

In the Arena of Sports

Sisler of the Browns

At the close of the 1915 baseball season it was conceded by the fans that George Sisler of the St. Louis American league team was the find of the year. Last year he played up to his reputation, and this year he is even



Photo by American Press Association. GEORGE SISLER.

better. Sisler started as a pitcher, and he can play any position except behind the bat. It is as a first sacker that George shines. He is considered about the best in his league, sharing honors with Stuffy McInnis of the Athletics. He is a great slugger and is crowding Tris Speaker for the lead. Sisler is a native of Akron, O., and before becoming a professional pitched for the University of Michigan.

Athletes Lead as Students

Figures compiled by Dean Louis Bevier of Rutgers college, New Brunswick, N. J., indicate that the general scholastic average of all men engaged in athletics was 73.8 as against 73 for nonathletes. Among the athletes the gymnasium team stood highest with their books with an average of 76.6. Baseball men showed that the national game is a good brain developer, having 75.5. The football men, however, were the fallenders, with 68.6, though they had a good margin above the passing grade of 60.

Prepare This Year For Next Year's Gardening

The government itself is making preparations for a war that will last at least another year. The home gardener who is adding his country by producing much of his own food needs cannot do less, says a bulletin from the National Emergency Food Garden Commission. Therefore, the bulletin continues, in gardening this year the worker should continually be preparing for next year. One principal asset which he can store for next year's needs is the experience which will enable him to get constantly better garden results. More concretely, he can start now making a compost bed for next year's uses.

Compost is one of the quickest forms in which fertilizer can be applied to the soil. It can be used profitably in next spring's seed beds and in the seed boxes which will be used for starting plants indoors near the end of next winter. It is also valuable for use in hills of melons or other vegetables which need warm soil in the spring and for top dressings of garden beds where quick action of fertilizer is desired.

Compost consists of fine, thoroughly rotted manure, vegetable matter and soil mixed together. As soon as you start to gather any garden crops you can begin composting the waste portions. The pea vines, the turnip tops and waste lettuce leaves can all be thrown into the compost bed. In the city lawn clippings are especially desirable in the compost bed. Street sweepings—if you are sure they are free from automobile oil—will help greatly to increase the fertility of the compost.

BEAUTY OF THE SOUL

A noble soul spreads over a face in which the architectonic beauty is wanting an irresistible grace and often even triumphs over the natural disfavor.—Schiller.

HOW TO FEED BABY

Especially Natural Feeding, the Ideal Way.

THE BEST OF SUSTENANCE

Human Milk Was Intended For Babies, and the Next Best Substitute, Cow's Milk, Was Designed For Stomachs That Can Pass Tough Curds.

(Prepared by Ohio state department of health.)

That human milk is the ideal food for babies is an accepted fact, but there may be too much even of this diet for the baby. The baby should have its milk regularly, but it should have long hours of rest between feedings. A baby's stomach holds one ounce at birth and three ounces at one month. Any one can realize how small this receptacle is if she remembers the very small bottle which comes when she orders an ounce of fluid at the drug store. It is a mystery why a woman will insist upon trying to make the poor baby's stomach, day after day, hold any amount of milk which the baby may swallow if nursed every fifteen minutes. This constant nursing over distends the stomach and causes fermentation, vomiting and colic. The baby cries with the colic, and instead of giving the tiny little stomach a chance to rest the mother returns it to the breast and wonders why the baby will not nurse, or, if it does so, wonders why it cries harder than ever. If mothers would only learn that the frequent nursings only make matters worse and that often when the baby screams it has had too much food.

Some babies are gluttons, and if the milk flows easily they swallow too fast or overflow the stomach, and the result is that the stomach contracts forcibly and the food is ejected. Babies who vomit the milk almost unchanged as soon as it is swallowed often have simply eaten too fast.

The mother's milk may be too rich, and so the milk causes indigestion, and it may be eructated in the form of a cheesy mass which is quite undigested. In case of the mother's milk being too rich the baby may be given a drink of water from a bottle immediately before nursing, thus diluting the milk from the mother's body. The mother's milk, on the other hand, may be lacking in amount, and the baby may have to work very hard to get a very little nourishment.

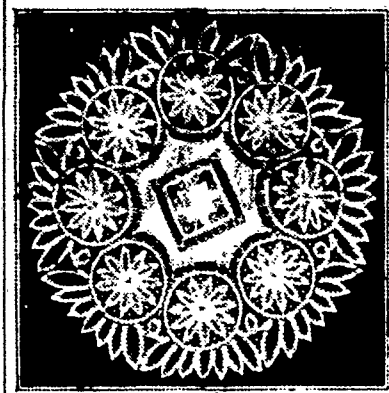
The mother should remember that babies, like all other human beings, require generous amounts of water. The baby should have freshly boiled water every day. At first it may be given in a spoon, but later it may be put in a bottle, preferably one with a wide mouth and a large, flat nipple, and fed directly from this. This has two advantages, for it trains the baby to drink the water and to drink from a bottle.

The baby should be held during the nursing period so that it gets the milk readily and without strain to the mother. For this reason the low foot stool upon which the foot of the same side that the baby is nursing may rest is the easiest, correct position. The period of nursing should not be dragged out indefinitely. Keep the baby awake while the meal is in progress and then let him rest. Twenty minutes, ten for each breast, is desirable with a three-hourly feeding. Most babies will thrive better if after the first three months they are put on four-hourly feedings. Many doctors begin earlier than this. Remember always to wake the baby when feeding time comes, between the hours of 6 in the morning and 10 at night.

BATTENBERG DOILY.

A Relief From Red Cross Bandages and Knitting.

The disturbances in Mexico have set a price on Mexican drawn work. A small square of it makes a delightful



HANDSOME PATTERNS.

center for battenberg patterns, and this illustrated may be enlarged to cover your tea table or your colonial bed. Rings, braid and ingenuity are all that's needed.

Potato Chop.

Chop fine the whites of four hard boiled eggs and add to two coffee cups of cold boiled potatoes chopped rather fine. When well tossed together, add a cupful of broken English walnuts or hickory nuts and the smallest sized bottle of stuffed olives cut in bits. Season all to taste with onion juice (obtained by rubbing the onion over a grater), salt and pepper. Melt half a coffee-cupful of butter, add to it the juice of half a lemon and mix thoroughly with the potato mixture. Arrange on a platter and grate over the top the four egg yolks, arranging as a narrow green border around the edge about three tablespoonfuls of chopped parsley.

ROYAL LINES.

Beautiful Model For the Spring Brides to Emulate.



QUEEN FOR A DAY.

White satin forms the trained, square-necked base of this beautiful frock. What gives it distinction is a surplice black silk net tunic thrown over the ivory effect, the net being richly embroidered with silver lace, to say nothing of fringe.

MARKET BASKETS.

Wartime Measures About Deliveries of Groceries.

If you see anybody generous with food wrappings and string these days you may be sure it is not the owner of a food business. Many employees, feeling no responsibility, continue to be as lavish as of old with bag and twine, but a small dealer almost wept when a customer offered to take home a grapefruit in her basket without a wrapping. "What! You would save me a cent!" he exclaimed.

Some grocers will ask you if they shall deliver your purchases, which may number half a dozen or more, but they will not let you have a big bag to take them home in. You ask, "The big bag costs less than delivery, does it not?" "Yes, but we have to pay for the delivery anyway." Not willing to drop the subject, you say, "You ought to charge everybody 5 cents for these things." The grocer replies: "But that would not pay for what it costs us. Our warous cost us \$150 a month."

Of course the grocer adds this cost to our foods, and he allows a safe margin. Those who are willing to carry goods home pay equally with those who do not. Customers could work a change in one week if they all chose the market basket way.

The "cash and carry" stores have lately displayed conspicuously a basket with a price mark, 5 cents. Stout and handsome baskets, which will last years, may be bought for less than \$1. How much more sensible it is to use these than to buy paper at present prices, which is used but once! We cannot expect market development to be so one-sided a thing as most of us have allowed it to be to the great expense of our pocketbooks. We have gone to silly lengths in the free delivery system.

Donts For Mothers.

A writer in a recent issue of Mother's Magazine gives some very pertinent advice to mothers in regard to their attitude with their children. She says in part: "Don't think that the moment you are alone with your boy or girl you must find fault or endeavor to improve the occasion by a little moralizing, no matter in how loving a spirit. This is a hard don't, for no one is so anxious to help a child toward perfection as is the parent, yet it surely leads to an avoidance of the moments alone together, which should be times of happy confidences.

"Neither should a parent correct the child before others. Never mind if a well meaning relative does say, 'My dear, I am surprised that you do not show more force of character; your children are suffering from a lack of discipline.' Pass the matter over till you and the small offender can have it out alone. If the circumstances are such that it cannot be passed over take him out of the room."

Saving Gas.

A gas saver and comfort in cooking on gas stoves is to place a sheet of zinc or sheet iron on top of the stove the size of the stove top. One lighted burner will heat the entire sheet and serve to cook as many articles of food as there is room for vessels. It is also cleanly, protecting the stove from the results of boiling over, and the sheet is much easier cleaned than the several burners are when not so protected.

SURGERY FOR AUTO TIRES.

Be Sure There Are No "Broken Bones" Before Mending the Surface.

Surgery for a tire, in so far as it affects only the tread or skin, is simple but after a rupture of the surface you should make certain that no "bones" have been broken" before proceeding with the treatment. It must be remembered that the layers of canvas cemented together—in a fabric tire—the individual layers of cord—in a cord tire—form the main supporting skeleton, or framework. The rubber tread merely protects this framework from wear, as the tough skin on the ends of the fingers protects the bones and delicate nerves.

It often happens that a cut from a sharp stone or piece of glass is sufficiently severe to penetrate the entire thickness of rubber covering on the tire and to extend through to one or two layers of canvas. If under these conditions only the surface is vulcanized, or "healed," but little will be accomplished, for the supporting fabric will be weakened at this point through the separation of the one or two layers, and a blowout will eventually result, even though the tire, so far as external appearances are concerned, is perfect at this point.

A cure of this nature requires the services of an experienced tire surgeon, for a new section of fabric must be applied and vulcanized into place or the broken ends of the cord must be fastened together in a manner requiring more or less expert work.

The same result as a broken bone may be obtained by what is known as tire surgery as a stone bruise. This is caused by a sudden impact against a blunt object, such as a curved or round corner of a stone, which in itself is not sufficient actually to cut the thread of the tire, but which imparts so severe a strain to the fabric, or carcass, that several of the layers of canvas may be broken or bruised. This is a frequent cause of mysterious blowouts which seem to come from within a tire having its surface in perfect condition.—H. W. Slauson; M. E., in Leslie's.

TRAINING THE CHILD.

The Most Essential Factor Is in Having a Normal Home.

A student of sociology recently said in a public address that the most essential thing in the training of a child was a normal home. This sort of home ought to be common. Yet investigations show that a large number of homes must be considered abnormal. Such are poverty stricken, overcrowded homes, and such are the servant filled homes of the wealthy. It is the large well to do middle class who should, and who do supply most of the so called normal homes.

It has been found that many homes which might be normal are not so and that the parents usually are to blame. Parents are quarrelsome, a favored child is allowed to bully the household, the mother is indifferent to the home, the father is ugly, discipline is too lax, the children are ignored, parents reverse each other's decisions—these are some of the defects in the abnormal home. They are defects which are slighted out because they betray no gross weakness in the parents and could be eliminated by a little patience and thoughtful effort.

The environment of a child in its early years undoubtedly has a good effect on its forming its character. It seems as if parents ought to heed this fact and to exercise such self-denial and self control as may be necessary to make the home a place where the child can be sure of finding peace and just treatment. There are many homes that for familiar reasons are entirely without the scope of these considerations.

But the observations noted apply with reasonable pertinence to the numerous American homes in which the parents are well behaved and self respecting, but who are too selfish or too thoughtless to give due attention to the very important matter of providing a tranquil and helpful home for the little ones.—Rochester Democrat and Chronicle.

Oxidization of Brass.

Brass when immersed in a hot solution consisting of one-half ounce of golden sulphure of antimony and four ounces of caustic soda in each gallon of water becomes oxidized with a pleasing brown shade. The shade becomes darker if the metal is immersed in a dilute solution of sulphate of copper, used cold, about four to eight ounces to the gallon. Several immersions in the same manner give deeper brown tones.

Comes in Handy.

The life insurance policy looks like an expensive and worthless bit of paper until somebody dies, and then it is cash in bank. As Kipling wrote of Tommy Atkins:

"For it's Tommy this and Tommy that And 'chuck him out, the brute' But it's 'savior of his country' When the guns begin to shoot.

Exchange.

In Series. "That man's whole life has been a series of ups and downs."

"How so?" "He began as an elevator boy, then became a mountain climber, and now is giving balloon ascensions."—Baltimore American.

His Brand of Reform.

Knicker.—What sort of reformer is he? Bocker.—He wants other fellows to abstain from food to make the price go down while he eats it.—New York Sun.

"It is not work that kills men; it is worry. The revolution is not what destroys machinery, but the friction."

Walt Whitman and Memorial Day

EAON year as the end of May approaches and lilacs in the doorway bloom the personality of Walt Whitman, singer of the "lilacs" song and of all outdoor sights and sounds, is tenderly recalled by an increasing number of people, for Walt Whitman's birthday is on May 31.

It is the custom to hold then an all day Whitman convention in New York to celebrate it. In some places, when weather and inclination are propitious, lovers of Whitman are wont to picnic, more or less formally, on Memorial day, and at such times persons who really knew Walt are in great demand. Persons who were friends of the good gray poet are more and more rare as the years go by. It was only choice souls who could appreciate what he was trying to do, and they have almost all joined him now in the great beyond.

It is perhaps fitting to celebrate Whitman's birthday on May 30, Memorial day, since he was a friend of the Union soldier and served as a volunteer nurse in Washington and Virginia in 1862-5. His fatigue and night watching brought on a serious illness from which he never recovered fully.

Describing his nursing, a friend said: "Walt, you should know, seemed intuitively to do the right thing for those poor suffering fellows. To one he would give an apple, to another an orange or tobacco. But he never gave the wrong thing. He told me of finding some soldiers from the west who had never before seen an orange. He said also that the aroma of a lemon held in the hand was often most grateful to the fever patient he there encountered."

May We Never Forget Memorial Day!

WE do well to pause one summer day in a year to exalt the martyrs who fell in our civil war, to bewail their fate, to cover their humble hillocks with flowers. They died not to protect our land from the profane foot of the foreign invader, nor yet to win the Holy Sepulchre from the infidel, nor yet to conquer a savage wilderness for the great incoming flood of our race. They died because their country could devise in its wisdom no better means of settling a family quarrel than by slaying her sons with the sword.

May we never forget to observe our Memorial day! Even now there is scarcely a hamlet in the United States that does not display a tiny flag or bit of bunting on Decoration day. Some years ago I drove through a wild mountain country in West Virginia. Deep down in a narrow gorge—one of those strange features where a small stream has cut a mountain in twain—I discovered a wretched hut. Fastened to a pole at the door was a fluttering bit of red flannel. The half naked savages who lived in this hut scrambled up the precipice to beg. I asked the meaning of the red rag and received the surprised answer: "Decoration day!" These untamed, untamable people respected the day.—Mrs. Roger A. Fryor.

The Mothers Of the Armies

The mothers of the armies in churchyards, old they sleep.

No more to wake and worry.

No more to watch and weep.

For rust has spiked the cannon

And choked the bugle's throat

And washed o'er hill and valley

The drum's defiant note.

They sent them forth to battle

From many a cottage door,

The sons they loved and cherished

And feared to see no more;

They sat by lonely hearthstones

And waited, sick with dread,

To welcome back the crippled

Or mourn the hero dead.

From Maine, with pine trees girdled,

To Georgia's cotton snows,

The nation's soldiers blossom

Through Gabriel's trumpet blows;

On fields that once were crimson

The yearly crops increase,

And daisies in the trenches

Are waving flags of peace.

But when with fragrant blossoms

We deck the blue and gray,

Oh, twine a dewy garland

Upon Memorial day—

A tribute to the mothers

Who each with bleeding breast

Gave freely to her country

Her dearest and her best.

—Minna Irving in New York Press.

LIFE ON A WARSHIP

Home, Workshop, School, Club and Theater All in One.

RULE OF RIGID DISCIPLINE

Laziness is Not Tolerated, Because Responsibility Rests Upon the Shoulders of Every Man on Board.—The Duties From Captain to Seaman.

The modern battleship is probably the most complete and complex machine man has ever produced, and though the picturesque features which surrounded the wooden man-of-war of years ago have gone, their place has been taken by features a thousand times more interesting and inspiring. The modern battleship is the last word in a cold, brutal fighting machine that is also a home for a thousand men—a machine that fairly reflects personality, and proves itself both a workshop and a self supporting community, able not only to create, feed, teach, employ and amuse those who live in it, but also to supply virtually everything that the average man's comfort or interest demands. Truly the modern battleship offers a community life developed to the highest degree.

Probably, too, there is no more complete and startling proof of the value of rigid discipline, drill and co-operation for maintaining not only efficiency, but also safety, than that given on a battleship.

Responsibility rests on the shoulders of every man on board, and vital responsibility rests on the shoulders of many hundreds among the thousand. That is why practical, not theoretical, training is necessary, why the maneuvers at Guantanamo are the most valuable side of naval life, why laziness is not tolerated. Too many million dollars' worth of property and too many hundreds of lives are at stake to permit of inefficiency or carelessness.

With such a complexity of duties in mind as fall to every man from common seaman to captain, one may readily understand why the government wants only its best and most intelligent among the young men of the country in its navy.

At the top, with full command and responsibility, stands the captain, the administrator. He is perhaps as near an absolute monarch when at sea as the civilized world offers.

After the captain comes the executive officer, on whose shoulders lie chief places responsibility for maintaining the general and military efficiency of the ship. He is the captain's representative, and to him every question is referred. The heads of departments and all officers and men are under his direct orders.

Under the executive officer, who may have one of several ranks, but on the larger ships is likely to be a lieutenant commander, comes the first lieutenant. To him are delegated the care and order of the vessel. In short, he is "the housekeeper."

Then, day and night, some must be in temporary and full charge of the deck. His headquarters are on the bridge. He is known as the officer of the deck. On these officers rests the main executive control.

At the heads of the various departments are the medical and pay officers, the officer in command of the marines, or "sea soldiers," the chief engineer, who has charge of the motive machinery and lighting and heating plants; the navigator, the gunnery or ordnance officer, who is responsible for the real work for which the ship is built—that of destruction—and the chaplain. These men, with their direct subordinates, down to the youngest seaman, form what is called the watch room mess.

The captain, however, dines alone. Other messes, or "families," dining together are those formed by the junior, the warrant and the petty officers.

Divided up among the various departments of the ship are the warrant officers and the petty officers of many classes and grades. The boatswain and his mates, acting under the executive officer and lieutenant, have charge of the decks, anchors and cables. They summon the crew to its duties by whistle and pass on all orders to the men. They are the experts in seamanship.

The gunners and their mates have charge of the ship's ordnance and electrical equipment, under the ordnance officer or his division officers.

The carpenters and their mates have as their duty the maintenance, in good condition, of the ship. The quartermaster and his assistants come under the navigator and see to the carrying out of all orders which have to do with navigation. The masters at arms act as ship police. The yeoman, acting as clerical force in the different departments, Coxswain act as boat crew commanders.—Richard Smith in Leslie's Weekly.

An Arizona City of Distances. Mesa (Ariz.) streets are eighty feet wide, and every block comprises ten acres. A residence building sits there averages about an acre. When you ask an address in Mesa and the obliging inhabitant directs you to walk six blocks it doesn't sound far, but you realize the distance before you arrive. Mesa was laid out by Mormons, who favored unusually wide streets for attractiveness and who made the ten acre blocks in order that every family might be more or less self sustaining in true of Indian raids, when the family garden might be the only source of food.—El Paso Herald.

Falseness may have its hour, but it has not the future.—De Pressensac.