

Japanese Children Learn About Farm Labor



JAPANESE youngsters, spending their summer vacation on farms in Shizuoka prefecture, furnish their own motive power as they haul wheat from the fields beneath a blistering sun. The children are sent to the farms annually in keeping with a movement inaugurated a few years ago to school the children in farming.

Through A WOMAN'S EYES

by JEAN NEWTON

ON THE WOMAN WHO CRAVES PRESTIGE

WHATEVER may be her virtues and her graces, there is one type of woman who can never be successful in marriage, a noted author tells us. And that is the woman with a sex inferiority complex. Though she may be a perfect angel, such a woman is unfit to be a wife. The trouble with her, we are told, is that her first interest is always maintaining her prestige. With a feminine inferiority complex she is not confident of herself and her abil-

ities, and therefore needs constant affirmation of her worth in the opinion of others. That disqualifies her entirely for the role of a wife.

It seems to me that the importance of this point lies not in following to its conclusion the question of how the desire for personal prestige interferes with the requirements for a woman's success in marriage. We know that. It would seem more to the point to consider that a craving for attention, a desire for prestige is very likely to disqualify a woman—or for that matter a man—for success in anything.

There is nothing in the world that so interferes with accomplishment and with enjoyment of life as having one eye on what other people will say or think. There is nothing so distracting as to be preoccupied in gaining the good will or good opinion of others. There is no surer short-cut to failure than the effort to shine.

People who have creative work, distinguished achievement, to their credit, have succeeded because they did their work for its own sake. People who are most highly regarded by the world are those who have cared little for the world's acclaim. People who have the greatest experience of happiness are those who pursue the even tenor of their way, doing their best according to their lights, playing the game for the sake of the game, without thought to another's opinion, or to admiration or applause.

"Sunburst" Collar and Cuff Set for Fall

By GRANDMOTHER CLARK



This Collar and Cuff set is quite a departure from the many models shown in open net work. The solid work gives the pieces more definite form and very little starching is necessary to hold the shape. Collar and Cuff sets are going to add attraction to fall dresses more than they did last spring so a little time given your crochet now will find you ready when the season makes its change.

Package No. 711 contains sufficient white Mountain Craft crochet cotton to complete this three piece set. Complete instructions and set illustrated on a model are also included.

Send 25 cents and you receive this package by mail postpaid. Instructions and illustrations will be mailed for 10 cents.

Address Home Craft Co., Dept. B. Nineteenth and St. Louis Ave., St. Louis, Mo.

Enclose a stamped addressed envelope for reply when writing for any information.

And Drinks More Water

The average person consumes 72 pounds of salt annually.

DIFFERENT AMOUNTS OF LIGHT NEEDED

A survey shows that 22 per cent of children finishing grade school have damaged eye sight. When they have finished college, 40 per cent are so affected. At age forty, 65 per cent suffer from visual defects. And at age sixty, 95 per cent have eye defects.

This regrettable increase in eye troubles is in many instances caused by eye strain resulting from reading, studying, sewing at night with poor light and not enough light.

Science measures light in terms of foot-candles. A foot-candle is the amount of light one standard candle shines on a surface one foot away.

For seeing one's way around and performing ordinary tasks which do not require seeing very small objects, 5 foot-candles is sufficient. For reading coarse print and large stitch sewing, you can get along with 10 foot-candles. For continued reading of ordinary print, or doing ordinary sewing, you need at least 20 foot-candles. For reading fine print and fine sewing, you require 30 foot-candles, or more.

Your light may look bright, but it is the illumination you get on your work that saves your eyes from strain; and this diminishes rapidly the farther away you are from your lamp.

Seated with your paper or work 3 feet away from your lamp, it will require a light of at least 275 candlepower to produce the 30 foot-candles needed to be certain your eyes have enough light to do their work without danger of strain and permanent injury.

If you use electricity, your light company will recommend the right size bulbs to use.

If your home is not wired, one of the new 300 candlepower kerosene or gasoline pressure mantle lamps will supply plenty of "live" natural light for every home need. It takes the pressure to give you all the light you should have.

BEDTIME STORY

By THORNTON W. BURGESS

SAMMY JAY BRINGS LIGHTFOOT WORD

SAMMY Jay is one of those who believe in the wisdom of the old saying, "Early to bed and early to rise." Sammy needs no alarm clock to get him up early in the morning. He is awake as soon as it is light enough to see and wastes no time wishing he could sleep a little longer. His stomach wouldn't let him if he wanted to. Sammy always wakes up hungry. In this he is no different from all his feathered neighbors.

So the minute Sammy gets his eyes open he makes his toilet, for



tree and watched the hunter with the terrible gun. He saw him head straight for the Green Forest. "It's Mr. and Mrs. Grouse after all. I guess," thought Sammy. "If I knew just where they were I'd go over and warn them."

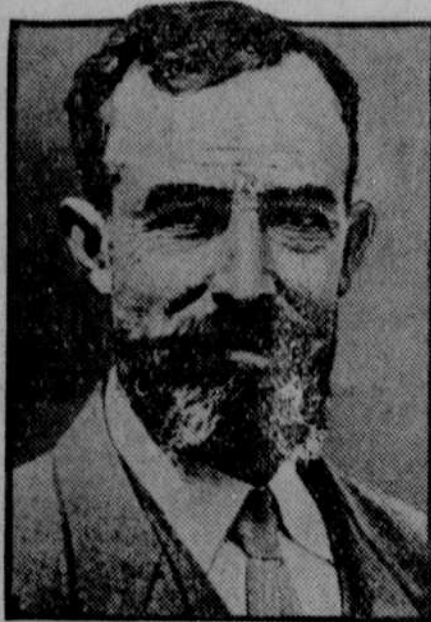
But Sammy didn't know just where they were and he knew that it might take him a long time to find them so he once more began to think of breakfast; and then, right then, another thought popped into his head. He thought of Lightfoot the Deer.

Sammy watched the hunter enter the Green Forest, then silently followed him. From the way the hunter moved Sammy decided that he wasn't thinking of Mr. and Mrs. Grouse. "It's Lightfoot the Deer, sure as I live!" muttered Sammy. "He ought to be warned. I know right where he is. I believe I'll warn him myself."

Sammy found Lightfoot right where he had expected to. "He's coming!" cried Sammy. "A hunter with a terrible gun is coming!"

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Best French Worker



"He's coming!" cried Sammy. Sammy is very neat, and starts out to hunt for his breakfast. Long ago Sammy discovered that there is no safer time of day to visit the dooryards of those two-legged creatures called men, than very early in the morning. On this particular morning he had planned to fly over to Farmer Brown's dooryard, but at the last minute he changed his mind. Instead he flew over to the dooryard of another farm. It was so very early in the morning that Sammy didn't expect to find anybody striding so you can guess how surprised he was when just as he came in sight of the dooryard he saw the door of the farm house open and a man step out.

Sammy stopped in the top of the nearest tree. "Now what is that man doing up as early as this?" muttered Sammy. Then he caught sight of something under the man's arm. He didn't have to look twice to know what it was. It was a gun. Yes, sir, it was a gun; a terrible gun.

"Ha!" exclaimed Sammy, and quite forgot that his stomach was empty. "Now, who can that fellow be after so early in the morning? I wonder if he is going over to the Big River after Mr. and Mrs. Quack, or if he is going to the dear Old Brier-patch to look for Peter Rabbit, or if he is going to the Old Pasture in search of Reddy Fox, or if it is Mr. and Mrs. Grouse he hopes to kill. I think I'll sit right here and watch."

So Sammy sat in the top of the

Grandmother's Recipe for Bread

By ANNE CAMPBELL

THERE is a book where it had long been spread, I found Grandmother's recipe for bread. Written by her dear hand, and placed inside a cook-book long ago, for me, a bride, I had not tried it for a dozen years, and gazed upon it now with falling tears.

For I could see her silver head once more, Bent to a little child beside her door.

I smelled the home-made bread she baked for me, And churned for Grandmother in memory.

The buttery door stood open, for no bar Kept me from Grandmother's tall cooky jar.

The curtains blew in the October air, Her bird sang, telling me the world was fair.

The carpets made of rags, the tidies' fold Upon the Morris chair, like her, grown old.

Are memories of precious years, long sped, Caught in recipe for making bread.

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Mother's Cook Book

DISHERS BY FAMOUS COOKS

AS MACARONI, spaghetti and noodles are all such popular foods and take the place in a meal of other starchy foods such as potatoes, we enjoy a few new ways of preparing such dishes.

Rector's Spaghetti and Chicken Salad

Take one-half pound of elbow spaghetti, two cupfuls of diced chicken, one cupful of chopped celery, one tablespoonful of onion, one teaspoonful of salt, one-half cupful of mayonnaise, two tablespoonfuls of chopped green pepper, one tablespoonful of pimiento or minced red pepper, one tablespoonful of capers, lettuce or watercress. Cook the spaghetti until tender. Drain and chill. Add the remaining ingredients and mix lightly. Serve on lettuce or cress with goldenrod sauce, which is made by rubbing several hard-cooked eggs through a sieve. Salmon or tuna may be used in place of chicken.

Liver With Noodles

Take five ounces of noodles, cook until tender in boiling salted water. Drain. Line a casserole with them and set aside to become firm. Cut a pound of liver in slices and sear in a cupful of boiling water. Drain and cut fine. Fry a carrot and onion in three tablespoonfuls of bacon fat, using one-half cupful of onion and one-fourth of a cupful of chopped cooked carrot. Add three tablespoonfuls of flour, when brown add one and one-half cupfuls of soup stock and the liver. Season well, cook until thick, pour into the casserole, cover with crumbs and brown.

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QUESTION BOX

by ED WYNN, The Perfect Fool

Dear Mr. Wynn: A friend of mine always tells me he can't afford to run an automobile. Yet I know he owns one. What do you make of that?

Truly yours, P. ANNO.

Answer: That's why he knows he can't afford to run one.

Dear Mr. Wynn: What does it mean when it is said a man is in the "cream of society?" Sincerely, N. V. USS.

Answer: That simply means he is thick.

Dear Mr. Wynn: I stopped to look in the window of a drug store today and I saw the window filled with red rubber gloves. I suppose you'll think I'm dumb, but I just must ask you. What in the world are rubber gloves used for?

Yours truly, JIMMY NEEWHISKERS.

Answer: Rubber gloves, my boy.

are worn by people who want to wash their hands without getting them wet.

Dear Mr. Wynn: I advertised in the papers for a servant and today my ad was answered by a man who said he just left your employment. In answering my question about why he left you, he said that he absolutely left you without any angry words. Is this true?

Sincerely, I. N. GAGEDHIM.

Answer: It is true. I was in the bath and he just locked the door, packed his things and went away as quiet as possible.

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For the Class Room



Dark brown soutache is used effectively to trim this two-piece dress of brown and white shepherd check woolen, which is designated for classroom wear. The skirt is pleated all around. The velvet ascot scarf, leather belt and buttons are dark brown.

Tar Base of Many Products Tar, obtained during the manufacture of gas from coal, is the base of more than 2,000 byproducts, including dyes, antiseptics, scents, flavoring essences, aspirins, and moth balls.

City of Leontopolis The city of Leontopolis was an ancient city in the Delta of Egypt. The name is also a later designation for Niciphorium, a fortified town of Mesopotamia, on the Euphrates.

Grave Oddly Marked Over the ancient grave of an unidentified person in Wilmington, N. C., stands a monument bearing carved designs of snakes, a devil's head and the head of an elephant.

They Believe in Being Prepared



C. W. ROLLINSON, left, and his brother, J. W. Rollinson, thirty residents of Oklahoma, believe in preparedness, so they have built, at small expense, their own coffins. The caskets are all ready, even to the satin pillows, to receive the owners in fine style at the proper time.

No News Is Good News



Do You Know—



That the first clock was the clepsydra or water-clock, introduced at Rome about 158 B. C. by Scipio Nasica? The earliest complete clock of which there is certain record, was made by a Saracen mechanic in the Thirteenth century.

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YIPPETY-YAY WHADAYA SAY?

GRAPE-NUTS FLAKES!

ONCE you taste Grape-Nuts Flakes, you'll cheer too! You'll love the flavor of these crisp, sweet flakes—and find them nourishing. One dishful, with milk or cream, contains more varied nourishment than many a hearty meal. Try it—your grocer has it! Product of General Foods.