Too Fat to Run.

Brown's cornfield thoroughly enjoy

grow fainter and fainter as he follow-

even notice when Bowser stopped his trouble.

You Can Rely

barking way over in the Green For- (Copyright, 1924, by T. W. Burgess.)

on the freshness, flavor and purity of

For over three decades it has served

est. Unc' Billy is a greedy old fellow, and he though of nothing but stuffing himself.

So Unc' Billy was badly startled when he heard the voice of Farmer Brown's Boy only a short distance away, and then an eager whine from Bowser the Hound. He couldn't see them because they were hidden by the cornstalks. For this same reason they couldn't see him and he knew it. "Ah reckon Ah better he right smart about getting out of here," said

"Ah reckon Ah better be right smart about getting out of here." said Unc' Billy to himself, and started off as fast as his legs could take him. Now Unc' Billy was fat. He was very fat. He had been living very well indeed for some time. It isn't casy for fat people to run. It wasn't easy for Unc' Billy to run. In the first place, he was all out of practice. It was a long time since he had done any running. He had gone only a very short distance when he began to puff and his legs began to grow tired.

"Oh deah." panted Unc' Billy. "Ah cert'nly am too fat to run. Yes, suh. Ah cert'nly am too fat to run. Eut Ah done got to get somewhere befo' that no account dog can catch me. Oh

Coverings for the Floors

How to Buy Rugs and Carpets, and How to Clean Rugs, Matting, Linoleum and Oilcloth. Protection of Hardwood.

OT taking into account Oriental rugs, there are in general use five varieties of rugs or carpets, namely, tapestry Brussels, body, Brustel, velvets, Axminsters and Wittons, with, of course, a wide variation as to quality and price in each variety. The difference in variety is due to difference in method of weaving, narticularly, and it does not tollow necessarily, as many purchasers think, that a Wilton is of better quality than a Brussels.

The face or wearing surface of a tleast two weeks before being given the pile to settle and greatly prolong the wearing qualities of the carpet. No rug should ever be shaken, as this has a tendency to pull the fiber is not at hand.

Care of Oriental Rugs.

Oriental rugs, if genuine, are in fast colors, and the top or right side is practically indestructible. The threads at the back, however, are very easily damaged. Hence, Oriental rugs should be hung on the line or laid on the grass or the soft workers before being given the carpet.

The more rows to the inch the

finer the rug.

A velvet rug is woven in exactly the same manner and from the same materials as a tapestry Brussels, the only difference being that in the case of the velvet rug the tiny loops are cut at the top, giving the velvet effect to the rug's surface.

The face of an Axminster rug is woven from wool yarns. Except for the fact that the nap is usually higher, there is scarcely any distinguish-

or, there is scarcely any distinguishable difference between the face of an Axminster and a velvet or a Wilton rug, but the back shows a decided difference, being much more

The face of a Witten is weven or either wood or worsted yarn, and the weaving is exastly like that for a body Brussels, except that the char-acteristic Brussels loop is cut. The back of a Wilton is the same as that of a tapestry Brussels, except that it contains a large amount of wool or worsted. A body Brussels is simply a Wilton with the loops uncut. As there are from 2 to 13 rows of loops to the inch in the case of a body Brussels, which might be made a Wilton by cutting these loops, as against only five or more for the tapestry Brussels, which is simply an uncut velvet, it is evident that the surface of a Wilton is much softer and closer than that of a velvet.

Designs and Decorations. f a tapestry Brussels, except that it

Designs and Decorations.

Designs and Decorations.

Like all other surface coverings, when carpets or rugs are chosen they must be considered in relation to an architectural plane, which is the floor in this case. For this reason, the design should be one to maintain and emphasize the chief character of the floor, which it its flatness. The designs or decorations should therefore be flat in character and never suggest roundness or perspective, that is, distance. The planes of decoration should appear to be on the ration should appear to be on the

came level.

Carpets are still made with designs that suggest several planes, as well as with flowers, trees, birds, and such things. Aside from the question of taste, it is incongruous to walk on pictures of things when one would not walk on the things themselves.

No designs are so appropriate as not walk on the things themselves. No designs are so appropriate as those which are simple and conventional. The size of the figure should be in keeping with the size of the room. In most cases this means that it should be very small. There is nothing in a room that so demands inconspicuous treatment as a floor covering. Large motives call undue attention to the surface on which we are walking.

Care of Oriental Rugs.

Oriental rugs, if genuine, are in fast colors, and the top or right side is practically indestructible. The threads at the back, however, are very easily damaged. Hence, Oriental rugs should always be beaten on the right side. When beaten, they should be hung on the line or laid on the grass or other soft surface. If much soiled, they may be washed or scrubbed by means of a stiff brush with soap bark dissolved in boiling water, and afterward wiped off with a clean sponge and dried with a clean sponge and dried with a clean sponge and dried with a cloth. In Winter lay an Oriental rug on the porch or other flat surface outdoors, sprinkle it with snow, then brush it off with a stiff broom or heavy whisk broom. To brighten the colors, slightly moisten the rug's surface.

face of an Axminster rug is from wool yarns. Except for that the nap is usually higher is scarcely any distinguishing ference between the face of inster and a velvet or a Wilster and a velvet of a velve of the colors, slightly moisten some salt with kerosene. Sprinkle this some salt

inch, there being from four to rows.

The face of a Wilton is weven of her wool or worsted yarn, and the trying is exastly like that for a y Brussels, except that the charpitic Brussels, loop is cut. The makes them last longer. makes them last longer.

To Protect Hardwood.

To prevent furniture from scratching or marring hardwood floors, get Her pretty beaddress was colored all pieces of thick felt or soft rubber, sorts of bright colors sort of mixed or obtain from a cobbler a sheet of together. or obtain from a cobbler a sheet of rubber soling. Cut these to the exact size of the table and chair feet. Cover them with glue, and when the glue becomes "tacky" lay them on. Put newspapers under the chairs to protect the floor until the glue is quited dry. The floor will be kept in much better condition if the members of the family wear rubber heels on their tamily wear rubber heels on their family wear rubber heels on their

To Brighten Matting.

To clean, first sprinkle matting with bits of wet newspaper or a similar substance, the same as when cleansubstance, the same as when cleaning a carpet, then sweep it the way of the weave, but not across it. Wash with strong salt and water to strengthen the fibers, or wash with skim milk, rinse in warm water, and dry quickly with a coarse cloth. If your light-colored matting has become stained and faded, wash it with strong baking soda water. This will give it a uniform solid cream color, harmonizing the different tints, or with a water-color brush apply suitable dyestuff to the pattern to revive and restore it.

Oilcloth and Linoleum.

Oilcloth ard Linoleum, oilcloth or linoleum should not be scrubbed with a stiff brush or mop or saturated with water; neither should.

Take the dasheen for example.

was walk on the things themselves on the same and the service of the service of the service of the same and the service of the service of

ANSWERS TO FOOD QUESTIONS

Abswers to readers' questions regarding diet will be given by Winifred Stuart Gibbs, food specialist, writer and lecturer on nutrition. Questions should be accompanied by a self-addressed, stamped envelope as only those of general interest will be answered in this column; others will be answered through the mail. Every effort will be made to answer questions promptly, but we bespeak the indulgence of our readers for any unavoidable delay. The number of letters received is large and each must take its turn. Address: Winifred Stuart Gibbs, 37 West 39th street, New York City.

My family consists of five children, my husband and myself. My table allowance ought not to exceed \$20 or \$22 a week. Could you suggest a few menus that would fit on this allowance so that I will know if I cam giving my family the right kind of meals.—E. B.

In response to your letter asking for suggestions about diet for your letter asking for suggestion and pear and pear are ideal and as you know that a moderate cost. Canned peas may be used if the season for fresh ones is over.

We come next to the coarser vegeting and as you know this type of your letter asking for suggestion and peas are ideal and as you know the coarser vegeting and peas are ideal and as you know the coarser vegeting and peas are ideal and as you know the coarser vegeting and peas are ideal and as you know the coarser vegeting and peas are ideal and as you know the coarser vegeting and peas are ideal and as you know the coarser vegeting and peas are ideal and as you know the coarser vegeting and peas are ideal and as you know the coarser vegeting and peas are ideal and as you know the coarser vegeting and peas are ideal and as you know the coarser vegeting and peas are ideal and as you know the coarser veget

g each day for the youngest two d a less expensive body-building od for the older ones.

Now this may all sound expensions but suppose we take the litems separately. So far from being extravagant to purchase, milk is itself an economy that you must plan carefully for. Milk provides the needed blood and bene making material so efficiently that even if it were retailed at a price higher than the present one mothers of young children in the present one mother in the present one mother in the present of the present one mother in the present of w this may all sound expensive

older children. Here we have wider range and as you know this type of vegetable. I am very glad to do what I can to help you. The fact that you must plan carefully to make both ends meet offers. I think, an interesting problem and I suggest that you decide first of all to include the following in your diet:

1. At least three-fourths of a quart of milk for each child, a quart if possible.

2. Fruit juice for the 3-year-old and some other kind of fruit for the others.

3. Some form of cereal for every one.

4. A green vegetable for the three younger children and one of the more hearty vegetables such as beets, carrots and cabbage, for the others.

5. A raw vegetable for every one except the 3-year-old and, finally, an egg each day for the youngest two and a less expensive hody-building.

body-building food for the older ones would include a well broiled chop, a cereal dish into which cheese has been grated, a bit of broiled or baked fish, but never fried meats or other fried foods.

ried foods.

These suggestions have taken into account the types of food which furnish most for the least money and the principles which I have outlined will serve as a guide so that you need not fear that you are scanting the children's diet.

I have had a very high blood pres-

tailed at a price higher than the present one mothers of young children could literally not afford to do without it.

The fruit juice for the youngest child is another essential and while oranges are during some parts of the year expensive we may substitute tomato juice for the run-about child at such times. Another inexpensive fruit juice for the inexpensive fruit juice for the youngest a diet that would like you to suggest a diet that would lik

COLOR CUT-OUT

In Her Best Dress.



The curtain of the next room was pulled aside. "Oh, my goodness!" gasped Billy Cut-Out as Ah Sing's smiling little sister came into the

Ah Sing was wearing her very best Chinese dress. It was of light blue silk, with orange bands around the bottom of the coat and also around the bottom of the baggy trousers.

Cooking for Two. Some of the Less Commonly Used Vegetables.

We all remember the housekeepe

oracker dust and bake 30 minutes in a moderate oven.

Scalloped Saleify or Vegetable oysters.—To a quart of sliced vegetable and barley porridge are examples of these. Machine-cooked cereals, the puffs, shreds, etc., are delicious and a valuable addition to the variety of the diet, although they are of course more expensive than those prepared at home.

The vegetable for the younger children need not be expensive if you plan very carefully and water the market. For example, sifted spinach and peas are ideal and as you know may usfally be secured at a moderate oven.

Scalloped Saleify or Vegetable to Vegetable of Vegetable of Saleify or Vegetable vegetable and place in that this child be forced to associate, as much as possible, with companions of its own age, as nothing tends to destroy reserve and secretiveness so much as the mingling together of clil-dern. While in some branches of the vegetables and place in boiling salted water for an hour or until quite tender. Make the white sauce and have ready a baking dish which has been buttered. Arrange the vegetables, the buttered. Arrange the vegetables to the vegetable of the grown of the vegetable of the grown of the puffs, shreds, etc., are delicious and a valuable addition to the variety of the diet, although they are of course more expensive than those prepared at home.

The vegetable for the younger children and the white sauce and have ready a baking dish which has been buttered. Arrange the vegetables, the layers in this dish, being careful to have a layer of crumbs on top. Bake in a layer should not be too much stressed, and every facility should be furnished it in those lanes of learning in which it demonstrates aptitude.

If today is your birthday you possess a charm all your own, combined with a fund of general, but not specialized, information. You are becoming, or have already become, a "Jackof-all-trades and master of none."

The present age, above all others, is an hour or 20 minutes.

moderate oven for about a quarter of an hour or 20 minutes.

(Copyright, 19°1.)

(Copyright, 19°1.)

It, as I have known of cases where it really disturbed the digestion. A free use of bran—either one of the preparations on the market which are palatable as breakfast food or plain bran added to the ordinary cereal—will help.

The condition to strive for is to change the intestinal flora. In order to do this such food must be caren as will insure a growth of the normal and protective bacteria. These bacteria are in every healthy body and offer the most effective means of ridding the body of the harmful bacteria which exist because of disease conditions.

A diet that is made up of non-time of the first is definitely lexative will often bring about a decided lowering of the blood pressure within a few days.

Now as to the diet. The meals should be chosen from the following:

Sow as to the diet. The meals should be chosen from the following:

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Well known persons born on this date are: William Gaston, Jurist, of North Carolina; William Astor, merchant and capitalist; James De Koven. Clergyman and author; Ethan Allen William Capitalist; James De Koven.

one task before attempting another.
Well known persons born on this
date are: William Gaston, jurist, of
North Carolina; William Astor, merchant and capitalist; James De Koven,
clergyman and author; Ethan Allen
Hitchcock, statesman; John S. Croeby,
soldier and politician; Marshall P.
Wilder, humorist.

bers, shredded raw carrots, shredded raw cabbage, olives, cercal, flakes and puffs, bran, graham bread at least 24 hours cld, bran gems or muffins, fruit juices, cereal coffee, buttermilk, frosh and stewed fruits, fruit gelatin, ices and marmalade.

If you are able to procure a special buttermilk made with the acidophiluc bacteria you will find this of very great service. Ask at any good drug store about it.

In the matter of tea and coffee, you

(Copyright, 1924.)

Corn Crisp.

Bring 2½ cupfuls of water to a boil. Sprinkle onto it slowly 1 cupful of yellow granulated cornmeal, stirring vigorously all the time. Add 1 teaspoonful of salt. Cook until the mass is thick enough to clear the saucepan. Constant stirring is necessary through the time of cooking. As soon as it is thick enough to leave the pan, take it from the fire and spread it evenly on a baking sheet or the bottom of a dripping pan which has been previously rubbed with salt tied up in a little bag of strong cotton cloth. Make the spread a scant ½-inch thick. By ke slowly until the edges of the spread curl up from the pan.

the Truth DorothyDix

Whenever Our Friends Tell Us "the Plain Truth" We're Sure to Hear Something Unpleasant About Ourselves.

WHY is it that people who pride themselves on always speaking the truth HY is it that people who pride themselves on always speaking the truth never feel called upon to tell any but unpleasant truths?

They never do. When any one begins a conversation with a preamble about always speaking the truth you draw a long breath and set your teeth to stand what is to follow, for well you know that you are about to be stabbed in a vital spot. Those who are going to say something pleasant to you do not have to back it up with an affidavit as to their veracity. They know you will believe them, anyhow.

Perhaps it is because the overly truthful are so often mean, and spiteful, and cruel, and envious, and use their truth-speaking as a cloak for the dirty work they are too cowardly to do in the open that we all give Truthful James and Veracious Jane a wide berth.

For better any day is a cheerful liar than the truth teller who wounds you to the quick and turns life to dust and ashes on your lips.

Now we are all miserable sinners. We admit it. We are full of faults and foibles. We have our weaknesses, and our little vanities, and we know that often enough we n. Le our elves ridiculous in the eyes of our fellow creatures, and that there are none so mean as to do us reverence.

But we also have our good points. We have our great moments. In the general rubbish of our characters is hidden some jewel of purest ray. We may be a bore, thresome and prosy, but we have stood the gaff of life like a soldier. We may be fat and homely, yet have the soul of an angel. We may be fussy and have curious little ways, and yet prove ourselves heroes in some great crisis.

When all is said, we are not so bad, and yet the people who feel it their sacred duty to tell you the truth never have any compulsion on their consciences to tell you the pleasant truths. Their obligation is always the other way.

If Veracious Jane hears that a woman's husband is philandering around with other women, and that he has taken his stenographer out to dinner, she can't get her hat on quick enough to run around and tell the wife about it. But she has no urge to go and tell the women the truth who have usbands who don't know that there's another petticoat in the world except their own wives.

Yet it breaks the heart of the woman who has a wandering husband to hear the truth about him, and it would make the other women happy

to hear the truth about him, and it would make the other women happy to hear the truth about theirs.

Same way about your children. It is only the things you don't want to hear about your children that Truthful James and Veracious Jane are impelled to tell you. Johnny and Susie may have been as good as gold and walked the straight and narrow path for 364 days during the year, and no claim could have been silenter about them than the aforesaid Truthful James and Veracious Jane. They pinned no good-conduct medal on the youngsters.

On the 365th day, however, let Johnny be seen driving a car too fast, or susie wearing a dress of which Truthful James and Veracious Jane do not approve and dancing a step that they didn't dance when they were young, and they cannot rest in their beds until they come and tell you that your young ones are town talk and are headed straight for perdition.

And did you ever notice that it is only when you are sick and worn out, and your complexion has got the color of a saleratus biscuit, or when you have put on 10 pounds of fat and have developed a feather-bed figure that really truthful people tell you how you look?

They don't say a word as long as you are fit and fine, and willowy and easy on the eyes. It is only when the truth is a solar-plexus blow to you that they hand it to you.

In like manner you may be a fashion plate, as to your clothes, for years and years without ever once getting a word of commendation from the truth speaker. But appear once in a made-over gown or an indiscreet hat and she's on the job.

MY DEAR, how eleverly you have furbished up that old dress that you've been wearing for the last two years! I declare it almost developed. that they hand it to you.

In like manner you may be a fashion plate, as to your clothes, for years and years without ever once getting a word of commendation from the truth speaker. But appear once in a made-over gown or an indiscreet hat and she's on the job.

you've been wearing for the last two years! I declare it almost looks like new. But your hat! Really, dearie, you know I always speak the truth and say just what I think, and I don't feel that I should be acting the part of a friend if I didn't tell you that it is 19 years too young for you and brings out every line in your face."

developed.

The first thing furnished by food is energy, and this is supplied by the fuel of the first thing furnished by food is energy, and this is supplied by the fuel in the form of food. The tiny you and brings out every line in your face."

Of course, in society we can step wide of the truth tellers, and we do, but in the home circle we are at their mercy. We cannot escape them except by death, divorce or desertion, and so we must endure them as best we may. And, alas, in many homes the telling of unpleasant truths is accounted a virtue.

The husband does not hesitate to tell-his wife that she has lost her good looks; that she is getting old and frumpy; that she hasn't enough sense to know what she is talking about, and every time the dinner'isn't up to the mark he tells her how poor a cook she is. Mother tells father how different he is from the man she thought she was marrying; what a poor figure he cuts in society; what a pinhead he is not to be able to make more money, and both monologue about every fault the children have.

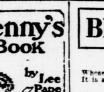
ittle Benny's Note Book

Ma was darning holes out of stock ngs and pop was smoking and reed-ng the paper, saying, Thats the most ntelligent article on the Dawes plan

Wat plan is that? ma sed. Yee gods, heers a woman who has apparently bin alive the past few nunths and a blank ixpressionless look spreds over her face wen the Dawes plan is mentioned, pop sed. O, the Dawes plan, I know ail about that, certeny, Genrel Dawes had something to do with it, dident he

Ill wait till you finish, pop sed.

the sporting page and stayed there



reed this article, reed it rite away Its intensely intristing and at the same time it will give you a little in site into international finance and pollitics and perhaps it will even develop your taist for intelligent reed-ing, altho as to that I wont make ery rash promises. Theres something elts I wunt to reed in this section but

dollers.

Well, this is more than I ixpected, pop sed. I had an ideer your sleeping intelligents mite be awakened, but this axual inthusiasm is reely more

do it myself, pop sed. And he reetched for the paper agen and got behind

Nutrition Nuggets.

BEDTIME STORIES Whose stomach rules him finds some day It is a rule that doesn't pay. -- Unc' Billy Possum. Unc' Billy Possum was in Farmer

ing his nightly feast of tender, young corn. He, had reached the cornfield just after Farmer Brown's Boy and Bowser the Hound had started into the Green Forest after Bobby Coon. He had heard Bowser's great voice

A little, I bleeve, pop sed. Heer

done got to get somewhere befo' that no account dog can catch me. Oh deah, Ah wish Ah wasn't so fat."

But wishing didn't make him any less fat. He isn't a fast runner even when he is thin. Now Unc' Billy, although he was trying his very best, wasn't getting along fast at all. He knew when Bowser reached the place from which he, Unc' Billy, had started to run. He knew it by the excited to run. He knew it by the And he handed the paper to ma and she started to reed it and pop kepp on smoking to himself and I kepp on laying on the floor wishing vacation laying on the floor wishing vacation was jest beginning instead of jest finishing, and after a wile ma sed. Thats the most amazing thing I ever red, I never dreemed of sutch a thing. I wouldent of missed that for a million wonderful nose was having no trouble in following it.

ed Bobby's trail deeper and deeper into the Green Forest. Unc' Billy chuckled.

"Ah reckons that dog is chasing Neighbor Coon," said he to himself. "That suits me. Ah reckons Neighbor Coon can take care of himself, and with that dog after him Ah needn't worry about being found over here in the co'nfield. Ah can eat in peace."

So Unc' Billy paid no further attention to Bowser the Hound. He didn't even notice when Bowser stopped his trouble.

TO FIGHT CONSTIPATION—the most

Rid yourself of this dangerous conditionor start "slipping" and become a prey to any one of the most dreaded human ailments

which have their beginning with constipation

Fight constipation as you would fight fire!
Fight it with bran—Kellogg's—BECAUSE IT

IS ALL BRAN! Don't temporize! Don't

waste time and health by going half-way! You need ALL BRAN; you need the bulk, the

"roughage" of ALL BRAN, because it sweeps,

REALIZE THIS-foods with a part bran

content can only relieve constipation in pro-

portion to the amount of bran they contain!

If they are 25 or 50 per cent bran-you may

REMEMBER THIS-Kellogg's is ALL

BRAN and is guaranteed to give you positive

and permanent relief if you will eat two table-

spoonfuls daily, or as much with each meal in

Don't delay; don't fuss with half-way mea-

sures! You have too much at stake! All

the original BRAN-ready to eat

and toxic poisoning!

cleanses and purifies!

grocers sell-

get 25 or 50 per cent relief!

dangerous condition your system can become chained to-to get free from bleary biliousness, dull headaches, nausea-etc., etc.!!!



Mascot of the U.S. Pacific Fleet JOHN BING'S "Baby Betty" and her sisters are beautiful, life-like dolls, made in America. They have mamma voices, sleeping eyes and real eyelashes. Every child will fall in love with a John Bing doll. "Baby Betty" "Baby Joan" \"Baby Patsy" \$5.00 \$4.00

"Baby Eleanor" "Alice May" \$7.50 NO BETTER DOLLS ARE MADE AT SO FAIR A PRICE JOHN BING CO., Inc., 1431 Broadway, New York





1864—America discovers Chase & Sanborn's Coffee

AN IMPORTANT date in American history! For it marks the discovery of a brand of coffee that captured the nation with its rich, rare flavor. Buy a pound to-day in the sealed tin and make the discovery

for yourself! It is not only the fine flavor of Chase & Sanborn's that won the country, but the fact that that flavor is always the same. It never disappoints. Sixty years' experience assures a continuance of Seal Brand quality and uniformity. Try it—it's a treat.

> Chase & Sanborn's Seal Brand Tea is also a national favorite

Chase & Sanborn's **SEAL BRAND**

COFFEE
Trade supplied by Chase & Sanborn, 200 High Street. Boston

