MRS. WILSON KNOWS HOW TO MAKE CHILDREN EAT

And Gives Some Delicious Tempting Dishes That Will Make Them Want the Food Even if They Have Been Refusing to Take It

THIS is about the time for the mother to watch the growing boy and girl. for unless mother keeps a close restraining hand, the little systems becomes distasteful to the stomach.

daily from good homes on just brend and coffee or ten for breakfast.

Each child should be taught to drink five or six glasses of water each day. Encourage the drinking of water between meals. Do not urge children to eat if they are not hungry. Rather let them have a glass of milh and emit a meal until the little body craves food. If a child persistently coince to the fully and find out what he has been cating between meals. Cakes and candles just before a meal will destroy

cause them harm, but unless the child has a natural antipathy for it. prepare it in a different form and it is quite likely that he will stop his fussing and forget his dislikes.
"I can't get my boy to take orange

By MRS. M. A. WILSON

[Conversal, 1871, by Men M. A. Wilson. Sauce; or serve in the form of a salad—this frequently helps. Mother must

training hand, the little systems of the rosy-cheeked youngsters of the come clogged and overloaded, due to land bear testimony of the plain and substantial diet. There the mother these sturdy sons of the land of Simple, well-cooked meas for the growing lad and lassie, with plenty of milk, fresh vegetables and fruits, will keep them in the pink of condition.

How much water does your youngster drink? Do you permit him to have two cups of tea or coffee with meals? You would be surprised if you knew the number of children who go to school daily from good homes on just brend the cut in dice and wash again. Cook in milk until tender and then add a good cream sauce. This, with rye bread. eream sauce. This, with rye bread butter, constitutes their midday meal. The vegetables used are carrets, tur-nips, potatoes, peas and beans in season; always a good handful of finely chopped parsies is added before serv-ing. Onions and cauliflower and other

small pieces and place in a saucepan and cover with plenty of cold water rubbed through a sieve. Measure the Forcing children to eat certain foods mixture and add to one and one-half cups of thick pures

One cup of rich milk Four tablespoons of flour. Two tablespoons of butter.

Things You'll Love to Make



To prevent the anomal and the factor of the factor of the page of

your worsted dropping to the floor every i

The End of the Story

The minute the dector and left the "from Jean turned takerd her own this way in order to be sure that I had to have you support the this way in order to be sure that I had to have you support the this way in order to be sure that I had on have you support the this way in order to be sure that I had on have you support the this way in order to be sure that I had on have you support the the character of Marke votes you and ever ston countries to be sure that I had on have you support the the character of Marke votes you and ever ston countries to the third that I had be the countries to suppose the birds have to ask Billy and Peggy to tell them where to find their suppose the birds that the whole to ask Billy and Peggy to their them where to find their suppose that I had usually know how to find their own suppose the birds that the property had the property had the suppose that I had the property had "Jean" the rate of Mark's voice on and ever stor caring for her while brought her to a sudden stop, and she had breath in his body? You don't built turned had a sudden stop, and she had breath in his body? You don't had turned had a sudden stop. He came which about non, do you, daring, triding betten the next toward her.

This was Veryll Lawrete Marks

and to higher softly cultably as he

6. A steel knife placed under a glass urensil will prevent it from your chair and knit without the fear of nothing more of life than just that FLORA . The End .

TRY THESE VALENTINE GAMES TONIGHT

Piercias Hearts



A soup made from the coarse green As I'm your friend and you are mine, leaves of the cauliflower is delicious: Let's seal our friendship with this valery it. Wash the leaves and then cut

"THE SOUTH BREEZE"

By DADDY

The Question Corner

Loday's Inquiries

1. In what way does London help its newly appointed women mag-

2. Describe an attractive feather fan

that is decidedly new.

3. What vehicle would the small girl

large quantity of coal be saveu?

5. How is a novel blouse of dark

6. What practical sort of small table would also add decoratively to the living room?

Saturday's Answers

in in set time, erayon the most hearts which have already been drawn for them, without getting

in weing which one can

1. A game which children will like to play at a Vulentine's party

2. A pinth dark veivet bag can be tande to look different, after it has been carried for some time, by putting a design of steel beads en it, and loops of beads on the

2. A new leather belt for wear with

4. To make a doll's house in a very nexpensive and easy way, a ha box may be used, with doors and windows cut out and the space side divided by cardboard pur-

a sports sweater is narrow, and the leather is plaited.

One of the up-to-date lounging robes of cordurey or quilted ma-terial is made dolman fashion.

love to have to take her dolls rid-

their positions?

material manie?

strates to accustom themselves to

DREAMLAND

This is a variation of the tail-on-the-donkey game. Have a white cloth with several hearts on it. Provide the blindfolded person with a paper arrow with a pin in one end, which must pierce one of the hearts. Have the hearts numbered 5, 10 and 15, and give each player a scorecard. Let each one have two turns at piercing the hearts and put his final score down on his card. A prize may be awarded for the highest score in this, or it may count a certain number of points toward the score for

Cutting Hearts Have tables prepared with a num-ber of paper hearts and pairs of scis-sors. Give each person a heart and a pair of scissors and see how many small hearts can be cut from the large one. Let this game count a certain number of points on the evening's score. If there is a tre in the number of hearts cut by two persons, let them "cut it off" between them.

the evening.

Catching Cupid
Let the partners take turns in this game, two pairs at a time. Have four kewpies at one end of the room each with a red ribbon tied around its waist and extending to the other end of the room. Give each player an end of ribben and let them race to see which can roll up his ribbon neatly and reach the kewpie first. Continue this until all have contested, then find the final winner by process of elimination, letting the points gained count on the scorecard for the final prize. Have a heart-shaped box of candy as the prize



I'm sure 'twould B Dlightful If U'd B my valentine 4 U R very sweet U C

"FIFTY-FIFTY" ADVENTURES

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raenus, and like theirs, the lawn sloped to the river from which the town derived is hame.

"I do wish I weren't so plain!" Betty marked to compete in this particular fair, she had seen Mr. Keene Barton's cure and for one solid week had listed to his praise as sung by Alicia, cretofore the victims had never apaled to her as being real, worthwhile in But now—why Mr. Barton had just right land of wavy black hair, the al chin and nose!

What a lot of trouble I've caused you." She was blushing most charming there were possibilities. It was a fittle heart-shaped, rosy-flushed a poeping at her from the mirror, velvet blue eyes could look almost nie and the nose was saucily tilted, mouth decettfully demure.

There are no homely women in the

inspired her. "I'm going no family to say her no, only

WHAT'S WHAT By BELLIN DECIE



It sometimes happens that during a time of trouble with his back teeth a lock begins to use only his front teeth for mastleation. There is danger that this may become a permanent habit after the feetherary cause his been removed.

Neglecting to use the "grinders" or hack teeth while eating is not only injurious to the over-used "cutters" or front teeth, and to the unwholesshely unusued back teeth, but the practice, when it has become a fixed habit, distingures the whole counternance by throw when it has become a fixed made, and figures the whole counternance by throwing the jaws forward in an inhuman and canine action. Perhaps it is "the virtue of a defect" that this ugly manner of eating is seldom, if ever, adopted by girls, whose very vanity protects them from making "dog-faces" which

BY HAZEL DEVO BATCHELOR

beauty sleep."

h, beauty sleep! Early morning dips
he river are so much more benefitbon't you think so?" The dimples on Barton evidently thought so, eny rate, he was "Johnny-on-the-'next morning, ed, Lenjoyed my swim." In answer

to Alleia's query at breakfast later, "Filber," he hadn't been in the water any longer than it took to swim to the street than it took to swim to the street than the street than the swim to the Murray landing place. Altera became uneasy—he wasn't responding to her

The reception that evening was a very brilliant occasion. Alicla wore an artistic black gown, Caroline—well, Caroline was a Cleopatra for gorgeousness. "I wonder why Betty came in her grandfather's old barouche when the machine Oh, lock, Licey, who's that with Mr. Barton" Could this paney-eyed imp be Betty? This pink-clouded butterfly with the tautalizing dinples? Betty herself re-"Mr. Barton and I have met before," They exchanged united.
Whe little Detty to prefer the slow carriage to the more moder, car, "The legest way round is ever the shortest way." You see .- Betty finished her confer-tion to Barton while he held the hand adorned by his ring .- I had to take a "Not so much of a chance"—he kisses the first tious dimple—"I had seen a group picture of your two friends—and

Next complete novelette-"A Bouton-

Mrs. M. W. Palley is the new coun treasurer of Pittsburg county, Okla.

There are women in New York, it to

Please Tell Me What to Do

By CYNTHIA

To "Whitey"

Now "Whitey," you really don't want me to publish that letter, do you? You'd never hear the end of it. There is nothing very strange about your experience. It was a case of natural attraction for each other Perhaps you'll meet her some day and when you know each other will find you are not at all congenial, while on the other hand you might become great friends and find that first attraction will ripen into love. Mowever, you may never meet at all so don't think too much about it.

Admires "Blackie"

Dear Cynthia—A line to "Blackie": lease, "Blackie," your letter made a Please, "Blackle," your letter made a very deep impression upon me. I thought I would write you a few lines through Cynthia's column.

I sure would like to cultivate your acquaintance. I am most sure you would never regret it. But it's impossible. Write again, as I would like to hear from you again, and a you are a lover

Write again, as I would like to hear from you again, and as you are a lover of nature I hope some day soon to travel in your path. Be on the lookout for BLACKIE'S ADMIRER.

Says He Knows "Darling"

Dear Cynthia—I read "Darling's"

Dear Cynthia—I read "Darling's"

The boys drew up a resolution of their own.

Letter and this is the answer. I wish their own.

Letter and this is the answer. I wish their own.

Dear Cynthia — I read "Darling's" And then somebody had a brilliant idea: The boys drew up a resolution of their own.

Their piedge bound them to complete her. She let me go like a fool, but she discovered of any sixty who was a state of the complete of their own. all, after I lost time and everything for her. She let me go like a fool, but she had John, on the other hand, and the college boy. Now she has found out that nobody wants her she calls back the tailor, but now it is too late I was the young fellow who hamed her dar-And then they sat back and awaited results. the young fellow who hamed her dar-ling, but now I have a young girl I. The outcome of this affair is going too much, and whose boys are call "Sweetie," and soon she is going to be interesting and, no doubt, worth

they remarked complacently.

THE GIRLS WOULDN'T BE SEEN WITH BOYS WHO USE TOBACCO

And So the Boys Got Together and Decided That They Wouldn't Go With Girls Who Wore Rouge and Powder. Others Might Follow Them

A CERTAIN girls' club not long ago teach him something new, or give him another toy. Yet as soon as you start to work on

up its lips and signed a pledge. the bad manners, or harmful customs of The resolution was to the effect that a grownup you forget all this and mere no member of the club would attend by announce that he must stop. parties or have anything to do with a boy who smoked cigarettes or used to-bacco in any form.

They all felt pretty virtuous about it as they folded their hands and waited for results.

The reformer who enthrones himself for results.
"I guess that will bring about a re-

upon the pinnacle of perfection and says to all the rest of the world, "You are doing wrong," doesn't meet with much success or cordiality.

His idea may be a good one, like that But the boys didn't want to -ive up their cigarettes and pipes; they wanted to see the girls, but they didn't see why of the girls who wanted to make the boys stop smoking too much; but his method of presenting it, like theirs, they should be treated like such chil-Of course, they realized that some of method of presenting it. like theirs, them smoked too much, but this whole-

Their own.

Their pledge bound them to complete disregard of any girl who wore rouge, powder, too-short skirts, too-wild hair or too-low neck.

It is too bad that those boys and those place before they drew up any resolutions or signed any pledges.

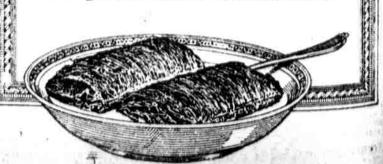
But there are lots of other groups whose girls realize that the boys are

make-up.
Whe couldn't they get together and

THE HUSBAND HATER

FOR we advanced the price of Shredded Wheat very littleso little you didn't feel it. Considering its nutritive value Shredded Wheat Biscuit is the cheapest food in the world today. It is 100 per cent whole wheat prepared in a digestible form. Contains more real nutriment than beef, or eggs, and costs much less.

> For a warm, nourishing breakfast or lunch that puts you on your toes heat two Biscuits in the oven to restore their crispness, pour hot milk over them, adding a little salt. Costs but a few cents.







By CORINNE LOWE

Interesting Women

In England "miss" was fermerly applied only to females under the years of age.

Mrs. M. W. Balley is the new county treasurer of Pittshurg county, Okla.

One might say so frequently about these new dance freeks that we were under the lamp shade of the sheltering skirt. To this lamp shade of the skirt the bodice supplies the role of taper. For, straight and plain, it emerges from the very dressy nether section.

Of the severe bodice and fluffy skirt combination have reproduct the combination now so popular this little is creation of green tuffets trimmed with

There are women in New York, it is creation of green taffets trimmed with said, who make a fiving pawning articles for other people.

Mrs. George Hall, of Juneau is the bands of face is puffed and the sleeves first woman to be apprinted a deputy sheriff in Wisconsin.

