

Fairy Tale for the Children

By MARY GRAHAM BONNER

"Have you any idea how old you are?" asked the King of the Clouds of the Sun.

"I haven't," said Mr. Sun. "I really have been so busy all my life that I have never counted the time. I've left that to others."

"Besides I don't know arithmetic and I would have to know arithmetic to figure it out."

"What's arithmetic and who can do it?" asked the King of the Clouds.

"Arithmetic is a lesson they study in school. School is a place where children go to learn about all sorts of things such as how to add two and two and how to spell words."

"They learn how to talk beautiful-



"The Very Idea I Had in Mind."

ly and they find out where they live in the world.

"They also study about other places and about the seas and the mountains."

"Gracious," said the King of the Clouds, "I am glad I don't have to go to school."

"So am I," said Mr. Sun, "but they seem to be quite happy. I suppose they become just as used to it as we do to shining and raining."

"I suppose so," said the King of the Clouds. "But why are you having such a frolic today?"

"I heard the earth whispering to the

breeze," said Mr. Sun, "that some of the raindrops were leaving."

"The earth said that Mr. Sun was drawing them to him, and I laughed for it was quite, quite true."

"I think I'll have to have a frolic soon," said the King of the Clouds.

So the sun continued to draw water from the earth through his powerful ray workers. What fun he did have and how he laughed and sparkled and shone.

A few minutes later some wild ducks flew high up in the air.

"Where are you going?" asked the Sun.

"We're going to fly far out in the bay," they said. "Do you see?" And they pointed with their wings.

"I think," said Mr. Sun, "I will join you. I will move along slowly and will shine where you go, for the King of the Clouds sent some of the army of raindrops out there this morning."

"To be sure I did," said the King of the Clouds. "Well, if you go out there, they can come in here. We'll just change places, eh?"

"The very idea I had in mind," said the Sun.

"Are you coming, are you coming?" called the wild ducks. "We are in a great hurry today, for we need good, quick flying to make us feel better."

"We're greatly in need of exercise."

"I'm coming, I'm coming," said Mr. Sun.

So Mr. Sun followed the wild ducks out into the bay, and then he shone

brightly down over the great ocean.

The raindrops left as soon as Mr. Sun appeared, and they began to play about and where Mr. Sun had been shining and where he had been drawing the raindrops from the earth.

So Mr. Sun and the King of the Clouds kept changing places and such a jolly time as they had of it.

The King of the Clouds said it was such a merry, merry time.

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Dried Fruits Vary the Diet

The new crop of dried fruit is now on the market and at its best. Dates, prunes, figs, apricots, and raisins all help to vary the fruit diet, as the supply of available fruits diminishes. Several of these are rich in iron and other valuable minerals—particularly prunes and raisins—and so may be wisely introduced into the menu as often as possible. Try this combination from the bureau of home economics:

1/2 lb. apricots 1 cup sugar
1/2 lb. prunes 4 cups water

Wash the prunes and apricots thoroughly and put them in the water to soak overnight. Cook the fruit together for ten minutes, add the sugar, and simmer until the juice is fairly rich. Serve hot or cold.

Fitting the Armseye

(Prepared by the United States Department of Agriculture.)

The location of the armseye and the fitting of the sleeve into the armseye are two very important steps in the fitting of a garment. The armseye seam when viewed from the side should show a good curve over the top of the shoulder. When viewed from the front, it should lie parallel to the center front, and when viewed from the back, it should be parallel to the



The Correct Location of the Armseye as Seen From the Front.

center back of the garment. The armseye seam should pass over the tip or highest point of the shoulder bone and from this point make a straight line back and front to the crease formed where the arms join the body. The illustrations were made by the bureau of home economics of the United States Department of Agriculture.

With close-fitting sleeves the armseye seam should curve to fit the underarm

as closely as is comfortable and must be on the highest point of the shoulder. Stout figures require a closer fitting armseye and one that is higher under the arm than do the more slender types.

The shoulder may be wider for a shirt sleeve, extending slightly beyond the tip of the shoulder. The sleeve does not fit so closely as other types of set-in sleeve. The armhole should be fitted rather loosely for the figure with very round shoulders.

If the armseye is altered the sleeve will need to be altered also in order to keep the same relation between the edge of the sleeve and the armseye. Before altering the armseye in any way make sure the shoulder seam is in its correct position, which is a straight line from the highest point at the neck to one-half inch of the highest point on the tip of the shoulder. Mark the highest point of the armseye when the garment is being fitted.

The armseye may be too small if either the shoulder or underarm seams have been taken in too much or the armseye has been cut inaccurately. The seams may need letting out, or the



Correctly Located Armseye in the Back.

edge of the armhole may need to be carefully snipped until the armseye is comfortable and in the right position. The same should be done if the armhole is not comfortable under the arm. Care must be taken, however, not to make the armseye too low or too wide at the underarm. If the armseye is too large, the defect can in many cases be remedied by taking wider shoulder and underarm seams, or it may be necessary to alter only one or the other. Bulges or wrinkles, however, require special adjustment. Farmers' Bulletin 1530-F, Fitting Dresses and Blouses, which is free, tells how to make these and other special alterations to insure a good fit.

HINTS FOR HOUSEKEEPERS

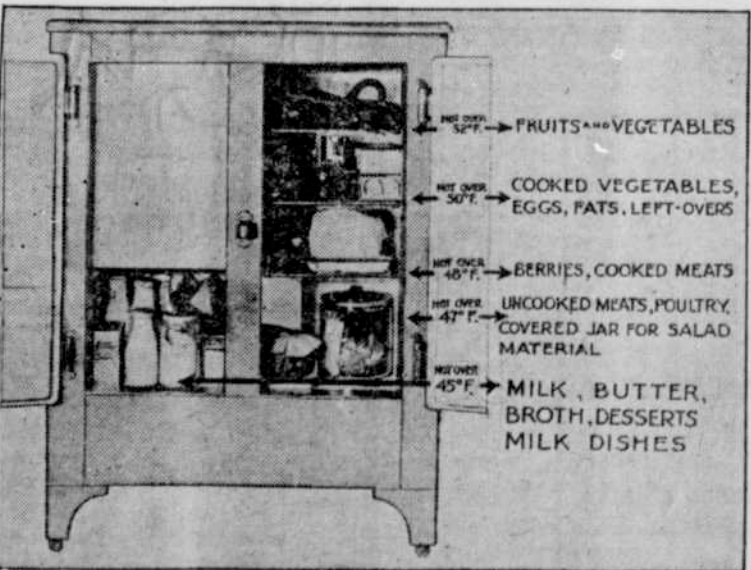
If food looks delicious and tempting when it comes on the table it is rarely necessary to nag or beg children to eat it.

Dried fruits are some of the best confections for children because they contain valuable minerals and sugar in not too concentrated a form.

Left-over meats may be used to make delicious loaf, meat pie, croquettes, creamed meat on toast, stuffed vegetables and sandwiches.

Bake the meringue on pies and puddings at a moderate temperature sufficiently long to give it time to rise and cook the egg white; then it will hold its shape.

Placing Things in Refrigerator



Storing Goods Properly in a Refrigerator.

(Prepared by the United States Department of Agriculture.)

Even the best refrigerators are not equally cold in all parts. There may be a difference of a number of degrees in the temperature of the coldest and warmest spots. Wherever the cold air descending from the ice chamber reaches first will be the coldest place. This is often directly below the ice, but its precise location depends on the design and construction of the box.

For safety, the temperature of this part, where milk, butter, broth, desserts and milk dishes are stored, should not be over 45 degrees Fahrenheit. Uncooked meats and poultry and salad materials in a covered jar should be kept in a location always equally cold—not over 47 degrees Fahrenheit. Berries and cooked meats may be kept

on the shelf next above the uncooked meat, where a temperature under 45 degrees Fahrenheit is maintained. Keep cooked vegetables, eggs, fats and left-overs at 50 degrees Fahrenheit, or lower. Raw fruits and vegetables may be stored on the top shelf of the refrigerator, but this should mean at a temperature not over 52 degrees Fahrenheit.

In a series of charts on household refrigeration the bureau of home economics of the United States Department of Agriculture shows why it is highly important to keep many foods cool and some cooler than others. Organisms causing spoilage develop very rapidly in milk and meat as the temperature increases. That is why these foods must be protected with greatest care.

Lower Forms of Life

Sacred to Egyptians

Nearly 100 different mammals, birds, reptiles and fish were regarded as sacred to various gods in ancient Egypt, and their bodies were mummified by thousands. Prof. Roy L. Moodie has found while investigating this subject for the Field Museum of Chicago. The cost of this religious procedure was enormous. More than 200 yards of fine linen cloth, a half yard wide, was needed for the wrapping of a single bull. As bulls were held in extreme veneration by the ancient Egyptians, great numbers of them were preserved. Expensive sarcophagi, carvings and statuary show the further care of the African bull. Birds of the hawk and falcon type were also abundantly preserved, as was the Egyptian kite, a small scavenger seen today perched on housetops and in trees near villages. Packages contain as many as forty birds, each mummified and dipped in pitch before wrapping.

FAMILY DOCTOR LEARNED THIS ABOUT CONSTIPATION



Dr. Caldwell loved people. His years of practice convinced him many were ruining their health by careless selection of laxatives. He determined to write a harmless prescription which would get at the cause of constipation, and correct it.

Today, the prescription he wrote in 1885 is the world's most popular laxative! He prescribed a mixture of herbs and other pure ingredients now known as Dr. Caldwell's Syrup Pepsin, in thousands of cases where bad breath, coated tongue, gas, headaches, biliousness and lack of appetite or energy showed the bowels of men, women and children were sluggish. It proved successful in even the most obstinate cases; old folks liked it for it never gripped; children liked its pleasant taste. All drugstores today have Dr. Caldwell's Syrup Pepsin in bottles.

Chosen by Legislators

Two Presidents have been elected by the house of representatives—Thomas Jefferson in 1809 and John Quincy Adams in 1824. The Hayes-Tilden controversy was decided by an electoral commission.



WELL OR MONEY BACK

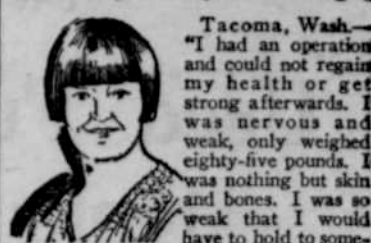
Your Piles eliminated or fee refunded—is the WRITTEN ASSURANCE we give in administering the Dr. J. C. Dean famous non-surgical method of treatment. (Used by us exclusively.) Remarkable success also with hemorrhoids, internal and external. Send TODAY for FREE 100-page book giving details and hundreds of testimonials.



Made Shoes Last

When a woman recently applied to the authorities of Cardigan, Wales, for a new pair of shoes, she declared that the ones she was wearing had lasted 27 years.

Nervous, Weak, Lost Weight



Tacoma, Wash.—"I had an operation and could not regain my health or get strong afterwards. I was nervous and weak, only weighed eighty-five pounds. I was nothing but skin and bones. I was so weak that I would have to hold to some thing when I tried to walk. I went on this way for about three years during which time I took one medicine after another without getting help. Then I started using Dr. Pierce's Favorite Prescription and after taking six bottles I was well and strong."—Mrs. Pauline Thaut, 1914 So. Cushman St. (All dealers.)

Write Dr. Pierce's Clinic, Buffalo, N. Y., for free medical advice. Send 10c for a trial pig. of tablets.



Nature's warning—help nature clear your complexion and prevent more in your skin, follow through with Ugly Pimples? medicine. Take MR. NATURE'S REMEDY—to regulate and strengthen your eliminative organs. Watch the transformation. Try MR. NATURE'S REMEDY instead of more laxatives. 25c. 50c. 100c. 250c. 500c. 1000c. 1500c. 2000c. 2500c. 3000c. 3500c. 4000c. 4500c. 5000c. 5500c. 6000c. 6500c. 7000c. 7500c. 8000c. 8500c. 9000c. 9500c. 10000c. 10500c. 11000c. 11500c. 12000c. 12500c. 13000c. 13500c. 14000c. 14500c. 15000c. 15500c. 16000c. 16500c. 17000c. 17500c. 18000c. 18500c. 19000c. 19500c. 20000c. 20500c. 21000c. 21500c. 22000c. 22500c. 23000c. 23500c. 24000c. 24500c. 25000c. 25500c. 26000c. 26500c. 27000c. 27500c. 28000c. 28500c. 29000c. 29500c. 30000c. 30500c. 31000c. 31500c. 32000c. 32500c. 33000c. 33500c. 34000c. 34500c. 35000c. 35500c. 36000c. 36500c. 37000c. 37500c. 38000c. 38500c. 39000c. 39500c. 40000c. 40500c. 41000c. 41500c. 42000c. 42500c. 43000c. 43500c. 44000c. 44500c. 45000c. 45500c. 46000c. 46500c. 47000c. 47500c. 48000c. 48500c. 49000c. 49500c. 50000c. 50500c. 51000c. 51500c. 52000c. 52500c. 53000c. 53500c. 54000c. 54500c. 55000c. 55500c. 56000c. 56500c. 57000c. 57500c. 58000c. 58500c. 59000c. 59500c. 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