

GEOGRAPHY OF SPORT



Hawaiian Fishermen Need the Trained Muscle and Sure Eye of the Athlete.

The KITCHEN CABINET

Copyright, 1922, Western Newspaper Union.
"The world shoves angrily aside
akimbo set
Until occasion tells him what to do;
And he who waits to have his task
marked out
Shall die and leave his errand unful-
filled."

DELICIOUS MEATLESS DINNERS

For those who must, and those who wish to leave meat out of the menu, the following recipes will prove suggestive:

Mock Sausages.—Soak one-half cupful of lima beans overnight in water to cover. Drain and cook in salted water until soft. Put through a puree strainer, add one-third of a cupful of dried bread crumbs, three tablespoonfuls of butter, one-half teaspoonful of sage, one beaten egg, salt and pepper to season. Shape in the form of sausage, dip in beaten egg and bread crumbs and fry in deep fat. Serve with rings of tart apples fried. Arrange the apple slices overlapping around the platter.

Serve boiled potatoes with a cheese sauce. Make a white sauce, adding as much grated cheese as one likes for flavor; more for nourishment.

A salad of head lettuce sprinkled with a few nuts and served with French dressing will be good. The nuts may be omitted if the meal seems sufficiently nourishing for those to whom it is to be served.

For dessert serve any fruit pie but apple, as the apple has already appeared in this menu.

Another dinner may begin with cantaloupe or melon served as cocktail in cubes or balls, covered with a lemon or mint sauce.

A tasty cream soup served with finger strips of buttered toast.

A nut roast, using two cupfuls of rather coarsely chopped nuts mixed as one does with the ingredients used in a veal loaf. Bake during the baking and serve with a highly seasoned tomato sauce.

A favorite dessert is cottage cheese, or cream cheese, mixed with a generous quantity of chopped seeded raisins, orange and lemon juice, with a very little of the orange rind grated in. This is rich and nutritious as well as delicious.

For dessert, a delicious orange ice cream, using the juice of oranges, the grated rind of one, sugar, a dash of lemon and a cupful of cream to a cupful of orange juice. Freeze and serve in sherbet cups. Serve with:

In the same oven with the roast bake the potatoes with two small sliced onions, six tablespoonfuls of any good oil (either olive or corn), one tablespoonful of minced parsley and salt and pepper. The onions may be omitted if not desired.

Sliced cucumbers and onions with French dressing or a plain lettuce salad may be served.

It is astonishing what a difference there is between the earning power of a man who does things pretty well and of one who does them as well as they can be done.—O. A. Marden.

A STORY ABOUT STARCH

We all know that starch, the important member of the carbohydrate family is indispensable in a balanced ration. Bread, which is the staff of life and plays an important part in every meal in every home from palace to hovel, is a starch food.

In all cereal grains as well as in roots, fruits and tubers, starch is found in greater or less quantity. It is found in stems such as celery, sago and rhubarb and in the leaves, as in spinach.

Starch, a combination of three elements, six parts carbon, ten parts hydrogen and five parts oxygen, represents nature's wonderful way of storing food first for the seed of the plant to feed upon, then for the plant, and finally for man.

From the first meal up to the present time starch has played an important part; it is today two-thirds of the human diet.

Starch furnishes fuel to heat the human machine and create energy to run it.

Under a microscope starch grains too small to be seen by the naked eye will be varied as to size according to their source and are shaped round or oval. Each little granule is a waterproof package, another example of the provision made by a wise Creator; this little granule has a tough outer coat and its contents consist of countless atoms. This coat protects this precious food from moisture and spoiling.

As starch is found in such abundance, it is easy to get and is the cheapest, which makes it so universally used.

The transformation of starch into sugar includes thirty different stages; this is another proof of the wisdom of Providence, as sugar is the circulating source of heat and energy, the soluble form of starch. All starch must, then, be changed into sugar before it can be used as a body food.

Heaven indeed.
Small Boy—Mother, can God see everything?
Mother—Yes, dear.
"Can he look through cloth and iron?"
"Yes dear. He can even do that."
"My gosh! Think of all the circeses he must have seen for nothing!"

Diagnosis.
"Doctor, I dream constantly of falling over cliffs, of being chased." "Um! How often do you attend the movies?"
—Judge.

Thirteen Lightning Bolt Kills Boy. Horseheads, N. Y.—Lightning striking for the thirteenth time on the old church property claimed its first victim by killing Newton Edgar, twelve years old, who was playing on the plot where the church once stood.

Women Win "Knicker" War. Traverse City, Mich.—The women of this city have won a knickerbocker war against Mayor Swanton, who recently decreed that the women could not wear knickers on the streets of the city.

TELLS OF BATTLE WITH INDIANS

Hastings (Neb.) Man Was Pierced by Arrow During Fight on Homestead.

BROTHER ALSO SHOT

Father Believed Both Boys Were Dead and Fled, but Returned Next Day and Found Them Both Alive.

Hastings, Neb.—Hastings has the distinction of having the only living man on record ever shot clear through the body with an Indian arrow, the arrow passing through his body and into the body of his brother, pinning the two together. He is Nat Martin. He is now a retired farmer, living in Hastings, seventy-four years of age, strong and husky, and rather enjoys exhibiting the arrows, showing the wound in his side, and telling of the incident.

He and his brother, Robert, lived with their parents about 15 miles northwest of Hastings on a homestead. They had been with their father in a field all day making hay. It was toward evening when nine Indians rode up on ponies, bent on stealing the Martin horses. The father, who was on one load of hay, began shooting, and wounded two or three of the braves.

One, slipping behind the wagon, and shooting through the hay, wounded the father.

Father Wounded First. Though wounded, he kept on shooting as best he could as the horses ran on toward the house. The boys, riding together on a horse, started also for home. The Indians tried to head them off, but failing, began shooting from behind.

The first arrow lodged in Nat's right elbow, wedging its head in between the bones of the joint, and the shaft was broken off. The second arrow entered his back, just under the shoulder-blade next to the backbone, passed through the right lung, came out below the right breast, and stuck into Robert's backbone, pinning the two together.

Escaped Being Skaped. The third arrow grazed his hip, making a slight flesh wound, and lodged in Robert's hip. Thus pinned together the boys rode on until faint from the wounds and loss of blood they fell from the horse. In falling, the arrow was pulled through Nat's body. The Indians came up, thought they were dead or would soon die, and when one Indian suggested scalping them, an old brave replied: "Purpose scalp no good. No honor to kill papoose."

Thought Boys Dead. The father, seeing the boys fall and supposing them dead, took the other members of the family and fled for safety to Fort Kearney. Meeting a train of wagons he came back with them to recover the bodies of his boys. The boys, in the meantime, managed to crawl to the barn, where they were found next morning and their wounds

CAP AND BELLS

Small Rebecca was proud of her father's rank as a first lieutenant, and grew quite indignant when a neighbor boy called him "Captain."
"I'll have you understand that my daddy is not a captain," she said, "he is a lieutenant."
"Oh, it doesn't matter," replied the boy, "he's an officer."
"He is not an officer," she protested. "Yes, dear, a lieutenant is an officer," interrupted her mother.
"Well," persisted Rebecca, still determined to maintain her father's dignity at all cost, "he's not much of an officer, anyway."

THE INS AND OUTS OF IT

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MAKING A DAY OF IT
Bird Sport—Go on home Owley, old boy, you don't want to make a day of it.

Furrowed with Care.
She follows each new wrinkle
This fashionable frau;
That's why her hubby's such a lot
Of wrinkles in his brow.

A CLASH OF WITS
An Irish joker entered a shop and asked for a yard of milk. The shopkeeper was ready for him; he dipped his finger in the measure and drew a line of milk three feet long on the counter. "There ye are," he said.
Pat was rather taken aback at this, but recovering from his surprise he asked, "How much is it?"
"Eight pence," said the shopkeeper. "All right," said Pat cheerfully. "Roll it up an' O'll take it."

Educational.
"Did you get a chance to talk with Francine before she eloped with Speck?" asked Heloise of the rapid-fire restaurant.
"Ye-ah!" replied Claudine of the same establishment. "She said folks call him no good, but she didn't know any reason why she shouldn't marry him if she wanted to."
"Well, she's taken the short way to find out, I'll say."

Oh! You Woman!
He—That sparrow you're wearing on your new hat is certainly not to my taste.
She—I know it. According to your taste it should have been a goose with sauerkraut.

Paradoxical State of Affairs.
Casey—"Hav yez struck a job yet, Molke?"
Finnegan—"Shure O've not. They all want local rificences. A felly can't get a job in this burg till he's worked here for a whole."

Real Cave-Man.
"I was mad with sweet last night," said a girl of her sweetheart.
"Yes," said the ill-natured brother. "I noticed when I looked in the parlor that you were up in arms."

VERY SLOW
Miss Wrist Watch: Mr. Waterbury you are entirely too slow to suit me.

Bami
My bonnie leaned over the gas tank. The height of its contents to see. And lighted a match to assist him. Oh, bring back my bonnie to me.

Mixed Tenses.
"John, you've promised and promised to get me a runabout."
"I will, my dear, one of these days."
"Humph! Your present is always in the future."

Her Favorite Feat.
Yardley—Did your wife go in for athletics when she was at college?
Yearwedd—I believe she held the record for jumping at conclusions.

A Careful Wife.
"And her mean husband thinks she's extravagant!"
"Why?"
"Just because she insists on having Fido's monogram stamped on his dog biscuits!"—Literary Digest.

Yes, Bo! The visitor had just foisted a meshed a hole in the turf, which flew over his head in a cloud.
"I see," said the broker, "there is a change in the market. Real estate shows a decided upward tendency!"

Wiser.
Burrows—Sorry, old chap, but I am looking for a little financial succor, again.
Bangs—You'll have to hunt further. I'm not the little financial sucker I used to be.—The Lawyer and Banker.

Proof of Devotion.
"Tom proposed to me last night."
"Did you accept him?"
"Of course, I did. Any man who would propose these times when the cost of living is so high must love a girl a lot."

Man Smoking on Powder Keg Held as Bootlegger

Perched on a keg labeled "gunpowder," Patrick Kane smoked a powerful pipe as he ferried across the Delaware river from Camden, N. J., to Philadelphia. But when his pipe went out and he nonchalantly scratched a match upon the "gunpowder" sign, prohibition agents, cautiously tapped the keg. They found ten gallons of "hoop," Kane and two alleged partners are under arrest.

METEOR DISCHARGES GAS IN ITS FLIGHT

Explosion Shatters Windows and Fumes Almost Overpower New Jersey Residents.

Asbury Park, N. J.—A meteor, discharging odoriferous gases, flashed through space to the south of here and disappeared in a thunderous roar, frightening residents of many coast towns.

Window panes in residences in Toms River were shattered by the explosion, and the gases, polluting the atmosphere for more than a quarter of an hour, compelled the residents to hold dampened handkerchiefs to their noses.

Flashed Through Space. In Lakehurst many of the buildings were shaken, but the gases were not noticed.

The atmospheric phenomenon is said to have lasted for about a minute. Only a tiny streak of light at first, it became beautifully colored as it neared earth and at times appeared to halt momentarily in space, adopt a new course, then zig-zag back again.

The meteor fell into the sea, about a mile off shore, at Seaside Park, 35 miles south of here, with an explosion that shook residences and threw spray to a great height. Volumes of steam then arose, and, drifting ashore, nauseated many.

The meteor is described as having the appearance of a gigantic airplane on fire.

RESCUE LIKE MOVIE THRILLER

Engineer Stands on Speeding Engine Pilot to Scoop Up Baby From Rails.

Caldwell, N. J.—Here's a thrilling movie rescue—enacted in real life. Speeding into Riverdale, N. J., John J. Cotter, engineer of an Erie passenger train, saw a baby, 200 feet ahead, playing with pebbles between the rails. Cotter jammed on the air brakes.

Then he sprang on the running-board and climbed on to the side step of the pilot. Leaning forward, he scooped up the baby with one arm, saving it from death. The child was Adele Lillian Cushman, seventeen months old, granddaughter of Ira Meade, veteran Erie engineer. She had tumbled down an embankment and rolled on the truck.

FIND GAS IN THE PHILIPPINES

Standard Oil Well "Shot" on Island of Luzon, Says Message to Company.

San Francisco.—The Standard Oil company, which a year ago sent an expedition to the Philippines, has discovered gas on the island of Luzon, possibly indicating the presence of oil, according to a cable received by the company. K. L. Kingsbury, president of the Standard Oil company of California, said:

"Gas has been encountered at a depth of 2,415 feet. Preparations are being made to test this sand for oil and gas and to drill to lower levels. The finding of this gas is considered a favorable sign that there is oil at lower depths."

Want Ad Used to Empty Crowded Jail. Somerset, Ky.—The county jail is so crowded that Judge Tartar has advertised that the prisoners will be hired out to responsible citizens for 50 cents a day and board. They will be required to give bond. A number will be placed on road work.

Pebble Hit by Car Breaks Window. Orange, N. J.—A small stone thrown from the road when it was struck by the tire of a passing motor car broke a plate glass window worth \$100 in a jewelry store.

Chapped hands and faces need both. MENTHOLATUM Soothes and heals chaps and chills quickly and gently

Want Something Advertise for it in these columns

WE DO UP SHIRT WAISTS so daintily that in many cases they look even better than when new. Don't injure them in the least, either. No matter how delicate or filmy the fabric, our laundry work sends them back to you as good or better than ever.

American-Crescent Laundry Julia and Magazine

Mr. Business Man

WHY not make your appeal for patronage through the columns of this newspaper? With every issue it carries a message into the homes of all the best people of this community. Don't blame the people for flocking to the store of your competitor. Tell them what you have to sell and if your prices are right you can get the business.

Dunbar-Dukate Co. New Orleans, La. Largest Packers in the World of High-Grade Canned Goods Oysters, Shrimp, Olives and Fish. Our Goods Sold by Wholesale Grocers the World Over

M. Abascal & Bros. Dealers in GROCERIES AND WESTERN PRODUCE Pelican Avenue, Cor. Varot St. Long Distance Phone Algiers 107 ALGIERS, LA.

Cyrus Broussard PHARMACIST Cor. Belleville and Pelican Ave. Phone Algiers 918 We Deliver "The Store of Efficient Service" Prescriptions Filled Day or Night

Come in and pay that overdue subscription account. Don't wait until the paper stops.

Dr. H. Macon Fay DENTIST Stamp Pharmacy Phone Algiers 918

RAINED OUT

History furnishes frequent instances of the destructive powers of torrential rainstorms. When the United States took over the Philippines one of their first tasks was the construction of a military road, 50 miles long, between Dagupan and Baguio, at a cost of \$2,000,000. It was opened with imposing ceremony, and one of the speakers declared that it had been so well and truly built that it would "endure long

after the Pyramids had crumbled to dust." A few weeks later a tropical rainstorm swept over the Philippines, the total rainfall in four days being 88 inches, and when the rain had ceased the great road had practically disappeared.

Fond Relative. Alice—"Do the doctors give you much hope regarding your rich uncle's illness?" Bob—"No, they say he may live for many years yet."—Houston Post.

Diagnosis. "Doctor, I dream constantly of falling over cliffs, of being chased." "Um! How often do you attend the movies?" —Judge.

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