



Salads Belong in Autumn Menus (See Recipes Below.)

Lynn Chambers' Point-Saving

Menu

Pan-Fried Liver and Onions

Creamed Potatoes

Parsleyed Carrots

Apple, Carrot Salad

Whole Wheat Bread

bowl, starting with beets at the bot-

tom, followed by lima beans, then

string beans, next with carrots, fol-

lowed by peas. When all vegeta-

bles are used, pour over them a tart,

well-seasoned french dressing. Cov-

er the whole with a layer of pota-

toes, being sure that all the peas

are covered. Sprinkle top with fresh

Greens, be they lettuce, romaine

chicory or escarole, need little else

but a dressing for they are perfectly

delicious just so and a splendic

course for a heavy type of dinner

Salad With Egg Dressing.

(Serves 6)

¼ cup lemon juice or cider vinega:

Wash lettuce carefully and dry

thoroughly. Put the yolks of the

eggs through a ricer and let then

drop to the bottom of a well-chilled

salad bowl. Add a little prepared

mustard and stir with a wooder

spoon, adding the cream gradually

Season to taste with the salt and

pepper, then add lemon juice and

vinegar. Add the lettuce, toss light

ly and sprinkle the chopped whites

of egg over all. Serve on cold plates

The use of cottage cheese witr

salads gives them a heartiness

which is particularly necessary in

the cooler weather. Here is a well-

seasoned salad, pretty and colorful:

Apple, Carrot, Cottage Cheese Salad

(Serves 6)

1 tablespoon onion, finely minced

Dice unpeeled apples and combine

Molded Cranberry Salad.

(Serves 8 to 10)

1 medium-sized apple, unpeeled

1 package orange-flavored gelatic

drain well. Grind cranberries, ap-

ple and orange (including rind), sav-

ing any liquid which remains. Stir

in sugar. Cover and set aside while

gelatin is dissolved in hot water

Add cold water and allow to become

partly jellied, then add cranberry

mixture and jelly. This may be

poured either into a loaf pan or in-

dividual molds rinsed with cold wa-

ter. Allow to jell, then unmold on

Sandwich Fillings

Don't forget that raw vegetables

with all their good vitamins and

minerals are wonderful as sandwich

fillings. Grind raw spinach leaves

with crisp bacon, hard-cooked egg,

onion, moistened with mayonnaise.

Or, combine equal parts of raw car-

rot and turnip and mix with chopped

chives, peanuts and mayonnaise.

Are you having a time stretching

meats? Write to Miss Lynn Chambers

for practical help, at Western Newspa-per Union, 210 South Desplaines Street,

Chicago, Ill. Don't forget to enclose a

stamped, self-addressed envelope for

This is good on French bread.

3 apples, coarsely diced

1 cup cottage cheese

¼ cup mayonnaise

1/4 teaspoon pepper

14 teaspoon salt

with grated car-

rot and onion.

Add the cottage

cheese blended

with mayonnaise,

lemon juice, salt 3

1/2 pound cranberries

1 orange and rind

¼ teaspoon salt

1 cup hot water

1/2 cup cold water

16 cup chopped celery

1/2 cup sugar

and pepper. Mix

well. Serve on let-

tuce.

lettuce.

your reply.

2 cups shredded raw carrot

2 tablespoons lemon juice

chopped chives and serve.

2 heads of lettuce

4 hard-boiled eggs

% cup cream

Sait and pepper

Prepared mustard

Beverage

Lemon Chiffon Pie

Salads for Fall

Is a salad an integral part of your diet or do you set it aside just for summer months when vegetables are easy to obtain and serve in salad form?

Food authorities and doctors have long recommended the use of raw fruits and

vegetables in the diet not only to guarantee more vitamins and minerals to the dietary, but to give the necessary roughage to the system. Vegetables contain a great deal of cellulose and are not as easily digested as the softer foods. This means they aid in proper function and elimination and belong daily in every diet.

Although we are limited in the amount of fresh vegetables obtainable in the fall and winter months, there are some available which offer many possibilities for salads. Cabbage, carrots, citrus fruits and apples are the most common. For more substantial salad item, use cottage cheese. It will also give you a goodly amount of calcium, needed for proper bone and tooth development.

If your family has been shrunk by the call here are two recipes especially designed for smaller families:

Tomatoes Stuffed With Green Pepper Slaw. (Serves 2)

Cut a thin slice from the stem end of each tomato. Remove seeds and part of the pulp. Sprinkle inside with salt. Invert and chill. Fill with finely shredded cabbage combined with green pepper, moistened with a dressing made of 4 tablespoons sweet cream, 2 teaspoons sugar, 1/2 teaspoon salt and 2 tablespoons vinegar.

Green Bean Salad. (Serves 2)

Place green stringless beans, cooked and chilled in individual lettuce cups. Combine 1 tablespoon vinegar, ¼ teaspoon salt and spoon salt and pepper to taste.

Beat with egg beater or shake in a jar until well blended. Mash 3 tablespoons Roquefort cheese and then add oil and vinegar mixture slowly, stirring until very smooth.

Pour over beans and serve at once. Surprise Vegetable Salad. Sliced boiled beets Sliced boiled string beans Sliced boiled carrots Boiled green peas

Boiled lima beans French dressing Chopped chives Boiled potatoes

Prepare and cook separately, in the usual manner, an equal quantity of all the vegetables mentioned in recipe. Boil potatoes with their jackets, peel while still warm and marinate in french dressing while still warm. When ready to serve vegetables, have them well chilled and arrange in layers in a large salad

Lynn Says:

Salad Notes: Ingredients for a salad should be large enough to retain their identity. It's not a good idea to hide a vegetable the family does not like by chopping it very fine. Shred, but do not chop vegetables.

Simplest salads are the most attractive. A salad should taste as good as it looks.

Toss ingredients lightly, never stir ambitiously. Dressing need not cover every piece. Salad greens should always be clean, crisp, fresh.

Drain all vegetables thoroughly, before using. Serve them on clean, well-chilled plates, as cold as possible.

Vary salads from day to day. Try new combinations of color, vegetables and fruit.



cut off from the will of her Aunt Kitty Chatfield, who died from an overdose of morphine. Barry, an amateur detective, and Huntoon Rogers, a professional sleuth, go down to Mazatlan, Mexico, on a yacht cruise with Margaret and Dwight Nichols. Rogers is not quite satisfied that Aunt Kitty died by her own hand. When they arrive at Mazatlan they find that Elsa, James Chesebro, a mine owner, and George Rumble, Elsa's agent, have preceded them by plane. They dine at the ranch of Sam Chatfield, Elsa's father. Rogers asks Chatfield if he was in California at the time his sister, Kitty, died. The question upsets Sam Chatfield considerably.

CHAPTER V

"So, you see, when Kitty was found dead early next morning I was frightened-for Berta. What if the police asked questions? What if they heard through the servants that we had stayed the night there? That Berta had been very angry with Kitty? Could I have my beloved Berta the target of police questioning? You see?"

"Very clearly," said Rogers. "In order to set your mind at rest, Mr. Chatfield-if you are still troubled-I've read the police files dealing with your sister's death. There is no mention of your presence in the fast as we stood again at the rail house that night. Or even in town at the hotel. How did you manage

"Elsa managed it. She was there, of course. I never asked her how she did it. I'm relieved to know that Berta and I have no official connection with what happened that night. We were happy to get safely home to Mazatlan, and we have not ventured back to California, except for our brief visit some weeks ago.'

"Were you aware that Katherine Chatfield was a morphine addict?" he inquired of our host.

"Not until after she died. Moreover, I don't think that Elsa knew t, either, living as she was in the ame house with her, until after Kit-

"Am I being too personal, Mr. Chatfield?" Rogers' voice was apolgetic; he gave the impression that ill Sam Chatfield had to do was to ay so and the questioning would ease.

"Not at all, Mr. Rogers. I am only too glad to tell you what I

"Yes." "Did you detect any unusual odor

n the room?" been closed all night, I suppose. But

I'm a poor person to be asked that question; my sense of smell is not "No odor of chloroform, Mr. Chat-

"No, I don't fecall it."

He poured from the bottle and eached for the siphon, his arm alting midway in its reach. "But why this talk of murder?" he asked. 'Why not let it rest as it undoubtdly was-as a suicide?"

"The district attorney has never been satisfied with the investigation hat was made at the time, Mr. Chatfield," I remarked. "He's a close friend of mine; he's never been willing to call it suicide."

"But have you anything to go on which indicated that it wasn't?" "I haven't," I admitted.

Sam Chatfield's gray eyes in his deeply tanned face turned to Rogers inquiringly.

"There is an investigator on the Pasadena police force with an extraordinary sense of smell. He says there was an odor of chloroform in the room that morning."

"Well?" Sam Chatfield sat forward in his chair.

"Why chloroform if it was suicide? If your sister was a morphine addict, and had a source of supply, as she must have had, why chloroform when she knew that an overdose of morphine was all she required." "And that fact-I'm not disputing the evidence of the man's nose-

has swayed you to the opinion that my sister was murdered?" "Yes."

"Do you have any more questions, Mr. Rogers?" inquired Sam Chatfield.

"There's one more thing," Rogers began slowly. "I hesitate to bring it up, for it must touch very closely upon your sensibilities. And yet it is vital." Pick over cranberries, wash and

"Yes?" Sam Chatfield's voice was clipped, unfriendly almost.

"There was a child some five years or so ago. And, of course, gossip. Ugly gossip. The truth never came out, even among close friends of your family-"

Sam Chatfield's eyes suddenly were blazing with anger. "I've nothing to say, Mr. Rogers,

about that child. It's dead. The whole incident is dead, so far as we Chatfields are concerned."

"I'm sorry," replied Rogers. "I'm very sorry."

We fished that next day. All day long in the launch we plied the blue waters off Mazatlan until well into the afternoon. Margaret, who had started with us, remained in the launch only a couple of hours. Elsa had promised to come out, bringing Berta with her. So we picked them up at the wharf and put the three of them on board the Orizaba and continued fishing from the launch. However, there was no sign of swordfish that day, but a run of

Elsa Chatfield, Hollywood artist, is | ample excitement; and in the eve- | He hurriedly folded up the paper ning we nursed our sunburn and

talked of the fishing yet to be done. Elsa seemed downcast at the rail that evening as she and I watched the brief, flery sunset which preceded the dusk. Dwight and Margaret were below; Rogers was in his stateroom doctoring a blistered nose, and Berta had been set ashore. Our fishing plans had been changed after dinner. Margaret had decided to invite Berta and Sam, and any of the others who could come aboard, for a day's cruise up the coast.

Margaret in the early evening had sent over into town for the two youthful mariachis, Felipe and Pancho, to come out and play for us, which they obligingly did for a couple of hours or so on the after deck. But Elsa was restless; this was not Reed Barton's playing and singing in the patio by moonlight which had stirred something in her heart; it was merely Mexican music without meaning. She got up and went below before the boys had finished, leaning over to whisper in my ear before she left me:

"Did you ever feel like a barometer, Barry? A change is coming." I slept on her remark and could make nothing of it, and after break-



"Of all dirty, cewardly leeches-

looking off over the sparkling water of the bay which was emerging from a light fog. I asked:

"Were you being prophetic last night, Elsa? About a change com-

"Barry, you're too profound for me this morning. Oh, look! The

launch is coming from shore." Nosing through drifting wisps of

fog was the sharp prow of the launch. Elsa brightened amazingly, her face was keenly alert as she endeavored to identify its passengers. Interest after a moment suddenly went out of her and she turned away. I saw Sam Chatfield in the launch, and Berta; and side by side the fat figure of Chesebro and Rumble, the latter dressed in his incredible coat and huge black sombrero, as congenial as a pair of disgruntled clams.

Elsa kissed her father and hugged Berta's small round person to herself ecstatically, and stretched a hand out to Chesebro in greeting.

"Didn't you bring Reed Barton with you, Jimmy?" she asked with a tone of petulance. Chesebro glanced sharply at her.

"Barton hasn't got back from the mine. Probably won't until later on

today." "But we can't go cruising without

him." "Don't forget, Elsa," Chesebro chided her almost as if she were a

child, "that Reed Barton is employed; he's got a job to do. Work comes before social diversions." "You always have such complete and satisfactory explanations, Jim-

my," returned Elsa. Chesebro looked closely at her to see what lay behind the remark, and then strode down the deck to greet Dwight and Margaret who were emerging from the companionway. "Your Mexico always delights me,

senora," I said to Berta, as the crowd at the ladder began to break George Rumble moved away with Elsa. Huntoon Rogers had come up from below and was talking with Sam Chatfield.

Berta's dark eyes lighted up with pleasure; her white teeth flashed me a smile and she leaned a bare brown arm upon the rail.

"That's because you know Mexico and understand it, Senor Madison." At that moment down the deck where Elsa and George Rumble were bent heads together over a section of the Sunday paper he had brought on board, there came Elsa's voice so charged with emotion that it penetrated my heart like a knife.

"Oh-George!" she exclaimed. "What's wrong with that, baby?" albacore in the afternoon provided returned Rumble matter-of-factly. however. Elsa drew away from him. She shrank as if she had been struck a mortal blow, walked dazedly to the companionway and went below. Rumble watched her go, his face a puzzle, then as if dismissing the matter, tucked the paper under his arm and walked nonchalantly aft, leaving us all staring after him, staring, too, at the companionway down which Elsa had disappeared.

Huntoon Rogers had drifted over to my side while this was happening. red from the sunburn of the day before, but his mild blue eyes were intent upon the retreating figure of Rumble.

quired.

ine. Something serious, though, to judge from Elsa's reaction." "Let's go take a look at Rumble's

George Rumble continued retreatbrown slacks, incredible sports coat ally reduced flow. and the black sombrero. As he conlounge, waylaid him.

ble gave it to him and withdrew a and cause garget (clotted milk). Chesebro's fat hands unfold the rotothe edges of its many sheets to be stirred gently by the morning its contents rapidly, while Rumble misdeeds, watched Chesebro.

Chesebro of a sudden started; his whole fat figure tensed. A moment later he recovered, angrily folded the section, tore it once through the middle and threw it overboard. I followed its downward flutterings, saw it hit the water, and then my eyes traveled farther to a rowboat led by a native in white cotton pants and straw sombrero. In the boat looking eagerly at us was Reed Barton.

"Well?" said Rumble, licking his dry lips. "What do you think of

Chesebro was swelling with poisonous fury. His dark eyes had hardened to pinpoints of baleful light. He clenched his fists and Rumble moved warily a step backward.

"You admit you're responsible for that picture in the paper?" "Sure, Chesebro; it's a swell piece

of publicity for Elsa." Chesebro's arm flashed out, and Rumble ducked at the same time. The tall crown of the sombrero was caught by the flailing fist and the hat flew off, rolling along the deck until it came to rest at the rail.

"Of all the dirty, cowardly leeches—" "Don't you call me that!" Rumble assumed a fighting pose. "There's

heart appeal in that picture-" Huntoon Rogers' tall figure jammed between the two belligerents; with a broad hand on the chest of each he shoved them vigorously apart.

"Don't forget yourselves!" he said sharply.

Chesebro dropped his hands and turned away, walking forward along the deck. Rumble glared after the fat, retreating back, looked up at Rogers who still stood as a barrier between him and his enemy, then strolled over to the rail, picked up his sombrero and set it back upon his oiled, curly head.

The danger of fisticuffs past, I gave my attention to the approach- than 14 per cent, say experts. ing rowboat which was now quite close. The torn halves of the rotogravure section floated on the water within reach of the passenger, who, having observed that something unusual was astir relating to them, reached over the side and gathered amounts of wood products, says R. the pieces in, and brought them up W. Graeber, extension forester at the ladder with him.

Rogers and I were there to greet him, and Dwight, too, whose curiosity at what had happened still was has some of the properties of wool.

ble person. Where's Elsa?" he in- as durable as woolen fabric. quired eagerly. "She's on board. isn't she?"

"Oh, yes." Rogers took the pieces of paper from me, carried them to a hatch cover and spread them methodically out for inspection. The section was a part of a Los Angeles Sunday newspaper that must have come down by train only the night before. Dwight was an interested spectator, and I crowded upon Rogers' othin the picture section.

(TO BE CONTINUED)



Mastitis Can Be Cured By New Treatment

No. 1 Dairy Disease Should Be Eradicated

Mastitis, or inflammation of the ud-O. W. Schlam in "Bovine Mastitis," Schlam, who is an assistant professor of veterinarian science. The two are the acute, which is comparative-"What happened, Barry?" he in- ly rare, and the chronic, which is so common among dairy herds of "I don't know, Hunt. I can't imag- the world that it is considered the pillow case. most serious bovine disease, resulting in lowered milk production. It is often a hidden disease, and may noticed. Symptoms are swelling of his direction, a curious figure in the first streams of milk, and eventu- your menus.

The disease is caused by infection tinued along the deck, he had the of the udder with a bacteria called appearance of one endeavoring to streptococcus agalactiae. It does not walk away from disaster. Just as affect any organ but the milk glands. we were about to catch up with him, The germs enter through the teat, the fat figure of Chesebro, popping and are transmitted from infected out of the doorway to the ship's cows to healthy animals by the hands of a milker or the cups of a Rumble paused, his sombrero tilt- machine. To some extent, the dising back as he looked up at the ease is spread by calves that suck taller man. A curious expression at several cows, and by muddy and was on Chesebro's dark face, an unsanitary corrals and flies. It is expression mingled of suspicions, re- estimated that about 85 per cent of sentment and malevolence. Without all cows that have been once infectspeaking, he held his hand out im- ed harbor the disease, and that it periously for the newspaper. Rum- may become virulent at any time

step or two and stood watching The severity of the disease, says Mr. Schlam, depends upon such aggravure section. The main bulk of gravating factors as incomplete the paper was tucked under his arm, milking, improper drying off, exceswhence it fell promptly to the deck, sive vacuum in milking machines, and exposure to rain and cold.

Diagnosing mastitis is difficult for breeze. Chesebro turned to an in- the amateur, unless symptoms are side page of the section, scanning so severe as to be obvious, so Mr. Schlam advises having regular and with gaze set like that of a small frequent tests made of all the cows boy summoned to answer for his in a herd. Microscopic examination



Chronic mastitis is spread among a herd by the milker's hands or the cups of the milking machine and to a lesser extent by flies.

of milk samples is the easiest and cheapest way. Cows should then be grouped, he says, into (1) free of infection, (2) suspected, (3) positively infected. Group 1 cows should be milked first, group 2 next, and group

Up to a few years ago, mastitis was considered incurable, but sulfanilimide has been found effective in treatment, and three other drugs, neutral acriflavine, colloidal silver oxide, and tyrothricin have proved completely successful in ordinary cases. These drugs are injected into the infected parts. All but the most severe cases respond.

After infection has been removed, the udder will show a tendency to rebuild itself, and milk production may become normal. Treatment during dry periods is preferable in general.

Farm Notes

For safe storage of grain, the moisture content should not be more

Every farmer who possibly can is urged to cut a few cords of pulpwood or a few logs of lumber this fall during his spare time. War industries are calling for tremendous N. Carolina State college.

Aralac, a new synthetic fiber, unsatisfied. The others had disap- Another new clothing material is made from a combination of fibers "I don't know what it's all about, from redwood tree bark and wool, Barry," Reed said, giving the wet and a soybean fiber now being used pieces to me. "The Chief certainly in making hats. A new cotton cloth, swung from the ankles on that Rum- not yet on the market, is said to be

> Grasses and legumes make good silage when ensiled under suitable conditions and when preservatives are added in adequate amounts.

Every victory garden should have at least a few flowers. The lift they give to the spirit justifies them.

At least 20 million pounds of honer elbow. Reed Barton was of two ey have been added to this year's minds, one to seek Elsa, the other honey crop recently because the to discover what was so interesting weather was sunny while sweet clover was in bloom in northern states.



Some chopped olives and sweet or sour pickles added to cole slaw gives an interesting new flavor.

To sprinkle clothes for ironing, use a clean whisk broom or a bottle with a perforated top.

Ground fresh meat cannot be der of milking cows, can now be con- stored successfully for any length trolled and in most cases cured, says of time after it is brought from the market. Wrap it in waxed a late pamphlet published by the paper and store in the freezing His nose and cheekbones still were University of California. Two types compartment of the refrigerator if of mastitis are recognized, says Mr. necessary, but even so, use it as quickly as possible.

> To avoid losing a handkerchief placed under a bed pillow, try sewing a pocket on one side of the

Spaghetti, macaroni, noodles, rice, are high in carbohydrates exist for a long time without being and should be counted with the cereals and breads, not as vegetaing along the deck as we walked in the udder, and visible particles in bles, when planning and balancing

> When washing fails to remove stains on your oven try using ammonia, Saturate a cloth pad, place it over the stain, and let it stand. After about two hours, you can wipe away most or all of the stain. Wash the oven thoroughly with soap suds after using ammonia.

> When removing spent plants from the garden, as you clean up your garden for winter, put discarded plants, leaves, grass rakings and clippings, and other similar vegetation in a wire enclosure to make your compost pile. You can also add carrot tops, outer cabbage leaves, potato peelings and other vegetable trimmings from the kitchen garbage.

> When your shoes are wet, crumple newspaper and pack in the shoes. This will absorb the moisture and also help keep the shoes in shape. Do not place too near the fire.

> Tack a burlap bag on the wall in the tool shed, and nearby have an open top pail nearly full of used crank case oil. All tools used outside and likely to rust are quickly cleaned on the burlap after use, and then dipped in the oil. Hoes, shovels, rakes and the smaller tools so treated never rust and are always ready for efficient service.

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43-43

HELP BUILD TO COLDS!

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