

British Legion on Return Visit to Vimy Ridge



Perhaps the most interesting incident of the British Legion's pilgrimage to the battlefields of France and Belgium was the visit to the Vimy Ridge trenches, which have been carefully preserved. Many thousands of soldiers lost their lives there.

Some Favorite Recipes

By NELLIE MAXWELL

CABBAGE shredded coarsely and cooked uncovered for ten minutes, then served with a little rich milk, butter and a few cracker crumbs, will be a brand new dish to many.

Cauliflower, that delightful "educated cabbage," will never become darkened in cooking if prepared in this way: Add the salt after the vegetable has been partly cooked and remove the instant it is done.

When cooking a cabbage whole, slit it down the center in both directions. Mayonnaise dressing is the favorite for all vegetable salads. Carrots, beets, peas are used often as a garnish in a vegetable salad, adding the color which makes the dish so attractive. Beets and carrots are finely ground when used in this manner, adding plenty of salt to season.

Watermelon Cocktail.

Cut thick slices of ripe water melon, remove the seeds and cut with small fancy cutters into different shapes, or use a French potato chuffer. Place in chilled glasses and pour over a thin

sirup made of lemon juice, peel and sugar, boiled to a heavy sirup.

Muskmelon is especially good prepared in balls and dressed with a ginger sirup.

Caramelized Potatoes and Chestnuts.

Peel and cut into halves eight sweet potatoes; cover with boiling water and let cook until nearly done, then drain. Cook one cupful of brown sugar in a saucepan until melted and brown, add one cupful of boiling water carefully and cook until all is dissolved. Put the potatoes, a cupful of blanched, cooked chestnuts into a baking dish in layers, with the sirup; sprinkle with salt and bake until very tender.

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Some Hints

By VIOLA BROTHERS SHORE

FOR THE GOOSE—

A MAN will get awful sarcastic about a woman not keepin' a secret, he told her in the first place.

All men are jealous, but it's no compliment. They're just as afraid of losin' their back hair or the main butt - off their suspenders.

You're only rich when there's nothin' more you want. But how many people starts pillin' up a fortune from that end.

FOR THE GANDER—

Even dirt has its good side to the street cleaner.

"Dangerous Curve Ahead" ain't

only a warnin' for the guy driving a car.

If you done wrong, it's better not to talk about it. If you done right, it ain't necessary to.

You can't learn to play the fiddle, no matter how long you watch your brother practice.

(Copyright.)

Sleeping with their mothers was fatal to twenty-nine Virginia babies in 1926, according to statistics just announced by Dr. W. A. Flecker, registrar.

Read the Dictionary

By JOHN BLAKE

THE advice to read the dictionary is serious.

I admit it is not just the book to while away time that must be spent on a sick bed.

It is not the kind of literature which gets you out of yourself when you are low spirited, and helps you to forget your troubles.

Nor is it the sort of mental tonic you need after a hard day's work at the office.

But it is a very excellent book to read, nevertheless—and by "read" I do not mean to glance at it to find the definition of a word, but to follow page after page, for as much as half an hour at a time.

If you will do that every few days you will begin to find it interesting and make a habit of it.

I began dictionary reading by accident.

I was looking up the meaning of a word which I had encountered in another volume, and the definition of the next word caught my eye.

I discovered that this word was also a stranger to me.

I ran my eye along the page, and learned that I was in company about which I knew very little.

So I kept on, and read six or seven pages, and found all of them worth while.

I knew, of course, that I would not acquire a vocabulary in any such fashion as that, but it did help me to think about the meanings of words, and to discover several which I thought I understood but which I had not understood at all.

These stuck in my mind, and some few of the others did.

We use words as we hear them usually. Our vocabularies are mostly formed by those about us, to whom we listen.

Unless we "have to be shown," which means that we have naturally inquiring minds, we take the connection in which the words are used for granted.

And glancing through the dictionary discloses an astonishing number of mistakes which we have made through life.

Exact use of words is very important.

We must think exactly to think well, and as we have to think in words we ought to acquire the best possible equipment to think with.

Pick up a good dictionary, and open it anywhere.

Run your eye down the page. Note meanings, and derivations.

Notice the use that is made of the words by authors who are quoted.

That in itself is interesting, and you will be delighted every time you discover a quotation you know, as a child is delighted by seeing a familiar face in a crowd.

Keep a good dictionary by your desk.

Use it to look up the strange words you meet with—and while thus using

Just as practice improves capacity to play the piano, or operate a sewing machine, so will the practice of mingling and associating with superior men and women improve your chances to find the field of greatest usefulness, where you can work and hold up your head in the clear light of day.

Old Dog Tray was of excellent repute, and until he was found in bad company he was generally respected, but after that, he was doubted and looked upon with suspicion.

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No Putting Off

"My boy, think of the future" "I can't; it's my girl's birthday, and I must think of the present."—New York Central Lines Magazine.



"It's a good thing the road to destruction is broad, in a way," says Penitent Penelope. "It gives you room to make a turn."

new
The modern way to make jelly, use **PEXEL** and get this



never this

JELLY failure is a thing of the past. Pexel is here. It's a 100% pure-fruit product that always makes jelly jell. Absolutely colorless, tasteless, odorless.

Pexel makes any jelly jell by the time it is cold. With it, jelly is ready for the glasses as soon as it comes to full boil. Thus Pexel saves fruit, sugar, flavor, time and fuel. Right here it repays, from one to three times, the 30c it costs.

Get Pexel at your grocer's. A recipe booklet with complete recipes, accurate tables in each package. 30c. The Pexel Company, Chicago, Ill.



For example—with Pexel

- 4½ cups strawberry juice and 8 cups sugar make 11 glasses jelly.
- 4½ cups raspberry fruit and 8 cups sugar make 11 glasses jelly.
- 6 cups currant juice and 10 cups sugar make 14 glasses of jelly.
- 4½ cups grape juice and 7 cups sugar make 10 glasses jelly.

new

Triumph Over Ill Fate

Eighty-eight years ago, Miss Lucy M. Blanchard of East Poutney, Vt., then a child, fell down the cellar stairs and was never able to walk again. Now at the age of ninety-one Miss Blanchard lives alone, gets her own meals and needs no attendant. "My wheel chair takes me around as my feet did," she says. When a young woman, she was able to get about on crutches, but she has not used them since 1856.

Over—and Over

There's nothing a man likes better than having a woman make over him, and nothing he hates more than having one try to make him over.—Cincinnati Enquirer.

Boys love hard work if it's sport.

MADE HANFORD'S "Gum"
SINCE 1846 **Balsam of Myrrh**
IT MUST BE GOOD

Try it for Cuts, Bruises, Sores, etc.

All dealers are authorized to refund your money for the first bottle if not suited.

Mr. Butterfly's Farewell

MR. MONARCH BUTTERFLY gazed up at the smiling, happy face of Mr. Sun. Then he looked down at the milkweed plant upon which he was perched.

"I'll have to leave you," he said to the milkweed plant, "but you will come along, too," he added, as once more he looked at Mr. Sun.

Mr. Sun blinked as much as to say that that was right.

What a life he had had, the Monarch thought to himself. Did people

tiny black and white caterpillar. But he had been told that he had been a dear little baby caterpillar, and then life had begun in earnest for him.

My! He shivered as he thought of it now—that day when he had been almost trampled upon three times! What a day that had been.

Then he had changed into a beautiful Chrysalis, wearing a gorgeous green suit with gold decorations.

And ever since he had left off that suit for his present one he had decided he would not change again.

"If I did," he said to himself, "it would upset all the Rules of Butterfly Air." He spoke of it as Butterfly Air instead of Butterfly Land, as he spent so much time in the air.

"Besides," he had decided, "every one knows me as I am now. At least I hope they know the Monarch! I hope when they see a handsome butterfly of brown with smart black lines and white-spotted black wing edges and head decorations that it is a Monarch they are beholding.

"But if they don't know that, I'd like to tell them a secret. We're all ways in the neighborhood of the milkweed plants from the time we're babies until we're quite grown up. And if I could put up Butterfly signs to direct people to our homes I'd print on the signs:

"To the Milkweed Plants in the Country Homes of the Famous Monarch Butterflies."

Lately he had been very glad that butterflies could not put up signs telling people where their homes were, for he had had several narrow escapes from butterfly nets.

"And now I'm going on my jour-

ney," he said, "but before I go I shall pay a farewell call on my old friend Sir Clouded Sulphur Butterfly."

The Monarch left the milkweed plant and took one last look about him. "I haven't left anything behind," he said "because I never take anything with me. I don't need a toothbrush and I don't need a washrag. All I need is myself.

"And that I always have. Perhaps I should not speak of myself in such a fashion, but when a butterfly is about to take a great long journey he cannot think of such little trifles.

"Ah, what a time I'll have. And Mr. Sun will go with me. For Mr. Sun and I are the best of friends.

"But of course I must say a good-by to Sir Clouded Sulphur Butterfly. That I must do, and then I will be all ready to start.

"Heigh-ho," he said. "I do believe," he added after a moment, "that I will sing a song about Mr. Sun."

This was the Monarch's song:
The Sun is high and mighty,
And yet he's not a snob;
For he doesn't turn his face aside,
But will smile at any old mob.

"Oh, that is a fine song," said Mr. Sun after the Monarch had finished. "I am truly delighted."

"You deserve it, you deserve it," said the Monarch, as he started off for the last call he was to make before he took his journey south for the winter months.

"Thank you, thank you," called Mr. Sun after him. "I cannot begin to tell you how pleased I am. But perhaps I'll be able to show you in my sunny fashion."

(Copyright.)



"Besides, Every One Knows Me as I Am Now."

ever realize what a thrilling, exciting, sweet life a butterfly could have? He went back in his little butterfly mind over the summer.

He hadn't remembered when he had been but a little egg on one of these milkweed plants. Nor did he remember when he had hatched out into a

HUMBERT, MARIE JOSE TO WED



Crown Prince Humbert of Italy and Princess Marie Jose of Belgium, it is learned, are engaged and the marriage will take place in Rome with all most unprecedented pomp.