

The SANDMAN STORY

FOUND UNDER A TREE

NO ONE ever knew how it came there, but after it was all over, Mr. Fox, who visited the farms often than any of the others, thought that some one had a picnic in the woods and left it under the tree.

It was a box, not a very large one, but large enough to attract Mr. Fox as he walked through the woods one day under the bushes and back of the trees.

He, being a very wise and cautious fellow, did not touch it, but ran over to Billy Possum's house to tell him about it, and Billy, being very curious, ran with Mr. Fox to where the box was under the tree.

But after looking at it a while Billy Possum decided that Tim Coon was the boy who should be given a chance



to investigate; that is, to poke the box with his nose or paw and see what would happen.

So over they went to Tim's house and told him about their discovery. "We did not want to be selfish," said Mr. Fox, "so we came for you to share in the fun of seeing what is in it."

Tim was very much flattered when he heard this and off he went to see the mysterious box.

Mr. Fox, Tim Coon and Billy Possum all sat still and looked. Not one



I GOTTA more deegust now as I lasa week when I first come Washington, capital da Unitta State. My friend tella me everybody come een da congress for maka da law. But seema lika only ting he ever make ees da speech and da meestake.

Righta now ees greata beega fight for da league of nation and da peace treat. Da peace treat was for stoppa da war and da league of nation for maka heem stay stop.

Presdent Weelson throw up da job over here so can go to France and maka dat ting. And when he getta all feex and breenga home da congress try putta on da bum. Dat way ees jusa lika da leetle keed whosa mamma senda heem een store for buy da eggs. He getta eggs and starta home and when getta almosta back some beega boys maka heem drop.

Now I tink ees no maka so moecha deefronce eef da eggs was fresh or rotten when he leava da store, but eef dey getta broke ees preety tough on da keed. Dat ees so gooda way I can explaina da fight wot ees go on now.

But da Presdent Weelson maka one meestake. When he maka dat league for nation he tink would stoppa alla da fight. Eef he can go back to France and maka one for stoppa da fight een congress I tink would be gooda suggest. I dunno eef I gotta righta idee.

Wot you tink?



WHILE coffee was unknown to the Greeks and Romans, it was used in Arabia as early as the Fifteenth century. Plants were carried from Mocha to Batavia in the Seventeenth century, and to Martinique in 1720. The first coffee house in Europe was at Constantinople in 1551; in England the first was in London in 1652, and in France at Marseilles in 1671.

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Constance Talmadge



Constance Talmadge, the charming film star recently became the bride of a wealthy tobacco merchant and importer. With her talented sister, Norma, Miss Constance Talmadge a short time ago entered into a three-year \$20,000,000 contract to produce 24 pictures a year. She recently passed her twentieth birthday.

A LINE O' CHEER

By John Kendrick Bangs.

A PLEDGE.

DO WHAT they will
For good or ill
Unto the League of Nations;
The Treaty take
Or let it break
Beneath the Reservations—

My hand and heart
Will do their part
With Treaties or without them
To stand for good
And Brotherhood
When Huns or others flout them.
(Copyright.)

In North Australia there are certain cannibal tribes who make a practice of eating their slain friends, but not their enemies.

BEAUTY CHATS

By EDNA KENT FORBES

BEAUTY FOODS

ASIDE from the question of which foods make for fat or for slenderness, is the question of which foods make for beauty. Certain fruits and vegetables do have a direct effect upon the looks, and the woman who is trying to improve herself would do well to use them frequently in her diet.



Much of Your Beauty Depends Upon Your Food.

Any food containing olive oil is usually good for the complexion. Olive oil itself is splendid for the complexion, but it will make fat and must be avoided by women who do not wish to gain. The young women of Italy have wonderful skins, indeed, they are world famous for the soft, creamy tint of their skins. Three things, olive oil, wine and garlic, are used more than any other foods in their diet. The oil brings flesh, the wine makes blood, the garlic acts as a general cleanser for the system.

MOTHER'S COOK BOOK by Nellie Maxwell

The longer on this earth we live
And weigh the various qualities of men,
The more we feel the high, stern-featured
beauty
Of plain devotedness to duty,
steadfast and still, nor paid with mortal
praise,
But finding amplest recompense
For life's unguarded expense
In work done squarely and unwasted
days.
—James Russell Lowell.

GOOD THINGS FOR ALL THE FAMILY.

ONE of the first essentials to a good meal is good bread of some kind. The following recipe will be found all right:

White Oatmeal Bread.

Pour two cupfuls of scalded milk over one cupful of rolled oats. Milk and water may be used if all milk is not economy; add a teaspoonful of salt, a tablespoonful of shortening and when lukewarm add one-third or more of a compressed yeast cake, softened with half a cupful of water. Add wheat flour to make a dough to knead and knead from five to ten minutes. Return to the mixing bowl, cover and let rise until double its bulk. Shape for two-pound loaf bread pans. When light, bake one hour. This recipe requires about five cupfuls of flour.

Lemon Honey Cakes.

Heat one cupful of honey to the

boiling point; add two and one-half tablespoonfuls of shortening and let cool. When cold stir in one and one-third cupfuls of flour and set aside over night. When ready to bake add the grated rind of a lemon, one and one-half tablespoonfuls of lemon juice, one-third of a cupful of finely chopped blanched almonds, one-third of a teaspoonful of soda dissolved in one tablespoonful of water. Beat all together thoroughly. Bake in small round cup cake pans for 20 minutes.

Molded Rice Pudding.

Cook one-half cupful of rice in one cupful of boiling water, to which half a teaspoonful of salt has been added. When the water is absorbed add one cupful of milk and one-half cupful of raisins, one-quarter of a cupful of sugar, and cook until the rice is tender, adding more milk if needed. Fold in the beaten white of an egg and turn into a mold. Serve cold with a sauce made from one pint of milk, one teaspoonful of cornstarch, one-third of a cupful of sugar, half a teaspoonful of salt and the beaten yolk of an egg; cook the cornstarch in the milk 15 minutes before adding the egg yolk. Use the sauce when cold. Garnish with a few raisins cooked until plump in boiling water. Flavor with vanilla.

A chocolate sauce is liked by some for a rice pudding and may be served either hot or cold.

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SCHOOL DAYS



THE GIRL ON THE JOB

How to Succeed—How to Get Ahead—How to Make Good

By JESSIE ROBERTS

EMPHASIS ON HEALTH

YOUR economic success is largely a matter of good health; this fact is being recognized today as it never was before. No one can do good work and be out of sorts. Any serious or prolonged illness is a drain on your earning power and an increase in your expense account.

"Keep Well" is a slogan you might just as well adopt at once, and then live up to. For very largely it is in your own hands whether or not you shall be in good health.

No woman should work at a job that is hurting her. No question of high salary will pay her for such recklessness. There are jobs a man can do with no harm, but not a woman. Let her leave such work alone.

There are rules of hygiene, as excellent as they are simple, which it is up to you to know and understand. You must be properly fed, properly rested, kept clean and unclogged.

Don't fill yourself with patent medicines. If you are ill see the best doctor you can get and do what he tells you. If you have any reason to fear that you are not in good condition go to a reputable man or to a hospital for a complete physical examination. Don't put this off because you are busy or fear the expense.

Put your emphasis on health. Don't fool with a good constitution simply because you are blessed with one. If your work is trying, treat yourself during your rest time with consideration, give the machine a chance to recuperate, or change your job.

(Copyright.)

THE WOODS

BY DOUGLAS MALLOCH

MARCH.

IN what a travail is our Springtime born!

'Mid leaden skies and garmenture of gloom,

Wild waves of cloud the drifting stars consume.

And shipless seas of heaven greet the morn.

The forest trees stand sad and tempest-torn,

Memorials of Summer's ended bloom;

For unto March, the sister most forlorn,

No roses come her pathway to illum.

Yet 'tis the month the Winter northward flies

With one last trumpeting of savage might.

Now stirs the earth of green that underlies

This other earth enwrapped in garb of white.

And while poor March, grown weary, droops and dies

The little Springtime opens wide its eyes.

(Copyright.)

A Walking Rest.

"Been on your vacation?" asked the cheerful citizen answering the postman's whistle at the door.

"Yes, and I needed a rest," replied the letter carrier.

"You certainly did. A man who walks as much as you letter carriers certainly needs a rest."

"Right, sir."

"What did you do to rest yourself?"

"Played 36 holes of golf every day, sir."