FOR YOUNG FOLKS

Sleepy Time Story About the Fairies of Faraway Denmark.

BLACKSMITH'S QUEER WIFE.

Strange Thing That Happened to Her Neighbors When They Refused to Be Sociable—Some Things of Interest to Little People—Girl on the Beach.

Now, kiddies, said Uncle Ben to little Ned and Polly Ann, I am going to tell

A DANISH LEGEND.

Once upon a time the daughter of one of the underground people, the Bergmen, was married to a smith who lived in Mors.

Kirstin was a good and most patient wife, although her husband, the smith, was cross and surly and sometimes even beat her when he was in an ill temper.

Kirstin did not like this at all, and one day when he had taken up a stick intending to strike her she seized a great horseshoe which was lying on the anvil and broke it in two without any difficulty.

The smith was astonished. "Are you that strong?" he asked. "Then why have you never resisted when I struck you?"

"Because I love you," said Kirstin.

"I'll strike you no more," said the smith, and he kept his word.

The people of Mors, however, were not friendly to the Bergman's daughter and in spite of her desire to be on pleasant terms with them avoided her and would scarcely even nod to her when they met.

One day, as she and all the people were standing in the churchyard waiting for the arrival of the minister, Kirstin said to her husband:

"Listen to me—my father is coming to see me, but he is angry."

As she thus warned her husband the Bergman appeared, and a most awe inspiring person he was. Indeed he was so terrible [illegible] that the people would have liked to creep into the earth to avoid him.

"My dear daughter," said the Bergman, "I hear the people here will have naught to do with you, so I have come to remedy that."

"Yes, father," replied Kirstin. "I'll toss them up in the air a bit," said he. "Will you pitch or catch?"

"I'll catch," said Kirstin, for she feared the Bergman would handle the people very roughly.

Then began a merry game. The Bergman stood on one side of the church, Kirstin, his daughter, on the other, and the Bergman tossed all the people in turn over the roof of the church to Kirstin, who deftly caught them.

No one was injured, but every one was badly scared. But the plan worked to a charm, for so long as Kirstin lived she was treated with the greatest respect and consideration.

Size of the Ark.

In Genesis vi, 15, we have the measure of the ark to be as follows: "The length of the ark shall be 300 cubits, the breadth of it 50 cubits and the height of it 30 cubits." We find that authorities differ somewhat as to the exact length of a cubit. It may be from eighteen inches to twenty-one inches. If we take twenty inches as the length of a cubit the ark would measure 500 feet by 83 1-3 feet by 50 feet. A slight variation one way or the other will make no material difference in the final measure.

Romping on the Beach

Hanging on the ropes at the bathing beach the girl in the picture is safe from a wetting because the tide is

Photo by American Press Association.

KICKING UP HER HEELS.

low. She is having a jolly time and kicking up her heels gayly. The little girl's name is Aubrey Davies, and she lives at Southampton, N. Y.

FALL BLOUSE.

New Waists Are Markedly Gay Colored and Dressy.

Gayly striped silks promise to feature the new blouses. This one is a wistaria and white taffeta cut with an open

[illegible]

front filled by a perky white organdie vestee and a cartridge plaited ruff. Tiny taffeta buttons parade down the front.

NEW NETHERS.

The Kind of Stockings That Go With Fall Shoes.

Whoever said that somber footwear was coming back into fashion was much mistaken. To be sure, certain styles of "fancy" shoes were marked down last winter, but other styles quite as elaborate took their place, and as for stockings, never before have they been so varied and so far from plain or simple.

There is some thought that cotton stockings, colored ones at that, may be worn for the price of silk stockings is soaring by the hour. But just at the moment silk stockings are made in hundreds of patterns.

Stripes form the most prominent stocking decoration or motive. Sometimes they are up and down stripes, sometimes stripes running round, sometimes they extend the whole length of the stocking, sometimes only halfway down or halfway up.

There are checked stockings, too, and plaid ones, and there are stockings with odd and irregular designs. Then, too, regular clocking at the ankles in colors or black or white is a prominent feature of the summer stockings. Clocks are especially smart for wear with sport shoes and they add to the effectiveness of low shoes worn with short skirts.

One black and white combination shows half inch stripes extending from the toe to the calf, ending there in arrowheads. Another shows a panel of stripes extending the full length of the stocking about four inches across the front.

One of the newer sorts of evening stockings show beaded embroidery. This is in line with the vogue of bead embroidery and sequins and spangles that is so strong for evening frocks.

Inserts of real lace, too, in fine silk stockings are used for evening. And another evening idea is a white silk stocking painted with flowers to match a painted kid slipper. This, of course, is so unusual that it may almost be considered a freak style. But it is interesting and is mentioned for what it is worth.

PUNISH TO EDUCATE.

Parents Should Never Act on Impulse of Moment.

"Never punish a child on the impulse of the moment. The correcting of a little child is a very serious matter, a matter to be thought over earnestly and [illegible] Always keep in mind that [illegible]

[illegible]

Therefore it is extremely important that you do not punish a child when you are angry. [illegible]

[illegible] between right and wrong in the [illegible] considerations."

Cool Frock.

A frock made of white material dotted with blue spots and trimmed with blue ribbon is ideal for a summer afternoon.

FOOD THAT FEEDS

Why Do We Eat, Anyway, In Summer Time?

WHAT IS A GOOD MENU?

Most Housewives Don't Know Food Values to the Extent of Giving a Family, Especially Growing Children, the Proper Proportions of Protein.

One of the most important things that every housewife should know about food is its value as nourishment for the body. We must in fact have foods that feed. There are several kinds of values that all human bodies need in the food they eat and without which they cannot be healthy and well nourished. These are:

Material to build the body and repair waste.

Material to give heat and strength.

Material to enrich and cleanse the blood.

Material to form bone.

Let us take them in order.

It may be said of the body building material that in a sense it is the most important of all, because we cannot live without it, while we might go on living for some time without most of the others though we could not long remain healthy. Cheese, lentils, haricot beans, split peas, meat, fish, oatmeal, eggs, nuts and to a somewhat lesser extent good bread all have much body building material.

Fats of all kinds, such as butter, cream, suet, dripping, margarine and nut butter, give warmth and energy, strength and power to work. Sugar, molasses and golden sirup are also heat giving and so are starchy foods such as potatoes, rice and cornstarch. These foods, however, contain very little body building material.

Vegetables and fruit, other than peas, beans and lentils, contain scarcely any of the body building materials, but they give the body what no other foods give, that is, certain juices which purify and enrich the blood and without which no one can be healthy. It is these precious juices which are thrown away when vegetables are boiled in water and the water poured down the sink. If these juices were taken by people every day in properly cooked vegetables there would not be nearly so much money spent at the drug store as they are the best possible form of natural medicine.

The bone forming materials are to be found principally in milk and cheese, good bread, oatmeal and in onions and many green vegetables. They are absolutely necessary for growing children. The result of children not getting enough of them is only too often to be seen in bad teeth and stunted growth.

Grape Juice Pudding

One cupful of grape juice, one cupful of water, one cupful of sugar, one fourth cupful of tapioca, the juice of one lemon, a pinch of salt, and stiffly beaten whites of three eggs. Soak the tapioca for fifteen minutes in a cup of water, place in saucepan, add the sugar, when hot add the grape juice. Cook until the tapioca is transparent, then add the lemon juice and salt. Lastly fold in the beaten whites of the eggs.

WHAT'S COMING.

Fine Feathers Make Fine Birds This Fall, You See

Feather trimmings promise to take the place of beads, which are going on to handlings. This snug little shape

QUITE ADVANCED.

of black velvet with its chic brim is made more dashing by two tall, bright green birds that perch on the crown and turn tail to breezes.

THIS "WALKING DRESS"

For Fall Trotteurs Is Especially Smart, You Know.

The smartest American designer is putting out this model set up in navy gaberdine with an interesting coat top

THE LATEST ONE.

belted low. Cording and much stitching are both signs of autumn's note, so the long coat skirt has a corded hem. The collar and cuffs are organdie.

HOMEMADE CARAMELS.

No Reason Why One Should Not Be Successful With Them

To make chocolate caramels take a quarter pound of grated chocolate, three ounces of butter, three fourths pound of sugar, one gill of milk, two good dessert spoonfuls of syrup, a small dessert spoonful of glucose, half a teaspoonful of vanilla essence. Put everything except the vanilla into a pan and dissolve over a slow fire. Boil to 246 or 248 degrees, take off the fire and add the vanilla essence, and turn into a well greased tin. Mark with a knife when set and cut into squares and wrap each in wax paper.

The tin should be greased with oil or clarified butter, i. e., butter that has been put into a pan and heated and the scum taken off as it rises.

Molasses candy or caramel is made of three fourths of a pound of sugar, a quarter of a pound of butter, one and a [illegible] tablespoonfuls of molasses. Melt the butter and sugar in a saucepan, then add the sirup and milk and boil, stirring till it leaves the sides of the pan clear. Pour on to a buttered plate and when nearly cold cut into squares and wrap each in wax paper. If a thermometer is used it should boil to 252 degrees. Ten to fifteen drops of vanilla can be added if liked before turning it on to the buttered plate.

Galatea For Frocks.

It is astonishing to note that galatea is being used in dresses for grown-ups. Hitherto it was confined to dresses for the schoolgirl and little tot, but at the present time it is also adapted for mother. It is shown in plain colors such as blue, green, rose and white, and often trimmed with pique or a combining fabric. Other models are shown in striped effects, the foundation being white and the stripe in color. One particularly attractive dress was seen recently, the colors being blue and white. The arrangement of the stripes offers a novel detail. The old flat collar with flat satin tie and deep cuffs are of white pique. The broad trimmed hat and high button boots are details of [illegible]. A gown of this type is especially useful for morning and informal wear. Galatea is an excellent fabric for use in middy blouses and sports skirts because it has sufficient body to avoid getting crumpled. It is also very suitable for simple sports suits, where the skirt is a two piece model and the coat a box cut, which is belted at the waist line. With appropriate hat and shoes a suit of this type proves an ideal and practical summer outfit. As a tub frock there is nothing [illegible] the summer months. There is nothing to equal the shirt waist dress of galatea in plain or figured effect.

Homemade Motor Veils.

Cost a length of chiffon or similar weight veiling twenty-seven inches or more in width and about one and one [illegible] yards [illegible] finished with a tiny hem. Insert a nine inch length of round elastic and attach [illegible] narrow ribbon strings. The veil is adjusted by placing the elastic edge well down over the hat in front and holding the veil in place over the hat by tying the ribbon strings at the nape of the neck. Many of the bordered motor veils frequently sold so reasonably are long enough to make two of these handy requisites.

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