

line"—which it does on the 21st of March. Since the above arrangement was adopted by the great ecclesiastical council referred to, Easter has fallen on March 22, and on every other date between that and April 25, but it is only after long intervals of time that it occurs on its extreme dates. In 1886 Easter fell on April 25, its latest possible date, an event which had not before occurred during the nineteenth century, and which will not occur again until the spring of 1943. The last time Easter fell on its earliest date was in 1818. This will not happen again during this century or the next. In 1895 Easter fell on March 25.

In the Roman Catholic, Greek and Episcopal churches, Lent is observed; it covers the forty days from Ash Wednesday to Easter eve, and is considered as a time during which certain worldly practices are to be intermitted.

Our Evenings

An eminent preacher once said: "The little fringes of time between the day of work and the night of sleep—our evenings—are the most critical moments of our lives. With most people, employer and employed, they are all the time we can call our own. What we do with the day is decided in advance; but by a separate decision each evening must be taken care of. These evenings are, then, a test of our power of self-direction as well as an exhibition of our inmost tastes and wishes. Temptations are rife, and brazen, and persistent in the gloom of the evening, which would not dare to show their slightest presence during the glare of day. Especially is this so with the young people of either sex, but most of all, with the young man, whose only home in the city most frequently is an unattractive bedroom in a boarding house, or the common room of the lodging house. If some sane plan for self-improvement could be arranged

FOOD AND STUDY

A College Man's Experience

"All through my high school course and first year in college," writes an ambitious young man, "I struggled with my studies on a diet of greasy, pasty foods, being especially fond of cakes and fried things. My system got into a state of general disorder and it was difficult for me to apply myself to school work with any degree of satisfaction. I tried different medicines and food preparations but did not seem able to correct the difficulty.

"Then my attention was called to Grape-Nuts food and I sampled it. I had to do something, so I just buckled down to a rigid observance of the directions on the package, and in less than no time began to feel better. In a few weeks my strength was restored, my weight had increased, I had a clearer head and felt better in every particular. My work was simply sport to what it was formerly.

"My sister's health was badly run down and she had become so nervous that she could not attend to her music. She went on Grape-Nuts and had the same remarkable experience that I had. Then my brother, Frank, who is in the postoffice department at Washington city and had been trying to do brain work on greasy foods, cakes and all that, joined the Grape-Nuts army. I showed him what it was and could do and from a broken-down condition he has developed into a hearty and efficient man.

"Besides these I could give account of numbers of my fellow-students who have made visible improvement mentally and physically by the use of this food." Name given by Postum Food Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

and conscientiously carried out, indulging only in such recreations and pastimes as were conducive to health and social advantage, how much better it would be!"

The Moon "Running High" or "Low"

The moon crosses the meridian at different altitudes at different seasons of the year, the phenomena being referred to by astronomers as "moon running high," or "moon running low." For example: At one season of the year, the moon will appear much farther in the south at the time when it "fulls" that it does at another season when it reaches that point in its succession of weekly changes. When the sun is in that part of the ecliptic (the apparent path of the sun) south of the equator, the earth (and of course the moon which always keeps near the earth) is in the part north of the equator. At such times, therefore, the new moons, which are always seen in that part of the heavens where the sun is setting, will "run low," or far south, while the full moons, which are always in the opposite part of the heavens from the sun, will "run high." Such is the case during the winter months, and "high fulls" are the only kind of full moons we can possibly have in the winter months. During the summer months the position of the sun is reversed, the sun being toward the northern tropics, and the earth toward the southern, which causes the new moons to "run high," or show up toward the north, and the full moons to "run low," or toward the south.—Ex.

Pocket Handkerchiefs

It has been some time since I talked to you about the handkerchief, but it is the time to bring up the question again. Every child should be supplied with something besides its sleeve or its apron with which to keep the nose slightly, and if one can not afford to buy the cheap little muslin handkerchiefs which sell for one or two cents each, it is not expensive to buy some soft, cheap muslin and make them. Or, they can be made out of old, soft material, sheets, lawns, linens, calicoes. It is more pleasant to have them white, but any color is better than none. Have enough of them so the child can have a clean one every day. If you can not wash them, teach the child to wash its own; only, by all means, teach it not to carry a soiled one. I have seen women, and grown girls, who were otherwise neat and tidy, go "sniffing" about, instead of using a handkerchief, and I have known mothers to allow their children to go, day after day, with no other convenience than the coat sleeve. Every child should have its own, and be taught to take care of them. One child, or one person should not be allowed to use the private toilet belongings of another. If you can do no otherwise, cut all the suitable pieces from worn-out garments, from pieces left from sewing, from sheets, tablecloths, pillow-slips, night-gowns, little aprons, wash clean and fold nicely and put away for just such uses. If you can not take time to hem them, let them go as they are. But, by all means, give the children something, and teach them the absolute necessity of the use of such things. Many times, we have whole skirts of old, faded lawns, or light calicoes that we throw into the rag-bag, when they would make quite a supply of handkerchiefs for the children if only cut up and hemmed. Every little girl should have a pocket for her handkerchief, and every pocket, whether boy's or girl's, should hold a clean handkerchief. Once the child becomes accustomed to its use, it will be uncomfortable without it.

*** Query Box**

S. M.—Ask for the address at your

newspaper office. Publishers usually keep a newspaper directory.

Young Cook.—Curry powder is a mixture of tumeric, coriander seed, pepper, ginger, cardamons, cumlin seeds, caraway and cayenne. It can usually be had at any grocery store.

Katie.—The Iceland peppy is a perennial, and will bloom the first season. The flowers are both double and single, and of various colors.

Mrs. L.—Lanolin is a preparation from the oil in the wool of sheep, and is called wool-fat. It is used as a basis for many face-creams and various toilet preparations.

L. F.—For tender gums, try this: Precipitated chalk, one ounce; powdered borax, half an ounce; powdered myrrh and powdered orris root, of each one-fourth ounce. Mix well, and use as a dentifrice.

Beatrice.—Steel netting needles come in various sizes, and cost about 15 cents each; tatting shuttles, rubber, 15 cents each, and bone shuttles, 10 cents each. A book of instructions for either tatting or netting will cost 10 or 15 cents.

C. S. M.—If you have to stand in water, I know of nothing that will render your boots waterproof. Better get the gum boots. If you are only "out in the weather," saturate the boots with castor oil, heating it in by the fire, and this will help you somewhat.

Mrs. Etta B.—To answer your questions fully would call for more space than I can give you. If you have the cookery books of such excellent authorities as you quote, and yet fail of satisfactory results, I am afraid I can not help you, but if you send stamped, addressed envelope, I will see what I can do.

Mrs. C. Josie B.—Your query referred to a reliable photographer from whom you have doubtless heard ere this. If not satisfactory, write me again.

Annie B.—Ask your grocer to tell you the difference between pulverized, powdered, granulated, coffee and confectioner's sugar. He can make you understand better than I can. There are also colored sugars.

J. F. D.—For the drains, sink, cess-pools and places which become sour and offensive, use copperas. It is not expensive, and your druggist will tell you how to use it. Chloride of lime is also good. Be sure to have it on hand as soon as spring opens, and use the disinfectants freely.

Beginner.—My dear child, do not let what "they say" worry you, in the least. Do the best you can, and let it go at that. As you gain experience, things will go better. People who are worth minding will say nothing, appreciating your difficulties. Keep things as nice as you can without breaking yourself down or ruining your temper.

Hattie S.—The moth-worms do not work in cold weather, but as soon as spring comes, the worms change into chrysalids, and in about three weeks more, they become winged moths. The winged moths fly about, laying their eggs in dark places among woolens, and furs, and then die. The eggs hatch in two or three weeks, and the young worms immediately proceed to the business of devouring whatever they find at hand.

Oat Meal Crackers

Wet up one pint of fine oat meal with one gill of water; work this a few minutes with a spoon, until you can make it into a mass; turn out on a board well covered with oat meal; make it as compact as you can by kneading a little, then roll out carefully to not more than a quarter of an inch thick (less is better), and cut into squares or round. Bake in a very slow oven, letting stand in the oven until they dry out. It will

be difficult at first to make them quite right, but experience will teach you how to handle the dough and give them the right heat. They should be kept dry, or packed in oat meal, if intended to be kept long. This is one form of the Scotch bannock.

Mending a Chair

Sometimes the leg of a chair breaks off so close to the seat that apparently nothing can be done with it. In that shape the chair is worse than useless, but it can be quickly repaired in the following manner: Bore a half-inch or three-quarter inch hole down through the seat and several inches into the broken leg. Then prepare a tight-fitting wooden peg, dip it into glue and hammer it into the hole through the seat and down into the leg. The peg should fit tightly, but not split the wood. Smooth off the top of the peg, and if there is a slight depression, fill it with shellac or wood-filler. This makes a very serviceable and fair-looking job.—"Comfort."

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