

BEAR STORY

by Thornton W. Burgess

GREAT EXCITEMENT IN THE GREEN FOREST

WHEN the little people of the Green Forest become excited they become very much excited. Yes, sir, they become so excited that everybody talks at once, just like some other people. And now there was great excitement in the Green Forest. Indeed, Peter Rabbit couldn't remember a time when there had been so much excitement, not even the time when it was discovered that Prickly Porky the Porcupine had come down to the Green Forest to live. And it was all because of a big black stranger, big as Farmer Brown's boy and black as Blacky the Crow, and whose name was Buster Bear.

Sammy Jay had been the first to see him. Blacky the Crow had been the next. Then Uncle Billy Possum, Jimmy Skunk, and Peter Rabbit. At least so far as any one knew they were the first to see him. As a matter of fact, Paddy the Beaver



"Pooh!" said Prickly Porky, "That was nothing. I could do the same thing."

had seen him before Sammy Jay did, but Paddy is one who does not tell all he sees, as does Sammy Jay, and so he had said nothing.

But with Sammy Jay and Peter Rabbit to spread the news it was not long before everybody knew all there was to know about it and nothing else was talked about or thought about. Of course, the news soon spread all over the Green Meadows and to the Smiling Pool and it made almost as much excitement there as in the Green Forest. Of course, Peter Rabbit had told every one he met of how he had seen Jimmy Skunk make Buster Bear get out of his way, and of course almost everybody had a great deal of admiration for Jimmy Skunk. The only one who didn't was Prickly Porky.

"Pooh!" said Prickly Porky. "That was nothing. I could do the same thing. I'm no more afraid of Buster Bear than Jimmy Skunk is. The fact is, I know Buster Bear very well, for he comes from the Great Woods from which I came. There is nothing to be afraid of in Buster Bear."

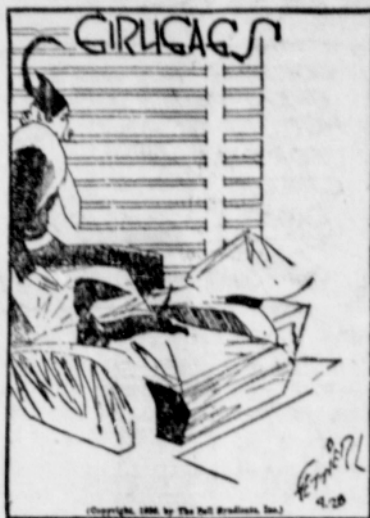
Of course, every one thought that Prickly Porky was just boasting, and that he was jealous of Jimmy Skunk. Reddy Fox said as much. "All right, Reddy! You go hunt up Buster Bear and invite him to come here, and I'll show you whether or not I am afraid of him."

Now, Reddy had boasted that he wasn't afraid of Buster Bear. You know he is a great boaster, and likes to pretend that he isn't afraid of anybody or anything. But, like most boasters, he always has an excuse ready when he is likely to have to make good one of his boasts. It was so this time. No sooner had Prickly Porky proposed that he hunt up Buster Bear than Reddy remembered that he had a very impor-

tant errand to do way down on the Green Meadows. He was sorry, but it really had to be done. Perhaps Jumper the Hare would go in his place. Reddy grinned wickedly when he said this, for everybody knows that Jumper the Hare is very, very timid. So just try to imagine how surprised and excited everybody was when Jumper said: "Certainly I'll go and give the invitation to Buster Bear. I'll be delighted to."

At first everybody but Prickly Porky stared at Jumper as if they thought that he was joking, and they couldn't quite see the joke. Then as they began to realize that he meant just what he said, they looked at each other again, as if they thought him crazy. But Jumper appeared not to notice it, and started for the deepest part of the Green Forest to look for Buster Bear. Reddy Fox started off, too, but he went in the direction of the Green Meadows. He didn't want to go, but he had to because he had said he had an important errand there. As soon as he was out of sight he made a wide circle back to the Green Forest, and then he tried to get ahead of Jumper the Hare where he could hide and give Jumper a terrible fright. It wouldn't do to let the other little people think that Jumper the Hare dared do something that he didn't dare do.

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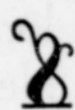
"Some say we have passed the horse and buggy days," says soliloquizing Elizabeth, "but nevertheless the days of horse sense seem to be as far ahead of us as always."

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Many Towns of Same Name

Springfield does not head the list of duplicated names of cities throughout the country. There are 35 Franklins, 33 Cliftons, 31 Arlingtons, 31 Hamiltons and 26 Springfields. Figures released by the Railway Express agency show comparatively few American communities have names exclusively their own. In some states two or more towns of the same name appear. Small towns in some states bear names of large cities in other states. There are 19 Washingtons, 20 Richmonds, 13 Akrons, 21 Bridgeports, 17 Albany, 10 Atlantas, 7 Bostons, for a few examples.

GOOD NUTRITION IS UP TO COOK



Food Must Be Varied and Include Needed Calories.



By EDITH M. BARBER

GOOD nutrition depends upon more than food selection. First of all there is, of course, the choice of such a variety of foods that together they add to the perfect sum of calories, muscle building, energy giving, vitamin and mineral-bearing foods.

While some of these foods may be eaten in their raw form and need merely the process of digestion to be absorbed, others need to be prepared for digestion by cookery. Meat, for instance, must be cooked, because the human teeth are not strong enough to divide raw meat into small pieces which may be easily reached by the digestive juices.

Cereals also need preparation, either by long cooking, by grinding or by pressing by machinery, plus a short cooking. The ready-to-eat cereals are examples of the latter treatment. Flour is also prepared by machinery at the mills before it is made into bread, cakes and cookies.

While many vegetables and fruits can be eaten in their natural form, some of them need cooking for two reasons. The first is, of course, to make them ready for digestion; the other to make them palatable. Potatoes are the outstanding example of the latter fact. The raw potato is unsuited in its raw form to take an important place in our diet.

Fruit Au Gratin.

12 canned or stewed pear or peach halves
Cornflake crumbs
Butter
Drain the fruit, saving the juice. Roll fruit in crumbs. Place in buttered baking dish, cut side up. Dot with butter. Bake in hot oven (400 to 425 degrees Fahrenheit) until crumbs are brown. Serve with lemon sauce.

Chocolate Filling.

4 ounces chocolate, cut in pieces
1 1/4 cups milk
1/4 cup flour
1 cup sugar
2 tablespoons butter
1 1/2 teaspoons vanilla

Put chocolate and milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until smooth. Sift flour with sugar, add a small amount of the chocolate mixture and stir until smooth. Return to double boiler, cook until thick and add butter and vanilla. This filling may be stored in refrigerator in a covered jar. It may be used in the pudding, or to put between layers of cake or as a pie filling.

Potatoes Hashed in Cream.

2 tablespoons butter
2 cups diced potatoes
Salt, pepper
2 cups rich milk

Melt the butter, add potatoes and seasoning and stir over fire until the butter is absorbed. Add the

milk and cook slowly, about half an hour. Add more milk if needed.

Baked Stuffed Fish.

1 medium sized fish, two to three pounds
Stuffing
2 cups soft bread crumbs
2 teaspoons chopped onion
Salt, pepper
2 teaspoons lemon juice
3 tablespoons melted fat
Clean the fish by removing the scales and the fins, and split. Stuff and sew. Dredge with flour, dot with butter and bake in a hot oven (500 degrees Fahrenheit). Cook until the fish separates from the bone and flakes when tested with the point of a knife.

Potato Salad.

4 cups cold boiled potatoes
1 chopped onion
1 cucumber or 2 pickles
1/4 cup French dressing
Cooked salad dressing
Cut potatoes into dice or slices, add the onion and sliced cucumber or pickles, mix with French dressing which should be very well seasoned, and let stand in ice box one or two hours. Mix with salad dressing, serve on lettuce and garnish with parsley. Celery, cut into cubes, or celery seed may be used with the other ingredients if desired.

Plum Jam.

1 pound plums
1/2 to 3/4 pound sugar
Wash plums and remove seeds. Add sugar and cook until mixture is thick and clear. Pack immediately into hot, clean jars and seal at once.

Salmon Cutlets.

2 cups flaked salmon
1 cup thick white sauce
1 teaspoon chopped parsley
Paprika
1 teaspoon lemon juice
Salt
Mix in the order given, spread on a platter to cool. When cold, shape like a cutlet and fry in deep fat, 375 degrees F. A stick of macaroni may be inserted in the end to represent the bone.

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ANIMAL CRACKERS

By WARREN GOODRICH



"Kiss me again—"
WNU Service

FIRST AID TO THE AILING HOUSE

By Roger B. Whitman

RADIATOR COVERS

NOT long ago I saw some tests made on a new type of radiator enclosures. The results showed that these enclosures cut down the heat thrown off by a radiator by nearly one-half. The enclosures were ornamental; they were better looking than the radiators. But cutting down the heat by one-half means the chilling of a room in which they might be used. There is no satisfaction in this, of course, for a radiator is intended to supply heat.

A radiator delivers heat in two ways; heat is radiated from the hot metal just as it is from a fire or the sun, and heat passes to the room through the upward flow of air that is heated between the radiator sections. An enclosure with a solid front prevents the radiation of heat from the metal. A cover over the top of the radiator prevents the free upward flow of heated air. Even the best of radiator enclosures check the heating effect to some extent, but a checking of nearly one-half is entirely too great to be considered.

For the greatest heating effect, the front of an enclosure should be an open grill that will not check the radiation of heat from the metal. Not long ago I saw a home-made enclosure; a wood frame with the front filled in with diamond metal lath. This interfered very little with the radiation of heat, and, painted with the rest of the enclosure, was very attractive in appearance.

For a full flow of heated air, the top of an enclosure should be open, or at least be of open grill-work. The alternative is to have a solid top, as much higher than the radiator as the radiator is deep, and with its front open. Heated air will then have room enough to pass out horizontally. The lower part of an enclosure should be open, so that there can be a full flow of cool air from the floor.

An enclosure should not be bought for its looks alone. First consideration should be given to the extent to which it may cut down the heating effect of the radiator.

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MANNERS OF THE MOMENT

By JEAN

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FEMININE shoestring problems are nothing to masculine shoestring problems, we hear. It's probably because the men have more shoestrings to handle. Anyhow, we've learned on good authority that most men's shoestrings get into hard knots sooner or later. And it is rumored that wives find it difficult to quiet the frustrated untiers of knots.

Well, here is our advice to wives of men whose shoestrings won't untie.



Be on Hand With the Scissors When He Gets Tied Up in Knots.

First have some scissors handy. Keep your eye on the man who is grappling with the knot. Don't step in too soon for he must be given a chance to feel his independence. When he gets to the point where he gives the shoestring one tremendous yank and then glowers at it, hand him the shears without a word. You know then that he is mad enough to ruin a pair of shoestrings willingly. Everything will be fine after that.

But perhaps you'd better have an extra pair of shoestrings tucked away in your sewing basket in case his destructive tendencies have worn off by the next morning.

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Perspiration Discharged

The amount of perspiration normally discharged by a healthy person varies from about 1 1/2 to 5 pints per day, increasing with exercise and high temperature.



BEST HE COULD DO

A vast cloud of smoke and big tongues of flame began to issue from the windows of a house. A man ran over to it and pressed the electric bell. The door was opened by a woman who suffered from deafness.

"Mad, your house is on fire!" exclaimed the man.

"What's that?"

"Your house is on fire!" he repeated.

"What's that? House on fire? Oh, is that all?"

"Well," replied the man, aghast, "that is all I can think of at the moment."

OLD GROUCH



"I don't like that hammerhead shark."

"Why?"

"He's always knocking some one."

Supper for a Snack

A teacher had dwelt with wearisome irritation on the part played by carbohydrates, proteins, and fats respectively in the upkeep of the human body. At the end of the lesson the usual test questions were put.

"Can any girl tell me the three foods required to keep the body in health?" was the first one.

There was silence till one girl replied: "Breakfast, dinner and tea!"

His Suggestion

"What wor that I saw yer boy Mike carryin' yesterdayer?" asked Mr. Dolan.

"That," answered Mr. Rafferty, "wor his golf outfit. What do yez think iv it?"

"Well, it struck me at the time that all it wanted was a pick an' shovel to be a fine kit o' tools."

Considerate of Him

"You were late coming home. I heard the clock strike 2."

"No, darling, it was about to strike 11, but I stopped it in case it disturbed you."—Stray Stories Magazine.

On More Mature Reflection

"Don't you wish you were a child again and could play in the snow?"

"No," answered Miss Cayenne, "I thoroughly appreciate the advantages of a taxicab over a sled."

Tail of Woe

Joe—Is it possible to have too much of a good thing?

Sapp—Well, the cat with the shortest tail runs the least chance of having it stepped on.

Family Ideas

Caller—Little boy, is your mother engaged?

Boy—Engaged? Why, she's married.

BY THE TON



Dealer—No anthracite, only soft coal on hand!

Householder—Well, let me have some of that—it's hard compared with your customers. At any rate!

Slow Time

Efficiency Expert—I fired the worst clock watcher in your employ.

Boss—Who is he?

Expert—Joe Jones.

Boss—What! He's my timekeeper!

Vacationing

Boy—Say, dad, what does it mean when the paper says some man went to a convention as a delegate at large?

It means his wife didn't go with him, son.

Straight Shooter



This is Miss Jean Ainsworth Tenney of Clear Springs, Mo., who won the national women's championship at the fifty-seventh target session of the National Archery association with a grand total of 1,926 points.