

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."

"Wise grandchild! Goog-a-room, goog-a-room," said Grandpa Frog. "You know," he continued, "that I have never made a mistake about the spring."

"There are all sorts of things which happen which make a fellow think that

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 surprise.
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.

Goog-a-room,
Goog-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

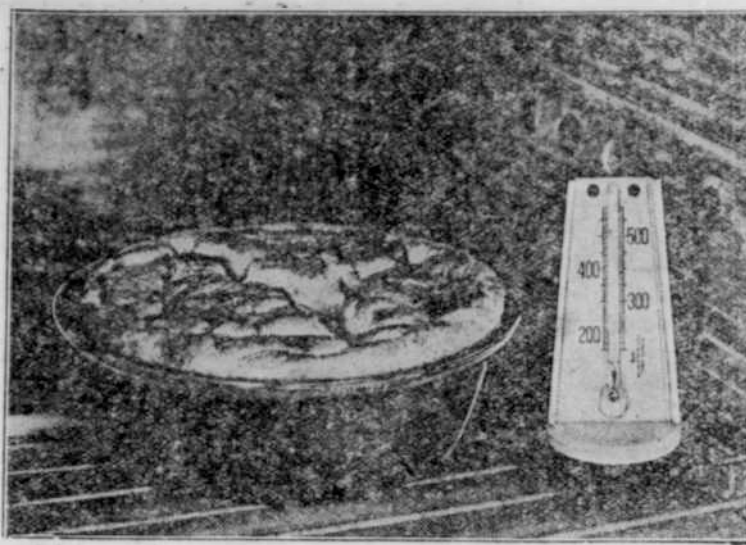
A budget aids in getting one's money's worth out of one's income.

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 "soufflé"—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 soufflé 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 soufflés are hard to make—in fact, that only experienced chefs should attempt them; but in amateur hands they will fall as soon as they

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

It's all in the knowing how. Long, slow cooking is one of the secrets of making a perfect soufflé. 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 soufflé which is served immediately will fall but slightly. For a substantial soufflé either a thick white sauce or bread crumbs or both will act as binder for the ingredients. A soufflé that contains bread crumbs will hold up better than one made with white sauce alone.

Soufflés made with cheese, vegetable pulp, ground meat, or flaked fish are attractive for the main dish of the meal. Sweet soufflés 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 Soufflé.

4 eggs 1/4 lb. American cheese
1 1/2 cups milk 1/2 tsp. salt
1 cup fine dry bread 1/2 tsp. paprika
crumbs 1/2 tsp. paprika
1 tb. butter 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 Soufflé.

5 eggs 1/4 cup fine dry bread crumbs
2 tb. flour 1/2 cup sugar
2 tb. butter 1/2 tsp. vanilla
1/2 cup milk 1 tsp. salt
1/2 squares unsweetened chocolate

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.

Nor 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.

Sweets as Quick Energy Food

By NELLIE MAXWELL

"As a star from the sea new risen
As the waft 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 parent

of all quick energy foods. The tired shopper, with a chocolate cream or two or any like amount of candy will take new hope and plod on. Our physicians now are recommending candy as an essential for children; we are advised to remember "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 for enough from the meal 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.—To one-half cupful of grated cheese add one-fourth cupful of creamed butter, one-half teaspoonful of 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 treat.

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RUSS TOLD TO TONE DOWN CHURCH WAR

Atheistic Workers Warned to Halt Violence.

Moscow.—Russian atheists at the opening of the All-Union Congress of Atheists declared that their propagandists must abandon the idea that religion can be exterminated in Russia overnight.

Successive speakers told the delegates, whose proceedings were broadcast, that excesses committed by atheistic workers and village officials must cease.

They warned their hearers that no attempt must be made to close churches by force, to remove church bells, to coerce peasants into joining the league of the goddess, or to proclaim whole districts as "atheistic regions."

Only by peaceful argument, persuasion, and propaganda, and by scientific explanation, said Emelyan Yaroslavsky, chairman of the society, should members attempt to remove God and religion.

It was apparent speakers had been instructed by government to call atheist propagandists to account for extremes.

At the same time the speakers lashed out at Pope Pius for his recent denunciation of the anti-religious campaign, and for his prayers. They said there must be no slackening in the Communist war on the church by legal and peaceful means.

Under the caption, "Your blood-stained hands are too short to strangle Soviet workers," the official atheist organ, the "Godless One," printed a drawing of the pope sitting placidly on a throne while victim after victim of religious inquisition was hanged and tortured before him.

Warsaw.—The Soviet government is faced with a series of armed uprisings among peasants in the provinces and strikes among city factory workers, according to travelers returning from Moscow.

The peasant rebellions, travelers declare, are due to the high feeling against the government's program for collectivizing farm lands, while the strikes are an indirect result of the rebellions, the factory workers suffering from lack of food because of the disordered conditions in agricultural areas.

Red army forces were called out to cope with six uprisings in the past few weeks.

In the industrial cities conditions are reported severe as a result of the uprisings. Factory workers are being fed on black bread and thin vegetable soup and are refusing to go to work unless more wholesome food is provided.

Plan to Extend Barge

Line to Chicago Soon

Washington.—War department officials announced plans for extending the barge transportation facilities of the Inland Waterways corporation to the Illinois river and Chicago during the next year. Actual operation of the government barges as far as Chicago will depend upon progress made on the Illinois waterway link.

"In line with the comprehensive policy of inland waterway development announced by President Hoover last fall, the government barge line is preparing for an extension of its services," the War department announced. "The barge lines now cover a total of 2,500 miles, and next year it is proposed to extend the lines to Chicago and Kansas City."

3 to 1 Vote for Repeal of Prohibition Measure

New York.—An overwhelming sentiment against prohibition is revealed in the second week's returns of the Literary Digest's nation-wide poll of 20,000,000 citizens. It was announced here.

The figures show 532,026 citizens against the present system of prohibition while 191,909 favor enforcement of the present law.

A feature of the poll is that the greater number of those polled demand repeal of the prohibition statute. Previous polls showed the greater number for modification to permit the sale of light wines and beer.

Chinese Bandits Murder

2,000; Revolt Spreading

Shanghai.—Bandit hordes in Kiangsi province have massacred more than 2,000 men, women and children in the Fuan district. Reports reaching Shanghai said the wholesale slayings were committed early this month under the direction of the bandit chieftain, General Chuteh. He is reported still occupying the district. Fearing further massacres, American, British and Japanese gunboats are patrolling the Yangtze river.

Polish-German Trade Pact Signed

Warsaw, Poland.—The Polish-German commercial treaty has been signed after a five-year delay. Economic relations between the two countries are now normal for the first time since the World war.

U. S. Tax Collection Gain

Washington.—Income tax collections from July 1, 1920, to March 18 were \$1,566,834,000, showing a gain of \$210,000,000 over the same period last year, the treasury announced.

that sluggish feeling

Put yourself right with nature by chewing Feen-a-mint. Works mildly but effectively in small doses. Modern — safe — scientific. For the family.

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FOR CONSTIPATION

The X Type

Dean Herbert Hawkes of Columbia was talking about the revised curriculum to go into effect in the autumn. "The change," he said, "will make university life pleasanter, but it won't make it laxer. Quite the contrary."

"I think it will do away with the student of Exe's type."

"Young Exe sauntered into a telephone office and wrote out a telegram. The clerk ran over it several times, then he said:

"I can't make out whether this reads 'no funds' or 'no fun.'"

"Oh, well," said Exe, "what's the difference?"



Mothers... Watch Children's COLDS

COMMON head colds often "settle" in throat and chest where they may become dangerous. Don't take a chance—at the first snuffle rub on Children's Musterole once every hour for five hours.

Children's Musterole is just good old Musterole, you have known so long, in milder form.

Working like the trained masseur, this famous blend of oil of mustard, camphor, menthol and other ingredients brings relief naturally. It penetrates and stimulates blood circulation, helps to draw out infection and pain.

Keep full strength Musterole on hand, for adults and the milder—Children's Musterole for little tots. All druggists.



Admiration

Mrs. A.—My husband admires everything about me—my hair, my eyes, my hands, my voice—

Mrs. B.—Well, what do you admire about him?

Mrs. A.—Why, his good taste.

Gold Mining in Nova Scotia. Gold mining has had a distinct revival in Nova Scotia during the last few years, and operations are reported on a dozen or more old mines. Production, however, is still limited to a few thousand ounces annually.



Wants All the World to Know

"About ten years ago I got so weak and rundown that I felt miserable all over. One day my husband said, 'Why don't you take Lydia E. Pinkham's Vegetable Compound?' When I had taken two bottles I felt better so I kept on. My little daughter was born when I had been married twelve years. Even my doctor said, 'It's wonderful stuff.' You may publish this letter for I want all the world to know how this medicine has helped me."—Mrs. Horton Jones, 208 48th Street, Union City, N. J.

Lydia E. Pinkham's Vegetable Compound.

System Needs Protein

(Prepared by the United States Department of Agriculture.)

Teachers of home economics, extension workers, and others engaged in bringing about a better understanding of nutritional requirements have been seeking suitable material to illustrate the effect of right feeding. To meet this need the bureau of home economics of the United States Department of Agriculture has put out a series of nine charts for classroom and lecture use. The set may be obtained for 50 cents (do not use stamps), from the superintendent of documents, government printing office, Washington, D. C.

Dr. Hazel E. Munsell, who prepared the charts, is in charge of the vitamin studies that are carried on by means of small experimental animals—white rats and guinea pigs. It has been found that the physical development of these animals can be compared with that of human beings, and that they will eat the same foods. Consequently rats and guinea pigs are widely used, not only in connection with research on vitamins in foods but on other food factors.

The human system needs especially sufficient amounts of protein, calcium, and other minerals, and vitamins. The new series of charts consists of pictures contrasting the appearance of laboratory animals that have been given too little of each of these materials in their diet with that of animals that have had enough of each for good development. A group of common foods supplying the factor under discussion is also pictured on each chart to help the housewife when she goes to market.

Gloves Are Shirred

Formal long gloves for afternoon and evening are slightly shirred in spacings down the stems so that they may crush softly along the arms from elbow to wrist. This obviates the difficulty of keeping a straight glove wrinkled in the fashionable manner. These gloves are of fine washable suede in the most desirable colors and three different lengths.

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



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 mentally associated with royalty and con-

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.