

The SANDMAN STORY

OLD FOX'S REVENGE

WHEN all the nuts were fixed to suit Grandpa Fox he put them away and brought out some very fine, big radishes, which he carefully scooped out after cutting them in half.

These he also filled with red pepper and glued together, touching the cut place with a bit of paint to cover the mark.

When he had a good pile of them finished he looked at his work with a broad smile on his face and carried them in a pan to the pantry window, where it was nice and cool, so they would not wither.

The next morning he was up long before the sun peeped through the



trees in the woods; in fact, he had been awake nearly all night, so he might be the very first one up in the woods.

Grandpa took his basket of nuts and poured them on the ground near his house back of a bush, as if he had hidden them there.

The radishes he put in a basket and placed it under a tree and dropped his coat beside it so it would look as if he had just been in the garden working.

Then he sat down in the house by the window with a stick in his hand and waited.

He did not have to wait long for the Squirrel brothers were always up bright and early and called for Tommie Rabbit to come out and find some fun.

They came running along the path that led past the house where Grandpa Fox lived, when Billy Squirrel, who was quieter than the others, ran into Grandpa's yard.

He spied the nuts and back he went as quick as a flash and told the news to the others.

Tommie Rabbit did not care very much for the nuts, but he ran with Billy and his brother, and he spied the basket of radishes.

Looking around all three of them made sure that Grandpa was not in

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"What's in a Name?"

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

By MILDRED MARSHALL

ALBERTA

ALBERTA, meaning nobly bright, has its origin in the Teutonic language. It is one of the names coming from the nobility of which Aethel is the root.

Aethelbryht was its first form, though it was a masculine name and was given to the first Christian king of England. The famous bishop of Prague, who was martyred near Dantzic while preaching to the heathen Prussians in 967, was called Adelbrecht and his fame spread the use of the name throughout a great part of Europe.

Italy received it and straightway changed it to Alberto. It is from this latter that the feminine forms, Alberta and Albertine, were formed. The husband of the late Queen Victoria, who bore the name of Albert,



3 CHEARS FOR THE PATCH ZPANGLED DENIM!

and then they took all the nuts and radishes they could carry, and from his window Grandpa pounded the sill with the big stick and shouted: "Drop those, you little rascals; drop them."

Grandpa Fox knew that was all that was needed to make them carry off the nuts and radishes, so he pounded and called until they were out of sight.

"Stolen sweets are always the sweetest," he said. "That may be true in some cases, but I'll wager my pipe those youngsters will find out that is not a true saying always."

And they did, for Billy Squirrel did not bother Grandpa Fox any more. Such sneezing was never heard in the woods before, even the chicken with the whooping cough did not sneeze any harder, though they all found their heads and tails were safe when it was over.

Their mouths and throats were burned, too, and so for many days they suffered for their badness and now old Grandpa Fox can sit all day in the sun and no one bothers him.

(Copyright.)

Pretty Eileen Sedgwick is a Texas girl. She was born and educated in Galveston. She has been on the stage since childhood. She is five feet three inches tall, weighs 120 pounds, has blond hair and dark blue eyes.

The Right Thing at the Right Time

By MARY MARSHALL DUFFEE

WHEN YOU DINE

"Practice yourself, for heaven's sake, in little things and thence proceed to greater."—Epictetus.

NEVER take your seat until the lady of the house is seated. Never lounge on the table with your elbows, nor tip backwards in your chair.

Never play with your knives, forks, or glasses, but cultivate repose at the table. It is an aid to digestion.

Never make diagrams on the tablecloth with your fork or spoon to illustrate what you are talking about.

Never leave the table to get something that you want to show some one else at the table—to find a book to verify a quotation you have made or to settle a disputed point. These things can be attended to after the meal.

Never light cigar or cigarette unless you are asked by your hostess or unless others are doing so. Never, under any circumstances, smoke between courses, but wait until after dessert when coffee is served.

Never tuck your napkin into your vest, yoke or collar. It is unfolded once and laid across the knees with-

ERLEEN SEDGWICK



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out a flourish. After the meal, at a restaurant or formal dinner, lay it unfolded at your place. If you are a time guest in the household and will remain another meal, you may fold the napkin in its original creases.

Never put the end of a spoon into your mouth, sip everything from the side of the spoon, and do this noiselessly. Never use a spoon when a fork will serve. Forks are now often used for eating ice cream, and salad is folded or cut with the side of a fork, never with the knife. Even small vegetables like peas are eaten with a fork.

Never hold your knife and fork up in the air when your host is serving you refresh. Lay them on one side of the plate when you send it to the host by servant or your neighbor at table.

Never leave your spoon in coffee or tea cup. Lay it on the saucer.

Never cook food by blowing upon it. Wait until it becomes cool enough to eat.

Never take a second helping at a large and formal dinner. You will find yourself eating alone.

Never make yourself conspicuous in any way by adding the host or hostess in serving, unless especially asked to do so, or in passing dishes when servants are provided for that purpose.

Never push back your plate and finger crumbs at the conclusion of the meal. It indicates undue haste.

(Copyright.)

HOW DO YOU SAY IT?

By C. N. LURIE

Common Errors in English and How to Avoid Them

TO EXPECT AND TO THINK.

DO NOT use the word "expect" in the sense of suppose, believe or think. For example, the use of the word "expect" in the following sentence is incorrect: "I expect that your lessons are done." The verb "expect" means "to look forward to as probable or certain; to await, to feel assured of something before it occurs; to anticipate;" as, "I expect to go to church next Sunday, if the weather is fine." Usually we use "expect" when we look forward to an event with interest or desire. "One should not say, 'I expect it is,' still less, 'I expect it was.' We cannot expect the present or the past," says one authority.

"England expects that every man will do his duty," was the signal hoisted by the famous British naval commander, Lord Nelson, at the mast-head of his flagship, before engaging the French fleet in the battle of Trafalgar.

(Copyright.)

A LINE O' CHEER

By John Kendrick Bangs.

THE MINER.

GOD made him? Well, since Homer he lacks in outer grace. However he inclines to sin, There must be something good within. And that is why in every man I try to find what good I can. As miners seek the gold that lies beyond the reach of human eyes. (Copyright.)

New Even to Teacher.

James had been out of school several days and his teacher wrote his mother a note asking what was wrong with him. Back came this answer: "Miss Teacher—James is very sick and I had to have the doctor for him. He says to keep James home for several weeks, for he has information on the stomach and bowels."

VEGETABLES ARE CHEAP FOOD

Particularly Valuable Are Those Available During Spring and Summer Seasons.

SMALL PLOT IS SUFFICIENT

Garden Truck as Source of Mineral Matter and Proteins Is Much More Important Than Many People Fully Realize.

(Prepared by the United States Department of Agriculture.)

The old adage, "an apple a day keeps the doctor away," might quite as well have read "a carrot or an onion a day," and probably the result would be about the same as regards reducing the doctor's bill. Vegetables of all kinds are necessary in the diet, but particularly valuable are those available in the spring and summer, say specialists of the United States Department of Agriculture.

Value of Vegetables in Diet.

Without going into definite figures it may be stated that the food value of vegetables, such as beans, peas, potatoes, sweet corn, beans and carrots, is very high. When considered from the standpoint of the food value of the crop that may be produced on a given area of land, beans, beets and carrots are ahead of almost any other garden crop. One-tenth acre planted entirely to carrots will yield about a ton, and in energy this would be equal to about 370 pounds of average beef. One-tenth acre of beets would also yield about a ton and be equal to 380 pounds of average beef. One-tenth acre of lima beans would yield about 120 pounds of dry beans, equal to about 220 pounds of beef.

As sources of mineral matter and proteins needed by the body, vegetables are much more valuable than



Vegetables Furnish Considerable Portion of Needed Mineral Substances and Vitamins in Diet, Beside Bulk.

many people realize. Also they supply roughage, which is believed to keep the body in good working order. In the course of nature, human beings as well as some animals seem to have so developed that they need a certain amount of roughage, which is best supplied by the coarser vegetable foods. During recent years there has been a growing tendency to reduce the roughage in cereals and some other foods, and, in order to offset this, an extra effort should be made to supply plenty of vegetables and fruits. In addition, fresh vegetables are among the best sources of what, for lack of a better name, have been called vitamins.

Nobody has ever been able to stand a vitamin up by itself, or a group of them by themselves, so that we could lack at them, but it is known that they are present just the same, because of the action that they have upon the human body.

Eat More Vegetables.

Too much cannot be said in favor of a larger proportion of vegetables in the diet of the American people. The English are considered a nation of meat eaters, but it has been shown that Americans eat more meat per capita than do the English. A certain amount of meat in the diet is highly desirable, but this should always be balanced by a sufficient supply of vegetables.

One of the reasons that many people have to a great extent cut vegetables from their diet is that they have been unable to get fresh vegetables and do not relish stale ones. The individual home vegetable garden planted either in the back yard, or a convenient piece of land, not only solves the problem of supplying the family with vegetables at low cost and in abundance, but guarantees their freshness.

CARE OF HEATER IN SUMMER

Avoid Danger of Rust by Cleaning in Spring and Storing in Thoroughly Dry Place.

There is danger of rust when a stove or furnace stands unused for some time. Smokepipes should be taken down in the spring, cleaned and stored in a dry place. The doors should be left open to keep the interior dry. A lump of unskinned lime on the grate will collect the moisture and thus prevent rust, home economic specialists in the United States Department of Agriculture say. Leave the boiler of a steam or hot-water heater filled with water up to the safety valve, during the summer.

SAVE FAT OBTAINED IN PREPARING MEAT

Eliminates Necessity of Buying Butter and Lard.

Outline of Old-Fashioned Method of Clarifying Fats So That It May Be Used in Kitchen—Ice Chest Is Quite Handy.

Care used in saving and curing for all fat obtained from cooking meat in the home will save many a dollar which otherwise would have to be spent for butter, lard or other cooking fats. Fats derived from the cooking of bacon, ham, chicken, beef and other meats, should be kept, each in its own receptacle, to be used for different purposes.

Household specialists in the United States Department of Agriculture say an old-fashioned method of clarifying fat from the soup kettle, or from cooked meats, so that it may be used in the kitchen, is to add the cold fat to a liberal quantity of cold water, then heat slowly and let cook for an hour or more. When cold, the cake of fat is removed and the lower portion, which will contain the small particles of meat, should be scraped away and the white, clean fat saved. If the flavor or color, or both, are not satisfactory the process may be repeated several times. Another method, often recommended, is to cook a number of slices of raw potato in the boiling fat. When an ice chest is used, fat in small quantities may easily be kept sweet for cooking purposes. If lard is rendered at home in quantity sufficient for a long time, it should be kept covered in tins or earthen jars, in a cool, dry place, as in a cellar or storeroom.

GOOD SUPPER TOMATO SAUCE

New and Appetizing Ways of Preparing Eggs While Cheap Add Variety to Menu.

Eggs are at their cheapest now, and new and appetizing ways of preparing them add variety to the menu. Here is a recipe recommended by the experimental kitchen of the United States Department of Agriculture:

- 2 cups tomato pulp, 1/2 teaspoonful salt, and juice of 1/2 lemon.
- 1 egg, 1/2 teaspoonful pepper.
- 2 tablespoonful butter.
- 1/2 teaspoonful salt.
- 1/2 teaspoonful flour.

Make a sauce of the ingredients. Put one-half of the sauce in a baking dish, break six eggs, one at a time into a saucer and slide each egg into the sauce, taking care not to break the yolk. Cover with the remaining sauce and sprinkle three tablespoonfuls of grated cheese over the top. Put in the oven and bake until the eggs are set. Serve hot on toasted bread or with boiled rice.

PEACHES MAKE FINE BUTTER

Found Quite Useful by Housekeeper in Spring When Jams and Jellies Are Running Low.

Springtime often finds the housekeeper's supply of jelly and jams in a depleted condition. When this is the case, peach butter made from canned and dried peaches may well come to the aid.

The following recipe recommended by the United States Department of Agriculture food specialists is delicious:

To each four pounds* of dried peaches use two quarts of canned peaches. Soak the dried peaches in water several hours and cook until tender. Add the canned peaches and rub the pulp through a colander or wire sieve. Stir 2 1/2 pounds of sugar into this pulp and cook slowly, stirring often, for two hours, or until of the right thickness. Pack while hot and sterilize like peach butter.

GIVE ATTENTION TO CLOTHES

Washing and Pressing of Linen and Cotton Suitings Can Be Done Quite Nicely at Home.

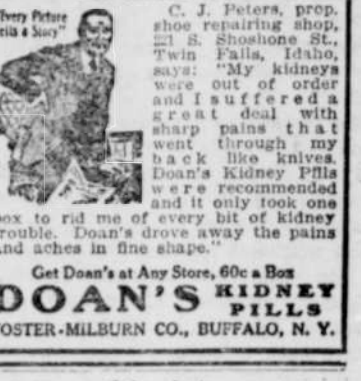
Cotton and linen suits can be pressed and laundered at home. Dust can generally be shaken from them, for they do not hold it as wool and silk do. Brushing tends to rub the dirt into cotton and linen fibers. Heavy cotton and linen suitings should be pressed on the wrong side or with a thin cloth spread over them. This makes them look more like new and prevents shine on seams and marks of the iron.

Household Questions

- Sweeten egg custards with maple syrup.
- Only bottles may be easily cleaned if a little ammonia is used.
- To keep a pie from sticking to plate sprinkle pie plate generously with flour instead of greasing.
- Remove the skin and bone from fish while it is still warm and they will come away easily.
- When a pie runs over in the oven salt sprinkled over the juice will keep it from filling the oven with smoke.

Watch Your Kidneys!

That "bad back" is probably due to weak kidneys. It shows in a dull, throbbing headache or sharp twinges when stooping. You have headaches, too, dizzy spells, a tired, nervous feeling and irregular kidney action. Don't neglect it—there is danger of dropsy, gravel or Bright's disease! Use Doan's Kidney Pills. Thousands have saved themselves more serious ailments by the timely use of Doan's. Ask your neighbor!



An Idaho Case

C. J. Peters, prop. shoe repairing shop, 215 S. Shoshone St., Twin Falls, Idaho, says: "My kidneys were out of order and I suffered a great deal with sharp pains that went through my back like knives. Doan's Kidney Pills were recommended and it only took one box to rid me of every bit of kidney trouble. Doan's drove away the pains and aches in the shape."

Get Doan's at Any Store, 60c a Box
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FOSTER-MILBURN CO., BUFFALO, N. Y.

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More Naturalization.

One of the main delights of the moving pictures is to see the palaces of European noblemen surrounded by southern California.—Dallas News.

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