

The Birds and Their Winter Food Supply

By MARTHA MARTIN

"AT THIS time of the year," said the Sandman, "the birds are eating the seeds of the red cedar trees. These trees are strange in their behavior. They will grow well in a new neighborhood, but they do not like to have many trees about them, and if other trees grow up about them they become discouraged and give up trying to grow!"

"So they are to be found, and the birds find them. But they're certainly fond of open spaces."

"The birds are also finding winter food in barks of trees where little eggs of insects are hidden, and there are insects upon the fallen leaves."

"The ducks find insects on the water until the ice freezes over the water weeds in the deep parts of the streams."

"And now the winter trees are looking their best, for they know that they must look well in the winter time, too. The pines and hardwood trees tell their own stories."

"Many people can read them just as they would read the chapters of a book. There is a ring of wood around the stump for every year that the tree has lived, and from the width between these rings it can be told how much the tree grew when it was two years old or three years old, and whether it had a good year or a bad year."

"The trees tell their stories just as so many of the different creatures do, and all we need is to study their language so we can learn their stories, for they are so very, very wonderful and marvelous!"

"The roots of plants and trees, too, have stories to tell of the work that they do."

"They never come above the ground, but they do their parts not caring whether they are seen. In fact, they like to hide their good works."

"They go their own ways, getting free from anything that would hurt them, and with their little root hairs"



"Thank You, Thank You, Mr. Moon," Said the Pine Tree.

curling themselves about the soil and growing and getting their root food."

"They know that there is air, too, in the soil and dampness, and in some wonderful way they do the work that Mother Nature has set for them to do without any fuss and as though it were no bother."

"But the more we see of it the more"

amazing it seems, and the more we want to marvel."

"Some of Mother Nature's children do not do as she tells them. There is the Mexican Bean Beetle about whom there has been a great deal of trouble, for she destroys crops and everything that is given to make the crops better she takes for herself."

"She is a relative of Lady Bug, but Lady Bug is not harmful and doesn't like to think that this relative of hers is so dreadful."

"But I must tell you more about the Pine tree and what he said to Moon as Mr. Moon looked down at him."

"Mr. Moon, you have seen me here for a great many years. You perhaps do not keep count of the years. You do not have to, for it doesn't matter what age the moon is, as the moon always looks about the same age!"

"Of course, you wear different suits, and when you're no longer a full moon, perhaps you're called an older moon, but you come back again as a young new moon, so I suppose that is why you do not consider the years."

"Therefore it doesn't matter how many years you have seen me."

"It matters," said Mr. Moon, "for I am always so glad to see you. I want to see you for many more years. That is why it matters. I like to count those splendid years."

"Thank you, thank you, Mr. Moon," said the Pine tree. "But this is what I have to tell you. I love to be a winter tree, for in the winter time it seems that every one is fonder of me for being ever, ever green."

"And I like to be liked."

"Every one does," said Mr. Moon. "I've been shining for a good many years, and I know that."

Miami's New Jail



Prisoners will in truth need wings or parachutes to escape from this new Miami city and county jail which is in the course of construction. The prisoners will be lodged 14 stories above the ground.

Clean Kidneys By Drinking Lots of Water

Take Salts to Flush Kidneys if Bladder Bothers or Back Hurts

Eating too much rich food may produce kidney trouble in some form, says a well-known authority, because the acids created excite the kidneys. Then they become overworked, get sluggish, clog up and cause all sorts of distress, particularly backache and misery in the kidney region, rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, begin drinking lots of good water and also get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to flush clogged kidneys and stimulate them to activity; also to neutralize the acids in the system so that they no longer irritate, thus often relieving bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to help keep the kidneys and urinary organs clean, thus often avoiding serious kidney disorders.

Cost of Living

A study of the cost of living among 3,000 widely scattered farm families indicates that the average total value of goods and services used per family in one year is \$1,504. Of this value \$634 was furnished by the farm in food, fuel and housing.

Rheumatism or Fiery Irritated Joints

EASES QUICKLY WHEN YOU APPLY CAMPHOROLE

No matter how inflamed, tender or sore to touch, a speedy relief from your suffering is now offered you. Wonderful results are realized at the first trial of CAMPHOROLE. Do not wait and suffer. Send to your druggist and get a trial size of CAMPHOROLE for a few cents. You'll be astonished how quickly it soaks right in to the bone, the very seat of the ailment, and quickly loosens up those stiff, rheumatic joints, soothes and heals the inflamed surface and draws out the pain.

You'll then know why thousands use CAMPHOROLE, once you try it, and realize how good it is for Acute and Chronic Rheumatism, Stiff, Aching Joints, Neuritis, Neuralgia and Lumbago.

At All Druggists **Camphorole** Beware of Substitutes
Dr. Brigdell's Camphorole, Atlantic City, N. J.

Question Premature

"Do you believe in the survival of the fittest?"
"Only in the event of my own success."

DON'T SHIFFLE! DON'T COUGH!

Use MUCO-Solvent Treatment

Doctors say the common cold is mankind's greatest enemy. Take your cold in hand right now. Get from druggist a bottle of MUCO-SOLVENT, 25 cents, and a bottle of MUCO-SOLVENT (liquid), 75 cents. Insert saline in nostrils and rub on chest. Take liquid per directions. STOP YOUR COLD BEFORE it goes into "flu" or pneumonia. All druggists know this treatment. MUCO-Solvent is an old time standard remedy.

DR. J.D. KELLOGG'S ASTHMA REMEDY

No need to spend restless, sleepless nights. Irritation quickly relieved and rest assured by using the remedy that has helped thousands of sufferers. 25 cents and \$1.00 at druggists. If unable to obtain, write direct to: NORTHROP & LYMAN CO., Inc., Buffalo, New York. Send for free sample.

EYES HURT?

Don't ignore the danger signals of aching eyes, red lids, bloodshot eyeballs. Mithol Eye Salve removes irritation, reduces inflammation, soothes pain.

DEAFNESS HEAD NOISES

Relieved by **LEONARD EAR OIL**
"Rub Back of Ears" INSERT IN NOSTRILS
"Don't Do This" At All Druggists. Price \$1
Folder about "DEAFNESS" on request. A. S. LEONARD, Inc., 70 Fifth Ave., New York

HALE'S MOONEY OF HOREHOUND & TAR

At the first sneeze, banish every symptom of cold, chills, etc. with HALE'S. Relief at once - Breaks up cold promptly. 10 cents at all druggists.

WHITEN YOUR SKIN

with KILL-MO-LA, the skin's best friend. Use one box and see the real skin beauty that can be yours. Price \$1.00 per box. BUCKLEY'S FREE Agents wanted. Dr. C. E. Barry Co., 315 Michigan Ave., Chicago.

The Why of Superstitions

By H. IRVING KING

A RATHER widespread superstition among those given to a belief in folklore medicine is that a string of glass beads worn around the neck will prevent or cure erysipelas. Many current superstitions are practically harmless from a physical standpoint. They are merely the indulgence of an atavistic tendency of the mind, a reversion, mentally, to primitivism, which may result in an unhealthy psychological state but work no immediate physical harm. But many of the superstitions of folklore medicine are of positive bodily danger since they induce people to attempt to cure themselves by necromancy and delay calling in a doctor until it is too late.

Of such is the superstition under consideration. The green glass bead superstition is a survival of that belief in the magic of gems so ancient and once so universal, and so very largely medical in its bearing. Pliny, the great Roman naturalist, wrote very learnedly upon the curative properties of gems about 2,000 years ago and many a man, accoutred learned in his day, since Pliny has done the same. In various ages and by various savants of bygone years, various curative properties have been ascribed to the emerald; and the green glass bead of our current superstition is, of course, the successor and representative of the emerald.

A long list might be written of the diseases for which, at one time or another, the emerald has been recommended. They used to apply it externally after the manner of the green glass bead necklace, or internally in the form of a powder. The Arab physicians at the time of the height of the Moorish power in Spain highly recommended a "fracture of emerald" to be taken internally. Up to a period not much antedating our Revolutionary war European druggists used to

keep for sale powdered gems. Doctor Kunz quotes a portion of a price-list of one such German druggist wherein a pound of "emerald" was offered for 25 cents, which would indicate that the quality of the emerald was hardly up to that of green beads.

Surplus of Capitals

States of the Union that had two capitals at the same time are Rhode Island and Connecticut. In Rhode Island it was a case of the state having two large towns, each claiming to be the political center and neither agreeing to surrender its alleged prestige. Thus both Newport and Providence claimed the honor of being the capital of the state. Connecticut was similarly placed with regard to Hartford and New Haven. The towns were originally the capitals of separate colonies. Eventually, however, the geographical advantages of Hartford were admitted by New Haven and became the sole capital in 1873.

OPTIMISM IS A COMBINATION OF CHEERFULNESS, CONFIDENCE

By F. A. WALKER

SEVERAL years ago one of the biggest bankers in the world paid out some of his money for the purpose of establishing a little cheerfulness and confidence in the minds of those poor souls who have looked so long on the black side of business life that they have forgotten that there is any other viewpoint.

The banker began his advertisement with this sentence: "There is so much in the present situation to inspire confidence and hope for the

future that there seems to be ample justification for sane optimism."

Optimism is nothing more than a wise combination of cheerfulness and confidence.

We may have one without the other and still be incomplete. With both we are assured of individual happiness and we are likely to be liberal contributors to the joy of the world at large.

A good many people frown on the

ter, add one-fourth cupful of powdered sugar and cook until it is brown. Combine mixtures and serve.

Luncheon Eggs.

Wash and chop one-fourth pound of fresh mushrooms, melt one tablespoonful of butter in a saucepan and add the mushrooms, stirring until the moisture is evaporated; add one tablespoonful of flour, blend well, add one-half cupful of chicken stock, salt and pepper to season, and cook six minutes. Cut six hard-cooked eggs into halves, remove the yolks and mix with the mushroom sauce. Fill the whites with this mixture and set into a baking dish, surround with tomato sauce and serve when well heated through. Just before serving place a fillet of sardine on each egg.

Sautéed Pears, Chocolate Sauce.

Pare four ripe pears and cut into quarters, cook in butter until tender. Pour over chocolate sauce prepared with two ounces of sweet chocolate, one tablespoonful of sugar, one and one-fourth cupfuls of milk, placed in a double boiler and cooked with a teaspoonful of arrowroot or cornstarch mixed with one-fourth cupful of cream; cook ten minutes. Melt one and one-half tablespoonfuls of but-

Baked Mackerel.

Soak the salt mackerel until freshened. Place in a baking pan with a

few tablespoonfuls of boiling water, let it steam and cook until the water has evaporated, then cover with cream and bake until the fish is tender.

Spanish Chicken Soup.

Reheat three cupfuls of chicken or veal broth, add a grated onion, a carrot also grated, two stalks of celery minced fine and one cupful of barley. Simmer until the barley is well cooked. Season and serve.

Sliced summer squash steamed until nearly done, then dipped into egg and crumbs and fried in butter makes a most tasty way of serving this good vegetable.

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The Knightly Man

By DOUGLAS MALLOCH

THE knightly man is good to see. Who keeps alive love's chivalry. Though days of knighthood now are dim—
No wonder women worship him!
No more men wear their coats of mail, But I am sure the Holy Grail Men still may seek. Yes, I am sure The love that leaves a woman pure And leaves unwrinkled woman's brow Is just as necessary now.

The call to knighthood calls as clear As in the most romantic year.

Perhaps it needs a braver knight Than any ever called to fight In all our most romantic rimes. For now we live in looser times, And not by any lance's length We measure men, but by the strength With which they keep their morals straight, However others deviate.

Oh, knights of now, of later days, Love calls you still your flag to raise. Your armor wear upon your quest To wear her ribbon on your breast. And keep her image in your heart, Her sweetness something set apart, Her virtue something girl about That not a voice shall dare to doubt. That not a love, familiar grown, Shall stain, and most of all, your own.

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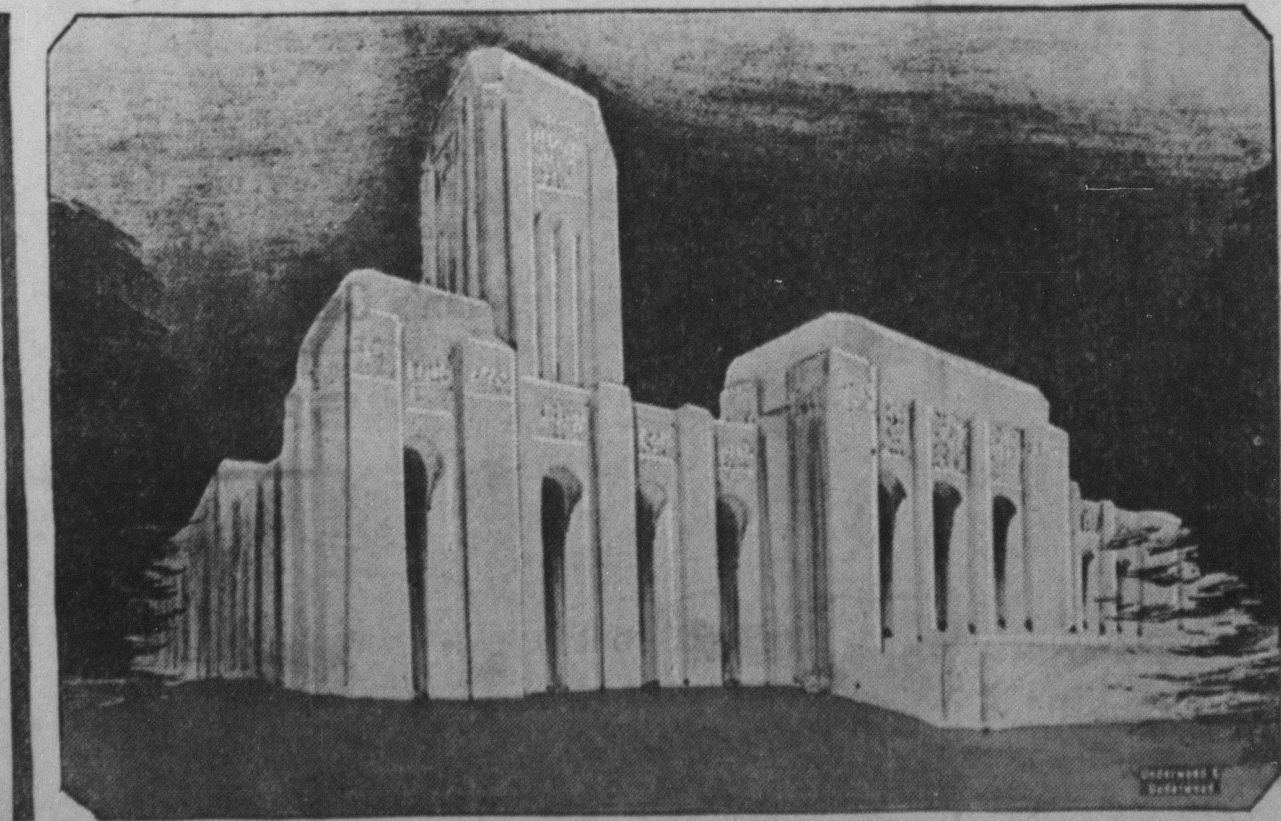
GIRIGAGG

If you have never built an air castle become the architect of one today. Build it high and big and glorious. Adorn it with your hopes and furnish it with your fondest desires and then, as Thoreau told you, put foundations under it.

Duly Announced

Mary, upon answering the door bell, found a couple of women who had stopped to call. As she let them in she called to her mother: "Mother, you have a couple of customers."

Proposed Memorial to Abraham Lincoln



This is a preliminary drawing for the proposed Indiana memorial to Abraham Lincoln. The building, surrounded by a park, is to be erected at the site where Lincoln lived from the age of seven until he was twenty-one, and where his mother, Nancy Hanks Lincoln, lies buried, among the rolling hills of Spencer county on the Ohio river. The estimated cost of the entire project is \$1,235,000.