HOME ECONOMICS NEW WOMAN IN

Magazines are a bother to the soul of disposing of them, for without some the neat housekeeper, they are so irregular in shape and size, and get so sore.

scattered about by the careless family. (Copyright, 1921, by the Metropolitan Newspapers are bad enough, but they

reserve space for magazines. A small table in a convenient corner may hold those for immediate use, being cleared every two days or so, and old magazines removed for destruction or storage, or remission to some reading room way of handling them, however, is-

Personal Health Service

use the fully-developed disease is not value of fresh milk, whereas pasteurization does. mild forms of scurvy are perhaps much non than people in general by subjecting the milk to a tempera-the fully-developed disease, ture of 230 F. for a few seconds, has in Infants or adults, is characterized by been found to retain much of its antiscending from the gums, sore, swollen sorbutic value. Dr. Hess found antiscending from the gums, foul breath, bleeding beneath the scorbutic vitamin was retained even skin or mucous membranes from slight or no local cause (discolorations of the "black and blue" kind, sometimes wrongly ascribed to blows or abuse), wrongly ascribed to blows or abuse), and be suggested to blows or abuse), wrongly ascribed to blow wrongly ascribed to blows or abuse), pale complexion, a painful gait or pains in the legs (sometimes mistaken for "rheumatism" or "paralysis). But this full-fledged scurvy is not the ordinary overy-day scurvy, which is too easily overlooked or unrecognized. The more common form is not so clearly manifested; there is lack of physical and mental vigor, vague pains, usually lightly ascribed to "rheumatism" (although there is no such disease or condition as "rheumatism"), lack of appetite, in infants a noticeably pale or

petite, in infants a noticeably pale or

QUESTIONS AND ANSWERS.

weight and fretful disposition. The scorbutic nature of this condition in able cases by the prompt improvement because I slumped so. I wore them sevand recovery of such infants after eral years. The result was far from some anti-scrobutic substance has been what we hoped for. They made me The result was far from oped for. They made me some anti-scrobutic substance has been what we hoped for. They made me added to the diet, such as orange juice, more round shouldered than ever. D. M. Is the right thing to do' He told me tomato juice, fresh cooked vegetable Ans.—Braces, splints or supports of pulp strained through a sieve, or pure, by advice and under the personal super-lieve, was due to unjust arrests in the by advice and under the personal super It is a fallacy to assume that foods vision of your own physician, Great which contain vitamins when fresh harm is done by such ill-advised resort lose their vitamins in the process of to surgical appliances. It should be canning. Many canned foods are incoment of vitamins, but canned foods of an acid nature, such as pineapple, developed muscles, and often makes the tomato, rhubarb and berries, may redefective muscles weaker by preventing to the Washington Irving High School, New York.

Why Girls Paint and Powder. tain most or all of their vitamins for many months.

Great Grandfathers!

stroys the vitamins of fresh milk than does boiling for a few minutes, because the twenty minutes or thirty minutes of heating at 145 F. Induces some change which five minutes or less of heating at 212 F. does not produce—it

I am going with a young man whose great grandfather was a first cousin to my great grandfather. Is this too close the style in them?" she said.

"It is easy to get the girls to stop the style in them?" she said.

"It is easy to get the girls to stop the style in them?" she said.

"It is easy to get the girls to stop these atrocities," continued Miss Johnson. "When under a plan of student government it is shown that the many produce—it new blood. Pasteurization more completely de- I am going with a young man whose

instruments, he said. The magical in

cred city in the Kufra valley ru a friendly chief, to whom Mrs. Forbes

carried a message of introduction.

He at once went to her rescue. She

THE DESERT their camels dead of starvation, they were ill received. The rascally guide, to hide the truth of his having lost himself, conspired with the constitution.

Brave Woman's Wonderful Journey.

London, April 28 .- Women like Lady Baker and Livingstone's wife have done shut up in their tents, and their death wonderful things in the way of travel in blacks of the caravan was smuggled out African wilds as the companions of by night and sent 16 miles to Taj, a

Now a brave and venturesome young married lady, Mrs. Rosita Forbes, alone and unsupported by European help, has achieved new wonders on her own account. She has braved the horrors of the Libyan Desert, with its risk of death by hunger and thirst.

the desert, 550 miles from her starting she has escaped repeated attempts at murder, and she has penetrated to the headquarters of the powerful Senussi tribe at the easis of Kufra, where no white woman had ever been before, and white woman had ever been before, and and having scent poured over her by a the old town of Wiscasset, is known only one white man very long ago. She slave at each meal. She carried a kodak far and near as the Marie Antoinette slave at each meal. She carried a Rodak has discovered mountains unknown to geographers, and she has written a new chapter in the history of indomitable womankind's marvellous achievements, on the return journey, Mrs. Forbes

miles south, performed on horseback in the company of an Egyptian servant, slept in fleabags. For 17 days she could 1789, when the French revolution as easy, but at Jedabia the local chief, not wash, and for 12 days the journey bursting into fury across the sidi Rida, though very friendly, was lay through a district that was absolute-unable to prevent a plot by fanatical fol-lowers to assassinate his guest.

There were many plots against her

drink mint tea with her one night, drugged the beverage, threw the conspirators into a deep sleep, and escaped, dressed as a Bedouin, with five natives. They wandered until weary in a circle, as it proved, for when dawn broke they were still only a mile from Jedabia and its murderous plotters. But the distance was soon lengthened, and for two days the party fied south. Then, joined by two more natives, they traveled famishing a further four days, when they were rescued by a caravan. were rescued by a caravan.

Lost in the Desert.

Even when death from privation hreatened, one of the strangers sought five times a day under suspicious scrutiny, like a true Mohammedan.

Eventually a caravan, secretly dis- handed out.

was drink enough, and to feed the cam-

n Use For Over 30 Years

When King George was told that Britain's annual expenditure on adver-

The lower shelf or shelves of the book case may be curtained and used as the OF SHORT SKIRT

or hospital where others can have the benefit of them. The most convenient shelves, on castors. This enables the housekeeper to keep them available for

In libraries the broad lower shelf of

Vitamins and Food Fallacies.

is a mystery to the laity be- has been found that such short boiling Dried or powdered milk, prepared

weight and fretful disposition. The scorbutic nature of this condition in infants has been proved in innumer- mother made me wear shoulder braces

els, they tore up their baggage saddles Reaching Buzeiman, with many of

use of powder and paint.
"It is an attempt to be stylish. himself, conspired with the natives to have Mrs. Forbes and her escort killed. The visitors had come stealthily to and powder and also placed the ban on conquer the country, urged the traitor. They were to do it with aid of magical

struments were the lady's compass, her binoculars, and her revolvers. All the party who did not desert were was imminent when one of the loyal

> Home in Maine Was Prepared For Reception of Marie Antoinette.

womankind's marvellous achievements,
which has been told in the Times.
A Terrible Tea Party.
The journey from Benghazi, on the
Mediterranean coast to Jedabla. 80

Cut noise.
On the return journey, Mrs. Forbes
much as crossed the great Atlantic
traveled by a new route, her caravan
walking 13 hours a day through a terthe roof tree of Capt. Samuel Clough.
There is a reason for the name
with the thermometer below freezing
more piquant than either of these. point at night. She had no tent, but The story runs briefly as follows: In slept in fleabags. For 17 days she could 1789, when the French revolution was built, in the northern extremity of Westport, called by the Indians Squam Mrs. Forbes was warned of the plan.

She invited her would-be assassins to at last she reached Alexandria after a River, was occupied by Capt. Clough, wonderful journey of nearly 1,500 miles.

When worked the beautiful plants and many hairbreadth escapes, but Island, at the mouth of Sheepscot at last she reached Alexandria after a River, was occupied by Capt. Clough, wonderful journey of nearly 1,500 miles. Island, at the mouth of Sheepscot was well known in the big merchant

Perhaps you want a domestic in a urry. Then use The London Advertiser hurry. Then use The London Advertiser classified columns and you will be quick-ly supplied because everybody reads The London Advertiser.

ROYALTY TRY THEIR LUCK "AT WHITE WAY" COUNTER

LONDON, April 28.—Two kings, four Capt. Clough saw more of the terqueens and two princesses lined up the By then the palace of the Tulleries had to slay Mrs. Forbes as a Christian, so other day just like ordinary citizens at she had to pretend to be a Moslem, half the counter where the prizes from a sacred, and Louis XVI. guillotined. English and half Egyptian, and to pray "lucky dip," a popular feature of the White City Advertising Exhibition were

all set out on a seven days' march from sponge to his guest, King Christian of and everything was polished—all was Jalo, on the edge of the Libyan Desert, Denmark, who had drawn a blank. made ready. And the wife, the daughto the wells of Battifal, across a water-less wilderness. For nine days they marched in search of the oasis of Taiserbo. They marched through the place Mary of England received a bar of soap where, according to the maps, Taiserbo and a box of face cream. Another bar

> for the last two the fair in a thoroughly democratic Here, however, fashion, and laughingly stuffed their prizes into their pockets.

An improved style of typewriter at-tracted the King of Denmark. "I wish ou would use one," he said teasingly to his wife, who types all her corre spondence on an ordinary machine. tising was close upon \$500,000,000, he quired.

said in amazement:

CONGRESS TALKS

Not So Much Worse Than Old Long Ones.

ise neatly, longer than she can in any from Oklahoma, cafeteria proprietress, and school teacher, is not sure that the the big library table is likely to become the untidy refuge of papers and magazines, but it is not a good place for them from any point of view.

Each housekeeper must find her own best way of caring for magazines and disposing of them, for without game of the sociation Miss Robertson spoke to sevage the big library table is likely to become mation is ready for a federal department of education with a cabinet officer. At the session of one of the groups of the National Education Association Miss Robertson spoke to sevage the big library table is likely to become mation is ready for a federal department of education with a cabinet safe that the mation is ready for a federal department of education with a cabinet of the safe that the mation is ready for a federal department of education with a cabinet officer. eral thousand educators.

"I do not feel that enough deliberation has been given to the subject of a federal department of education as yet," said Miss Robertson. "This does not mean that I am opposed to such a thing or even that I will not vote for it. I am not in congress yet and therefore not in a position to talk definitely about these things."
"Miss Alice," as she is familiarly

known in Oklahoma, says that a wo-man can do anything she sets out to do if "she keeps her mouth shut and her ears open."

She is a Conservative

Defining the position she will take in congress, she said:
"I would rather be like a humble little light that shines a long distance across the prairies than a bright sky rocket that flashes in midair for a few

Discussing woman's dress, she said:
"I do not believe that the modern short skirts, if they do not go to ex tremes, are much worse than the prudish long skirts of the mid-Victor-ian period that were held so high when crossing the street. Henry Starr's Ambition.

"About movies and the modern dance—well, I have not seen many of them. But that reminds me that the last time I spoke with Henry Starr, the Oklahoma bandit, who recently died after being shot in a holdup, he told me that he was going to some of his old holdups as he per-formed them before he reformed. I said to him, 'Henry, do you think it is the right thing to do' He told me first place."

Mothers are responsible for much of the epidemic of "China noses" and

Why Girls Paint and Powder. "What can you expect of the girls when they see their mothers setting

moral suasion soon puts a stop to its use as a 'fad.' The common sense of the majority of girls is against the

do not think the average girl does it to attract attention. At the Washington sweaters without a blouse beneath, and transparent shirtwaists."

Not that the unhappy queen of France ever lived there, or, indeed, so

Scorned Louis XVI.

Capt. Clough was in France when the Bastille was stormed and cap-tured, and when the populace swept down the road and forced the king and royal family to return to Paris. Although the captain, while relating it, gave voice to scorn for the king and counsellors, he spoke of Marie Antoinette in tones of tenderness.

Many months passed, and nothing further was heard from Capt. Clough, until a message was received bidding handed out.

King George of England, amid much for a royal guest, but for a broken-Eventually a caravan, secretly dispatched by kindly Sidt Rida, came up patched by kindly Sidt Rida, came up form Jedabia, with 18 camels, 9 black soldiers. 2 slave girls, 3 Bedouins, and a of cigarettes. He promptly offered the soldiers are silled with str and of cigarettes. He promptly offered the control of cigarettes. He promptly offered the soldiers are supported by the strain of cigarettes. ter and the son waited.

Regicides Foll Plan.

But Capt. Clough came home alone, without royal passenger, bringing royal furnishings, it is true, but bringing no Marie Antoinette, for whom they had Alexandra of England, and a box of perpermint creams to Queen Maud of sweeping the horizon with her glasses, directed the caravan, so that they came at the end of the ninth day to El Harrandra of to the Queen More and a box of the discovery of the plot of her friends on the eve when it was to have been carried out. The all-important message, hidden in a bouquet which was sent to the queen was taken by box of the placed on his vessel. He told of the discovery of the placed on his vessel. He told of the discovery of the placed on his vessel. He told of the discovery of the placed on his vessel. He told of the discovery of the placed on his vessel. He told of the discovery of the placed on his vessel. He told of the discovery of the placed on his vessel. He told of the discovery of the placed on his vessel. He told of the discovery of the placed on his vessel. He told of the discovery of the placed on his vessel. He told of the discovery of the placed on his vessel. He told of the discovery of the placed on his vessel. He told of the discovery of the placed on his vessel. He told of the discovery of the placed on his vessel. He tol was hastened to her execution, her friends to imprisonment, and the captain himself barely escaped the mob as

TORAH, 150, OLDEST PERSON IN WORLD, TO GET PENSION

Abstemious in His Eating and Also in His Bathing—People of 79 Remember Him As Aged Man When They Were Y oungsters.

named Torah, and asserts he has lived torne out by numerous persons who are more than 70 years old, who declare of his new benefactors. that when they were youngsters Torah

charity

MILKMAID MAY NOT EVEN LOOK should disobey or not observe the very

Rev. John Roscoe, who is writing in Africa, tells about the ceremony atwith due ceremony, the king is notified, and goes to the throne room to be served. A kneeling milkmaid, face, chest and arms whitened with pipeclay, uncovers the sacred pot, which she has taken from a vessel filled with long grass, wherein the milk had been placed to keep its natural warmth. On this vessel is fixed a small stand bearing a sponge used to wipe the king's mouth before and after drinking. The milkmaid does not look at the king, nor the

Behind the king, on a dais raised only slightly from the floor of the hut (about fifteen inches), and covered with splendid lion and leopard skins, stands a youth who is always present near the king. He bears a lion skin on his shoulder, but concealed beneath he holds a large and sharp blade, ready o hand to his master should the latte stretch out his hand for it, to punish by immediate death the person who

king at the milkmaid.

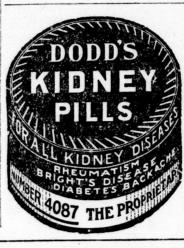
PARIS, April 28.—The oldest known small sums of money with which to buy a month's supply of split peas, fruit and "Turkish delight," the only food the French Government. He is a Kurd

Incidentally, Torah then stopped more than 150 years. His statement is washing himself. He refuses ablutions

WARSAW, April 27 .- Poland claims was aged, grey and bent. WARSAW, April 27.—Poland claims
The war scattered Torah's friends. He the oldest woman in Central Europe. is now penniless and must depend on She is Miss Anna Dobek, living in Cho harity. | Cholow, who recently celebrated her Although his mind is hazy regarding | 123rd birthday. Miss Dobek is still events in the eighteenth and the nine-teenth centuries, he is reported to have followed recent history closely. He immediately won the hearts of French officers in Constantinople by declaring to evity to the fact that she has never them that he always prophesied a been bothered by having a man about French victory, after which he pocketed the house. She doesn't like cats, either.

detailed etiquette of the ceremony More ceremony attends the king's meal of beef. The meat is cut into the Illustrated London News regarding small pieces ready for eating. The cook what he saw in Bunyoro, Uganda, holds a two-pronged fork, which he dips into the pot and brings up a piece

Africa, tells about the ceremony at-of meat and puts it into the king's tached to the king's lunch of milk. mouth. Should he by accident touch After the sacred cows have been milked the king's teeth with the metal he would be put to death on the spot. During the meal the people kneel and cover their faces.



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Fresh Shoulder Pork, per lb. Mild Cured Pickled Shoulders, per lb. Fresh Pork Spareribs, 20c Fresh Pork Hocks, per lb. Hocks, per lb. Event Butter Special Fresh-Made Whey Butter, per lb. Fresh-Made Creamery Frish-Made Creamery Frints, per lb. Swift's and Armour's Oleo, per lb. 25c	Bulk Cream Cheese, per lb	3-lb. pails of Lard

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