

In the Arena of Sports

National Mile Champion
Athletic experts believe that Ivan Myers, national amateur one mile champion, will surpass his record of last year at the distance.

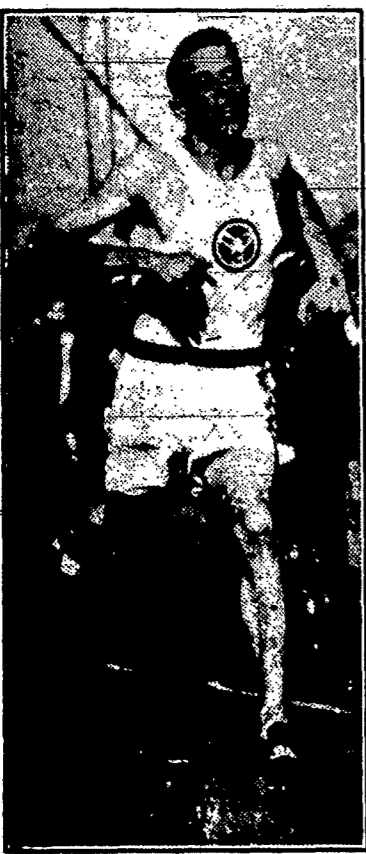


Photo by American Press Association
IVAN MYERS

He ran second to Johnny Overton, the wonderful Yale runner at the recent Philadelphia indoor meet, finishing a step behind the winner, who set a new world's mark for the mile of 4 minutes and 16 seconds. These boys are sure to lower the outdoor mark if they meet during the coming summer, which is more than likely.

American Marathon Run.
The Boston Athletic association will hold the twenty-first annual American marathon run on April 19. No athlete under eighteen years of age will be allowed to compete, and the right to reject any entry is reserved. The start will be made at Ashland at noon, and the finish will be in Boston. Entries close on April 12.

Clay Bird Title Shoot.
The twelfth annual amateur championship of America at clay birds will be held under the auspices of the New York Athletic club at its Traverser's land traps on Friday, May 4, and Saturday, May 5. In addition to the championship prizes, there will be twenty-five special prizes.

Early Hatched Chickens The Most Profitable

Early hatched chickens grow more rapidly than those hatched late in the season and are much less likely to become sick, according to the United States department of agriculture. The late hatched chickens always are the first to catch cold and spread disease throughout the flock. Chickens hatched late in the year will not mature before cold weather and usually will not lay until well into the winter or even toward spring. This means that they will have to be fed and carried over for several months at a constant expense, with no return, and this at a time when feed is at its highest.

The highest producing pullets are those which begin laying early. To get into the 200 egg class a pullet must lay sixty or more eggs before March 1. In order to do this pullets must be hatched before May 1, so that they will begin laying by the 1st of November.

- FUTILITY OF CONTROVERSY.
Controversy never convinced any man. Men can be influenced by making them think for themselves, by seeming to doubt with them, by leading them as if by the hand without their perceiving it. A good book lent to them, which they read at leisure, produces upon them surer effects, because they do not then blush to be subjugated by the superior reason of an antagonist.

Around the House

Handkerchiefs should be ironed when very damp and dried under the iron. This will give a little stiffness, and they will keep clean considerably longer. Plaster of paris ornaments should be cleaned by covering them with a thick layer of starch, letting it dry thoroughly and then brushing with a stiff brush. Ink stains on brown leather can be removed by a weak solution of oxalic acid. Apply with a small paint brush, but only allow a few minutes to elapse before wiping the solution away. Two or three applications may be necessary to remove an old deep seated stain.

Neglect of the Teeth May Lead to Germ Diseases

Brushing the teeth two or three times a day is as important as washing the face and hands, in the opinion of Dr. C. M. Slever, student physician in Kansas Agricultural college. The teeth should be brushed at least once a day, but it is much better to give them a thorough cleaning after each meal. They should be brushed not merely crossways, but up and down. Food particles allowed to remain in the teeth near the gums, at which point the enamel is thinnest, will cause decay and fermentation. The acid formed will soon cause cavities in the teeth. A tooth will not ache unless it contains a hole which allows air to get to the nerve. People should be careful in the care of their teeth and have a competent dentist examine them at least twice a year. Decayed teeth not only ache, but are gathering places for disease germs. Often germ diseases enter the body through decayed teeth. Tartar, a substance caused by decayed food material, collects near the edge of the gums and eats away the enamel. Deformed teeth or teeth out of line can be straightened easily by a competent dentist. No child with crooked teeth should be allowed to grow up without having them straightened. The old idea that candy and sweets cause the teeth of children to decay has been exploded.

Light as Chaff

Shy on Veracity.
An individual called Lige Williams was invited to court to answer a complaint arising out of a broken bargain. Among the witnesses called was one Steve Collins.

"Mr Collins," said the examining lawyer, "you know the defendant in this case, do you not?" "Oh, yes," answered Collins. "What is his reputation for veracity?" continued the lawyer. "He is regarded as a man who never tells the truth."

Not Taking Chances.
"I'm not going near that restaurant again." "Why not?" "Some fool took my umbrella and left his in its place." "But you might run across him." "I don't want to. He left the best umbrella."

Grandfather's Joke.
Seven-year-old Willie sat next to his grandfather at the dinner table and handed him a note from the principal of the public school requesting the attendance of the grandfather at a meeting of the parents and teachers' association. The old gentleman, who is fond of a joke, pretended to read as follows: "Dear Sir, Your crop eared, bandy legged, snuffed-nose boy needs a spanking. There are no shingles in this school sufficiently heavy for the purpose. Will you kindly take him into the woods and administer a much needed correction?" Everybody at the table laughed except the youngster.

Cheap Wit.
Lady Lecturer on Woman's Rights (waxing warm)—Where would man be if it had not been for woman? I repeat it (looking round the hall, where would man be if it had not been for woman? Voice)—Well it is paradise, an' all!

New Major General of The United States Army

Hunter Liggett, the latest addition to the list of major generals in the United States army, was appointed to fill the vacancy caused by the death of General Frederick Funston. At the



Photo by American Press Association.
GENERAL HUNTER LIGGETT.

time of his appointment he was brigadier general, in command of the department of the Philippines. General Liggett is a native of Pennsylvania, sixty years old, and has served in the army thirty-eight years, having been graduated from the Military academy at West Point in 1878. In 1913 he reached the grade of brigadier general by appointment of President Taft. He served in the Spanish war, both in Cuba and the Philippines. He was graduated from the army war college in 1910 and became its president in 1913.

Wise Observations

Those who feel the deepest usually say the least. The wound or hurt that is never mentioned usually cuts the deepest. When the roof leaks don't wait for a rainy day in which to patch it or to put on a new one. You can't reform a mean man, but you can set a good example by doing the square thing yourself. The man who crosses the continent to get away from his worries and cares will find them waiting for him at the end of his journey. Many a girl learns to her sorrow that marrying a man doesn't reform him and that there are worse things than being an old maid. Don't be in too big a hurry to invest in a business-venture that some slick talker is promoting. It may turn out all right, but there is always the possibility that you and your hard earned cash are parting forever.

Mother's Doll Story Bobbie's Easter Eggs

When Easter came Little Bobbie woke up early and wondered if he would have any pretty colored eggs for breakfast. "Mamma, he shouted as soon as he had laced his shoes, 'may I have two eggs this morning?'" "Bobby," his mamma answered, "I am sorry that I haven't an egg in the house. Wouldn't you like to run out to the barn and see if you can't find me enough for breakfast?" So off Bobbie ran to hunt in the haymow. First place he looked was in the manger, where the old speckled hen liked best to lay her white eggs. But Bobbie did not find any. And, besides, what he had in mind was some pretty eggs, all blue and red and purple spotted. He climbed up into the haymow and looked in two cozy places there. And at last, when he ran his hand into the soft, sweet hay, he felt four round things snuggled there in a nice nest. Bobbie shouted with joy and one by one drew out first a big egg with a red elephant on it, then a blue egg with a white puppy running across it. The third was covered with purple Easter lilies, and the last one, the one he wanted for himself, had a brown rabbit on it. Something stirred in the haymow, and across a sunbeam Bobbie saw a really, truly live white rabbit running right at him. His mamma had put it there for him to find, you see.

Easter Eggs.
Eggs boiled in spinach water will become green. Onion skins will make beautiful yellow and brown eggs. Mauve comes from violet blossoms or purple ink, blue from washing blue and red from fruit basket tarlatan. Eggs boiled with figured calico sewed on them will come out with gay colored decorations. Pussy Willow. Pussy Willow, are you ready To herald forth the spring? Do you feel too dreadful sleepy To attempt so great a thing? The balmy winds will soon be blowing Hurry up, you kittle thing! Open up your lazy eyelids, Show us where the bluebird sings. —Philadelphia Record.

Inspiration Miscellany

Do It Now!
"John," said Dr. Brown to his son, "that grass has needed cutting for some days." "Yes, sir," replied John, "I am going to cut it tomorrow." "It isn't very important whether or not the grass is cut," answered his father, "but it's extremely important that you have the right state of mind about getting at what needs to be done. There is a legend that Satan once offered a prize to the demon who should suggest the surest method of damning men's souls. One proposed that the satanic legions should admit the wisdom and the glory of righteousness, but should concentrate their powers on persuading men to put off the day when they should begin to practice righteousness. Satan is said to have awarded his prize to that suggestion. "There is no question," continued the doctor, "that the greatest enemy to goodness in the world is procrastination. Every man that lives means some day to lead a good life. You have seen that little placard on office walls, 'Do It Now!' It ought to be before our eyes wherever we go. It ought to be written in our minds. Just as soon as we discern the right thing to be done we ought to set about doing it without delay. If we delay today, it's twice as easy to delay again tomorrow. Get the habit, John, in small things. If the grass ought to be cut now, then require of yourself that you cut it now. If your Latin ought to be prepared now, then don't risk the chance of getting the procrastinating habit by putting it off to another time. I don't urge you to plunge into things without thinking. Take all the time you need to come to your conclusions. But when your judgment tells you a thing surely ought to be done get at it at the first possible moment. Do it now!"

John started for the door. "That grass ought to be cut, that's sure," he said, "and I'm going to do it now!" Youth's Companion. Hope. Hope is anticipation. It is an inherent feeling in mankind and a divine provision for the sustentation of interest in life. Hope is a chord which strikes pleasant desires for the future; it is every one's sunshine, the rainbow in the storm, the silver lining to the present cloud, a star set in the firmament of our lives to brighten, lighten and cheer the way and differs in magnitude and brightness according to occasion. Hope is an antidote of misery, a cordial for the desponding and a chain with many links.—Nellie E. Mate

Minding His Business

"I wonder how much Archer is worth?" said a gentleman to his merchant friend. "The commercial agencies rate him as A-1," was the quiet reply. "Yes, I know," persisted his visitor. "But what is he really worth—his private fortune, I mean?" "I never had time to find out," said the merchant. "Never had time?" "No, sir. When I started in business," he continued, "I soon saw that it would take all my time to attend to my business. I discovered that if I undertook to attend to the business of other people my own business would suffer, and so I have never attempted it. By following that rule I know I have built up a large business, and I think anybody can do the same." "You mean," said the visitor, flushing up, "that I ought to mind my own business?" "You may do as you please," said the merchant calmly. "I mind my own business and have no time for minding others'."—Exchange.

The Barred Road.
"There is only one road to success in life," said the man who had made his fortune and retired. "And how shall I know the road?" inquired the budding young man. "Well," replied the man with the fortune, "you go right along this path of adversity until you reach the first turn to the right." "Yes, yes." "And you'll find a road barred off with a gate and a sign that says 'No Trespassing.' Well, that's it."—Selected

Loyalty to Truth.
The truth which in our calm and sober hours we have accepted we ought not to let go, because in hours of trial and darkness we cannot see it. Cling to it still and you will see it again by and by. There is such a thing as loyalty to truth, which is noble. It is good to trust in God, in goodness, in eternal right, in the triumph of truth over evil, when we do not see how or understand why.—James Freeman Clarke.

WORDS OF LOVE.
Many a heart is hungry, starving For a little word of love. Speak it, then, and as the sunshine Gilds the lofty peaks above So the joy of those who hear it Sends a radiance down life's way And the world is brighter, better, For the loving words we say. —Eben Rexford.

Home Cookery

Macaroni With Sausage.
Chop four or five sausages finely and cook half a package of macaroni, broken in short lengths, in actively boiling salted water until tender; then drain the macaroni, rinse quickly with cold water and drain again. Butter a baking dish, put in a layer of the macaroni and moisten slightly with a little thick tomato sauce. Cover this with a layer of the minced sausage and continue with alternate layers of the ingredients until the dish is nearly filled. Cover the top with browned, crushed breadcrumbs, dot with bits of butter and bake in a hot oven for twenty minutes.

Strawberry Blancmange.
One quart of milk, one-fourth cupful of sugar, one cupful of strawberry juice, four tablespoonfuls of cornstarch. Heat milk to boiling point. Add sugar, strawberry juice and cornstarch which has been rubbed smooth in a little cold milk. Cook until thick and pour into wet molds. When firm, turn out and garnish with whole strawberries and serve with sweetened whipped cream.

Cornmeal Gems.
Two cupfuls of flour, one cupful of cornmeal (dotted is best), two cupfuls of milk, two teaspoonfuls of cream of tartar, one teaspoonful of baking soda, one-half cupful of sugar, one-half teaspoonful of salt. Stir the flour and meal together, adding cream of tartar, soda, salt and sugar. Beat an egg, add the milk to it and stir in the other ingredients. Bake in a gem pan twenty minutes.

Buttered Parsnips.
Peel and slice thinly parsnips for the meal, cook in boiling salted water until tender, drain and season with butter and salt, mashing coarsely with a wire potato masher. Serve very hot. Parsnips are also most appetizing cooked without peeling, then cut in halves after removing the skin and brown in butter.

Candied Sweet Potatoes.
Parboil the desired number of sweet potatoes ten minutes. Drain and slice into a baking dish. Season with salt, sprinkle over sugar and cinnamon and dot with bits of butter. Half fill the dish with hot water and bake until the potatoes are nicely browned, basting frequently.

Steaming Vegetables Retains Nutritive Salts

The importance of avoiding loss occurring in cooking vegetables is emphasized by Miss Jane Cape, instructor in domestic science in the Kansas State Agricultural college. The ordinary method of paring the potatoes and allowing them to soak in water before cooking results in a great loss in the nutritive value of the vegetables. Such vegetables as peas, cabbage, spinach and carrots usually are boiled and the juices poured off. Many vegetables when served are consequently almost without nourishment. All of the minerals, soluble carbohydrates, calcium and phosphorus necessary to build up certain tissues of the body are wasted. The amount of nutrient depends upon the amount of water and the size of the pieces of vegetables. It is advisable to use the juices extracted from vegetables by boiling in saucers to be served with the vegetables or to make soup. Baking or steaming is an economical method of cooking vegetables. Experimental work has shown the relatively small losses from steaming and the great losses from boiling vegetables. Many root vegetables may be cooked in the jacket to preserve their nutrients.

Never Satisfied



What Women Like to Know

Smart Spring Gown.
The afternoon reception gown here pictured is of Alice blue velvet cut on the new straight spring lines, in which



Photo by American Press Association.
RECEPTION GOWN.

girdles are made to look as long as possible. Silver lace woven in the dainty pattern is used as handings. The entire crown of the charming hat is metal shadow lace.

Grow Vegetables in Home Yards and Vacant Lots

Gardens will be a factor in averting the present food shortage. Recognizing the economic value of producing vegetables in home yards and vacant lots, the board of administration has approved the appointment of local leaders as temporary assistants in the boys and girls' club work of the Kansas State Agricultural college. These leaders will work under the direction of the division of extension and in co-operation with county superintendents, school teachers and farm bureau workers. They will not only promote garden clubs among boys and girls, but will interest women who would find real pleasure in growing vegetables for table use and some of the old people likewise who cannot stand the heavier work of the farm, but who prefer to be active. The assistants will urge the raising of surplus products for home use.

Household Hints

A combination of vanilla and lemon is a pleasing flavoring for a hard sauce. When next making fudge add just a few drops of molasses after it has boiled for five minutes. Another change in this delectable sweet treat is to season it with spices or to add a few chopped dates or figs. Try a little scraped maple sugar on the 'dash of rice'; it will be found delicious. Cubes of cranberry jelly make a delightful garnish for salads or the plate of cold sliced meat. If the ham that is to be roasted is rubbed well with brown sugar its color as well as its flavor will be improved. Wet eggs before dropping them into boiling water and they are not so likely to crack as when put in dry. Make a French salad dressing as usual and add a small amount of grated Parmesan cheese before serving. This is excellent on vegetable salads.

Food Value of Vegetables.

Potatoes and most of the other vegetables and fruits tend to make the body tissues and fluids alkaline, so correcting the tendency of meat, eggs, fish and similar foods to create acid conditions. Since the body performs its work best when it is neutral or slightly alkaline, this function of fruits and vegetables is important, especially to the hearty meat eater.

Red Hands.

Red hands and prominent veins in the hands and arms are often the effect of poor circulation, the heart not carrying back the blood. The various exercises of deep breathing if practiced systematically and regularly will prove beneficial and in many cases effect a complete cure.

GOOD COMMON SENSE.

I think that good must come of good And ill of evil, surely unto all In every place or time, seeing sweet grows from wholesome roots and bitter things From poison stocks—yes, seeing, too, how spits Bredde hate, and kindliness, kindness, or million pecks. —Edwin Arnold.