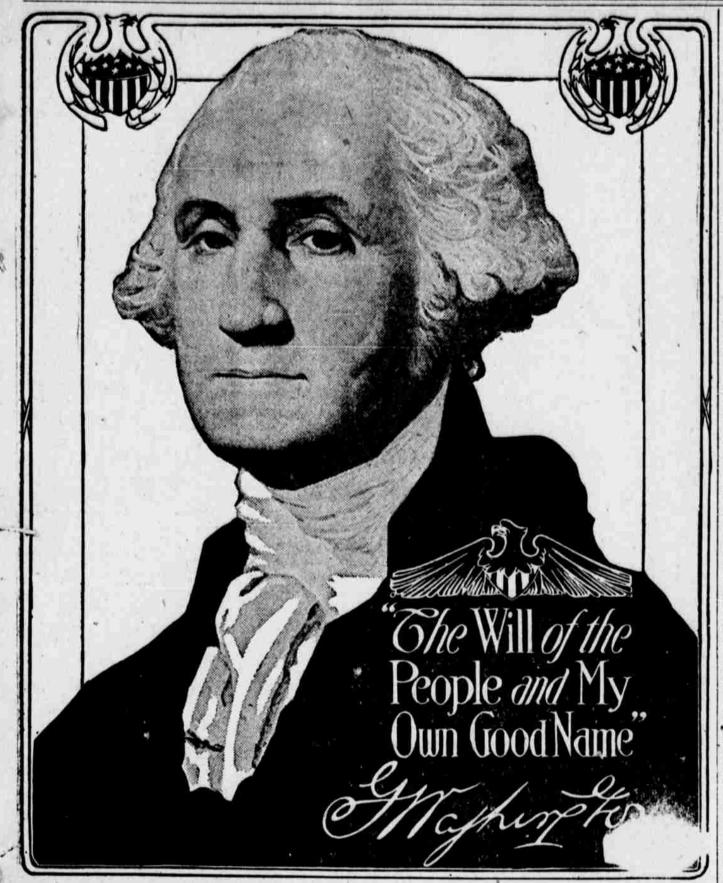
### CLOUD, NEBRASKA. RED CHIEF



**People's Acclaim of Washington** as Their Hero Journeyed to Annapolis to Lay **Down His Sword.** 

CPoem written for the unveiling of the tablet at Severn Cross Roads, where Washington passed on his way to resign his commission at Annapolis.]

The wisdom of his act debate. •HIS roadside sings again to-One rises who defends the sire day-Of his great land, and vows with Here where the 'Tis only a great man's way, indeed, branches sway To give up lofty place, secede And keen December winds sweep by From honors of such high degree, Beneath a cold and azure sky-Putting ambition aside, and fame, The old road echoes to some tread Upon the altar whence they came-Of morning in a vanished hour His country's heart-and stepping When here the red-cheeked courier down sped, From all the lure of high renown, And here the young land's pride and Take his old place in life again, flower One with all kindred gentlemen! Of glory and achievement came To add fresh glory to his name. Some tell the story of his trip, The villages had all come out, While others hark with hanging To hear the news, to watch about lip\_ That parting at old Fraunces inn To catch some glimpse far up the With those who'd been his aids at way Of Washington-who from the fray, and from the council and the crest. Tears in his eyes, and in his heart That aching that they feel who part Was riding down his sword to lay Once more upon his country's With comrades and with friends who've spent breast-Hours with them in the battlement While he stepped back to that sweet Of life, of fate, of hopes and dreams, rest And brave adventurings long before. He yearned for. Yonder sounds a Then to the barge they see him go call / At Whitehall Ferry, bowing low 'A bugle's note, mayhap the fall Of horse-hoofs on the old State In all that stately form of grace road-At each bowed head and tear-stained From every hamlet and abode face. Men, women, children, hurry forth: And then that silent, sweet adieu The wind is sweet, though west by At Paulus Hook-sad words and north few, And keen with that sharp chill that A silent waving of the hand Back to his high and faithful band, COT168 the hill the partridge Then with his face set hither-When 01 strong drums. This way they look, this way and To heed no imploring of the throng This nation sings, its heart still But lay at his country's feet his that ! They'll know him by his coat and blade. hat: They've seen his face in pictures, so Then the triumphant jaunt begun-There won't be any doubt they'll Those days of journeying in the sun; The plaudits of a nation's best know : But deep within their hearts they Poured round him at each stopping place, They'll know him by his forthright And on the roads from mile to mile Always some patriot in whose His noble mien, his lofty frame, breast Inviolate love had left its trace, His fitting in with road and sky As nature fits all great forms in, Coming to bow by the road he'd take And kiss the cold ground for his That hour of high, exalted need, And signs the portrait with her name. dear sake. The young folk chatter, smile and Philadelphian's loud acclaim. Then Baltimore-her royal bounty Its soul of beauty so made one The old are prome to be severe,

date-

HIS LABORS ENDED And stretch each vortice of the ear By every county seat and county-To catch that first sharp clicking To pay due homage to his name, sound And give him a welcome at this door Of the stage coach thundering on its Of Maryland he'd remember long As life should last or dreams prolong way

The hoof-beat on the frozen ground Their memories in his noble soul. That knows the kind of tune to play. Then once again the coach wheels roll.

He's coming-down the General's Some in small groups together Way! drawn

The old State road is God's today! Wait on the green bench of a lawn, And these-in somewise more se- God's-and beneath his sparkling sun-

God's and the General Washington!

Ten miles beyond the cross roads lies

**UncleSam's Food Lessons** 

(Special Information Service U. S. De-partment of Agriculture.) START THE DAY RIGHT.

A good breakfast can be had of Fruit, Cereal, Milk. These make a nourishing, easy to cook, good, cheap meal of foods the government asks us to eat.

Use Fruit. Fruit helps to keep your body in good health and to prevent constipation.

Use fresh fruit when possible. Use prunes, dried apples, dried apricots. Soak them in water over night and cook them long enough to make them tender.

Use dates or raisins. These are good added to the cereal ten minutes before taking it from the stove. Then you will not need sugar.

Use ripe bananas with dark skins. Bananas with greenish-yellow skins are hard to digest unless cooked. Use Cereals. Cornmeal mush, oatmeal, rice, hom-

iny (grits). These are much cheaper than the "ready-to-eat" breakfast foods. A

"ready-to-eat" breakfast food may cost 15 cents for a big package, but if the package contains only one-quarter pound-60 cents a pound for cereal! This is eight or ten times as expensive as commeal at six or seven cents | dens. a pound. Look for the weights print-

ed on the package and get the most for your money. Cornmeal mush and oatmeal are good only when well cooked. Many

people use too little salt and don't cook them long enough. To cook commeal mush for five peo-

ple use one and one-half cupfuls cornmeal, two tenspoonfuls salt (level), five or six cupfuls water. Bring salted water to a boil. Stir in the cornmeal slowly. Don't let it lump. Cook it at least 30 minutes. It is better when cooked for three hours, or overnight. Use a double boller on the back of the stove, or a fireless cooker. For oatmeal use two and one-half teaspoonfuls salt, five or six cupfuls water. Bring the water to a boll. Stir the rolled oats slowly into the boiling water and cook for one hour, or overnight.

Eat the cereal with milk or sirup or butter or butter substitutes. You don't need bread besides.

A large amount of cornmeal or oatmeal may be cooked at one time. The unused part placed in a greased bowl may be kept for a few days in a cool place. Do you know how good sliced and fried oatmeal is? Instead of breakfast food you can

take bread-preferably one of the war breads. Corn bread and milk is dellclous. Use Milk.

Milk is an excellent food. A quart of whole milk gives as much nourishment as one pound of lean meat.

your cheapest fuel. Besides, they give your body some building material. Don't think that wheat bread is the only kind of cereal food. The government asks us to save wheat to send abroad to our soldiers and the allies. Let the North try the Southern corn bread and the South the oatmeal of the North. Half the fun of cooking is in trying new things. An oatmeal pudding is delicious.

Sugar and Sirups are fuel, too, and they give flavor to other foods. They are valuable food, but many people eat more of them than they need. Sweet fruits, of course, contain much sugar and are better for the children than candy.

Fat .--- Fat is fuel. Some is needed especially by hard-working people. Remember that expensive fats are no better fuel than cheap ones. Use drippings. Don't let your butcher keep the trimmings from your ment. They belong to you. Children need some butter fat. Give it to them in plenty of whole milk or in butter.

Remember the Five Groups.

SCHOOLS AID FOOD CAMPAIGN Uncle Sam's Bureau of Education Re

ports Prompt Response by Pupils to Nation's Need.

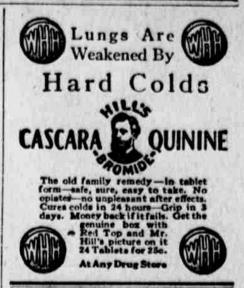
The response of many city school departments to the need for the pro duction and conservation of food in the United States has been prompt and efficient, according to Uncle Sam's bureau of education. Thirty-four city school superintendents have reported a total of 67,388 children engaged in the cultivation of home vegetable gar-

"During the coming year the need for the production of food will be greater than ever, and profiting by our experience, we should train the children under our care to increase their production and render a greater service to our country," says a bulletin of the bureau. "During the period of the war many individuals and agencies are giving voluntarily of both time and money in the campaign for the production and conservation of food. With the return of normal times this voluntary taxation will be largely withdrawn. School-directed homegardening has demonstrated its economic and educational value. The work should be intensified and incorporated cupfuls rolled oats, two and one-half as a part of the school program in every city and town of the United States. Gardening under the direction of a well-trained teacher returns to the community in money many times the cost of the work. The half of our population that lives in cities should in so far as possible, be taught to grow its own food that in any future crisis that may come to the United States the lack of knowledge and ability to produce food shall not be a national weakness."

## URGES NATURAL ICE HARVEST

Uncle Sam's Fuel Administration Points Out a Way to Save Millions of Tons of Coal.

A great harvest of natural ice in proposed by Uncle Sam's fuel administration as a means of saving coal



There is one advantage in being your own boss-you can work overtime and on holidays if you want to.

Why Bald So Young?

Dandruff and dry scalp usually the cause and Cuticura the remedy. Rub the Ointment into scalp. Follow with hot shampoo of Cuticura Soap. For free sample address, "Cuticura, Dept. X, Boston. At druggists and by mail. Soap 25, Ointment 25 and 50 .- Adv.

Too Rare.

"He is a man of rare qualities." "Yes; they are so rare they're negligible."

# WOMEN SUFFERERS MAY **NEED SWAMP-ROOT**

Thousands upon thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease. If the kidneys are not in a healthy condition, they may cause the other or-gans to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symp-toms of kidney trouble.

Don't delay starting treatment. Dr. Kilmers' Swamp-Root, a physician's pre-scription, obtained at any drug store, may be just the remedy needed to overcome such conditions. Get a medium or large size bottle im-

mediately from any drug store.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Tea Long Used in China.

Tea was used and cultivated in China as far back as the third century, A. D., but it was not until the twelfth century that it became known in Japan, when an abbot of a Buddhist monastery learned about it in China, where its virtues were already well known. Obtaining seed, he planted some near Kyoto. In later years some of this was transplanted near Shizuoka, which vicinity has ever since been the center of the tea industry of Japan. It was not until about the seventeenth century that tea became generally known in Europe, when it was exploited by the Dutch East Indian company as a new article of commerce. The first tea sold in England brought \$15 to \$20 a pound.

The capital; o'er yonder rise

The Severn smiles 'neath azure skies, Where Indian Landing sleeps beside The murmuring music of that tide, Whose song—as light as beauty cheers

The silvering romance of the years. He'll pass here soon; and this way rings

The music of the morn! Had kings Such love from those they rule as

Ah well, what kingdoms we should

see! But he has struck down kings; his sword

Had fought for freedom and the Lord. And now the cross roads teems with

life, The hour has come, the keen wind's

knife Is cutting under skin and bone, But who cares for the cold-that

lone, Grave figure shall rewarm each

heart! An echo; see how sharp ears start. It is the General-hooray!

And down the General's Highway The yeamen who have seen him pass Follow in cheering groups-one mass

Of burning and of patriot seal To be first followers at his heel.

It is the General-hooray! In the high purpose he had made This roadside sings again today. bowed

Before him in those dreams that crowd. The moving canvas of the years. There, like a peer among his peers, The vision looms again, and he

Stands in that room we still may see, One hand behind his back, and one Laying that sword his bravery won

Upon the table. A shaft of light Across the senate chamber steals; A prelate in the foreground kneels A consecrated hour, indeed,

That noble and immortal act-Its spirit gleaming above its fact,

Poured as 'twas never poured before, With the high soul of Washington.

Children especially need it to make them grow strong and keep well. It is good for grown people, too. Give each child at least a glass for breakfast. Drink it hot or cold, or use it on the cereal, or make it into cocoa. Even at a high price milk is a cheap food for children.

No Coffee and Tea for Children. These are not food. Let the grown people have them if they want them, but do not give the children even a taste. The children's drink is milk.

CHOOSE YOUR FOOD WISELY.

Study These Five Food Groups. Every food you eat may be put into one of these groups. Each group serves a special purpose in nourishing your body. You should choose some food

from each group daily. 1. Vegetables and fruits. blushed. 2. Milk, eggs, fish, meat, cheese,

beans, peas, peanuts. 3. Cereals-cornmeal, oatmeal, rice,

bread, etc. 4. Sugar, sirups, jelly, honey, etc. 5. Fats-butter, margarine, cotton-

seed oil, olive oil, drippings, suet. You can exchange one food for another in the same group. For example, oatmeal may be used instead of wheat,

and eggs, or sometimes beans, instead of meat; but oatmeal cannot be used instead of milk. Use both oatmeal and milk. You need some food from each group

every day-DONT SKIP ANY.

Here are the reasons why you need the five groups:

Fruits and vegetables furnish some of the material from which the body is made and keep its many parts working smoothly. They help prevent constipation which gives you headaches and makes you stupid. The kinds you choose depend upon the season, but reremember that the cheaper ones are often as valuable as the more expen-

sive.

Milk, eggs, fish, meat, peas, beans .--These help build up the growing body and renew used-up parts. That is their main business. Dried peas and beans make good dishes to use in place of meat part of the time, but don't leave out the other foods entirely. Milk is the most important. Buy at least a pint a day for every member of your family. No other food can take its place for children. Save on meat if you must, but don't skimp on milk. Cereals .- Bread and breakfast foods. These foods act as fuel to let you do your work, much as the gasoline burning in an automobile engine makes the car go. This you can think of as their chief business. And they are usually

this winter. Fifteen million tons of coal are used annually in American ice factories and refrigerating plants. The winter season manufactures each year. without expense to man, billions of tons of ice. Most of this is wasted. Every ton of natural ice which is harvested will take the place of a ton of artificial ice and will save 500 pounds of coal.

Every householder, storekeeper and farmer who can obtain ice from nearby rivers and ponds and store it for use next summer is urged to do so.

The organization of the 5,000 icemaking plants of the country along lines of fuel economy is receiving the attention of the fuel administration.

## Quite Fundamental.

He looked at his wrist watch. "Will you marry me?" he said. She

"There is really no time to lose. You see, I have only 24 hours' notice. . 1 must report at headquarters tomorrow at nine. We sail for France in three days. Will you marry me?"

"I don't mind," she said. "Only-I should like to make one condition." "And that is?"

"I have dreamed for years of getting married; but not in this way. But I will marry you if-when you returnyou will propose to me all over again, and we can go on a honeymoon and I can be courted and -well, you know, I am sure !"

"All right," he said with a smile. "To be honest with you, dearest, I thought I was going to escape all that-but I see it's no use. I might have known better. Even a war like this cannot keep a woman from having her own way-especially about a wedding."

### Kissing Always Popular.

Kissing was once a dangerous game to play in England. Thus in 1660 we read that Jacob Marline and Sarah Tuttle were prosecuted for "setting down on a cheste together, his arms about her waste and her arms around his necke, and continuing in that sinful position about half an hour, in which time he kissed her and she kissed him, or they kissed one another, as ye witses testified."

Early United States Currency.

In the early periods of the United States 1-cent pleces were copper, then for a comparatively short time of nickel, though the proportion which the copper and nickel coins formed of the total is very small, the entire number of copper 1-cent coins issued being 156,-289,000; nickel, 200,772,000; bronze, 2,-446,711,000.

Golden Deedi In a certain school, the lower grade pupils are asked to bring in all the "golden deed" stories possible. Later these are copied into a book and pictures which the children have brought are used for illustrations.

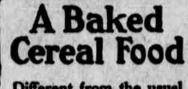
One little fellow in the primary grade brought the following, scribbled in his own hand:

"A girl didn't have no father and mother and a man married her to keep her up."-Indianapolis News.

Here's a Flerce Pun. Jiggers-"I suppose there's a lot of slush out in the country?" Biggers-"That snow joke !"-Richmond Times-Dispatch.

Optimism leads to power.





Different from the usual run of toasted or steamcooked cereals,

Grape-Nuts

is baked in giant ovensbaked for nearly twenty hours under accurate conditions of heat, so that the whole wheat and malted barley flours may develop their full, rich sweetness.

You don't need sugar on Grape-Nuts.

