

SUMMER DRINKS FOR CHILDREN

By NELLIE MAXWELL

Away with clocks and sundials! Time and I
Have made a compact—this to be my
boon—
To hear the evening thrush, and know
the hour,
Yet feel it noon.
—Jean Dwight Franklin.

NOW that the hot weather season is in full blast and half the world is regaling itself on iced tea, iced coffee, punches and ginger ales, it is well to remind mothers, grandmothers and aunts against giving children either tea or coffee in any form, even if they beg for them. Such drinks undoubtedly make children nervous, thus retarding, rather than aiding, their growth.

Children who are fond of and drink milk daily will in hot weather turn away in apathy from a good cool glass of milk; it seems too much like food and the tinkling glasses of the elders appeal to them. Of course, every intelligent mother in the land understands why her child needs three full glasses of milk in his diet every single day. Milk is rich in calcium, or lime, which the child needs to form a good backbone as well as solid teeth. Milk may be given in various ways without serving it always as a drink. Over the breakfast cereal use plenty, and in milk soups, gravies, creamed vegetables, custards, junkets and ice

cream as well as many other desserts. So on the hot days do not force the small folk to drink milk. Let them rejoice with a pitcher of tinkling lemonade or orangeade. These drinks, besides being appealing and cooling, are actually good for his body, building into it valuable mineral salts which he needs for bones and teeth.

The habit of thousands of children, flocking to the ice cream cart for cones is not always to be recommended. Many a mother is forced to turn over a nickel to have peace in the family. A glass of lemonade, or a small glass of orange juice is much better as a refreshment than ice cream, which is a hearty food, a fuel for the human engine, which low in temperature when served, actually raises the temperature of the body by the work the stomach has to do in digesting it. Fruit drinks on the contrary are low in caloric value as well as temperature, thus being truly refreshing.

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WHAT IS FRIENDSHIP?

By Douglas Malloch

WHAT is friendship? Steel and gold—

Steel that will not break,
Though the way be wet and cold,
Though the heart may ache,
For I would not call a friend
One that any weight could bend;
Friendship, like a swaying chain,
Tightens in the hour of strain.

What is friendship? Gold and steel—
Gold that will not rust,
When the day demands the lead,
Love that love can trust,
For a friend I would not call
One who was not friend through all
Friendship, like a candlelight,
Brightest shines in hours of night.

What is friendship? Steel and gold—
Beautiful and strong,
Gold to shine and steel to hold,
For the years are long,
For I would not call it such
Time could tarnish, hate could touch,
When the winds the weak reveal,
What is friendship? Gold and steel.
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Novel Life-Saving Device



A Berlin engineer has invented a novel life-saving device which proved successful in tests. It consists of a pouch which can be fired a great distance and which expands on reaching the water.

Story About the "Mamma" Doll

WITTY WITCH, a delightful old lady, sat in her great armchair.

There were children big
And children small,
There were children short
And children tall,
There were children
Of every shape and size,
And children with blue, black,
Brown and green eyes.

This was the song Witty Witch sang to the Fairies and the Elves and the Brownies and the Gnomes who had come to call on her and to hear some of her stories.

Witty Witch had been delighted to see all her guests and she had many a story to tell them. She had been busy going around telling the truth about herself, for so often the truth was not told about her.

She wanted to let every one know how much she loved children and that she hoped they would love her. But now she was back home and it was a delightful surprise to have all of the Fairyland people coming to see her at once.

So she had been telling them stories as they dearly loved to hear Witty Witch's stories.

"But I haven't told the one about Pam's doll as yet," she said after she had finished singing the song about the children.

"Pam was one of the children with blue eyes. Blue eyes has Pam and rosy cheeks, too, and she is fat, but not too fat. She has nice chubby legs and her best party dress is blue.

"Well, Pam had been to a tea party

at her grandmother's and grandpa-ther's house and what a good time she had had.

"She had taken her doll to the party and her doll had said mamma and papa and had also walked, taking hold of Pam's hand.

"Pam was five, but the doll was only a year old and so Pam had



They Dearly Loved to Hear Witty Witch's Stories.

brought the doll's crib along for in likelihood the doll might become sleepy.

"Sure enough! The doll had become sleepy and so Pam had put her in the crib at one end of the room.

"After the tea party was all over

Pam went home, for by that time it was Pam's bedtime and as the afternoon had been quite exciting she really was tired even though she could have sat up a little longer.

"She had pretended that she was the doll and when some of the tea party guests had pressed her little chest she had said, 'Mamma,' and 'Papa,' when they had pressed her back.

"And she had even said something when her right shoulder was pressed and when her left shoulder was pressed for she could do more than the doll could do.

"Well, the party was all over and every guest had gone. Pam's grandmother and grandfather began to put away the teacups and saucers so as to set the room to rights.

"Pam's grandfather said to Pam's grandmother, 'I will put the tea table over in the corner of the room, my dear. It is too heavy for you to carry.'

"Well, as Pam's grandfather put down the table in the corner of the room suddenly a voice cried out, 'Mamma, mamma!'

"Oh, how Pam's grandfather did jump! And Pam's grandmother said, 'What could it have been? Is there a

For the Goose and the Gander

By Viola Brothers Shore

FOR THE GOOSE—

YOU might find a woman that never flirted; but not one that never flirted but once.

It's hard enough for two people to make agreeable noises singin' at the same time—let alone talkin'.

The truth outa turn will often gum up things worse'n a lie.

FOR THE GANDER—

A woman's advice ain't never built on reason. But the guy that don't take it is a fool.

Optimism can make a monkey outa any troubles past and future. But present troubles can gen'rally make a monkey outa optimism.

One brave man makes ten and one coward makes a hundred.
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baby outside? No, it sounded as though in this room. Oh, what could it have been?

"Pam's grandfather moved the table to the position he had put it in just as he had jumped and as he did so once more came the cry, 'Mamma, mamma, mamma, mamma!'

"And then they knew! It was Pam's doll which had been left behind and she had awakened in her crib when the leg of the table had made her cry out her cry of 'Mamma.' What a laugh there was about it and the doll hadn't been hurt so she didn't mind the laughter!"
(Copyright.)

Loving Your Neighbor

By F. A. WALKER

THE most distressing hurts are given in silence.

Hearts have ached, eyes have wept and souls have despaired under the cruel lash of husied coldness, which strikes and cuts without making the slightest sound.

Upon sensitive men and women, the curl of scornful lips, a disdainful glance or the tilt of a haughty head, frequently inflict wounds which time can never heal.

Loves have perished, hopes have died and lives have gone wrong because pride, spite or malevolence at a critical moment has reproached them, though not a word has been spoken.

Women have ill names, men have bad reputations, for the reason that friends who ought to speak up for them remain silent when mischievous tongues are noisy with defamatory clatter.

How many betrayals are made by hanging heads and sealed lips?

Their number is legion, countless as the leaves on the forest.

And all these terrible vituperations come from some wretched individual who is inconsiderate of his or her neighbor.

This neighbor may sit at your elbow day by day, or live next door, struggling as you are struggling to rise in the world, beset by harrowing misgivings, and bearing burdens which in every way are as heavy as yours.

And the feeling you exhibit in silence toward him or her, because of some fancied dislike, or some phase of character which you fail to understand, is everything but charitable.

In fact, it often happens to be the foulest calumny, shriveling your soul and robbing you of God's love and blessing, intended by Him to make mankind neighborly and kindly disposed toward one another.

It takes two to make happiness, one to give and another to receive. By all means, be one or the other, which can best be done by "loving your neighbor as yourself."

Plant today in the sod of good-will a grain of happiness and see how quickly it will sprout and grow.

In an incredibly short time it will enrich your whole being and yield to you a bountiful harvest which you and your neighbor may garner with joyful hands, and then go singing together down life's rough road till the end of your days.
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"LAUGHING UP HIS SLEEVE"

By Jean Newton

JUDGING by the fact that we have this expression in French, German and Latin, there must be a lot of surreptitious laughter in the world. But a laugh's a laugh, for all that, and it's good for the digestion.

It's hard to see how anyone could have a laugh in any of the tight little sleeves that are de rigueur this season. There's hardly room to have an arm in them. But not so in the "bell" sleeve with which we are familiar and which was a diminutive replica of the sleeves worn by the ancients, who concerned with changing fashions with the seasons, wore one style long enough to make it famous.

With them, when anyone seemed to be screening his face behind the long flowing folds of his sleeve, there was always the suspicion that he was "laughing up his sleeve." And to this day, laughing behind anyone's back, whether it be a fan or a hat that screens it, we call laughing in your sleeve.
(Copyright.)

GIRLIGAGS?



"A tea bound," says Observing Olivia, "is a chmp who thinks the social scale determines one's weight in the community."

Break Ground for New D. A. R. Headquarters



Members of the D. A. R. participating in the ceremonies of breaking ground for their new headquarters in Washington. Mrs. Alfred J. Brosseau, president, is handling the shovel.

MONARCH QUALITY FOOD PRODUCTS

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Faked

Gene Tunney, discussing faked prize fights, said in New York:

"Of course, you can fake a fight if you want to. What can't you fake, for that matter?"

"At a fruit and vegetable show a chap won the first prize for cabbages with a magnificent specimen.

"That's a beauty, that is," another chap said to him afterwards. "I'll give you half a dollar for it."

"No you won't," said the prize winner. "I gave 60 cents for it myself."

Double Uniform for Him

Tailors at the Los Angeles county jail faced a new problem when Perry Wolfe, seventeen years of age, was booked on a charge of vagrancy. When they began fitting the youth in the official prison uniform it was found necessary to piece two uniforms together to cover the frame of the prisoner, whose height is 7 feet 3 inches.

Holds Heat and Cold

A combination traveling refrigerator and stove has been devised for caring for food for patients in Bellingham hospital, London. Insulated compartment, side by side, within the box keep hot foods hot and cold things cold. The device is on three wheels and is propelled by the nurses.

Government Wars on Rats

Tacoma, Wash., placed its rats problem in the hands of the biological survey of the United States Department of Agriculture. Crude calcium cyanide applied to the main city dump on the tide flats killed 10,570 rats in three days, according to estimates. The appropriation to pay for the work for a year was \$1,200.

Farmers' Co-Operatives

There are now at least 10,800 farmers' co-operative associations in the United States, with a membership of over 2,000,000 farmers, doing a business amounting to \$2,400,000,000 annually. In 1915 there were only 5,424 associations engaged in buying farm supplies and selling farm products.

His Wish

"There is no such thing as can't," remarked the Thoughtful Guy.
"I wish there was no such thing as can't," growled the hub of the can-opener wire.—Cincinnati Times-Star.

A conclusion is something that a woman can reach without using reason or judgment.



NURSES know, and doctors have declared there's nothing quite like Bayer Aspirin for all sorts of aches and pains, but be sure it is genuine Bayer; that name must be on the package, and on every tablet. Bayer is genuine, and the word genuine—in red—is on every box. You can't go wrong if you will just look at the box:



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In a Pinch, Use Allen's Foot-Ease