

Bedtime Story for the Children

By MARY GRAHAM BONNER

"It's getting-up time," said Grandpa Frog. "The spring has come. Yes, it has."
 "The creatures who have slept all winter are beginning to appear."
 "But for those who would like to sleep still longer, I've no objection."
 "It's not really hot summer as yet."
 "In fact today has been so chilly that it is hard to believe that it is springtime."
 "Suppose it turned out to be winter, after all?" asked a little frog.
 "Why, yes," said another, "we may only have been having just little naps and not our good sleep at all."
 "We're not so dreadfully sleepy," said another, "and if it were still the first part of the winter we'd be so very, very sleepy."
 "So it's certainly not winter any more."
 "And what is more we'd never even dream or think of waking up, or of leaving our nice beds of mud."

maybe the spring isn't coming after all—that we're going right over the winter once more.
 "It's apt to do such strange, cold things again. But just the same, the spring always has its own way in the end."
 "Once it starts to come, it comes, even though slowly. It always arrives in the end."
 "Isn't that wonderful!" exclaimed the young frogs.
 "To be sure it's wonderful," said



The Spring Has Come.

Grandpa Frog. "Spring is fine! Spring is—well, it's spring!"
 "You've said that several times, Grandpa," said one of the little frogs.
 "Don't be rude to your grandpa," said Grandpa Frog. "He can't help saying it many times."
 "He is so pleased about it."
 "That's right," said Grandpa. "I'm so pleased about it I'd like to sing a song about it."

And he began, but only frogs with their voices and their understanding of music (or their kind of music) would have enjoyed it.

This was the song:

I'm a frog,
 I'm a frog,
 And I sit on a log.
 I oft have a surpris,
 A bug or some flies,
 They hop on my nose,
 But not on my toes.
 For a bug on the nose
 In the mouth soon goes.
 I soon must begin
 To grow fat, not thin,
 And now that spring's here,
 I'll begin, never fear,
 Goo-g-a-room,
 Goo-g-a-room.

And all the little frogs decided they would join in the chorus of Grandpa Frog's croaking song.
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HINTS FOR HOUSEKEEPERS

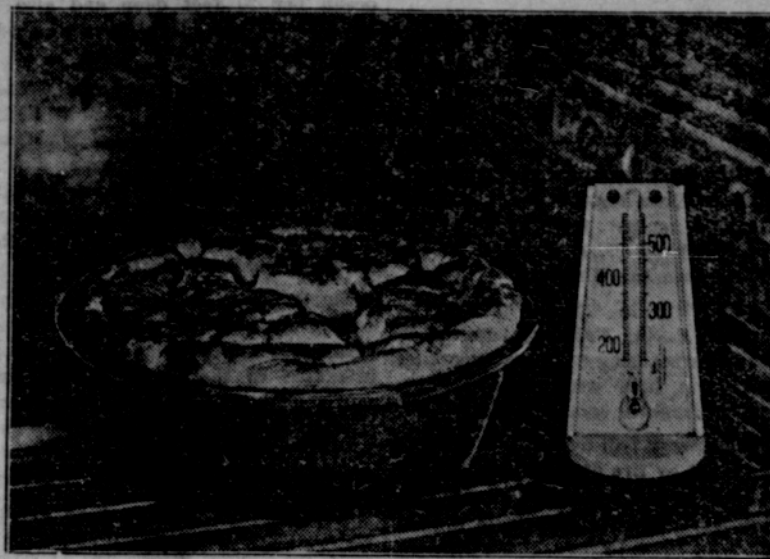
A budget aids in getting one's money's worth out of one's income.

Blend the sandwich filling with the creamed butter to save time in making sandwiches.

Knitted garments should be washed carefully to prevent stretching and laid flat and smooth to dry.

The school child's lunch box aids both health and grades if it contains nourishing, easily-digested foods. If a hot dish is served at school, egg sandwiches, celery, an apple, stuffed dates, and oatmeal cookies round out the lunch.

Souffle Makes a Welcome Dish



Cook a Souffle Slowly and Watch With Thermometer.

(Prepared by the United States Department of Agriculture.)

Why isn't the family treated more often to the delicate and delicious dish which the French appropriately call a "souffle"—literally, "something blown," because it is so light and fluffy? One reason is that at some seasons of the year eggs are scarce and high, and a souffle depends for its special consistency on three to five stiffly beaten egg whites. In the spring, however, the hens begin to lay actively again, and in February and March in most climates eggs are plentiful and cheap. Another explanation, perhaps, lies in the idea held by many women that souffles are hard to make—in fact, that only experienced chefs should attempt them; that in amateur hands they will fall as soon as they

are baked and so lose the very quality for which they are prized.

It's all in the knowing how. Long, slow cooking is one of the secrets of making a perfect souffle. An oven thermometer is a help in maintaining an even low temperature. The very moderate oven heat of 300 degrees Fahrenheit expands the air bubbles in the egg whites and sets the light mixture throughout without toughening it. When baked at very moderate heat for an hour or more a souffle which is served immediately will fall but slightly. For a substantial souffle either a thick white sauce or bread crumbs or both will act as binder for the ingredients. A souffle that contains bread crumbs will hold up better than one made with white sauce alone. Souffles made with cheese, vegetable pulp, ground meat, or flaked fish are attractive for the main dish of the meal. Sweet souffles are used for dessert. Herewith is a recipe for one of each kind from the bureau of home economics of the United States Department of Agriculture:

Cheese Souffle.

- 4 eggs
- 1 1/2 cups milk
- 1 cup fine dry bread crumbs
- 1 tbs. butter
- 1/2 lb. American cheese
- 1/2 tsp. salt
- 1/4 tsp. paprika
- 3 drops tabasco sauce

Heat the milk, bread crumbs and butter in a double boiler. Shave the cheese into thin slices; add to the hot mixture and stir until the cheese has melted. Add this mixture to the well-beaten egg yolks. Season to taste with paprika and tabasco. Fold into the stiffly beaten egg whites containing the salt; pour into a buttered dish and bake in a very moderate oven (300 degrees Fahrenheit) for one hour, or until set in the center. Serve immediately.

Chocolate Souffle.

- 5 eggs
- 2 tbs. flour
- 2 tbs. butter
- 1/2 cup milk
- 1 1/2 squares unsweetened chocolate
- 1/2 cup fine dry bread crumbs
- 1/2 cup sugar
- 1 tsp. vanilla
- 1/2 tsp. salt

Melt the butter, blend the flour with it, add the milk, and cook until thickened, stirring constantly. Melt the chocolate over steam and add to the white sauce, together with the bread crumbs and sugar. Add the hot mixture to the well-beaten egg yolks and beat thoroughly. Add the vanilla. Fold the hot mixture into the stiffly beaten egg whites containing the salt. Bake in a buttered dish in a very moderate oven (300 degrees Fahrenheit) for one and one-quarter hours, or until the mixture is well set in the center. Serve hot with hard sauce.

Now Do They Yodel

Few Swiss spend their time leaping from crag to crag in the Alps. They spend most of their time on low, sunny, wind-protected ground; and they are mighty comfortable in the process.—Woman's Home Companion.

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Princess Top and Circular Flounce

By JULIA BOTTOMLEY

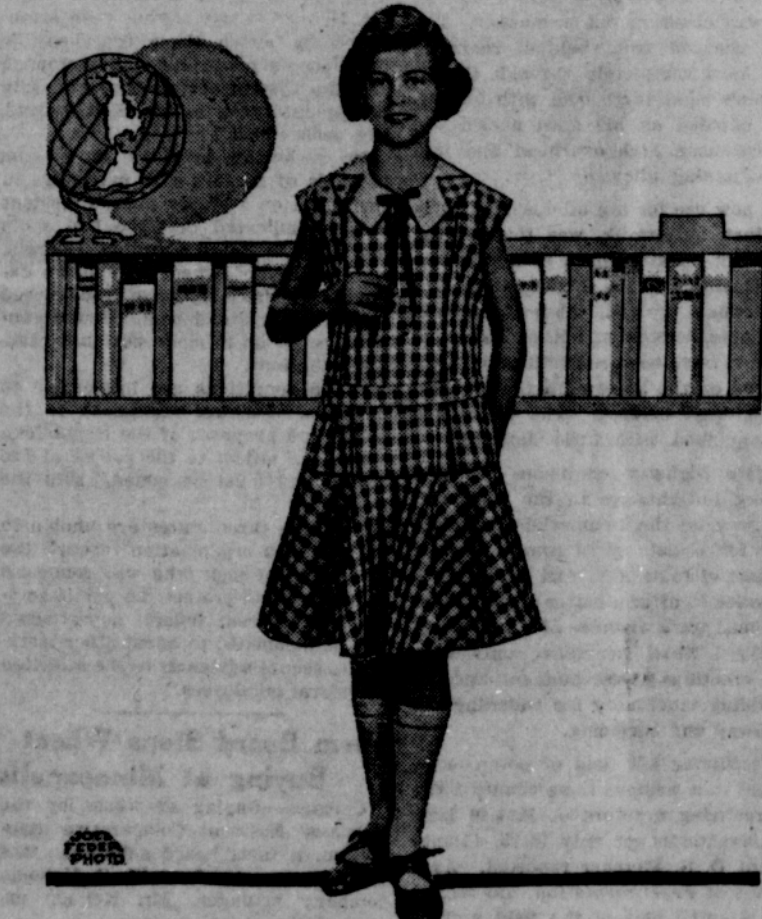
Children's spring clothes reveal the interesting fact that the adult realm is not the only place where Dame Fashion has been busily introducing startling innovations. It seems that whenever a new detail was decreed for grownup modes a duplicate order was issued from fashion's headquarters in regard to youngsters' spring attire.

Certain it is that apparel for the younger generation is amusingly reflecting a sophisticated styling which features such intriguing items as boleros, peplums, short puff and cap sleeves, raised waistlines, the princess silhouette, jacket frocks and suits, and a host of other equally as arresting treatments.

The attractive frock pictured adopts for the growing girl the new silhouette which flares a princess top with a wide circular flounce. Those semi-fitted lines are very smart and new for washable daytime frocks, gingham, pique and printed linen, being especially adaptable to this handling. The fact that this pretty dress omits sleeves is significant, for the sleeveless theme predominates in frocks for girls of ten, twelve, and thereabout.

As to choice of materials for little folks' dresses, again the tendency is to follow in the footsteps of grown-ups. Very sophisticated patternings are used for even the smallest tots. The new cotton and linen prints display the same modernistic tendencies as the materials which mother and the older sister are wearing this spring.

The guiding principle of the prints employed in developing frocks and en-



semble costumes for little girls is to emphasize bold brightly colored designs instead of the dainty small patterns usually favored for children.

The use of companion prints is prevailing in the juvenile style realm as it is in connection with fashions for

the mature. For instance, jacket frocks use a polka-dot silk with navy for the background, for the skirt and bolero, the blouse being made of the identical silk with the colors being reversed.

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Sweets as Quick Energy Food

By NELLIE MAXWELL

"As a star from the sea now risen
 As the waltz of an angel's wing
 As a lark's song heard in prison
 As the promise of summer in spring."

Honey, sugars, dried fruits and candy, the purest are all quick energy foods. The tired shopper, with a chocolate cream or two or any like amount of candy will take new hope and pld on. Our physicians now are recommending candy as an essential for children; to treat candy and other forms of sweets as food.

They have a place in every well-balanced diet, just as all other varieties of food have. Pure candy is a safe and requisite food for children as well as for adults.

The fondness for sweets is a natural craving and should be indulged wisely, as it is an expression of a definite bodily need.

The wise parent will give the child candy for dessert, or far enough from the meat to not satisfy the appetite and allow the child to refuse the food served at the table.

The healthy child expends so much

energy in its activities that he needs a large supply of energy producing foods.

By experiment it has been found that sugar in some form is most quickly absorbed and assimilated, thus giving quick energy.

Tuck in a piece or two of candy in the luncheon basket, be it for young son's or father's, they both will appreciate the kind attention.

Our candy manufacturers tell us that peppermint flavor is called for in candies more than all other flavors combined. As one has several flavors from which to choose and many varieties of candies, soft or hard, he is indeed hard to please who cannot find kinds to suit.

One need never hesitate when debating about an appropriate gift, for a box of candy is always in season and always enjoyed. Therefore when in doubt, give candy.

With bridge such an everyday affair, we find even the cubes of sugar in dainty boxes, formed in diamonds, hearts and clubs, making even the cup of tea or coffee more attractive and appealing.

The daughter or son of the house today who reaches twelve and is not able to produce a good dish of fudge, peanut brittle or molasses candy is poorly equipped for being an entertainer. A candy pull is enjoyed as

much today as it was in grandmother's time. If you don't believe it try having one soon.

What can be more appealing to the appetite on a cool night than hot, appetizing sandwiches. They may be made as dainty as an afternoon tea sandwich or as substantial as a main dish.

Mock Crab Sandwich.—To one-half cupful of grated cheese add one-fourth cupful of creamed butter, one-half teaspoonful of made mustard, two teaspoonfuls of anchovy paste, a few drops of lemon juice and a tablespoonful of chopped olives. Spread on slices of toasted bread and place in the oven until very hot. Garnish with parsley and narrow strips of canned sweet pimientos. Serve with celery.

Prune Sandwich, Fried.—Cook prunes after soaking well, pour off the syrup, stone, put through the food chopper and add sugar and cinnamon to taste. Cut the crust off of sandwich bread, slice thin and spread with the mixture and cover with another slice. Dip the sandwiches in a plain pancake batter and fry like french toast or in deep fat. These make a delightful breakfast toast.

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HOW TO LIVE LONGER

By JOHN CLARENCE FUNK, A. M., Sc. D.

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You Are You

A HIGHLY educated man of fifty-two years of age while reading his morning newspaper crumpled up in a heap and promptly expired. The obituary columns were exceedingly flattering and mentioned his many notable and scientific achievements. What they did not say, however, was that in spite of all his book learning he was far from being a wise man.

As a keen observer he was very definitely trained. But for some inexplicable reason he did not apply this to his own body. Yet he would have been almost insulted had any one intimated to him that he was not living a sensibly healthy life. As a matter of fact, this unfortunate gentleman lived by rule. He ate, slept, bathed and exercised according to the book. His body was magnificently disciplined. But the point he failed to see was that it was the other fellow's discipline.

If human bodies were made in factories and could therefore be tested for standardized stresses and strains, then perhaps it would be all right to set up rigid rules governing health activities to be strictly followed by one and all alike. However, nature is not made that way at all.

It seems scarcely necessary to indicate that there are thousands of things people can do which every one well knows are harmful. But then again there seem to be many other things that some people can do harmlessly which naturally damage other people.

Inhaled tobacco, cold baths, coffee and even sleep and exercise develop different reactions in different people. It therefore behooves every one carefully to study the bodily response to one's living habits. And this, without over emphasized reference to the effect upon others.

Within a limited extent, every individual is a law unto himself. That is the one thing to remember in connection with this fascinating game of living. Get acquainted with yourself and govern yourself accordingly. You are you!

Forgetting

IT HAS often been said that men Certainly it has played an important part in the lives of many of the world's outstanding figures. And perhaps the opposite is equally true. Forgetfulness is a monstrous handicap to overcome and is one of the main reasons for failure.

Fortunately a poor memory can be noticeably improved. Contrarily a good memory, in some particulars, can deteriorate, or at least, it can be detoured.

As an example of this point, not long ago a brilliant lawyer, known the country round for his amazing memory, died. At the time of his death he was but fifty-four years old. But for the fifteen years prior to his decease he had so forgotten the sensible methods of living as to consume a pint of whisky daily, to eat enough food for three average men, to smoke fifteen cigars a day, to sleep only six hours each night and to avoid fresh air and exercise altogether. It therefore naturally followed as an inevitable result that he actually forgot to live!

It is bad enough to lack a good memory, but no matter how weak it may happen to be, it is sufficiently strong not to forget that:

1.—Enough, rather than too much food, is one of the secrets of longevity.

2.—The body was made for daily exercise, therefore requires it and suffers if deprived of it.

3.—Adequate sleep in a properly ventilated room is a necessary requirement.

4.—The annual physical examination will promptly discover insidious disease onslaughts.

5.—Drains, money, position and fame amount to nothing if health is lost.

Therefore, whether the possessor of a good or bad memory, don't forget these things. One is dead a sufficient long time without hastening the day through forgetfulness.

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Hesitancy Great Foe of Forward Movement

On being questioned as to whether the congregation with which he was identified had started to build a new church, a typically careful Scotchman guardedly replied, "Well, no, not exactly, but we are beginning to think about starting to commence."

Are not such words descriptive of the attitude some of us assume in regard to the building of our characters and our lives? Often we hesitate to commit ourselves in a definite way to a specific forward movement, desirable though it may be. It may be the dread of criticism on the part of friends and associates; it may be a distrust in our own power and ability, or possibly it may be the fear of sacrifice that deters us. As a consequence, we are still down on the lower levels of life, talking, perhaps, about what we expect to do, but never really doing it. The best we can say of ourselves is that "we are beginning to think about starting to commence."

Why not get to work?—Great Thoughts.



When Food Sours

Lots of folks who think they have "indigestion" have only an acid condition which could be corrected in five or ten minutes. An effective anti-acid like Phillips Milk of Magnesia soon restores digestion to normal.

Phillips does away with all that sourness and gas right after meals. It prevents the distress so apt to occur two hours after eating. What a pleasant preparation to take! And how good it is for the system! Unlike a burning dose of soda—which is but temporary relief at best—Phillips Milk of Magnesia neutralizes many times its volume in acid.

Next time a hearty meal, or too rich a diet has brought on the least discomfort, try—

PHILLIPS Milk of Magnesia

Prosperity From Bed Quilts

Villagers of South Wales are enjoying temporary prosperity just because Princess Mary of England took a fancy to a Welsh wheel-patterned bed quilt at Harrogate recently. The princess bought the quilt, and now all English society is demanding similar bed coverings.

"My Stomach Was Upset—Food Would Not Digest"

Spokane, Wash.—"I think Dr. Pierce's Golden Medical Discovery is one of the best medicines I have ever taken. I was suffering from stomach trouble—my food would not digest—would come up and cause me distress, but two bottles of Dr. Pierce's Golden Medical Discovery entirely relieved me of this trouble. There is nothing so good for stomach distress as the 'Golden Medical Discovery.' I advise those who have need of such medicine to try it."—Mrs. John LeFevre, 433 South Chandler St., Tablets or Liquid, Druggists.

Write to Dr. Pierce's Clinic in Buffalo, N. Y., if you desire free advice. Send 10c for a trial pkg. of the tablets.

For Galled Horses Hanford's Balsam of Myrrh

All dealers are authorized to refund your money for the first bottle if not called.

Tunnel's Fate With Quakes

Whether the proposed railway tunnel beneath the strait of Gibraltar to connect Europe and Africa is feasible will depend on the results of artificial earthquake waves sent through the ground. The waves will be sent to reveal what rocks would be encountered.

It isn't Satan that makes you do so, is it? It's a gland.

Wisdom hasn't much to do with a love affair except to spoil it.

Harold's Mother Knew Answer

"Yes, sir, I am certainly proud of my little boy," says Mrs. H. M. Smith, 421 Topeka Ave., Topeka, Kansas. "He's five and weighs fifty-seven pounds. He's the picture of health as you can see, and I feel he'll always be that way as long as I can get California Fig Syrup. I have used it with him ever since he was a year old. I knew what to give him for his colds and his feverish, upset spells because Mother used California Fig Syrup with all of us as children. I have used it freely with my boy and he loves it. It always fixes him up, quick."

In many homes, like this, the third and fourth generations are using pure, wholesome California Fig Syrup because it has never failed to do what is expected of it. Nothing so quickly and thoroughly purges a child's system of the souring waste which keeps him crank, feverish, headachy, bilious, half-sick, with coated tongue, bad breath and no appetite or energy as long as it is allowed to remain in the little stomach and bowels. Fig Syrup gives tone and strength to these organs so they continue to act as Nature intends them to do, and helps build up and strengthen weak, pale and underweight children. Over four million bottles used a year shows its popularity. The genuine, endorsed by physicians for 50 years, always bears the word "California."



White Rabbit Fur Imitating Ermine is Very Satisfactory for Dress Wear.

late in the season and early in the fall, and for formal daytime occasions if the owner wishes.

For most people white fur means ermine, probably because in fairy tale history ermine has always been essentially associated with royalty and con-

White Fur for an Evening Wrap

(Prepared by the United States Department of Agriculture.)
 There is an especial charm about a white fur evening coat. It is appropriate with the type of garment worn for evening social occasions, it is usually becoming, even in very cold weather. Such a wrap can be worn

sequently with functions of unusual splendor. But few people have ever been able to afford coats of real ermine, nor do most of us need such a garment sufficiently often to justify investing in one or ordinary use. At far less expense a white coat of rabbit fur can be worn for the same type of occasion with very satisfactory effect. Over an evening dress of silk or velvet, usually light colored or trimmed with something that glitters enough to give a rich and sumptuous look to the costume, a white fur coat seems to add just the right finishing touch.

Rabbit fur wears like rabbit fur, no worse and no better. While it may not be quite so durable as some of the more costly furs, for this particular purpose that makes very little difference, for an evening wrap receives more care than most of our clothing, and in comparison with other fur garments worn on the street in all weathers, is not subjected to hard usage. The coat in the picture, which was taken by the biological survey of the United States Department of Agriculture, is made entirely of white rabbit skins.

White rabbit fur is also used very attractively in coats for babies and little children. It has the merits of any fur coat—warmth and weather-proof qualities—and is very appealing for "dress up" occasions. Various trade names are given to white rabbit as in the case of other rabbit pelts treated to imitate more expensive furs. If the buyer knows exactly what she is getting, any of these imitation furs will prove useful and becoming.