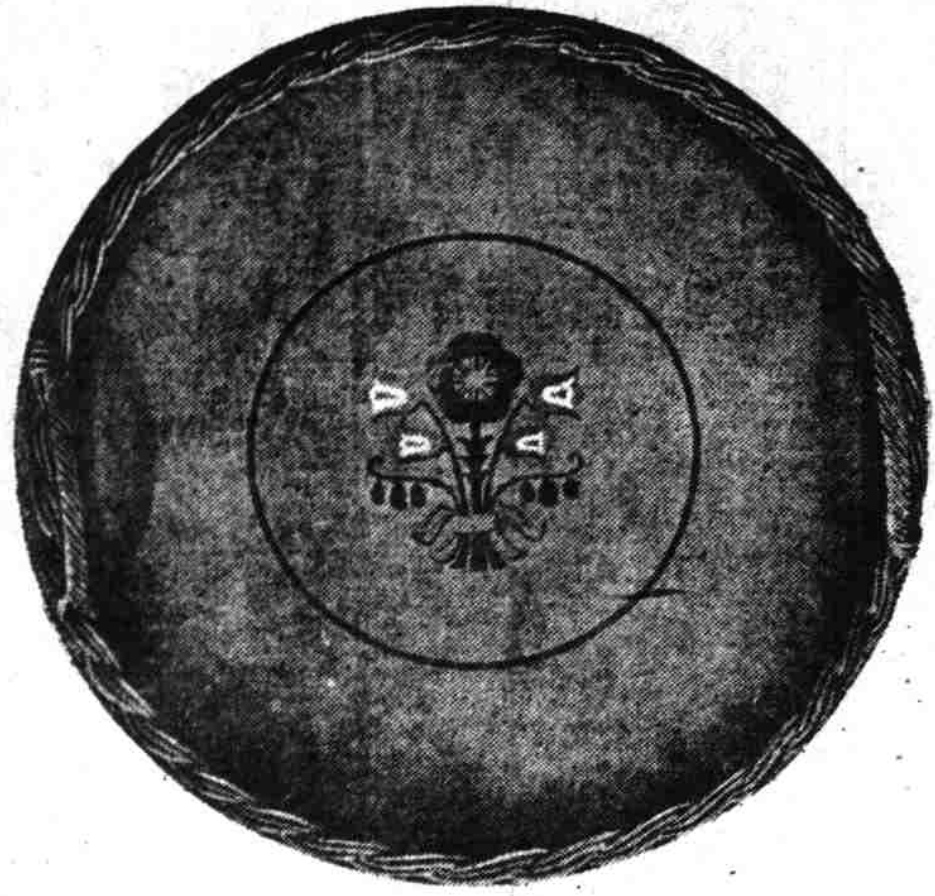
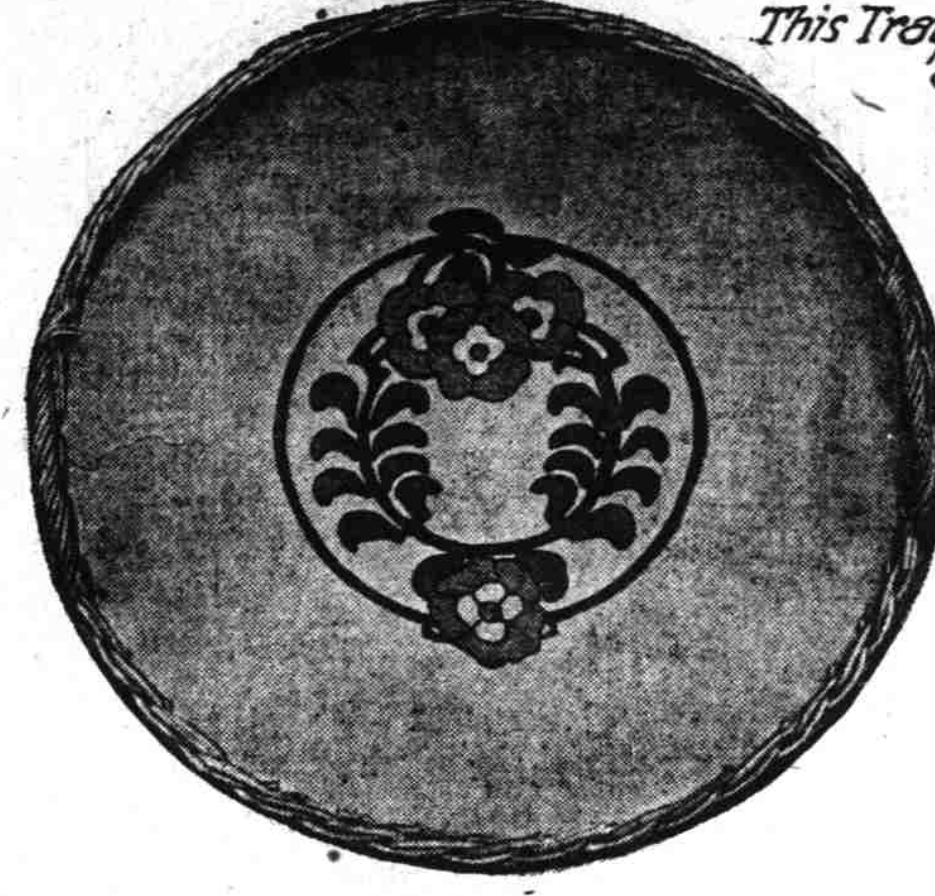


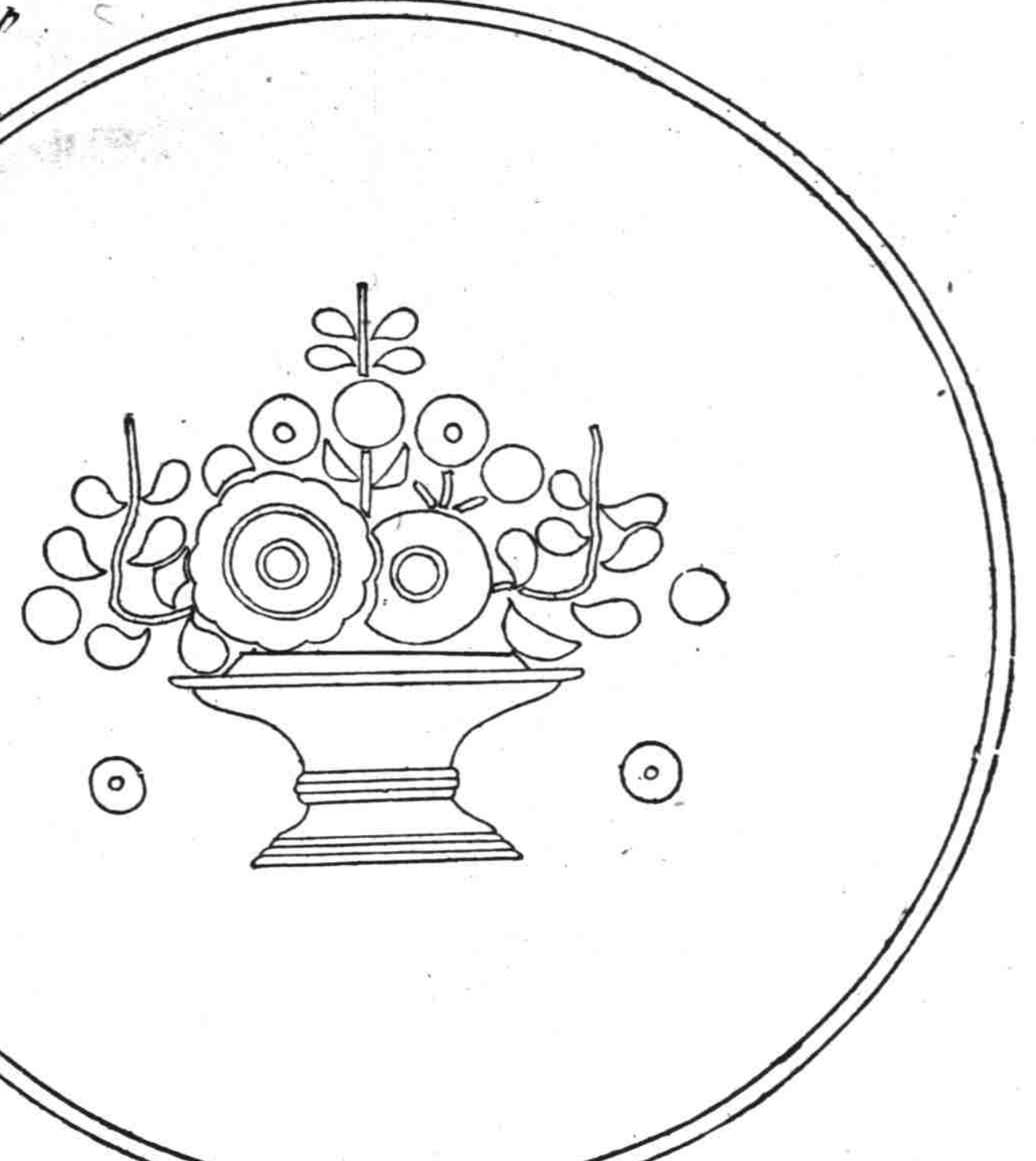
# GET READY A PAINTED TRAY FOR ICE TEA TIME



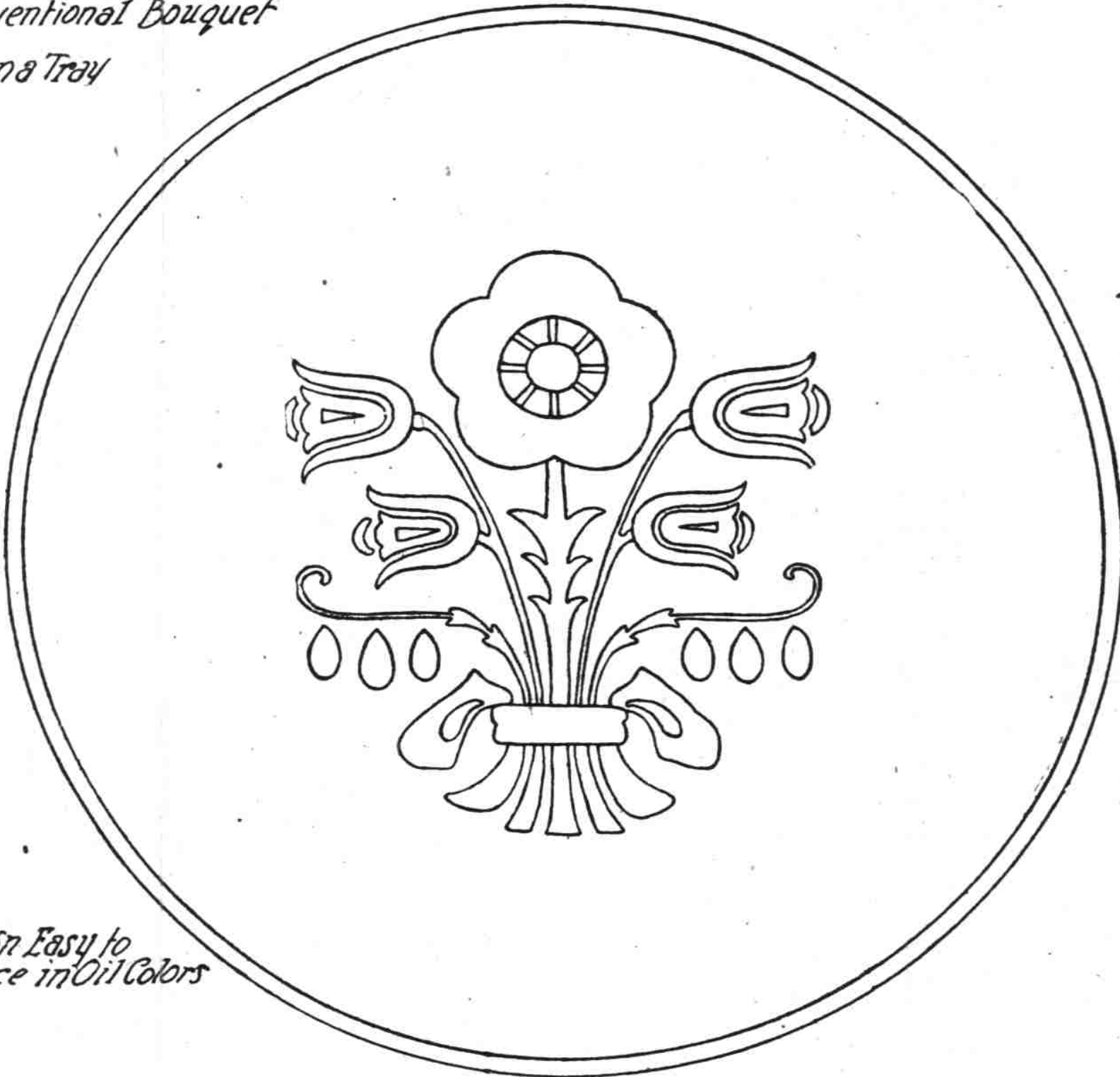
How the Conventional Bouquet Looks on a Tray



This Tray Is Yellow With a Gay Motif



An Attractive Basket Design



A Design Easy to Produce in Oil Colors

## WOOD AND WICKER TRAYS EASILY MADE

By Adelaide Byrd

NO. IT won't be so very long until warm days make the appearance of a tray of iced drinks a very welcome sight indeed. And if you wish to be artistic and practical at the same time in your entertaining you will want one of these lovely wood and wicker trays, which nothing can hurt and which fit so well with the character of summer furnishings. They are lovely for porch and cottage use, but for that matter they will fit in with an informal scheme of furnishings all the year around.

They are not to be made in an afternoon, however, though a great amount of time is not required in their manufacture; sufficient coats of paint and a drying and rubbing down process between each is what will make them works of art instead of mere botches.

You must begin with a round board about half an inch in thickness and 14 inches in diameter. It could be oblong or square or oval, but as both the patterns given are round, the round tray is suggested for this article. The next process in the weaving of the willow border. It would take too much space to give the full directions for this but

any student of basketry could easily fashion it, while even the amateur could follow the directions from a book on basketry to be found in any library. If you can't find the directions write to us, including a stamped self-addressed envelope, and we will send them to you.

With the tray made, it is time to give it the first coat of paint. For most purposes the tray with a neutral background, a gray or a gray-green is more serviceable. One of the trays photographed has a bright yellow background and you can imagine how effective it is if the motif is artistically managed. Select then your paint and give it the first coat, wood and willow both. Let it dry and then rub it down with a paste of ground pumice stone and water. Give it the second coat and repeat the rubbing down process. The tray is ready then to be decorated.

You have a choice of two patterns, the conventional bouquet and the basket of flowers. The latter is a stencil and may be treated that way if preferred. The first is not quite a stencil and will have to be transferred to the wood with a dull carbon paper. You may find this as easy a way to work with the basket design, too. When the

design has been carefully traced to the exact center of the tray you will fill in the outline with oil colors from tubes like artists work with. Try not to have your colors so thin that they run over the outline nor so thick that they cake and do not line smooth. It may be necessary to thin out the tube paint with a bit of turpentine. For the amateur it is better to buy a tube of each color needed, rather than to try to mix the shades from a few rudimentary colors.

Supposing you have selected the bouquet design, you will want a color scheme. Is your furniture covered with cretonne? Then you may get inspiration from that. One beautiful tray was painted a flat gray. The flowers of the bouquet were a rather bright blue with yellow centers, both the large open flower and the buds. All the leaves and stems and hanging seeds were a rich dark green. The bowknot at the bottom gave some life to the design by being painted a bluish purple. The basket of flowers can be treated even gayer. Make the basket a rich brown, with lines of yellow, the flowers in soft pinks, purples and reds. Experiment on paper until you get the combinations you like. Put the design on a green background.

When the design is painted, a coat of waterproof varnish is the last step of the process. There are some people who like their trays enameled instead of treated with flat paint. Then let the second coat of paint be enamel by all means. Again, others prefer a stain instead of paint, which is merely a matter of taste.

But don't despair if you have not the time to make the whole tray. The designs are still valuable. You can buy a tin tray at a cheap novelty store, and use either design upon it in oil colors or enamels. You can also make use of the designs for the new painted furniture, but if you are in no hurry, wait a few weeks and some designs made especially for painting furniture will be given to you. The new artistic effects are so lovely and so easily done without any shading, but just filling in a transferred outline, that the mere amateur can have all the pretty things she wants from a few designs like those given here.

## Little Known Vegetables Some of Best

THERE are a few early vegetables, not well known to the average person, which are of decided food value and can be cultivated profitably by the amateur gardener in this season's attempt. These are mostly vegetables of a green and succulent variety.

One of these is okra, grown for its green pods, which are used in soups and stews. It is cultivated much like corn. The seed is sown in late spring after the ground has become thoroughly warm, in drills three inches apart and one inch deep. Later the plants are thinned to 10 inches apart. The okra requires a rich soil.

The leek is another vegetable used for stews and soups that is not so well known among Americans. It is sown in drills early in the season, and transplanted when the plants are six inches high, into rows one foot apart, allowing six inches to each plant. Plant as deep as possible and, as the vegetable grows, keep the earth up around it so that it will not blanch. The advantage of the leek is that it may be left out all winter.

Artichokes are used for food on the continent, but in the United States this custom does not widely prevail. They succeed best when the plants are bought from the seedman and then set out, instead of starting from the seed itself. For all the kohlrabi is an old plant, it is generally a curious and well known. It makes a delicious dish when fried. Its culture is comparatively simple. Sow in drills, and when the plants are six inches high, transplant to rows. The kohlrabi is a leafy vegetable, and resembles carrots and parsnips in culture, doing best in a light, highly fertilized soil. It is hardy and may be left out all winter for use in the early spring. If wanted for winter use, it ought to be taken up and stored. Satisfy, when boiled and fried in cakes, very closely resembles oysters.

Kale and collards are both a kind of cabbage; both are best when touched by frost.

Cardoon is scarcely known in the United States, but in Europe it is used widely. It resembles celery somewhat, as it is an edible stalk. Its culture is something like that of celery, and the stalks of the plant must be bleached like celery. The leaves also are wrapped up in straw when mature and allowed to blanch.

Swiss chard, a sort of spinach beet, is rapidly gaining in popularity. It is prepared for the table like spinach, only sometimes the mid rib of the leaves is torn out and cooked like asparagus. Either way it makes a delicious dish.

## WOMEN PROVE THEY CAN KEEP SECRETS

By Edwin Pugh  
The Well Known British Novelist, in the London Mail

SINCE the beginning of the war women have proved pretty conclusively that they are comparatively few men's jobs they cannot master.

On the land, on the railways, in the workshops, amid the vehicular traffic of the crowded streets, in a hundred new, unaccustomed occupations, alike exacting and dangerous, they are doing work now that only a little while ago seemed to require all a man's strength and skill and nerve.

But perhaps what most amazes business and professional men is that they should have "made good" as clerks.

It may be urged at first sight that there is nothing particularly difficult or arduous about a clerk's work—that it ought to be as easy to wield a pen as a needle, to manipulate a typewriter as a sewing machine. And that is true enough, I dare say. Only that is not the point.

Before the war there was considerable prejudice against the idea of women acting as clerks. They were never employed in banks, in solicitors' offices, or, I think, in the offices of insurance companies. And doubtless there were many other offices from which they were excluded. And that is true, and were cheaper than men clerks, and it

had never been demonstrably proved that they were less efficient. No; the objection to them was that they were not so trustworthy as men, that most of them could not be relied on to keep a secret, and that therefore it was unwise to allow them the least insight into the details of private and confidential transactions.

Speaking at first hand, from my own eight years' experience of a solicitor's office, I can say without any paltering that it was thought most of them would be sure to gossip about our clients' affairs. We imagined them as discussing with their friends and neighbors of their own family, all manner of family scandals and other delicate issues that we men were in honor bound to say nothing about.

For it is a mistake to suppose, when you have breathed your innermost soul into a solicitor's ear, that what you have told him goes no further. It goes no further than the outer walls of his office. But no solicitor could ever carry on his business properly who tried to withhold his clients' secrets from the knowledge of his clerks, even if it were possible for him to do so. And what is hidden not only from the public but also from intimate connections of the

parties concerned the whole fabric of society would totter to its fall. And I have never heard or known of any clerk betraying this trust in his integrity. It is a tradition among clerks as sacred as the "kiss and never tell" tradition of every true man.

But when women are kissed—or see others kissing—they often do tell.

Would they be any more reticent about business affairs than they are about love affairs? It was generally assumed that they would not. And so they were never permitted to enter the office of any business or professional man to whom the most intimate self-revelations and inviolable confidences were the mere commonplace of his everyday routine. . . . until the war broke out and it was found impossible to do without them even as clerks.

And now they are everywhere. There are very few offices, large or small, in which you will not find at least one woman clerk taking the place of a former man clerk. They are the repository of all kinds of momentous secrets just as their male predecessors were. They know just as much—and that is, as a rule, all there is to know—about what happens behind the scenes as I and my fellow clerks knew in the old days. And they have proved themselves just as trustworthy.

During this war there have been betrayals of faith, breaches of confidence, There have been some ugly scandals and exposures. There have been cases of blackmail and bribery. But in none of these cases has the name of any woman clerk appeared. Instances of venality among women clerks have been, and are still, as hard to seek as ever they were among men clerks.

Thus it exploded the old base gibe: "If you want to tell a secret, don't telephone or telegraph, tell a woman."

## May Day Next Fete Day to Be Celebrated

By Dame Curtsey

A WEEK from Wednesday is another special day to be celebrated, and a very pretty custom is the keeping of May Day. As usual, we are indebted to our English cousins for the ideas here suggested. If the day be fair and an afternoon party for children to be given, have a May pole erected on the lawn and equip it with streamers of delicately colored cambric with which to wind the pole.

For a table centerpiece have a small pole with an embroidery ring fastened on the top, and from this hang the ribbons, which may extend to each place, the ends being tied to small baskets filled with spring flowers and the place card tied to the handle. This makes a most effective decoration, and one only suited to this day.

Lines from Tennyson's "For I Am to Be Queen of the May, Mother," may be written on the card, or the poem may be read aloud. Send the invitations by special messenger in tiny baskets, which may be left on the door knob.

The giving of gifts on May Day is an old custom. The gifts are usually in a box of fragrant blossoms. What a pretty way for a lover to send a token to his sweetheart hidden in a mass of violets! Mayday brings another opportunity for sending gifts of fruit or flowers to our friends who are ill or shut in.

This rate applied to the whole country gives figures that are staggering. No monetary estimates of disability are needed to emphasize this enormous loss of working time in the productive years of life.

American sailors last year deposited close to a million dollars in the branch bank maintained at the Brooklyn navy Y. M. C. A. building.

## "CASCARETS"

They Gently Clean the Liver and Bowels, and Stop Head-ache, Colds, Sour Stomach, Bad Breath

Enjoy Life! Take Cascarets and Wake Up Feeling Fit and Fine—Best Laxative for Men, Women, Children—Harmless—Never Gripe



Birds Cross Ocean

H. F. Witherby, who is the editor of British Birds, has since 1910 had 75,000 birds marked in the hope of learning something about their travels. A swallow ringed in Lancashire was found seven months later at Grahamstown, South Africa, 6000 miles away. A "leaser black backed gull," ringed at the Farns islands, off Northumberland, was found eight months later at St. Louis, Senegal, and a blackbird ringed in London, was found in Moscow a few weeks afterward.

## MILLION WORKERS ARE ILL ALL TIME

IN HIS report on the conservation of national vitality Fisher states that there are always 3,000,000 sick persons in the United States, of whom 1,000,000 are in the working period of life, and that about three quarters are actually workers earning an average of \$700 a year, the loss through sickness being over \$500,000,000. This is added another \$500,000,000 as the expense of medicines, medical attendance, special foods, etc., bringing the total cost of illness, as estimated by Fisher, up to about \$1,000,000,000 a year.

One half of this loss is preventable. The preventable loss from death is estimated at \$1,000,000,000, which, added to the estimated preventable loss from illness, \$500,000,000, gives 1 1/2 billions as the preventable loss from disease and death in this country. These figures are estimates—conjectures—and yet they probably are not far from the actual facts.

A recent survey of the sickness in North Carolina indicates that they are not exaggerated. North Carolina was chosen because it included rural as well as urban communities, and gave an opportunity to compare sickness in the white race with that in the negro. Fourteen thousand one hundred and twelve families were canvassed, containing 66,007 persons, 43,468 white and 22,539 colored, comprising about 2.5 per cent of the total population of the state. There were 481 cases of illness found, or 28.5 per thousand, indicating that about 3 per cent of the population are constantly sick, and that in 80.4 per cent of those sick the illness is serious enough to render them unable to work.

This is slightly higher than the morbidity rate found in Rochester, N. Y. It is also higher than that reported by Killings in the 11 census reports for a group of 12 Northwestern and Southern states; but in considering the different geographic areas covered and the changes that have occurred since 1890, the two estimates correspond closely.

Of nearly 2000 sick persons, 80 per cent were unable to work; 28.5 per cent of these were confined to bed and 61.8 per cent were up and about. These figures confirm the Rochester report, which showed 27.6 per cent confined to bed and 55.2 per cent up and about. Only 2.4 per cent were in hospitals. This contrasts strikingly with 10.7 per cent in Rochester and 14.4 per cent in Trenton, and indicates limited hospital facilities in a state for the most part rural in character.

There is a regular increase in the

7.4 for colored males and 11.3 for colored females. These results agree with the best data available as to the number of days of disability per person of working age. The German figures for 1913 give 8.8 days for males and 9.8 days for females insured in the sickness societies of that country.

If from 2.5 to 3 per cent of the working population are constantly sick, it is equivalent to a loss of about nine working days per person per year of 300

working days for the entire population. This rate applied to the whole country gives figures that are staggering. No monetary estimates of disability are needed to emphasize this enormous loss of working time in the productive years of life.

## When the Baby Needs a Laxative---

No one knows better than the ever-watchful mother—the natural doctor of the family in all the small ills—that when the baby is out of sorts it is usually due to indigestion or constipation.

It is always well, in any of its illnesses, to look for this cause. The diet may have to be changed, but before good can result from it, the bowels must be moved.

The mother has the choice of many medicines—cathartics, purgatives, bitter-waters, pills, physics, etc. But the little body doesn't need such harsh remedies for they wrench the system and do only temporary good, so often followed by an unpleasant reaction.

A better plan is to employ a mild, gentle laxative in which only a little is required. There is a combination of simple laxative herbs with pepsin sold by druggists under the name of Dr. Caldwell's Syrup Pepsin that thousands of mothers have used successfully for baby's constipation and its accompanying ills, such as belching, wind colic, restlessness, sleeplessness, etc.

The nursing mother will also find it ideal for herself, and it is especially important that she be free from constipation.

Syrup Pepsin is guaranteed to do as promised or the druggist will refund the money. Thousands of cautious families have it in the house, secure against the little ills.

Dr. Caldwell's  
**SYRUP PEPSIN**  
The Perfect Laxative

NO INCREASE FREE SAMPLES

In spite of enormous increased laboratory costs due to the War the manufacturers of Dr. Caldwell's Syrup Pepsin are sacrificing their profits and absorbing the war taxes so that this family laxative may remain at the pre-war price of 50c and \$1 a large bottle. So said by druggists for 26 years.

Dr. Caldwell's Syrup Pepsin is the largest selling liquid laxative in America. If you have never used it and would like to sample it before buying, send your address for a free trial bottle to Dr. W. B. Caldwell, 448 Washington St., Monticello, Ill. If you have had the family need for a copy of "The Care of the Baby."