CAGED chaffinches are celebrated for their eagerness to

their songs alternately until one is exhausted. Little birds

such as bullfinches can be trained to whistle the melodies. Even the house-sparrow, which never sings when avid, has been converted when brought up with piping bullfinches.

compete with one another in singing. They deliver

THIS is the anniversary of the entrance of General Howe. into Philadelphia in 1777. With his army, the British general remained all Winter in the Quaker City, while Washington an dthe patriots suffered the hardships of hua-ger and cold at Valley Forge. Howe was severely criticized for his inactivity, resigned and returned to England.

Twice-Told Tales of

All School Children

SHOULD READ THIS ARTICLE BY NELLIE BLY

Famous Writer Says They Should Realize Importance of Study and Self-Development

By Nellie Bly. World Famous Traveler and Writer

On Subjects of Interest to hte Home Circle. CHOOL GIRLS! School boys! Greetings! Your happlest

days are here-your school-Have you considered just what they mean? It is just as if some Goddess had presented you with a great big trunk of treasures plucked from the skies, the earth and the

seas. You lift out tray after tray marveling over each new wonderful jewel which is yours to have, to hold, to use and to enjoy all That is what education is. It is not work or punishment. Education makes the world ours. We are

no longer limited to our own town where we reside. The entire globe is our home. The people, their histories, the beasts' and birds and plants; all that lives and has lived and died ages before writing was become everyday acquaintances

The glories of the heavens, the mysteries of the earth, the wonders of the seas, enchant you far beyond the power of the greatest

Added to the fascination of learning of new and wondrous things is the nest of accomplishing and mastering. The power of being able!

The ability to de! Memorising! Is it not a marvelous achievement? Have you tested your ability to memorize with your schoolmates? Can you memorize quicker and better? Can you explain how you memorize? Did yad ever ask other girls and boys bary they do ft?

"- fo is precious! Say that constantly to yourself. You are young. Life is before you. But you cannot afford to throw away one minute. Don't be a waster! Life never returns. What is lost this hour is forever lost. Regrets and wishes cannot bring back one second. You may regret semething undone yesterday, something unlearned yesterday. You may benefit by your failure and learn it or do it now. But you have not brought back the lest hour. You have consumed more

What you wasted can no more be regained than a cup of water spilled on a sandpile, Never cheat yourself of time. Treasure It, save It. Use each second-of it. Life rushes on and on, never pausing an instant, and carries you with it to the end. Don't permit the ignorant and prejudiced to tell you study will injure your health. If you accept it as it is, a boon, a pleasure, fascinating, absorbing, thrilling, entertaining, you will thrive and become healthy upon it. If you consider it a punishment and make it unloved, despised work, your own mental at-

Meat in the Diet

Rv Brice Belden, M. D. D MOTHID food, exemplified by mest, does not occupy the high position in diet which was formerly the case. A study of the nutritional surveys in the United States army camps reveals much of interest in this connection. Protein is needed, but in much smaller quantity than used to be

supposed. It is the general concensus of opinion among the experts in nutrition who conducted these surveys that an excess of protein is undesirable in the dietary of a hardworking man, since muscular work does not involve destruction of muscular tissue beyond the amount sustained by that tissue in muscu-

The amount of protein which is held to be sufficient to repair all the wastes of the body and to supply an adequate reserve is 13 per cent of the total energy intako. It is a matter of indifference to the muscles whether they receive their energy from starch and sugar, or from fat, except that starch and sugar yield their energy more rapidly than does fat. Hard muscular work, therefore, can be done on a high starch-sugar diet or upon a high fat diet. Muscular work is done with less effort if there is a plentiful supply of starch and sugar, which are cheaper sources

of muscular energy than fat. The small amount of protein needed is more for the slow rebuilding of muscular tissue than immediate energy requirements. If taken in extess the body is embarrassed, deleterious products are formed, and disease is invited,

All the requirements for the training of soldiers, or for men in the prime of life doing hard muscular work, are met by a dietary supplying 13 per cent of the total energy (and material for replacing waste) in the form of protein, 25 per cent in the form of fat, and 62 per cent in the form of starch and

This means that half of the amount of meat that we used to think necessary is sufficient for gur hodly requirements. Not so very long ago it was an article of faith that those who expended a great deal of muscular energy required large amounts of protein in the form of meat, although it had long been observed that Italians did hard manual labor on a vegetable and fat diet, and that the Japanese performed strenuous work mainly on rice. Now meat and proteid food generally have been relegated to their proper place in the sphere of nutrition. Indeed, our distotic views have been revolutionized within the past few years.

titude will affect your health. The

mind is all powerful. It In All Up to You. You can do what you will, if you

Don't be timid. Don't be discouraged. Timidness is a crime against yourself. It ruins. Don't mistake rudeness and boldness for the lack of timidity. Replace timidness with

If you are larger than other children in your class, don't let it embarrass you. I have known men and women cursed with a lifetime of ignorance through remarks by foolish teachers who forgot size door not necessarily constitute age. One the greatest crimes is for a teacher to endeavor to improve a pupil by comparing adversely with

Never get discouraged. Remember t is yours to accept—the greatest all gifts-education. Teachers are there to direct and aid you. Require it of them. Just as you would require directions of a guide hired to lead you over the moun-

In learning other things, learn good manners. Cultivate refinement of speech, bearing and thought. Our Constitution says we are born equal. Good! But to grow up equal depends solely upon your-self. You are equal or you are not. Education and breeding is the pivot point which decides. If you are illmannered, tough, rude, loud-voiced, dirty, muddy-minded, you are not the equal of cultured and refined

Your conduct in school, upon the streets, and to your schoolmates, at once proclaims your "equality." You cannot deceive anybody. Nothing makes you but yourself-your own individuality. Even should your hone surroundings leave much to be desired, you can be what you

Never be impolite. Greet your teachers when you come and go. Also your schoolmates. What you do daily becomes part of you.

You cannot learn too much. . Do guage means another head. If you have two languages you have two heads. You can have alx or a dozen just as easily. Once you master two, others come easy. Each additional language is like discovering another world. And in addition to the pleasure you gain, you increase your opportunities in business. Think, after school days are ever

you must begin the Battle of Life!

Do not dread it. If you are ready and fit, the very struggle gives zest to living. Life is beautiful. Ninety-nine per cent of the failures of men and women are caused by the lack of having a trade. hope some day the choice and learning of a trade will be as compulsory in our schools as learning A. B. C. But it will not be this year; so, dear school boys and girls, think of it, talk it over with your parents and friends, select what your juclinations lean to, and direct all your ways along those lines. Learn a trade, even if you think you need not follow one. It is a

great, hig deposit you stow away in your life's safe deposit box. With other studies, don't reglect music and art. If not for use, for pleasure. Until you try building a voice, how can you tell what Godgiven tressure you possess in your throat? Unless you study music, how can you know if heavenly harmonies are throbbing in your brain? Unless you read music, how can you understand and follow the divine

compositions masters have bequeathed to the world? Unless you study art, how can you understand and enjoy what the masters have put into life upon canvases and in marble And unless you touch pencil, brush or wax, how can you know what genius lives in your fingers?"

Life is beautiful, but only beautiful to those who can ace and hear and understand. Education is the key. Everything you learn makes life more beautiful. Don't limit its beauty by ignorance, Study! Learn! Know! Master! Make yourself proficient. You can! Believe in your-Don't be shy. What others can do, you can do. Do it. Don't

allow anyone to excel you. Study! Study! Study! You are never too young and you are never too old. Never cease to study. Make it your one aim in life to see just to what extent you can develop that brain in your head. Always keep before you the fact that it is yours. You can do with that brain what you will. Make it what you want. You are what you wish

The Cartoonist Outdone.

Jones: "See that tattered-looking man over there." Banks: "Yes." Jones: "Well, he used to be one of the most prosperous cartoonists in London." Banks: "What happened to him? Lost his talent?" Jones: "No. but his specialty was making grotesque drawings of women's fashions, and now the atyles have surpassed his pictures"

Extempore Addresses.

"I count myself fortunate," said a minister, "in numbering among my parishioners several who invariably tell me the truth about myself. Of a certain worthy but uneducated woman of my flock I asked whether she preferred my written or my unwritten sermons. She reflected for a moment, and then replied, 'I like you best without the book, because you keep saying the same thing over and over, and that helps me to remember"."

Varition of Terms.

"Have you seen Miss Ransome since she inherited a fortune?" She is greatly changed." "How" "Well, she used to be frightfully skinny, and now she's divinely sleader!"

CONTRASTS







C. D. BATCHELOR



When a Girl Marries

By Anne Lisle. Copyright, 1919. King Peatures Syn-CHAPTER CLXXXL

NCE I had determined that this was the evening to discuss the question of allowance with Jim. I decided also that I'd see that my little drama had the proper set-

We must eat at home, not dine out with the probable interruptions of meeting people we knew or drifting to a movie. So I stopped at a luxurious market and bought fine, thick cut of steak, two artichokes, strawberries, rich cream and a salad of French endive. Need- - / less to say that about emptied my pocketbood. Jim couldn't call my dinner "miseris.

I got everything in readiness and popped the steak onto the gmill the instant I heard his key in the lock. Then I hurried on to the living

"Hello. Anne." said Jim in his usual off-hand manner. "Where do we go from here?"

"How'd you like to stay home and The Rhyming **Optimist**

By Aline Michaelis.

THERE is no trouble nor unrest in any land or clime that can't be lightened and redressed by good old Doctor Time. A healer he, of magic touch whose work is always sure; kind love, fair hope accomplish much; but Doctor Time can cure. For ills that fill the eyes with tears and bow the heart with grief grow lighter with the passing years and Doctor Time's relief. So gentle is his tender hand, so light his football swift, we sometimes fail to understand just why our burdens lift. We can't see why we find at last grief once too keen to bear has softened with the shadowy past and brought a lesson rare. But as the seasons come and go, sweet spring and winter's rime, we better love and better know our friend, old Doctor Time. The joys we missed, the hopes we lost, the love too aweet to last, whatever pain they may have cost was healed by Time at last. And when we see the suna day fell once again with golden light upon our onward way, we know that Doctor Time has brought us through in topping form, though much we wonder how he wrought the sunshine out of storm. He comes in pity to the sad, to those in sore distress and always brings them tidings glad, his smile means sure redress.

dine on steak and artichokes?" I

"Dream on," murmured Jim at the mention of his favorite fare. "No-wake up and wash up! The steak's on the fire already. "Good girl!" cried Jim in high good nature. "I'm sick of running around after the eats. This is a fine Tarewell to the little old place.

We move tomorrow. At this my heart thumped a tattoo against my ribs. To move tomorrow! It had come, then-the step forward toward righes and luxury, the step away from our first home together.

A Fine Repart. It had come and I wasn't ready either spiritually-or as regards my trunks. I sent up a little plea that my accommodator might be efficient and my steak tender. Then, realizing that I couldn't do much about the former and could do a great deal about the latter, I hur-

ried out to the kitchenette. Ten minutes later we sat down to a delightful repast, as the society journals put it when two hundred eat together instead of two. And when the last strawberry had been blanketed in sugar and drowned in cream and lusciously devoured, we drank our amber coffee and stretched luxuriously, for all the world like purring cats. "And now to inter the bones and do the dishes for the "last time,"

smiled Jim complacently. 'We'll do them later. I want to talk to you first," I replied. "You look darn serious. Fight with Jeanie again?" asked Jim, remaining good-natured even at that

"No, but I am 'darn serious.' It's money I want to talk about Jim." I sald, feeling all the old aversion toward accenting my financial dependence on him. "Money? Want as much as fifty

this time?" Jim tone was so lazily comfortable and tolerant that I hated more than ever to banish his air of pleasure and well-being. do the dishes for the last time," that counts, Jim, it's what I can count on all the time."

Something Amiss. "What you can count on? What d'you mean, Anne?" "I mean-I suppose we're partners sort of. And this partner has to run the house and dress herself."

Puss in Boots Jr.

By David Cory.

The three little kittens washed their And hung them up to dry.

th, mother dear, do you not hear. That we have wushed our mittens?! " OURE enough, all the mittens) were washed and neatly hung on the clothes line. Puss Junior had belped to hang them up. You see, the clothes line was so high that Poss had to use a stepladder. while the kittens had stood close by, with their little paws full of clothes pins, and every time that Puss needed a pin, one of the kittens climbed up the stepladder and handed it to him. By and by Mrs. Cat came to the window and said: "Wash your mittens! Oh, you're

good kittens. But I smell a rat close by. # Hush! Hush! mee-ow, mee-ow." 'We smell a rat close by,

Mee-ow, mee-ow, mee-ow!" And when Puss heard this he ran around the house. I guess he exated to find the "Rat malt that lay in the house that Jack built!" But Mrs. Cat had made a mistake, for there was no rat to be seen. Instead there stood the little. mouse who two or three stories ago had told the black kitty where to find their kittens. "What do you want?" asked Puss

Junior, kindly, "I think the three little kittens have forgotten their promise to give me three pieces of pic," she replied. "I've been waiting in the barn all this time." "Kittens" cried Puss, and then the three little kittens came tum-

bling around the house. But little mouse ran ebhind a tree. "Did you forget to save some pie crust for the little mouse and her two children?" asked Puss. "Of course not," replied the three kittens.

"I tucked a little piece under my plate," said the gray kitten. "I put a little piece in the old clock," said the tabby kitten. "And I put mine behind the big shell on the mantelpiece," cried the black kitty. "Go and get them," said Puss,

for Mrs. Mouse can't be kept waiting: her bables out in the barn will be crying for her." The three little kittens ran into the house, and pretty soon returned with the pie "We'll carry it out to the barn

reached the hole in the barn she waited for the kittens, who placed the three little pieces of pic crust on the floor close by. And when they had gove the little mouse came out and earled the pie crust into her house. Copyright, 1919, by David Cory.

We Be Continued.

A Romance of Early Wedded Life

"You'll get all I have to give you. Surely you know that by this time, Anne," said Jim gravely. "I don't think I've ever begdudged you

anything I could possibly make out to give you, have I?" "No, Jim. you haven't. You've been generosity itself. It isn't that, But I don't want-presents. I want the right and the responsibility of handling a working share of our

income. Again Jim-laughed, but a little bitterly this time. "The feminist again. The woman who kicked up such a row at

her husband's thinking he could 'forbid' her anything! "Oh, Jim, it isn't that! Listen and I'll explain. Only today I was in a shop and wanted to buy lace collars and cuffs to brighten up an old dress, and after I'd practically taken them I discovered that they were \$9, and I had only \$4 or so

in my purse. "That's a darn shame! I suppose you told the clerk to send 'em up C. O. D.T.

"I was so ashamed I never thought of that." I gasped. "And yet you want to handle big sums!" laughed Jim, and then at sight of my face he went on seriously. "Til establish charges for you in two or three of the big stores, Anne. And you just buy what you like and send the bills to me. Same with the house. Think I'm going to pin my wife down to an allowance? Not me! You just get whatever you want. Im rich now. You're entitled to the best. And here's a little small change. Let me know when it's gone." Jim tossed me two \$20 bills and

a \$10. Not often had I possessed so much money at one time. But it wasn't what I wanted: Our entire marriage seemed somehow, to have slipped beyond my

guidance or control. (To be continued.)

HOUSEHOLD SUGGESTIONS

To clean steel, rub the article with a piece of wash leather dipped in

Sonk whalebones few moments in

A soiled black coat can be effectually cleaned by sponging the surface with a solution of strong coffee to which a few drops of ammonia have been added. When the coat has been gone over carefully with the sponge it should be dried by being rubbed well with a colored woolen cloth.

Washington The Mickle Slaying Mystery W MILE hundreds of people I him over, and the awester under his head that I realized be had been

passed by his store, and just a few minutes after customers had left it, William H. Mickle, sixty-four years old, a tobaccomist at 1004 Seventh street northwest, was beaten on the head with a monkey wrench and killed about 6:30 o'clock on the night of November 16, 1011.

Eight years have passed since the body of Mickle, his head crushed by numerous blows with the wrench, was found in his Seventh street store. For many weeks the police work-

ed on clues to no avail. Robbery was assigned as the cause of the slaying but the police were unable to find any money was missing. On November 20 a coroners jury met over the hody of Mickle. After a brief inquiry, the jury returned verdict that Mickle came to his leath at the hands of a person, or persons, unknown to the jury. Youth Found Mim Dying.

A youth, Harry Lannen, testified at the inquest and told this story: I looked in and Mickle was lying on his face. I saw no blood, and I thought him ill at first. I did not know whether to call for a doctor or an ambulance. I started out to do one or the other, when a tall man, of dark complexion, entered. He apparently wanted to buy something. I told him the pro-prietor was ill and without looking in or saying another word, he told me to stay here and watch the stere and he would get an ambulance. "He talked a great deal with his hands and, when he told me to stay, notioned me back. I-followed him out and saw him turn west at the corner of Mt. Vernon Square. This was the last I saw of him. I then telephoned for the ambulance. When I got back Mrs. Mickle and others came in. When Mrs. Mickle asked me, I turned the injured man over and saw the blood for the first

Had Sweater Under Bead. "I looked at the back of the man's head and thought that he had struck himself by falling through iliness. It was when I had turned

Sizing Up People

rofessor in the University of Kansan and an Authority on the

Training of the Child. elE successful gambler is one the cleverest and shrewdest of men, but his brillancy is turned to a bad purpose. He is master of one fine art which all the world needs and which your boy must have in in order easily to succeed with his profession-the art of watching people. The trickster is a character study specialist. watches his man and knows when and how to "get" him. Even though

a bad character, he is a good paychologist. But the welldoes has even a better right than the evildoer to study people, to know by the outward signs what one's next move will be and to act accordingly for the individual advantage and the common good. Even the philanthropist is strong

or weak in proportion as he knows or falls to know the laws of human Teach your boy to study people at every turn. Have him watch the crowd and there single out the various types of temperament and behavior. He will soon learn to detect the signs of honesty and dis-

nonesty, of frugality and thriftlessness, of solemnity and frivolty. of reverence and brutishness. And he may very commendably profit by such knowledge. Select a man who is a conspicuous success in business and exemplary in his daily life and have your boy quietly keep tab on his daily

conduct-his habits of work, thrift, sleep, rest, exercise, amusement, altruism, and so on. Thus your son may discover the secret formula of a good life and apply some of the qualities so revealed to his own career. If your son is bold enough to do so, have him visit some good nan at a leasure hour and ask for advice about his own life work. Now, pick out a man who is known to be a failure and have your boy study him at close range.

also, applying about the same tests as were given to the strong character. Another secret formula may be discovered here, the secret of a weak life. A significant matter will now come to light, namely, the successful man nearly always knows how and by what rules he succeeds, but the failure scarcely ever knows how he fails. The latter does not seem capable of self analysis.

Now, we have come to the central idea of our discussion, the idea that your boy must learn to analyze himself. But in order to do this valuable thing well he must acquire the practice of analyzing others, as outlined above. There are hundreds of little acts and mannerisms which can be profitably observed in others, every one of which is related to the whole character and is therefore siglificant psychologic material.

Not only as a further assurance of his own success and self-development but as a matter of intense satisfaction should your boy acquire the fine art of character study. It becomes interesting pastime and an extreme pleasure, during one's leisure moments, to watch warm water, in order to make them | the crowd go by and to see signs flexible and conform to the figure | of character in every garment, every facial express

ment. Again, it is delightful to know how to edge up to an individual and to get quickly from his behayfor a full mental outline of who and what he is. Character study is at once the greatest pleasure and the most profitable game. Teach both your boy and your girl how it is done.

hit and badly hurt. Just as I west about to get up I naw the monkey wrench on the table, with the

bluody side up." On the day of the inquest Morris Bennett, twenty-eight years old, a grocer of Fairmont Heights, Md. was attacked while in his delivery wagon on a lonely road and hacked almost to death with a hatchet. The weapon was identified as one stelen from the house of John Walker, James Smith, boarder at Walker's house, was arrested and charged with annualting Bennett, who identified him. The police then surposied Smith of slaying Mickle. At that time a reward of \$750 had

been offered for the slaver of

Mickle. Many persons besieged the

Police Department with "tips.

Stout In Arrested. The same day, November 21, the police began a search of W. Stout, an associate of James Smith. and Mrs. Frankis C. Davis, said to be the "woman in the case." also was suspected of having slam a Saltimore policeman in 1803. Stout was arrested the next day but gave no valuable information against Smith. Abandoning the theory that Smith committed the Baltimore crime, the police them suspected him of being John Ka-busts, a Poljah slaver of two persons, sought by the Chicago police. Several days later cylinace was secured by the police proving Smith

was in the neighborhood of Mickle's store at the time Mickle was sinip.

Slayer Newer Complet.

The investigation went on for many months, until finally Smith was aliminated from the Mickle was eliminated from the Mickle case. The police continued their search but to no avail. The appearance and disappearance of the slaver has made the case one of the most pussing in the history of the local Police Da-

The Child's Best Frock

have been especially favored this season in the matter of pretty party frocks and dresses for gala days at dancing school. Fund mothers can make dainty dresses for their small daughters, for simplicity characterizes the newest frocks for jayenile wear. Bits of lace and ribbon, small silk flowers. short lengths of chiffon and crepe de chine, crisp organdy and figured French voile all contribute their loveliness to make the small girl a social success when she goes to a

dress-up party. A charming youthful freek for a child of six was recently fashioned of two tones of green georgette crepe. Lettuce green was shirred about the peck and lengthened below the hips with a deep band of jade green crops hematitched to gether. A round, scalloped cellar, out in points, was also of the juda green and was outlined in blanket stitch. A light shade of silk was used for the embraidery, which fi such a simple, and pretty form of trimming for a child's trock. Not contant to be so lovely this cunning frock took a narrow silver ribbes caught it loosely about the neck tied it in a pert little bow at the left shoulder, and allowed long affver streamers to flutter quite gayly

when one pinys or dances. This exquisitaly dainty freck might also be developed in two tones of yellow, canary, and pumpkin or one might combine the sell

cate lilac shades. Organdy lends itself willingly to party frills and one designer has taken advantage of this and fashioned flesh pink into a wonderful frock for a child of tan. The fluffy skirt is made of dozens of fachwide ruffles sewed to a plain foundation of net. Each ruffle is edged with a tiny band of pale orchid organdy giving a lovely rainbow

The bodice had elbow sleedys cut in one and a big surplice collar that crossed in front and tied in a smart sash at the backk. Both cellar and sleeves were frilled and also showed the lovely lavender touch. French blue and pale yellow is another combination that is well liked by those of artistic taste. The blue ruffles might be outlined with the yellow or one might reverse the The flowered French voiles create

person of eight summers. Narrow black velvet or taffeta ribbon forms an alliance with these flowered materials and sometimes a bit of lace is introduced. Distinction and charm was represented in a demure tack of pale tan

quaint frocks for the fastidious

chiffon finely tucked and trimmed with small circles of tight pink roses. A ribbon sush of pink wended its lovely way through picoted

BOOKS

OSCAR MONTAGUE—PARANOIAC. By George Lincoln Walton, M. D. Philadel-phia: J. B. Lippincott Co.

A strong, dramatic novel is this

remarkable story of the family of Montague Gerrold, the father, an unscrupulous schemer; Ruth, his wife, a chronic worrier; charming young Helen, and Oscar, whom his adoring mother has never subjected to discipline. Wealthy, intelligent, good to look upon, the entire family would seem to have been singled out for the favor of forlives, as depicted by Dr. Walton. we have the story of what is happening in thousands of American families. Dr. Walton is a master of wit and humor, and with the keenest enjoyment the reader will follow the stirring and human drama of the Montagues, who in one way or another are typical of all of us.