting to be a burden the other day when McCre's wife was meeting him.

"Where's him self that he's not wid you today, Mr. O'Reilly?" "Shure, didn't I have the factory in a great hurry an hour ago, mamam," answered O'Reilly. "An' did he say where he was goin'?" she inquired. "Not a word did he say," answered O'Reilly. "An' I don't think he knew himself 'til he struck the match. Then he went off wid the roof an' half of the factory."

Gave Herself Away. "Did the post-man leave any letters, Mary?" the mistress asked on returning from a visit one afternoon. "Nothing but a post-card, ma'am."

"Who is it from, Mary?" "An' do you think I'd read it, ma'am?" asked the girl with an injured air. "Perhaps not, but any one who sends me a post-card is either stupid or impudent."

"You'll excuse me, ma'am," returned the girl loftily, "but it's a nice way to be talking about your own mother!"

Man's Cruelty. Carefully the burglar effected an entrance into the bank. He found the way to the strong room. When the light from his lantern fell on the door he saw the sign:

"Save your dynamite. This is not to be used as a vegetable in the menu. Turn the knob and open."

For a moment he ruminated. "Anyhow, there's no harm in trying it if it's really unlocked," he grasped the knob and turned.

"Instantly the office was flooded with light, an alarm bell rang loudly, an electric shock rendered him helpless, while a door in the wall opened and a bulldog rushed out and seized him.

"I know what's wrong with me," he sighed an hour later, when the cell door closed upon him. "I've too much faith in human nature—I'm too trusting."

Official Who Controls Nation's Coal Traffic

The designation by President Wilson of Robert S. Lovett as federal agent under the priority shipments act marked the first definite step of the government to gain complete control of the coal industry of the nation. Judge Lovett is a member of the war industries board and has charge of questions of priority for that organization also. Since 1909 former Judge Lovett has been chairman of the executive com-



Photo by American Press Association. ROBERT S. LOVETT.

mittee of the Union Pacific and Southern Pacific systems and is the chief executive authority. Before that time he had been president of the various railroads that comprised the so called Harriman systems. He is a native of Texas, fifty-seven years of age and formerly practiced law at Houston. He has been identified with railroads as an attorney for about thirty years and about ten years ago removed from Texas to New York, where he became vice president and general counsel of the roads of the Harriman system. On Mr. Harriman's death he became the head of the system.

Articles Needed In the Home Medicine Chest

War has taught us the use of tincture of iodine as a first aid for all wounds and cuts. Swab out the wound with iodine. This has saved the life of many wounded soldiers.

A package of absorbent cotton, of sterile gauze and of gauze bandages will provide clean dressings for wounds, while a spool of zinc oxide adhesive plaster can be used to hold the dressings in place or to draw the lips of wounds together.

Aromatic spirits of ammonia is good for indigestion and flatulency, dose, ten drops in a glass of water slipped slowly. For fainting or collapse give a half teaspoonful in a little water. For biting or bite of insects apply locally five drops of spirits of ammonia to twenty five drops of water.

Boric acid powder makes an antiseptic wash, one tablespoonful dissolved in a pint of boiling water. This may be used to wash baby's mouth, to clean the teeth and mouth of adults, to gargle, to soothe wounds or any part that needs antiseptic treatment. A box of solidz powders provides a safe cathartic. Taken early in the morning on an empty stomach they will often ward off a sick headache or so called bilious attack by emptying the bowels.

Mother's Doll Story A Bag of Peanuts

Once upon a time there was a little boy who owned a nice rag doll elephant, whose name was Peter. Peter had gray flannel body and legs but the most beautiful part of him was his wooden trunk. Below his trunk was a pink mouth, that always seemed to be open as if to hold more food.

Peter was especially good to take for rides in the hammock, because when he weighed too much to hold his trunk was most convenient to hang in the meshes of the hammock. Many a nice ride Peter had swayed by his trunk.

One night the little boy's papa came home with a small package in his hand. The little boy ran to get it and found a nice bag of hot roasted peanuts that his daddy had brought home just for him and Peter's supper.

But most elephants are selfish, you know. And Peter just grabbed the bag and swung himself high, up high by a top mesh of the hammock. And while the little boy swung himself Peter swung, too, and scattered peanut shucks right down on top of the little boy's curly hair.

So many small boys have spoiled elephants with peanuts at circuses, you see, that we really must not blame Peter too much.

In the Garden. Said the red, red rose, To the bumblebee, "You do seem very Fond of me." Said the bumblebee To the red, red rose, "It does look that way, I suppose." —Philadelphia Record.

Inspiration Miscellany

Money in the Bank

Sixty years ago young Mr. G. had a brief period of self examination, in which he decided that a savings bank account was desirable. He started one, made a few small deposits, then abandoned his purpose.

Mr. G. moved to another city. He married, worked, spent, raised a family. His history was that of millions of Americans.

Mrs. G. survived; her children grew up and married; she was left a dependent upon them.

Year after year that forgotten small sum in the savings bank continued to earn interest, and the interest earned interest, and so on. There came a time when the bank, under the law, ceased to regard it as a "live" account.

Thereafter, year by year, it was advertised until a friend of Mrs. G. chanced to see the bank's advertised list of unclaimed deposits.

Mrs. G. was notified. She went to the bank with proof that she was Mr. G.'s widow, and the money was paid to her.

In the long time since young G. gave up his thrift impulse his little forgotten deposits had grown to the sum of \$1,500!

No; the day of miracles has not passed.

What, I ask you, would have been due to Mrs. G. if that account had been kept "alive" all during G.'s lifetime by the constant addition of even the smallest deposits?

Do I hear you say that G. would have been compelled to open accounts in other banks under the rule that the savings bank is not a proper place for great big sums?

Yes, you're right, and Mrs. G. would have been referred to as "the rich widow."—John M. Oskison in Chicago News.

A Purpose in Life.

Have a purpose in life and stick to it. Be sure you're right, that the purpose is worth your effort, that to win is just the thing, and then stick. Live plainly, be honest, work hard. Steady work and plain food will keep a man in the path of rectitude when sermons fail and contribute not a little to his success. The man cannot do his best work when sprinkled with the ashes of a dissolute, ill directed life. Be sure you're right, then stick.—Dr. Abbott.

CLOTHES AND SUCCESS.

All fitting clothes detract 10 per cent from a man's efficiency, according to Dr. George Van Ness Dearborn, professor of psychology at Harvard, who addressed a national gathering of clothing manufacturers and store owners in New York.

Dr. Dearborn discussed the practical and hygienic value of well fitting clothes and then proceeded to give points to the students in efficient salesmanship.

"One can hardly estimate the benefits of being well dressed and properly fitted," Dr. Dearborn said. "The well dressed man spells success and inspires confidence. First impressions are most important, and many a man has got a place largely on account of the cut of his clothes. It goes without saying that the rich man should buy the best and attire himself with taste, but it even pays the poorer man to do the same, for an air of prosperity is contagious. Finally well fitting clothes add to one's self respect, inculcate personal cleanliness and aid the man in business."—New York Times.

Home Cookery

Milk and Vegetable Soup.

One quart of skim milk, one cupful breadcrumbs or two large slices of stale bread, one sliced onion, small amount of spinach or outer leaves of lettuce (not more than four ounces) and salt. Cut vegetables into small pieces and cook with the breadcrumbs in milk in a double boiler. If a large quantity is prepared put vegetables through a meat chopper. In this way slices of bread can be ground with the vegetables in order to absorb the juice.

Plum Pie, English Style.

Rinse the fruit in cold water, stem and split in two, removing the pits. Place in a buttered dish more than four inches high, sprinkle very generously with granulated sugar, make a short pastry crust with beef suet chopped very fine and cover the top. Cut a slit in the top, brush with sweet milk, and bake in a moderate oven until the crust is done and the plums are tender.

Codfish With Vegetables.

Freshen, boil and flake a piece of cod. Put in a buttered pudding dish first a layer of fish, then a layer of mashed potatoes, a layer of mashed parsnips, etc. Sprinkle the top with cracker crumbs, dots of butter. Add a little hot milk. Serve hot when baked a little brown with egg sauce.

Baked Salmon, Oregon Style.

Wash and clean thoroughly a small salmon, rub with butter, pepper and salt. Put slices of an onion inside and over the fish and pour over it one pint of tomatoes. Bake in a moderate oven basting frequently. Turn out on a hot platter and garnish.

Corn Soup.

One can of corn or its equivalent in green corn, one pint of hot milk, salt, pepper, large lump of butter and small onion, chopped. You can use a larger onion and stick two or three cloves in it and drop it in whole.

Many Household Uses Of Common Table Salt

Salt seems to have more indispensable uses in the household than any other thing except water. Most of such things can have substitutes. Salt stands for itself.

For example, do you know that cut ham will retain its freshness much longer if the cut side and the bone are rubbed with salt, so that the peculiar rubbery taste of fish may be done away with if the fish are soaked for a time in clean fresh water that is strongly salted?

It may not be known that a tiny pinch of salt added to fresh milk will retard its souring, or that a touch of salt in the water where eggs are being poached will set the white of the eggs so that it will preserve the color in boiled green vegetables if they are cooking in an uncovered vessel, or that a pinch of salt will cause the whites of eggs to beat up more quickly.

It is well to know that the pancake griddle may be rubbed with a small bag of salt in place of any grease and the cakes will not stick, or that if you sprinkle a little salt on the floor of the oven it will help to prevent the cakes from burning, or that if you will soak nuts overnight in salt water and strike them on the end the nut meat will come out whole, or that salt will make cream whip more easily.

Few persons are aware that a tiny speck of salt gives coffee or tea a mellower taste, or that if you put a little salt well sprinkled over the kitchen fire it will keep it going quite awhile, or that if soot falls on the carpet it can be thickly covered with dry salt and then swept up, soot and all.

War Foods—Fish

FISH

FISH IS ONE OF THE NECESSARY FOODS OF MOST EVERYONE. KNOWS WHERE THE DIFFERENT KINDS OF FISH COME FROM. BUT FOR THOSE WHO DON'T KNOW WE WILL EXPLAIN EVERYTHING THEY ALL COME FROM UNDER WATER.

BLACK FISH

OVER A CHARCOAL FIRE AND SERVED WITH A DARK GRAVY AT NIGHT.

SALMON

IS MOSTLY EATEN IN THE NORTH AND WEST.

SEA BASS

IS EATEN IN THE SOUTH AND WEST.

STURGEON

IS EATEN IN THE NORTH AND WEST.

SEA BASS

IS EATEN IN THE SOUTH AND WEST.

SEA BASS

IS EATEN IN THE NORTH AND WEST.

SEA BASS

IS EATEN IN THE SOUTH AND WEST.

SEA BASS

IS EATEN IN THE NORTH AND WEST.

SEA BASS

IS EATEN IN THE SOUTH AND WEST.

SEA BASS

IS EATEN IN THE NORTH AND WEST.

SEA BASS

IS EATEN IN THE SOUTH AND WEST.

SEA BASS

IS EATEN IN THE NORTH AND WEST.

What Women Like to Know

For Formal Wear

The reception gown herewith pictured is developed in bright green chiffon over a foundation of rose-tinted metal.



RECEPTION GOWN.

cloth. The side draperies introduce the barrel silhouette line, which continues popular this season. Silver brocade figures mark the folds here and there. A deep grille of green satin ribbon outlines the waist line in a graceful manner.

Cleaning Out a Sink Drain.

Acids are of no use in these cases. It requires an alkali, soda lye, or caustic soda, which is sold in small cans under several trade names. The contents of a can of this, containing about thirteen ounces, is dissolved in two gallons of water and brought to a boil in an iron kettle. The caustic fluid, with all precautions considering its very dangerous character, is poured slowly into the drain and followed by at least four times the volume of boiling water. If you can get at the far end, to stopper it, the lye may be let stay in the pipe for an hour or so and then washed out with the boiling water. More than one treatment will probably be required.—Rural New Yorker.

Storing Dried Foods.

Dried products should be carefully stored in both moisture and insect proof containers in a dry place, according to C. D. Matthews, assistant horticulturist of the State College of North Carolina. Any form of tin container with a light cover is satisfactory. Fruit jars may be used, but owing to the present shortage other containers should be chosen if possible. The cheapest is a paper bag. Small paper bags should be used, and only a quantity of the dried fruits or vegetables sufficient for a few meals should be put in each bag. The bag should be tied and given a coat of paraffin.

Safeguard the Jellies.

One safeguard for preserved fruits, pickles and jellies when putting them up in the makeshift crockery pressed into service this year, is to cover with colorless paper cut to fit the top of the vessel and dipped in pure alcohol. Be sure that it will just slip by a hair's breadth into the receptacle and rest upon the contents. Then cover with the erthen top, paste thin muslin airtight over all, then a thickness of paper, and when all is dry tie three thicknesses of tough, thin paper tightly over all.—Farm and Fireside.

In Case of Poisoning.

It sometimes happens that a child will swallow a poisonous or injurious substance and it is necessary to empty the stomach immediately. One grain tablets of copper sulphate will cause immediate vomiting, one or two tablets dissolved in a tablespoonful of water.

SAVINGS OF SAGES.

The new man takes the old circumstances and, bringing God to them, makes of them the new life.—Phillips Brooks.

Though the past is irrevocable, it is not irreparable.—F.B. Meyer.

Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.—John Wesley.