

try, and it tracks its way on high. After that brief hovering it will recover its former altitude, its speed and song. Its throbbing heart passes high over our troubled cities and frozen hills. As we watch that flight of untrammelled wing, we wish that somehow we might capture that blitheness and teach it to dwell among men. Why should it pause but never abide? We would have that joy abide so fixedly that it would become a peace. The holiday season is like that. It stops for a little out of space, draws near our dim earth, and sheds its brightness among men. As swiftly as it came, so swiftly it goes again. And yet each year it draws more close and stays for a longer time; its radiance is revealed to us more clearly, full of grace and truth.

that well-doing in itself is worth far more than the praise it brings, and satisfaction in the boy's improvement and growth should be manifest, rather than pleasure shown in the mere things he does. In its right place, praise will have power to stimulate the boy because it is naturally desired as a reward, and this desire can be developed into the higher one of desiring to be worthy of approval.

But there is Richard, in a neighbor's family just across the way. He is naturally of a distrustful temperament as to his own abilities. He is not hopeful about success. He does not expect to be commended, for he looks for failure in the outset. Praise has a different place in Richard's life. It is an encouragement. Its power, in his case, is in proportion to his need. It lifts him up and

Household Suggestions--Western Home Monthly Recipes

Carefully selected recipes will be published each month. Our readers are requested to cut these out and paste in scrap book for future reference.

AN APPETIZING WAY TO COOK CHICKEN

Cut a large chicken in pieces and put to simmer in 2 qts. of salted water; when the chicken is almost cooked take out the meat and drain, then fry in butter till brown; to the contents of the pot add 1 small onion, cut very small, salt and pepper to taste, and a little flour to thicken, pour this over the chicken in the pan, then split hot baking powder biscuits in two and lay on a platter. Over this pour the chicken and gravy, and serve hot.

HARICOT MUTTON

1 lb. neck of mutton	1 oz. dripping
½ pt. boiling water	1 tablespoonful ketchup
1 onion	1 tablespoonful flour
1 carrot and turnip	1 teaspoonful browning

Pepper and salt

Cut mutton into pieces; brown them in the melted dripping, then remove from saucepan; pour off a little of the fat and brown the prepared and sliced onion in the remainder; return the mutton to the saucepan and add the water. Serve on a hot dish and pour round a sauce made from the flour, ketchup, etc., and the liquid in which the mutton has been cooked. Have the vegetables cut into lengths and cook for 10 minutes in boiling water to which has been added a good pinch of salt. Decorate the mutton with small heaps of these lengths placed around it. The vegetables are sometimes cooked with the mutton, but do not look so well when done so.

BEET SALAD

Cook beets; when cold, chop finely; add a small bunch of celery, chopped finely, to 1 gal. of beets; add 1 cupful or more of vinegar; salt, brown sugar and mustard to taste. If sealed in bottles this will keep for months.

BANANA SALAD

Roll a banana in salad dressing and sprinkle thickly with chopped walnuts. Serve on lettuce leaf and garnish with orange jelly.

The Place and Power of Praise

By Harriette Waters

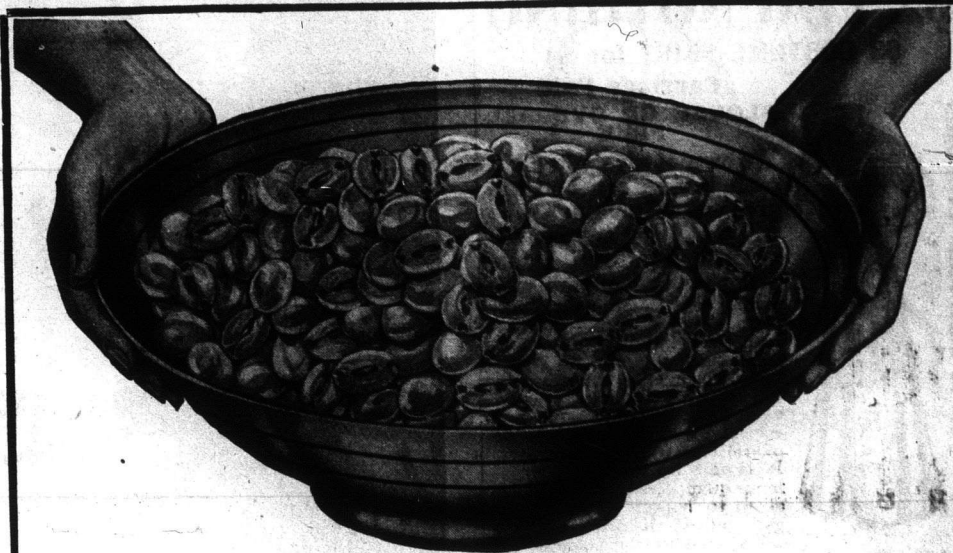
Elmer has a large bump of approbation. He loves to be approved, and to be praised, no less. He really likes to please, but he wishes to be told of it. He has, however, another bump or two. Now, how shall mother turn to the best account Elmer's love of approbation? If she gratifies it unwisely, without proper reason, she will inflate his little vanities to the utmost, and spoil the boy. If she withholds approval and its due expression, she will discourage him. The place of praise, in Elmer's case, is that of a strong incentive and a proper reward. Without exaggerating the value of commendation, mother can build upon this foundation, and lead her boy to understand that praise is sweet only when deserved. It should be deeply impressed

helps him on. Perhaps he really gives like occasion for it. In his reserve, he wards it off, half unconsciously, half defiantly. At least confidence that he intends to do well may be expressed, and praise be given in advance, which will insure it being deserved in the end.

Wedded Musicians

It accords with the fitness of things when great musicians live harmoniously with their life-partners. We like to know that Weber called his home his "sweet nest," that Donizetti and his wife "loved as a pair of lovers."

After Schumann and his wife were married eight or ten years they would sit side by side, and perform piece after piece together, she playing the treble with her right hand, he the bass with



One Man Solved an Age-Old Problem in These Foods

These fascinating foods, Puffed Wheat and Puffed Rice—we don't want to make them too scientific.

Eat them for sheer enjoyment.

Serve with cream and sugar. Mix with any fruit. Float in bowls of milk.

Use them like nut-meats in candy-making, or as garnish for ice cream.

These are thin, airy wafers. Each grain is puffed to eight times normal size.

Each has countless cells, surrounded by crisp, toasted walls. And those walls crush, at a touch of the teeth, into almond-flavored granules.

Eat them because wheat or rice in no other form was ever half so delicious.

That's what millions do.

But it's also pleasant to know that, in other ways, these are the most desirable foods men know. So let us briefly tell you the scientific side.

Puffed Wheat, 10c
Puffed Rice, 15c

Except in
Extreme
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The Scientific Side

The age-old problem in cereal foods has been, how to break up the food granules.

That's essential to digestion.

Cooking, baking and toasting broke part of them. And for centuries that had to suffice. But the dream was to break all of them—to make whole-grain wholly digestible.

Prof. A. P. Anderson made that dream come true.

He does it by steam explosion—by some 125,000,000 explosions inside every kernel—one for every starch granule.

He does it by applying to the sealed-up grains 550 degrees of heat. Thus the trifle of moisture within each granule is turned to super-heated steam.

Then comes the explosion, and every granule is literally blasted to pieces. Yet the coats of the grain are unbroken.

Think of this when you eat them. By no other process can these great cereals be made anywhere near so digestible.

That means you get all the nutrition. And they do not tax the stomach.

For a supper dish—for a bed-time dish—think what it means to have such crisp, brown wafers to serve in bowls of milk.

And the taste is like toasted nuts.

The Quaker Oats Co.

Sole Makers—Peterborough