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Has a Stable for Nightmare?  
Ad in Exchange—For Rent—One bedroom, with or without garage. Excellent location.—Boston Evening Transcript.

No Escape for the Rogue.  
There is no den in the wide world to hide a rogue. Commit a crime, and the earth is made of glass.—Emerson.

**SPRAINS MAY RESULT SERIOUSLY** Should Never Be Taken Lightly, but Have the Most Careful Attention at Once.

Sprains and strains as a class are injuries which cause little concern and, consequently, to which little attention is paid. The result is, according to the medical correspondent of the London Times, that a great deal of disability is caused which need not have occurred at all. He tells how to avoid much of this and gives explanations which rob sprains of some of their mystery.

Sprains are not by any means so trivial as they are usually supposed to be. Some of them are not "sprains" at all, but slight dislocations, and it is by knowledge of this fact that so-called bloodless surgeons acquire their reputation. A return of the members to their correct position often ends the pain and discomfort of these accidents.

Again, some sprains are fractures.

The bones may not have been separated, and so the fact that a break has occurred is overlooked. Not until permanent damage has been done is professional help called in.

Finally, there are cases in which fibers of ligaments—i. e., the binding material forming the hinges of a joint or the means of fixation of a muscle-tendon to a bone—have been torn asunder. These cases may prove exceedingly troublesome, and if not attended to may result in permanent weakness.

It is a good and safe rule to call in a doctor, says the writer, when any severe or even moderately severe sprain has been encountered. By this means the calamities attending neglect of serious injury are avoided.

**Knowledge Men Claim.**  
Men will talk of little things and great things as if they knew what things were little and what things were great.—Phillips Brooks.

**DISCOVER ONE REAL HARD SHELL** It Was Found in New York Excavation and Was Worn by Clam 500,000 Years Ago.

New York.—A shell, found 100 feet below the surface by excavators for the new Federal Reserve bank, in the heart of the financial district, is that of a clam at least 500,000 years old, according to report from scientists of

Cornell university received by an officer of the bank recently.  
The shell, thicker than that of any living clam and of an oval shape, was thought at first to have once belonged to an oyster of some extinct species.

It was presented as a souvenir to Benjamin Strong, governor of the Federal Reserve bank, and one of his assistants forwarded it to Cornell for identification.

Smithers—I see by the paper that they caught a girl on a freight train dressed in masculine attire.  
Hen-Peck—That's what I call a wolf in sheep's clothing.

# The SANDMAN STORY

**MR. FOX WAS SO SICK**

MR. FOX thought that he would try singing to Miss Henny Plump to see if he could not entice her to come out one night as the door of her house was locked and he could not get in.

"You can come out through the window that is open over my head," said Mr. Fox, looking up with longing eyes at Miss Henny through a small crack in the wall of the poultry house.

"You need not be afraid, my dear Miss Henny," said Mr. Fox. "I will be right here to catch you if you fall."

"And if I don't fall you will catch me, too, Mr. Fox," said Miss Henny. "I wonder if she suspects my plan?" thought Mr. Fox, but he did not ask.

Instead he said, "I will sing for you here in the moonlight while you are flying up to the window, then you will know I am patiently waiting for you to appear."

But Miss Henny Plump knew all about smooth-talking Mr. Fox and

that they will be unable to refuse anything you ask.

Mr. Fox began to feel flattered. "What can I do to smooth those harsh tones?" he asked.

"I really should not tell you, for it belongs to Mr. Dog, and he thinks his voice the best in the world, but it is all on account of what he uses to make it smooth," said Miss Henny.

"Tell me what it is, Miss Henny," pleaded Mr. Fox, forgetting about wanting her for his breakfast.

"Well, if you will promise not to tell anyone I'll tell you what he takes to make his voice beautiful," Miss Henny replied.

Of course Mr. Fox promised and crossed his heart not to tell and Miss Henny told him that in a pall right by the barn was some very black-looking oil, but that he must promise also not to eat it all or Mr. Dog would be very angry, indeed.

"I am sure a little will be all you need to take, Mr. Fox," said Mrs. Henny.

Mr. Fox did not wait to hear any more. If it was something that belonged to Mr. Dog he would eat every last drop of it, for Mr. Fox did not care for Mr. Dog the least bit.

Mr. Fox poked his head in the pall. It did not taste very nice, but it would make Mr. Dog angry when he found it gone and so he did not stop until he had licked the bottom of the pall.

Then back to the poultry house he ran and sat down and began to sing. He had hardly begun when he commenced to feel queer about his stomach. "I don't feel quite well, I think I'd better run home," he told Miss Henny.

"I guess you had, Mr. Fox," she replied, "for you are going to be very sick, very sick, indeed. That was grease the farmer uses for the wheels of his wagon and you will not care for poultry for a long time."

But Mr. Fox didn't hear the last of what Miss Henny said. He was hurrying home as fast as he could, for every little while he had to stop and lie down, he was so sick. "I wish I had that Miss Henny," he began.

"Oh, no, I don't. I never want to see a chicken or hen again. Oh! I am so sick. Oh, dear, what shall I do!"

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## THE ROMANCE OF WORDS

"BUXOM"

WHEN Milton, in "Paradise Lost," speaks of "winging silently the buxom air," it is at once apparent that the word "buxom" must have had some meaning at that time different from the currently accepted one of rosy and plump.

We might refer to a strong healthy woman as buxom, but we would never apply the adjective to the air.

In Milton's time, however, the word had just changed its spelling from "boughsome," a term which gives a clue to its primary meaning of yielding or bending like the boughs of a tree.

"Buxom," to Milton, was practically the equivalent of our present-day "pliant." The first change, merely one of form, came when the "gh" began to lose its guttural sound and "ough" was elided into the single letter "x."

Then, after the lapse of a number of years, a gradual alteration of the word began to take place, probably due, as Doctor Johnson suggests, to a too liberal construction of the bride's promise in the old English marriage ceremony to be "obedient and buxom (or yielding) in bed and in board."

In time, therefore, it came to be applied to full-blooded women who were erroneously thought likely to be careless of virtue. Hence it now means plump, rosy, alluring, and is applied only to women who combine these qualities of figure, face and expression.

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## "What's in a Name?"

By MILDRED MARSHALL

Facts about your name; its history; meaning; whence it was derived; significance; your lucky day and lucky jewel

**BERTHA**

BERTHA, signifying bright, has an extraordinary ecclesiastical flavor. In old German chronicles the feast of Theophania is translated by a word meaning brightened night, and the root of that word is "berahta." How perahtha, or berahtha, became an individual character is too involved for space here, but it is sufficient to say that Perahtha, or Bertha, was a sacred being, called, in an old Alsatian poem, the mild Berchte, in whose honor all young farmers dance, ring cattle bells and blow whistles throughout the night of the feast.

She is pictured as an old, white-haired woman, with a long nose, who creeps into nurseries and comforts little children neglected by their nurses. In other stories, she is used as a figure of terror to frighten children and is the avenger of idle spinners. Frau Bertha is undoubtedly the impersonation of the Epiphany, though there is an effort to connect her with the old mythical Huldr, and other etymologists believe her to be another name for the Goddess Freya, wife of Odin.

One of the most famous Berthas was the wife of Pepin and mother of Charlemagne, known as "Bertha aux grands pieds." Another Bertha of historical fame was her daughter, sister of Charlemagne and wife of Orlando, who, being in great want, supported herself spinning until her son won recognition from his powerful uncle.

Because of Queen Bertha of Switzerland, the name has always been very popular there. It has also had great vogue in England since the Norman conquest, and even before that time it was in use, having named the daughter of Chilperic, king of Paris, and wife of Ethelbert of Kent, who smoothed the way for St. Augustine's mission. It is used quite commonly in France and Germany, and in Dante's time was so frequent in Italy that he places Moona Berta with Ser Martino as the chief of the gossips. Southerly gave it additional vogue in England by so-called one of his heroines, and it even penetrated Greece by the marriage of a German princess of that name to a Greek emperor.

Bertha's talismanic stone is the beryl, which is said to keep its wearer amiable and with inconquerable charm. Wearing a beryl will reawaken love in married people. Sunday is her lucky day and 2 her lucky number.

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# The Secret of Being a Convincing Talker

How I Learned It in One Evening.

By GEORGE RAYMOND

"Have you heard the news about Frank Jordan?" The question quickly brought me to the little group which had gathered in the center of the office. Jordan and I had started with the Great Eastern Machinery Company, within a month of each other, four years ago. A year ago, Jordan was taken into the accounting division and I was sent out as salesman. Neither of us was blessed with an unusual amount of brilliancy, but we "got by" in our new jobs well enough to hold them.

Imagine my amazement, then, when I heard: "Jordan's just been made Treasurer of the Company!"

I could hardly believe my ears. But there was the "Notice to Employees" on the bulletin board, telling about Jordan's good fortune.

"New I knew that Jordan was a capable fellow, quiet, and unassuming, but I never would have picked him for any such sudden rise. I knew, too, that the Treasurer of the Great Eastern had to be a big man, and I wondered how in the world Jordan landed the place.

"The first chance I got, I walked into Jordan's new office and after congratulating him warmly, I asked him to let me 'in' on the details of how he jumped ahead so quickly. His story is so intensely interesting that I am going to repeat it as closely as I can remember it. 'I'll tell you just how it happened, George, because you may pick up a pointer or two that will help you.'

"You remember how scared I used to be whenever I had to talk to the chief? You remember how you used to tell me that every time I opened my mouth I put my foot into it, and of course that every time I spoke I got into trouble? You remember when Ralph Sinton left to take charge of the Western office and I was asked to present him with the loving cup the boys gave him, how flustered I was and how I couldn't say a word because there were people around? You remember how confused I used to be every time I met new people? I couldn't say what I wanted to say when I wanted to say it; and I determined that if there was any possible chance to learn how to talk I was going to do it.

"The first thing I did was to buy a number of books on public speaking, but they seemed to be meant for those who wanted to become orators, whereas what I wanted to learn was not only how to speak in public but how to speak to individuals under various conditions in business and social life.

"A few weeks later, just as I was about to give up hope of ever learning how to talk interestingly, I read an announcement stating that Dr. Frederick Honk Law had just completed a new course in business talking and public speaking, entitled 'Mastery of Speech.' I sent for them and in a few days they arrived. I glanced through the entire eight lessons, reading the headings and a few paragraphs here and there, and in about an hour the whole secret of effective speaking was opened to me.

"For example, I learned why I had always lacked confidence, why talking had always seemed something to be dreaded, whereas it is really the simplest thing in the world to get up and talk. I learned how to secure complete attention to what I was saying and how to make everything I said interesting, forceful and convincing. I learned the art of listening, the value of silence, and the power of brevity. Instead of being funny at the wrong time, I learned how and when to use humor with telling effect.

"It was perhaps the most wonderful thing about the lessons were the actual examples of what things to say and when to say them to meet every condition. I found that there was a knack in making oral reports to my superiors.

AMERICAN NEWSPAPER ASSOCIATION of Portland, Ore.  
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To Remove Acid Stains.  
When the color of a fabric has been changed by an acid, such as lemon juice or vinegar, the original color often can be restored by sponging with ammonia and water and then chloroform.

Another Nature's Fake.  
Exchange—The bride's father, born 82 years ago with long white beard and venerable mien, led her to the altar.—Boston Evening Transcript.

When Dictionary is a Friend.  
The dictionary is a comforting book. One can always find how to spell a word if one knows how to spell it in the first place so one can find it in the dictionary.—Seattle Times.

Flag Denotes Owner's Presence.  
At many of the great country houses in England a "family flag," bearing the coat of arms of the owner of the house, is flown from a flag staff when the owner is in residence.

Live Ones Only Need Apply.  
Ad in a New York paper—Bookkeeper for factory of Christian concern; good opportunity for advancement for conscientious worker.—Boston Transcript.

Real Attribute of Democracy.  
"All real democracy is an attempt (like that of a jolly hostess) to bring the shy people out."—G. K. Chesterton.

Last Survivor of the 1812 Conflict.  
The last surviving pensioned soldier of the War of 1812 died in 1905 at the age of one hundred and five.

Far Above Level of Sea.  
Cuzco, Peru, is 11,280 feet above sea level, 2,660 higher than the Great St. Bernard.

Woman's Superior Eyesight.  
Oculists say that as a rule the eyesight of a woman is better than that of a man.

Athens of the Alps.  
Zurich was formerly called the Athens of Switzerland from the number of Protestant refugees who resorted thither and inundated Europe with their works on controversial divinity.

Child of Old Age Favored.  
Careful research is said to have established the fact that the child of a father over fifty years of age has ten times as good a chance of becoming eminent as he would have if his father were a young man.

A Fine G. G. R. C. Motto.  
"Make the most of the small joys out of life and they will pave the way to greater. Grasp every opportunity to help another, and your helpfulness will increase."—Our Dumb Animals.

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is needed in every department of house-keeping. Equally good for towels, table linen, sheets and pillow cases. Grocers

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