

Peter Gnome's Story

"I've always wanted to tell of a beautiful day I had in the late summer," said Peter Gnome.

There were many times when I meant to tell of this day and then something came up, as they say, and I didn't get around to it—another speech which you hear made.

"I've talked enough since then but it has just happened I have never told of this beautiful day, and I should so like to have you hear of my adventures on that occasion."

And the little gnomes gathered around Peter and he began:

"It was a beautifully sunny day and the first creature I met was a lovely big spangled butterfly.

"The butterfly was very big and wore a brown suit with brown spots and silver trimmings and silver touches in the lining or underneath part of the suit.

"I am going to visit a little city girl," the butterfly told me. "She is not able to get out as she has been ill and I am going to show her a bit of the summer time, for I think I'm quite correct in speaking of myself as a bit of the summer time."

"I went to see her yesterday and went right in the open window into her bedroom. There was a big vase there filled with goldenrods and white she ate her lunch I had mine, too.

"She seemed to be so happy seeing me that I'm going again, for as soon as she is much better she is going to make a visit to the country and she is looking forward to it so much."

"I've always meant to tell you about this butterfly and the happiness he gave the little girl," Peter Gnome said.

"I went with him that day and saw the little girl greet him.

"I had on my invisible robe of course—the one I wear so that no one can see me—and I saw the butterfly flitting about among the goldenrods and I saw her smiling and talking about her own beautiful butterfly.

"When the butterfly left she called out a cheery thank you and good-bye and just a little later, when the doctor came in he said she was so much better that she could go on her country visit in two more days.

"I heard her say, just as I was leaving:

"I knew my beautiful butterfly made me well and the gold rods which my sis er brought me."

"Then I wandered away from the city and just as I was leaving I saw a little girl named Ada.

"She had chopped up some of the meat which she had not felt like finishing and was taking it around in a paper bag to the poor cats in the neighborhood. She used to take them all sorts of scraps.

"And whenever people saw her they looked at her as though she were quite strange, but all the cats came rushing



"I Am Going to Visit a Little City Girl."

up to greet her, smiling at the paper bag.

"Then, when I got out into the country I met the dearest little lamb you have ever seen!

"He was white but his nose was black and his feet were black and he had black stripes around his legs.

"He came to me when I called him and he let me pet him. Later I saw him kissing a little girl's hand. She was patting him and calling him her 'dear lamb.'

"But I was so happy that the lamb

had been friendly with me. Sometimes gnomes are thought to be dreadful creatures and anyone who really knows us, knows that we aren't dreadful at all.

"We love children and we do what we can to help them—never to harm them.

"And I was glad the little lamb seemed to feel at once that I was a friend.

"Oh, it was a beautiful day with the butterfly making a little girl well and Ada feeding the half-starved left-alone summer cats, and the little lamb who paid me such a compliment.

"Yes, it was one of my nicest days. There was no great excitement, no single thing that stood out above all the others, it was just a whole beautiful day that made one so happy just being alive.

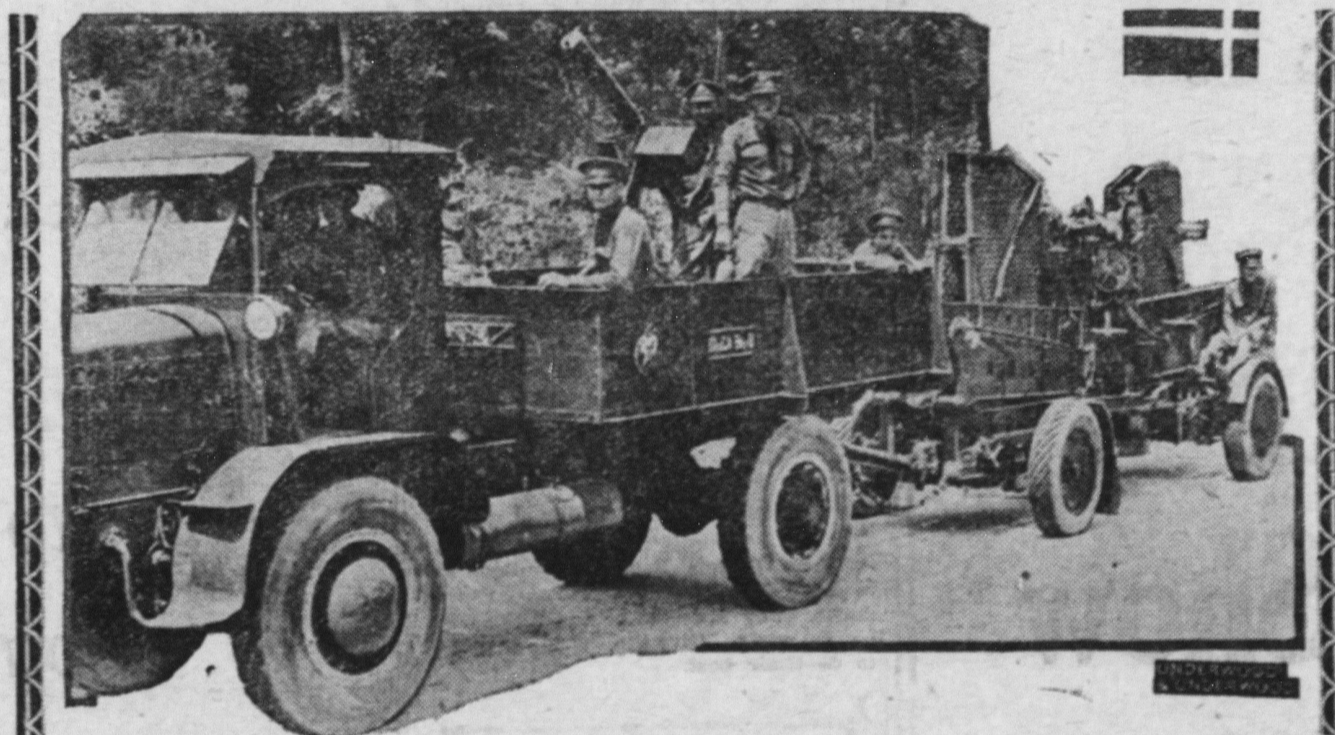
"I love days like that," Peter Gnome ended.

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Give State Nickname

The regiment furnished by Delaware in the Revolutionary war was on account of its fighting qualities, known as the "Game Cock Regiment." One of its officers—Captain Caldwell—who was noted as a fancier of game cocks, maintained that a true game cock must of necessity be the progeny of a blue hen. Hence arose the application of this name to the state.

New Antiaircraft Guns for Army Motors



A new type of antiaircraft gun has been developed to protect the army's recently motorized force from aerial attack while on the road. The gun is drawn by a fast four-wheel drive truck and is capable of being fired while in motion.

SECOND HAND RULES OF HEALTH

By—
JOHN BLAKE

EVERY month or so some prominent individual comes out with the announcement that he works eighteen hours a day and sleeps five.

Or perhaps he eats only once a day but has a violent session with a pair of dumb bells every morning.

To these habits of work, eating, sleeping or exercise, he attributes his success. And he usually manages to convey the idea that if others would follow his example in such matters they would be much better off.

The habits of prominent persons are always interesting. But their rules of living are not necessarily suitable for everybody.

Not everybody, for instance, can habitually work eighteen hours a day and retain his health. Nor can the average individual get along with four hours' sleep a night.

Most people usually like at least two meals a day and even five are not too many for some.

One man's health is best maintained with moderate exercise. A more vigorous man requires more violent exercise to keep him fit.

In short, no one system of living fits everybody.

lar habits of eating usually occasion indigestion.

But the fact that one man thrives on big black cigars or on three boiled eggs a day does not mean that much more time to devote to other things. But if you find that such regimen is detrimental to your health it would be foolish to continue with it.

The same applies to exercise, eating, smoking and other habits. The rules of health of one person are not necessarily beneficial for another.

So the next time some genius comes out with his ideal plan of living don't jump to the conclusion that it is the plan for you.

Get a plan of your own, suited to your own needs. But don't take on one second hand.

Get a first hand system that is suited to your body and your mode of existence.

If you can get along with six hours sleep a night you will have that much more time to devote to other things. But if you find that such regimen is detrimental to your health it would be foolish to continue with it.

The same applies to exercise, eating, smoking and other habits. The rules of health of one person are not necessarily beneficial for another.

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Nice Refreshments

By—
NELLIE MAXWELL

The latter part of a wise man's life is taken up in curing the follies, prejudices and false opinions he had contracted in the former.

THE refreshments for luncheons or wedding menus are one of the most important parts of such occasions. Sandwiches made in layers and cut in slices are most attractive and not difficult to make.

A loaf may be prepared by removing all the crust, then slice lengthwise in half-inch slices. Spread each slice with creamed butter, on one layer crisp lettuce or thinly-sliced cucumber, then a thick layer of sandwich filling; on top of this lay a slice of bread buttered on both sides; repeat with the lettuce and salad filling and top with bread buttered on one side. Put under a light weight for a short time, then cut into slices like layer cake.

Different fillings may be used in the layers—one of cream cheese and maraschino cherries or cheese and chopped egg, seasoned. A variety of color will add to the sandwich.

Salad Filling for Sandwiches. Take one large can of tuna fish, one cupful of finely cut celery, one-half

cupful of stuffed olives cut into pieces and enough salad dressing to moisten.

Cream Cakes. These may be the cream puff variety or a rich cream cake, using the following filling:

Orange Filling. Melt two tablespoonfuls of butter, add four tablespoonfuls of cornstarch and when well mixed add one cupful of orange juice, the grated rind of one orange, one cupful of sugar and cook until the cornstarch is well cooked. Add one and one-half tablespoonfuls of lemon juice, one-half teaspoonful of salt and one cupful of cream beaten until stiff. Fold in the cream and fill the cakes. Cover with:

Chocolate Frosting. Melt one and one-half squares of chocolate over hot water, add one-third of a cupful of cream gradually, one egg yolk, one-half teaspoonful of butter and a pinch of salt. Stir in confectioner's sugar until of the right consistency to spread, then add flavoring. The frosting should be soft enough to flow over the top of the cakes when put on with a spoon.

Looking Ahead

By—
F. A. Walker

IN EVERY field of endeavor, wise men and women in the beginning sum up the possibility of success by carefully considering all the "ifs" and "buts" by looking ahead.

So far as they are able they leave nothing to chance.

They go to the root of the matter with the same composure that an accountant adds up a column of figures, seeking cold results rather than speculative fancies.

What appears in its first blush to require but slight investigation must stand the test of addition and subtraction, otherwise it makes no stronger appeal to them than the thing which shows on its surface less promise.

Of course, these considerate persons make frequent mistakes, but their errors as a rule sharpen their wits and enable them to judge accurately between the right and the wrong course.

To plunge deep into a stream without the ability to swim is altogether foreign to their purpose.

The thought always in the minds of those who habitually look ahead, is whether they can float.

They have a horror of getting over their heads and being smothered by ne'er-do-wells, clutching at straws in the troubled waters all about them.

You will find, if you peer around you, that he men and the women who are occupying the high places, are those who in their early youth looked

ahead, not with trembling and fear, but with calmness and determination, keeping their eyes open all the while and avoiding the bogs and quicksands, and sullen depths.

They looked ahead to the bald days of winter and shaped their lives accordingly.

They chartered their course in the stillness of night, while their associates were romping to jazz music, thoughtless of the future.

Lincoln looked ahead as he lay upon the floor before blazing logs, seeking knowledge which would enable him to surmount the obstacles of the future.

Your past with its mistakes is gone. So while you yet have time in the present, summon all your resolution, all the strength that within you lies and scan the horizon ahead. Try to vision yourself in the proud place you are hoping to reach.

This simple effort will do you good and help you on the way.

ALWAYS THERE FOR DINNER

By DOUGLAS MALLOCH

IT'S quite the thing at food to scoff. To speak of soup as something vulgar. And yet we all eat on and off, American or Greek or Bulgarian. We speak the language of the spheres And grow esthetic, also thinner, And yet I've noticed this, my dears, We're always there in time for dinner.

I really question if mankind, When men are old who now are younger, A better thing will ever find Than food to ease the pangs of hunger. Things may be common that we do, These exercises gustatory, Until we miss a meal or two, And then it's quite another story.

It's quite the thing to scoff at meat, As something rude and unrefined, Yet even poets often eat. The wisest feel the need of dining. The sword is mighty, and the pen, Yet knives and forks and spoons and platters And cups and saucers now and then Are also quite important matters.

What Does Your Child Want to Know

Answered by
BARBARA BOURJAILY



WHAT IS THREAD MADE FROM? Three kinds of thread we use at home From cotton, flax, or silk We buy our thread in colors bright Or strands as white as milk.

Golf and the Clergy

A Lutheran pastor in an Ohio city has officially indorsed Sunday golf. He thinks religious worship should come first. He sees that his church service is sufficiently early to permit of both worship and the links. He says golf is not Sabbath desecration. Apparently the overwhelming majority of parishioners made this indorsement long ago. As somebody once said about law, Sunday is what people will stand for.

Acrobatic Minds

Some men who claim to have great mental agility have minds that are merely turning handspins on the same place.—Athlison Globe.

Chief Auyama to Visit England



The paramount Chief Auyama, king of Enugu, southern Nigeria, is now making preparations for his forthcoming trip to England. He is shown here with his wife and the heir-apparent to his throne.

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For example—with PEXEL

- 3 1/2 cups strawberry juice and 8 cups sugar make 11 glasses jelly.
- 4 1/2 cups raspberry juice and 8 cups sugar make 11 glasses jelly.
- 6 cups currant juice, 10 cups sugar make 14 glasses of jelly.
- 4 1/2 cups grape juice and 7 cups sugar make 10 glasses jelly.

Smashing the Adage Sentimental Smith—Old friends are the best friends, are they not? Harriet Hardfax—They are not. They have an unerring memory for your age and your family secrets, and they tell 'em.

Isolate Drunkards In northern Russia chronic drunkards are given the same treatment as persons suffering from smallpox or any other pestilence. They are confined as a menace to health and life of the community.

It Frequently Is "You want to know the secret of my success? Well, I give the people what they want." "Gosh! But isn't that against the law?"—Life.

PARKER'S HAIR BALSAM Removes Dandruff—Stops Hair Falling—Restores Color and Beauty to Grey and Faded Hair—25c and 50c at Druggists—Always Clean—Wash Thoroughly—FLORESTON SHAMPOO—Ideal for use in connection with Parker's Hair Balsam. Makes the hair soft and fluffy. 50 cents by mail or at drugstore. Hileco Chemical Works, Patchogue, N. Y.



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