

under our new-found freedom as never before.

"It is this that I shall teach the children. They will respond to it because the time has come in the world's evolution when the world is ready for such a policy.

"I am glad that I have had to struggle without seeing or hearing for these many years, for it has taught me, as nothing else could, what it means to suffer—what it is to have a spirit in prison. And people who see and hear and talk CAN be held down so that they are just as much in a prison as I am. And I shall help them to get out!"

He Was Wrong.

"Waiter!" roared the diner.

The waiter looked intently out of the window, pretending he had not heard.

The diner had already complained of his chop, his chips and his napkin, and Alphonse had had enough of him.

"Waiter!"

Reluctantly Alphonse moved over.

"Just look at this water, waiter!" he growled. "It's not fit to drink!"

Critically the waiter raised the glass to the light and examined it. Then triumphantly he set it down again.

"No, sir; you're deceiving yourself, sir," he said kindly. "That water's perfectly all right, sir. It's the glass that's dirty."

Grumbling is as contagious as smallpox.

HOME-MADE ICE BOX

An icebox is one of the most useful accessories to healthful summer housekeeping.

If you haven't an icebox, make one. Get a soap box, a tin can, a few newspapers and some sawdust.

If soap box is not available fruit packing case will do. In which ever you use place tin pail surrounded with sheet of tin bent in circular form, which makes an air space. Between this and walls of box pack sawdust.

Place pail in circular chamber. Place milk bottle in pail and pack ice around bottle. Fold dozen thicknesses of newspaper size of box and place over top with lid.

Cost of ice for box of this kind would be but few cents a day. It will keep the baby's milk cool and prevent butter from melting.

RAPID HEART

Don't assume, because your heart beats rapidly that there is something wrong with it. Some hearts are naturally rapid, others naturally slow. Maybe your heart is naturally a fast one. If you are suspicious of it, have yourself thoroughly examined by a competent physician. If he says your heart is all right believe him—and forget your heart.

"How many people work in your office?" he asked.

"Oh," responded the elderly one, getting up and throwing away his cigar, "I should say, at a rough guess, about two-thirds of them."