THE CATHOLIC JOURNAL WHY= Mother's Cook Book Have Good Appetite HOW **Boasting Is Comparatively Un-**But Can't Gain MISS EMILY known in Japan FRENCH PHYSICIAN ENDED LYRICS OF LIFE WOMAN'S LONG TRANCE. Beauty and joy-the bread and wine and "To boast," said my Japanese friend, -The remarkable case of a By DOUGLAS MALLOCH We have foresworn; our noisy hearts By BERTHA RICE. "is, according to our point of view, woman who remained in a forget: one of the cardinal shis. We so detrance five years, and the un-We stray and on strange altars cry and Thin People Need the Real test boasting that we go to the other usual methods by which the D. 1921, by McClure Newspaper Syndicate. extreme, deprecating anything or any-Ah, patient gods, be patient with us yet was restored to normalcy, were Food in Father John's Medi-THE CONTEST. body connected with ourselves. Thus, And Pan pipe on, pipe on, till we shall related recently by Dr. Pierre Miss Emily Van Bustin was markwhen some one says to me. "Your Janet, leading French neuroloing time in her beautifully furnished And follow, and be happy, and be wise A MD age complains when Winter brother has aniassed a great fortune; cine to Build New Flesh gist, at the annual meeting of den. Her good looks, good taste and reigns. the must be a man of great ability,' I charming clothes successfully camouthe American Neurological as SEASONABLE FOODS. But youth runs out to play will reply: 'He is not so very able. sociation. This was the first flaged her thirty-five years to an easy And finds in storms a thing that Perhaps he is only lucky.' As a mat-HERE must be something wrong twenty-eight. She had good sense, time that Doctor Janet had ter of fact, it happens that my broth-Warphs too, and admitted that life was bemade public the unusual case. with the people who do not enjoy Its pulses all the wayer is a man of exceptional ability, But coming increasingly stale. which was extremely interestthe fuscious muskinglon and the It is the contest so intense I must not say so; it is not good form rosy-meated watermelon, yet you find It was the Father of His Country's ing to the neurologists because

birthday, therefore a holiday, Mass Emily hated holidays, the time for family get-togethers. Tiring of refection, she decided to take a walk.

Katie Kommon, a rosy, freekled maid of twenty, walked listicssly down Pedigree avenue, on which was? the home of Miss Van Bustin. She Whatever arrows may assail, had no place to go and no compate ions. A holiday was such a useless The timid groan, the timid moan, rift.

It was a mild, sunny day, and she took a seat in the little mark that ter ends in tears." Being alone she cried anrestrainedly.

"What is the mutter?"

"I'm Katie Kommon, and I'm a general in Mrs. Coates' family." "A general?"

"Yessum. General maid."

"Oh! Haven't you any friends in the city?"

"Nom. I'm a stranger, and don't know anybody. I want a chum to go around with, like other girls."

"We're both in the same boat, Katle." I want a chum, too. Come home with me, and we'll finish this tiresome holiday together."

Katie looked at the beautifullygowned lady beside her in astonishment as she stammered, "Why, I--I couldn't---"

"Oh, yes, you can. Come." They soon reached the Van Bustin residence. Admitting with a latchkey, Miss Emfly led the way to her den, which was arranged for tea.

"Now, Katie," she said, as she made is?"

"In Maine. Father is dead, and Fm the oldest of five. I send money home to help out."

"And you've no friends here?" "No'm. It's awful lonely. Sundays and holidays are the worst. I'd like to belong to a club, or something."

"Katle, let's start a club of two, said Emily. There's a sunny, front room on the second floor that we'll

With Winter's angry elements.

The weak perspire beside the fire-And shiver with the cold; The sturdy go to meet the snow With hearts increasing bold, With hearts made stronger by the

gale.

When troubles cloud the sky:

The brave go out and do not doubt, Unfriendly fate dety. minated the avenue. Self pity usually and find each contest bravely met Makes each confestant braver yet.

> When thunders roll before your goal What will your answer be? WHI you go forth to face the north Or from the norther flee? Does Winter drive you to your fire, Or each new storm new strength inspire?

(Copyright) ---- 1 1.

**giù muintinin () mininin () munan na**-THE GIRL ON THE JOB How to Succeed-How to Get Ahead-How to Make Good By JESSIE ROBERTS E

Zartunin politica and a second second

NEVER A BETTER TIME

HERE never was a better time than today for the girl or woman who wants to do well in

business to make a success. The the tea, "tell me where your home world needs constructive work. At

(Copyright)

Resorts Makes Way for Pirate

Ship From Russia.

who go out to sea in boats for a

nated by the water churned up by

ever, it is possible, that the sight more

calculated to thrill will be the pirate

pent that is recorded on the part of

deep, long, low and dark, either just

A NONEXPERT

**OPINION.** 

There was a maid

hàir.

care

itself.

who dyed her

And now she's

on the shelf.

first it was not

And so it died

dyed with

work is good. Women are picked for principal point made in a report by jobs that not long ago would certain- the Child Study society of Transylly have gone to men. In Washington, vania after collecting a large mass of for instance, a girl has been made data in the Banat (southwestern part manager of the lunch room in the of Pransylvania), where the system Treasury building. This restaurant most prevails. The Rouinanian corserves linches to 1,000 government respondent of the Lancet (London)

employees every day. The business detail of running such a place is great, "Their report states that until reand only a trained woman could un- cently it had been thought that the

for me to praise his qualities. "In speaking of our wives and chil-

dren we do the same. We say, 'my poor wife, or 'my insignificant wife,' although our wives may fulfill our idea of everything a woman should be

is true. We sometimes signify our disapproval or distike of some one by speaking of him in terms of too high praise.

"Among ourselves we fully understand these things. It is merely a code we follow But I fear that this practice sometimes causes foreigners to misunderstand us. Being themselves Jaccustomed to speak literally, they are molf of to take us so. Also, they are not likely to realize that we are most critical of those for whom we have profound regard. Why should we waste our time or our critical consideration upon persons who mean nothing to us or whom we dislike? "Yet, after all," he continued, with

ure is much the same the world over There was an American here in Kioto once who used to forbld his wife and sister to smoke cigarettes, but I observed that he was quick to pass his cigarette case to other ladies."-Julian Street in the Century Magazine.

IDEA FROWNED ON BY NATURE

Why Single-Child Family, Tends to Become Poorer and Will Ultimately Become Extinct:

tively short period she regained That the "one-child family" tends to apparently complete mental condoesn't care who does it, provided the grow poorer and not richer is the trob of herself. She is now. Doctor Janei said, in apparent good mental and physical health. \*\*\*\*\* UTILIZES ITS STORED ENERGY

men who even dislike lemon pie, so it of the extraordinary period in is hard to suit all tastes; however, which the woman was apparent-"there is no loss without some gain," Doctor Junet said that the pafor there wouldn't be enough of such tient, a woman of twenty-one. good things to satisfy all appetites if everybody wanted the same food at the had first had lapses of memory when she was thirteen but had same time. quickly recovered from them.

During the war she suddenly Orange Ice in Melon Cups. became unconscious. Forced This is really the nth power of servfeeding was restoned to and for many months her mental faculties were apparently dor-Once the hospital in which she was lying was bombed by German airplanes, and a bomb

Pimente Cheese.

strain and freeze as usual.

A most delicious cheese may be prepared at home at a small fraction of the cost usually paid for such an article. Take one-fourth of a pound of good, snappy American cheese, put through the meat chopper, also grind with three hard-cooked eggs, three or four canned pimentoes. Alternate the egg and peppers through the grinder to save the juice of the pepper, season with salt and cayenne, add mayonnaise dressing to moisten, and put away to chill. Cover with paraffin paper and keep in the ice chest. It never spoils, for it doesn't last long enough. This is excellent for the sandwich filling for hungry boys and men who carry lunches to school or work.

Fried Chicken With Beiled Rice. Cut up the chicken for frying, add butter to the hot frying pan, sprinkle the seasoning in flour and roll each piece until well covered. -Place in the pan and cook slowly, closely covered, until quite tender, then brown. The chicken will be much more delicious. and moist than if fried brown at once. How the Camel is Enabled to Go With-Heap a mound of well-cooked hot rice in the center of the platter, surround with the chicken and serve with ripe

You know people who cannot seem to gain weight, yet they have good appetites and eat more than a normally healthy person. The reason in

Weight

that the digesive system does not secure from the food that eaten the nourishment and flesh form-

ing elements which the body needs in order to build up normal weight. Because of the fact that the flesh forming food ing, for each alone is delicious enough. in such a form that they are easily taken elements of Father John's Medicine are Wash the small melous, cut in halves up by a weakened digestive system, and scrape out the seeds and mem- many people find that they gain weight brane carefully. Chill and fill with steadily while taking this old-fashioned orange ice. Boll one cupful of sugar doctor's prescription which for more with a pint of water and the grated than sixty years has been the standard rind of an orange, add the juice of one family medicine in thousands of homes. lemon and the juice of four oranges, drugs and alcohol Father John's Medi-Because of its freedom from narcotic cine is safe for every member of the family.



**HUMPHREYS** Shingle Stain Made by the man whoknows how.



**YOU INSURE** YOUR HOUSE against fire, doa't you? Not because you expect fire, but as a protection in cas



mant.

exploding just outside the win-

dow did not cause her to move

a muscle. Doctor Janet was

finally able to hypnotize the pa-

tient and learned that she had

subconsciously related mental

impressions of some of the Inci-

left for the woman were soon

From this time, he said, she

began to take an literest in out-

side affairs, and in af compara-

out Food for Comparatively

Lengthy Periods.

in which the camel stores his water

and utilizes it when necessary. This

storehouse of water is known to Arabs.

who, if they are in danger of dying

rem thirst, often kill the beast and

thus save their own lives.

Chamber's Journal,

answered with regularity.

## ly unconscious. "Also the reverse of this proposition

for a clubroom. It shall be open to lonely girls, on Sundays and holi- man is trained, having been graduatdays."

"Where'll you find girls?" "I'll find them. Will you come next Sunday? We'll have music, talks and eats, to start with."

"Oh, I'd love to."

The Sunday newspapers carried the following advertisement:

"Wanted, a dozen lonely girls, the lonelier the better. Apply at 27 Pedirree avenue on Sunday."

Loneliness and curiosity, both, induced ten girls to investigate, and they found a cordial welcome. Over the tea and cakes Miss Van Bustin explained her project.

And that was the beginning of the at the chosen center. holiday club, and-of something else.

Among those who read the advertisement was Mrs. Cornelia Drewster Van Bustin, possessor of the bluest of ing is by no means a college career Miss Emily. She was shocked, horrified, wrathful.

She summoned a family council, want it. and ordered that Emily be ostracized if she refused to abandon her plebelan club. Some demurred, but none dared oppose. The ultimatum was delivered by Aunt Cornelia over the telephone.

"Oh, fudge," said Miss Emily, dropping the receiver.

But she felt hurt, however, when, a forinight later, Mrs. Van Bustin. gave a brilliant social affair to which her niece was not invited.

A week later a conspicuous sign in black and white hung from the second-story window of the Van Bust o ancestral home. It announced, "A "OWDING THE SEA SERPENT In."

The sign arrested the attention of Old Friend of the Ocean Summer a man who was walking down Pedigree avenue. He was about forty, tall, and "fine lookin'," so Katle said. He<sup>\*</sup> hesitated a moment, then crossed the street and rang the bell of No. 27, been sighted so far this season. Per-

The man ascended the stairs, and weather has been hot enough to bring entered the room without knocking. our old friend to the surface, and no He had walked half the distance to doubt the frightened and delighted the plano, where Miss Emily was visitors at shore resorts, and those seated, when she turned.

sion. Then, "Will you be seated, Mr. with a sight of his ugly head or fasel-Sherrold?" she primly invited.

"Emily," said her caller, ignoring the swishing of his angry tall. Howher invitation, "what does that sign mean?"

"Why do you ask?"

"You know why. We parted be such a mysterious way its wonders to cause I couldn't live your rapid, so-perform. If this is so, we are certain clety life, and you wouldn't live the that for every view of the sea serbroader life with me." With one stride he reached her and credible witnesses there will be 20 grasped her wrists.

"Look at me, Emily," he command-a glimpse of the new terror of the "xhilaration?" ed, "and tell me the truth." Unflinchingly she faced him. "It before it submerged or at the moment cher; "unless it's the privilege of produces a laugh. It is like a mu-

means that I am tired of stagnation, it came to the surface to cast its eye promenading over the landscape with-sical instrument. When a combinaand want to live in touch with real about for a new ship to capture and out being warned to keep off the tion of notes is struck, it produces life." "God bless you, Emily. We'll live to Bolshevik Russia. To the elderly

it together," he said, as he drew her skeptic who inquired where such a Well have a coded club. Robert, that it probably operated by electric. 'Villiam Drennan, the author of "Glen-teople laugh, while they do not affect dialloch" and other poems, published thers. That is because our brains are to be Hartford Courant. close into his arms. as happy as we are."

dertake it. But Miss Dorothy Chapsystem was purely a question of economics People did not wish to ed in home economics at Cornell unidistribute their lands and wealth beversity, one of a large class. And tween several children, but the custom had now become independent of powers of Indurance are far greater these trained women will find the field ready for them.

land questions. It was quite clear in regard to food than in regard to There are other ways for women that the 'single-child' family did bewho have taken special training in docome not richer but poorer. The 'slnmestic science to make money. One gle-child' generation tended to grow such woman serves box lunches to up idle and self-indulgent. If they office workers in one of the big city were landed proprietors their farms office buildings. These lunches are were worked by others necessitating put up at different prices, three payment of heavy wages grades, each containing a balanced ra-

"Farmers began to understand that tion, excellent food, well-prepared and the single child system meant their daintily served in its white box. ruin but the custom was deeply root-There is certainly an opportunity ed and the people were very conservato use this idea at railway stations. tive. People who had several children The thing is to be the first in the field

were actually despised "Another reason for the single-child Honest value and sound methods are systen, was feminine vanity! Women

what are needed- and training! Trainthought that by avolding childbirth they would remain young and enjoy blue blood, society leader, and aunt to or work in a business school, though life for a longer time. The only child these are fine things to have. Train-lyas spoiled by his parents, and too he has stored away. If the time is l'atteleya gigas allia. often entered early into a career of such that he cannot obtain nourishing can be self-acquired if you really

physical and mental deterioration."

Why Radio Appeals.

There was a time when wireless telegraphy appealed only to the socalled amateur, and his interest was rather directed toward the technical end than the mere pleasure of gathering messages out of the air for whatever they were worth: With the establishing of government radio reports and a number of radio telephone broadcasting stations throughout the country, radio reception becomes a matter of considerable interest to

everyone, especially persons in remote districts who are ordinarily more or less out of touch with the world at large. Today the farmer, the business man in the small village, the camper and others can use a simple receiving set and keep posted on what is going We believe but one sea, serpent has on in commerce, politics, sports, stock and bond market, and even religion.---

haps it is still a little early, but the Scientific American.

Why Called "White House," The name "White House" applied "executive mansion" was used by snaring threads. How it knows what White House officials. President the weather is to be is still one of the ship from Russia that is moving in Roosevelt returned to the term "White House."

Why Some Men Like Golf.

"What is there about golf that gives er they are funny, ludicrous, or things equally credible witnesses who caught a man such a sense of freedom and that produce the laughing effect. "I don't know," replied Mr. Grow-cles and nerves in a combination that

sink or to drag away the crew in frons grass." Why the "Emerald Isle."

Because of the richness of its ver-stantly the brain sends out the "laugh" craft secured its necessary fuel the

ollyes Popular notion has it that the camel can go for weeks without water; but

Twin Mountain Muffins.

this is an exaggeration, and the camel's Cream one-third of a cupful of hutter, add one-fourth of a cupful of sugar, then alternately add threedrink, writes Lieutenant Burnes in fourths of a cupful of milk, two cupfuls of slifted flour, slifted with four A camel can continue without drink teaspoonfuls of baking powder and ing for about four days; then, if it canone-fourth of a tempoonful of salt; not obtain drink, it pines and dies. It add one egg well beaten, mix and hat's not last as long if the heat is bake in gent pans. A cupful of wellgreat. This power of endurance lies foured blueberries, or dates finely cut, n the peculiar formation of the secmay be added if desired. and stomach, which is lined with cells-

> lette Maxwell Convright. 1921. Western Newspaper Union

> > Flower Worth Small Fortune.

Ten thousand dollars is an extraor-The camel can endure longer withdinary price for a single plant; yet it out food than without drink. His was paid by English horticulturists hump is composed entirely of fat which for an orchid raised in America, the

This Catteleya was flowered in 1910, dissipation, the result being rapid ment he draws on this storehouse of and exhibited at an orchid show in the energizing fat. After a long journey, United States, where it was awarded camel's hump is very perceptibly a gold medal. The plant was found in smaller, sometimes vanishing entirely, 1909 in a lot of other specimens of But as soon as food is again taken taken signs, it was only by chance into the stomach the hump again be that the plant was not solil for a dolomes the storehouse of fat for use lar or two. The only reason was that when another emergency shall arise. after most of its companions had been disposed of this one, with some others

How Cobwebs Foretell Weather. that were not in very good condition, "Cobwebs in the grass prophesy was set aside. Finally all the specifine weather." How many times we mens were potted.

have heard that, and, hoping for a To the great surprise of the hortipleasant day after a storm, have culturists when, next spring, the plant looked eagerly in the morning for came up it was with pure white flowspiders' webs in the wet grass? If ers. The plant was sold in London they are there, we may feel confident for perhaps the highest figure that an that the day will be fair, for the spi- orchid ever brought:

der is an excellent weather prophet Henri Fabre, the wonderful old man

Apology Needs an Apology. who found out so many of the secrets "Gentlemen"-It came from the lips of insects and their kin, tells us that of an attorney pleading a case recentthe threads of the spider's web used ly before the Supreme court of the for catching its prey are made useless by too much dampness. These the judges clothed with their judicial threads, so tiny as to be almost in- dignity, listening intently to the case. visible, are really hollow tubes filled The attorney had erred. Judges with a sticky fluid which oozes should be addressed as "Your honors." through the walls and holds whatever ""Gentlemen"-repeated the lawyer, touches the thread. This fluid read- and the tiniest hint of a smile flitted to the residence of the President of ity absorbs the moisture from the air across the features of the men in front

Suddenly he stopped, realizing his

British Museum Overcrowded. The British museum, says a London writer in the New York Post, has cause the brain to work certain musreached the end of Its rope, so far as space is concerned. By the law of 1830 every English author, whether domiciled at home or in the dominions is obliged to place two copies of his sad or joyful tones. In the same way, books with the museum, which in turn the impression sent to the brain will guarantees to keep them in good constart the proper combination and inexhausted some time ago and a spewill have to be adopted for the books.



of Nature, taking the form of headaches, dig-ziness, sleepless mights, come as warnings that all is not right withim our bodies. You take a laxative to cleam out the bowels and imagine that you should feel better at once, but that is hisg to tone up the liver, clear the blood and liomach before you can expect to feel better

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Lewis Ness Carting Co. dition and make them accessible to the Movers of Freight, Safes, Machinery. reading public. The same applies to Furniture Handled by Careful Experi-newspapers. Space for the latter was enced Men-in Padded Vans Local and Long Distance 'a the latter part of the eighteenth wit always the same, in regard to re- It is now feared that the same plan Telephones: Main 415 Rochester Stone 430

"I apologize for calling you 'gentlenen,'" he blurted out. Laughter in a courtroom is not deemed exactly proper, but a joke is a joke and Chief Justice Rice replied simply, "I hope you made no mistake." -Idaho Statesman. Certain things in the world, wheth-

mysteries.-St. Nicholās.

that the building is constructed of in the rain or fog. So the wise spiing the administration of Presidents waits until the wet weather is vir-Harrison and McKinley, the term tually over before weaving the en-

"Robert!" she exclusioned in confu-short distance will soon be rewarded that the United States, came from the fact and would soon lose its sticky nature of him. freestone and is painted white. Dur-der, loath to waste precious material. blunder.

Why People Laugh.



