

THE WOODS

BY DOUGLAS MALLOCH

THE LETTER.

I CAN'T tell you, girl, how I love you - it is something the woods never teach; I can lie all the night and think of you...

And this is the love that I bring you, the love of the man out-of-doors. And this is the song that I sing you, the song that the nightingales pour...

MILITANT MARY - I'm not belligerent; in fact, I love TRANQUILLITY. But when there's trouble UNCLE SAM KNOWS HE CAN COUNT ON ME!

Real Indians never use smokeless powder in their pipe of peace. DON'T WORRY! IF YOUR FACE IS YOUR FORTUNE, POVERTY IS ALL THE RAGE NOW.

THE GIRL ON THE JOB

How to Succeed—How to Get Ahead—How to Make Good

By JESSIE ROBERTS

WOMEN IN BANKS

THE big banks and trust companies are beginning to put women into important positions. And the girl just out of college who is looking for a job may find it well worth her while to interview a banker as to getting a start.

Mother's Cook Book

Heat is not idleness, and to lie sometimes on the grass under the trees on a summer's day, listening to the murmur of water, or watching the clouds float across the sky, is by no means waste of time.—Lord Avebury.

EVERYDAY FOOD.

IT IS not a difficult problem to arrange a meal for some occasion and have it both good and unusual, but the daily meal preparation does become a burden sometimes when economy, variety, wholesomeness and digestibility all enter into the problem.

Leftover Salt Mackerel With Potato Balls. Cut enough pared potatoes into quarters to fill a pint cup. Turn into a saucepan, cover with boiling water and one cupful of flaked leftover mackerel in the center of the potato dish, above the water in dish or steamer.

Nellie Maxwell (© 1921, Western Newspaper Union.)

Birds That Burrow. Persons are not accustomed to think of birds as burrowing animals, but the puffin answers to that description. It is a chunky little fowl, less than a foot high, with a large and powerful beak.

Spiders as Companions. Of all creatures to choose as pets spiders seem to be the strangest. Yet many famous men have formed real friendships with spiders. Beethoven, when studying the violin at the age of seven years, had a spider so accustomed to him that it would crawl on to his arm while he was practicing.

Great Britain had 34,000 horsemen in the wars with Napoleon. Wise is the man who is able to conceal what he doesn't know.

Beauty Chats

By EDNA KENT FORBES

SALADS AND BEAUTY

ACCORDING to the way they are made, salads are either fattening or thinning. They play a great part in all menus for reduction, but in this case they are eaten plain or with a special dressing. If you wish to grow thin, eat fruit salads of all kinds but grape, banana or nuts, with the following dressing: Two table-spoonfuls of vinegar, a pinch of salt and paprika, a quarter teaspoonful of dry mustard, a teaspoonful of chopped chives or parsley, and a teaspoonful of tomato catsup or Worcestershire sauce.

But if you wish to increase your weight, eat salads with plenty of olive oil mayonnaise. For this you take the yolk of an egg, beat it, add a pinch of salt, add olive oil drop by drop, always beating, with a few drops of lemon juice or vinegar to thin it as it grows too thick. After a time the oil may be added in tablespoonful quantities.

Salads are so good for the digestion that they should be included in the menu once a day at least. Potato salad is fattening; apple salad is good though it neither adds nor subtracts flesh.

HOW DO YOU SAY IT? By C. N. Lurie

Common Errors in English and How to Avoid Them

"I SEEN HIM."

FREQUENTLY we hear a person say, "I seen him do it," and it is not always a person who has not been educated in the proper use of English. In the language of the grammarian the speaker does not make proper distinction between "saw," the preterite, or past form of the verb "see," and the past participle of the same word.



AMBIGUOUS "Is that you, Henry?" "Yes, dear." "Oh, I'm glad, I'm always afraid there's a man in the house till you come."

Speed Required. "Did you ever taste moonshine whisky?" "Certainly not," replied Uncle Bill Bottletop. "Anybody who can't swallow fast enough to keep from tastin' it has no business tryin' to drink it."—Washington Star.

One Eloquent Word. An old negro brother, seated far back in a crowded experience meeting, stood up, gained the attention of the leader, and said: "Kin I say jes' one word?" "You can," said the leader. "Go ahead." Then, with all his might, he shouted, "Halleluluh!"—Atlanta Constitution.

Not Bad. Amelia was four and full of initiative. The other day she removed three gold fish from their bowl and laid them out carefully on the library table. A little later, when her mother found them there dead, she exclaimed: "My, Amelia, but you are bad!" "No," Amelia said calmly. "I am not bad. I am cute."

Exactly. She—They have a course at our college on how to select and keep help. He—The hire education, eh?

MERELY OF VALUE AS GUIDE

The Past, as Revealed by History, Worth While Only as It Points the Future.

The division of all history into ancient, medieval and modern, like the division of all Gaul, is a part of the stock of knowledge of every one who has enjoyed the advantages of education.

The world is modern in time and in outward appearance, but antiquity and the Middle Ages are not yet done with us, nor will they be for long. They have left their indelible marks upon our thought, our social customs, and political institutions.

THE "EYE" WORM OF AFRICA

Dangerous Pest That is Apt to Be Inflicted on the Visitor to the Congo. Every one who lives in central Africa any length of time sooner or later becomes affected with the flaria loa, a worm which is about two inches in length and the size of a hair.

Missionaries tell me that I have several of them in my body, although, save for the indications described, they have caused me little or no inconvenience. The worm is supposed to end its career in the eye of the victim, and in Africa is commonly called "eye worm" because of this tendency.

Mole's Marvelous Appetite. Incredible stories are told of the mole's appetite, and in order to see if there was anything in them (writes an English correspondent) I tried an experiment. My mole—a matronly lady—weighed three and half ounces.

Bohemians Fond of Geese. A traveler in Bohemia quickly learns that there are certain things which are essentially Bohemian, writes Kenneth Roberts in the Saturday Evening Post. True Bohemians eat enormous quantities of caraway seeds and geese.

Something Worth Seeing. For tourists who drive through the Catskill mountains of New York state, Ashokan reservoir is well worth a visit. The shore line of the reservoir is 40 miles and the depth varies from 50 to 200 feet.

If Women Only Knew

Women who seem to have more leisure, who do not spend most of their time cooking food and washing dishes, say that the only way they do it is because they have an "Ideal" Fireless Cook-stove.

"Ideal" Fireless cooked food is famous for its palatability. The most experienced cook can have perfect results with the "Ideal" Fireless Cook-stove because it has the famous water-seal heat-lock which makes cooking results absolutely certain.

When in Rochester be sure to investigate this Famous Fireless Cooker at our store. HAMMOTH ASSORTMENTS H.B. GRAVES CO. WE FURNISH HOMES COMPLETE 78 STATE ST., ROCHESTER, N.Y.

SCHOOL DAYS



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