

Farming at the Top, Bottom, and Middle

By John F. Cowan

One of the poorest wards of Boston is a girl who has earned the sobriquet of "The Three-Story Farmer," otherwise, "Backyard Betsy." She began to till the soil growing flowers in boxes in the backyard of the tenement, for her invalid brother to look at. They were "halvers," that is, they rented only half the flat, and the back half at that, so Benny could not look out in the street. She made the little space so beautiful with green and bloom that the neighbors nicknamed her "Backyard Betsy," and began to rate her example.

Next an Italian woman in the building showed her how to grow some vegetables in boxes under the windows, and on the roof, and she soon had a garden of tomatoes, peas, beans, and lettuce, from which she could tempt Benny's poor appetite with fresh, home-grown vegetables.

But Benny grew worse, and she found it necessary to stay at home with him more and more. They were so poor that the loss of her wages was a serious matter. One day a neighbor said to her—these tenement-house neighbors are wonderfully kind and thoughtful—"There's a way of raising mushrooms in the cellar. It doesn't take much except care. I could get you some of the spawn from my brother who is gardener for a rich man." And "Backyard Betsy" became "Mushroom Nurse." She found a marketman who took all that she could grow, and soon she was able to make five dollars a month.

But Benny demanded more of her time, and she was hard pressed. One day the marketman told her of a customer of his who had inquired for some one to take care of a bird. She eagerly accepted the trust, and was well paid. She loved the bird, and studied its wants. A bird man told her it needed worms, and showed her how to breed them in bran. She had good success, and he took all the worms she could spare. So "Backyard Betsy," the "Mushroom Girl," became "Betsy," the Bird Girl, and the demand for worms for birds grew so that soon she was making enough money to stay at home all the time and care for Benny. It is doubtful if any farm so small was ever worked so thoroughly or profitably.

The Father of Waters

By Herbert Quick



THE extent to which the Mississippi valley in the United States speaks out in the description of its boundaries. Its Red River arm skirts all north Texas, and penetrates New Mexico, Colorado and Wyoming are reached from it by the Arkansas and the branches of the Missouri, while Montana, away up to Helena and Virginia City, is a child of Mississippi-Missouri navigation. North Dakota marks the contact of Mississippi drainage with that of the Saskatchewan, and through the Mouse River hints at the annexation of the Canadian waterways system to that of the Mississippi; while through the Red River of the North and the Minnesota, boats may sometimes pass without a canal from St. Paul to Winnipeg, and thence through many water ways into the wheat fields.

Minnesota and Michigan, Illinois, Indiana and Ohio are scored with easy passages for canals from the basin of the great lakes to the Mississippi valley; all of them but Michigan are pierced by fine affluents of the great river; and as for Michigan, her ships now go to Joliet, a Mississippi valley port. The Chautauque lake district in New York is in the Mississippi basin, and Pennsylvania and West Virginia send down the Ohio more Mississippi River traffic than any other states. Old Virginia sits with one foot on the Atlantic at Newport News, the other on Mississippi waters in the Clinch. Georgia pours out her historic Chickamauga into the Tennessee.

All the states within this splendid circle are scored and gridironed by thousands and thousands of waterways actually or potentially navigable; and of the forty-six states, only sixteen are to be left out of the Mississippi's roster. We need not think of sectionalism in speaking of the Mississippi. It is the nation's great asset in inland navigation. It must be the keystone of the arch of our waterways system, the backbone which must uphold our perfected transportation plan, the aorta of our ideal traffic circulation.—Reader Magazine.

Sensational Educators Condemned

By Andrew S. Draper,

New York State Commissioner of Education

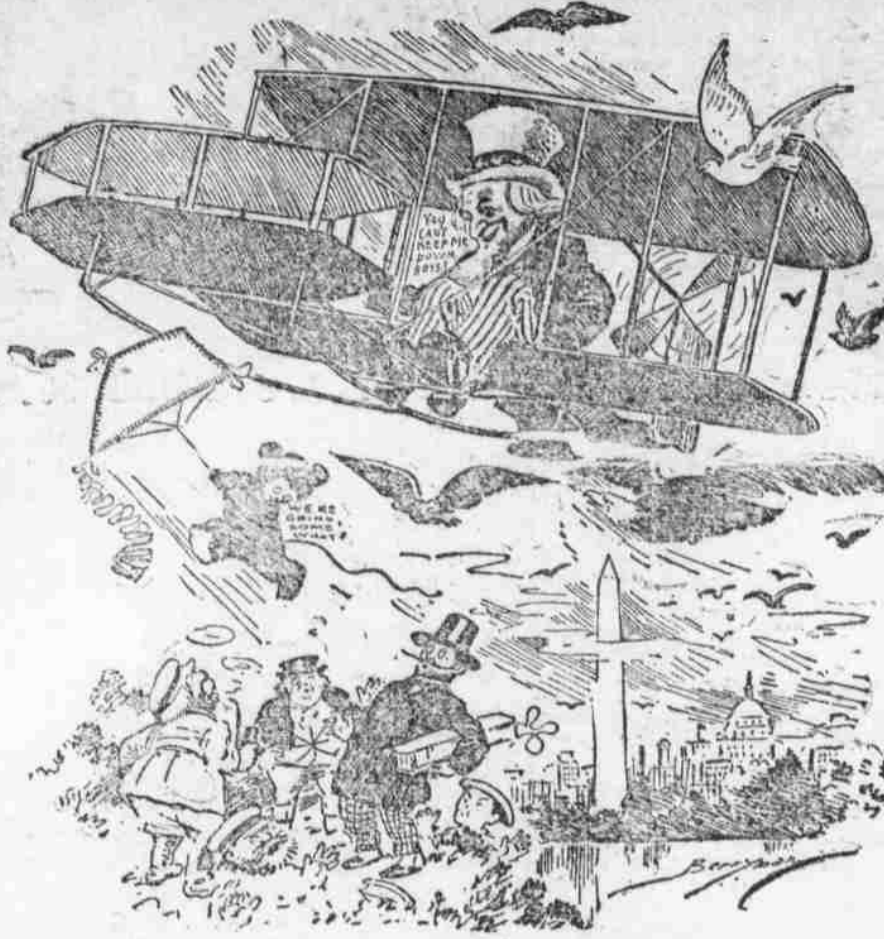
SENSATIONALISM has no rights of any kind in a university. Yet we must have learned that it is not to be kept out by the saying. Novelty of theme or of statement, suited to exploitation and to personal notoriety, is as repugnant to the traditions, the philosophic basis, the moral sense, and the freedom of a university as illiteracy is a menace to government in a democratic state, or as greed is repugnant to fellowship in a philanthropic guild. One cannot be allowed to propagate his vagaries upon the time and in the name of a university that would like to be thought prudent and rational. If one wants to be a professor of myths and ghosts, he ought to go out in the woods and sit on a log and pursue his inquiries on his own time and in the most appropriate place. I have no valid objection to a professor being a free trader. I cannot object to his telling students the reason why. But I have abundant reason for objecting to his hiding from students the arguments which support the policy of protection, and to his enforcing his partisan view against mere youth with the ponderous solemnity of a military execution.

Children and Reading

By E. S. Martin

FIND it a matter of very general solicitude with parents to find some means of inducing their children to read improving books while they have the chance. I don't find many parents whose success in this endeavor matches their efforts or their hopes. Bookcases with glass doors and monotonous looking sets of books behind them are comparatively scarce. Of course you may lead a child to a library, and even leave him there, and not be able to make him read; but he is more likely to read a library than he is to read the parlor bookcase, especially if the bookcase is locked because the books in it are so nicely bound. Familiarity with books—even if only with the backs of them—seldom breed contempt. It is much more apt to breed friendship, and sometimes it breeds strong affection like that for dear people. The enormous dimensions of the mass of human knowledge as contained in books is liable to daunt young readers, and discourage them from even nibbling at so huge a cake. The long books are so long, and there are so many of them, and life, all told, is but a span! Help the young readers to a release from that burdensome feeling and to appreciation of the truer sentiment that a good book is the record of the thoughts of a good mind, and that whether one reads much or little of it, contact with the mind that made it is profitable.—Harper's Magazine.

THE CHAMPION OF THE AIR.



TORTURE CHILDREN WITH HOT IRONS.

Charity Agent Reports Harrowing Cruelty to State Wards in Illinois—Stabbed With Forks—Hair Torn Out and Limbs Broken Also Among Crimes Against Little Ones—Many Sold For Money—The Rev. Mr. Virden Relates Instances of Persecution by Foster Parents and Public Institutions.

Chicago, Ill.—How the wards of the State have been abused and tortured was the subject of a sensational recital by the Rev. Charles Virden, agent of the State Board of Charities, held at Rock Island. His paper was entitled "The State Visitation of Children," and said, in part:

"During the last two years I have personally handled approximately 550 special cases. Most of the children are well cared for when placed in family homes. The bad cases are exceptions. For example, I have found them tortured with hot irons, stabbed with cooking forks and scissors, limbs broken, hair torn out by the roots, lashed until black and blue from head to foot, faces cut and scarred and eyes blinded.

"Numerous other cases of crime against children in the form of assault have been prosecuted, and in the three years of my incumbency ten of these offenders have been sent to the penitentiary and numerous jail commitments and fines have been imposed.

Many Children Sold.

"There has been a wholesale traffic in children in Illinois. I have a receipt in my possession for a child who had been sold for a stipulated price.

"One of the most distressing cases occurred in Quincy, Ill., where a child was taken from its mother, a young girl, when less than an hour old, placed in a market basket, absolutely nude except for a covering of an old piece of quilt, carried about the streets and offered to any one who would accept it. The infant finally was given to a woman who had been a pensioner on the county for a number of years.

"The evidence showed that this was at least the second child that had been sold from this institution.

The saddest part of it all is that there is no law in the State of Illinois prohibiting the sale of a child."

In speaking of other specific cases the Rev. Mr. Virden said:

"A girl of thirteen years, committed by the Juvenile Court, was made a household drudge. Our State agent found that she was being beaten with a horsewhip. The girl was removed and placed in a good home, where she was given a chance for education and religious training.

Burned With Hot Knife.

"A girl, having only one parent living, seven years old, was in the home of a family at Alton, Ill. The evidence showed that this child was covered with bruises. Her face was burned, her hands were hacked with a red hot knife and the sight of one eye was destroyed. The foster mother, charged with having inflicted these wounds, was fined for assault and battery, and will be tried under the cruelty act.

"A girl was the victim of her stepfather's attacks for ten years, after she was seven years old. Her stepfather was sent to the penitentiary and the girl sent to a good home.

"Two girls, aged five and ten, were forced to beg on the streets for their mother, who kept a disreputable resort. They are now in good homes.

"A girl thirteen years old did the washing and ironing for a family of seven. She had no school advantages. An investigation showed that she wore her foster mother's old clothes and shoes; was overworked and received no salary; that her life was insured in the benefit of the mother-in-law in the home. The child was returned to the home on trial upon the cancellation of the life insurance policy, and promised that she was to receive new clothes and \$2 a week. I protest against the insurance of the lives of these children."

WORLD'S RUTHLESS WASTE.

British Scientist Shudders at Big Steamers' Coal Consumption—No Substitute Yet

London.—Henry E. Armstrong, professor of chemistry at the City and Guilds of London Central Institute, addressing the annual meeting of the Iron and Steel Institute at Middlesborough, said it was difficult to keep calm when he reflected upon the ruthless way the world's stores of timber, iron, coal and oil were being used up.

It made the scientist shudder to see the indifference displayed in an civilized lands to the inevitable consequences of such waste in the now distant future.

No comment was provoked by the fact that the steamers Lusitania and Mauretania devour daily a thousand

or more tons of coal while crossing the ocean. This extravagance was gloried in as an engineering achievement when it ought to be anathematized.

The public comforted itself with the belief that science would discover a substitute for coal, and therefore felt no compunction in recklessly destroying the capital won from the sun in past ages, but science could not at present support the illusion.

Professor Armstrong earnestly urged serious scientific study of economical methods of fuel consumption, outlining the direction such study ought to take.

SIGNS OF A COLD WINTER.

A CLIMATE OBSERVER OF NATURE TELLS WHAT IS COMING IN THE WAY OF WEATHER

New York City.—"There's no use talking, it's going to be a hard winter, no matter which Bill is elected," said the wise young man who had just returned from his vacation in Pike County, Pennsylvania, with a luxuriant crop of tan and freckles. "I forgot I ever knew so much about the country until I got out there again. I was born and raised in the country, and I'm proud of it."

"How do I know it's going to be a hard winter? Well, here are some of the sure signs, and I surprised the farmers when I sprung my knowledge on them:

"A heavy crop of nuts. You never saw the like of the butternuts, hickory nuts and chestnuts that there are going to be in less than a month now.

"A big fruit crop and an abundance of wild grapes, the woods are full of this little wild fruit of the vine, and

they will be delicious when the frost touches them.

"Heavy husks on the corn. The farmers say that is a sure sign.

"Wasps and hornets building their nests nearer the ground than usual.

"The cricket and katydid orchards traw working overtime; that's a sure enough indication of an early winter, too.

"Dame Nature is a good and thoughtful provider for all the little folk of the forest and field, you know; that's why there is such a big crop of nuts and wild grapes and fruit—so that the squirrels, the mice and the birds won't go hungry through the long winter. I tell you what, there is nothing hit-or-miss about the indications I have mentioned. All you have to be is a close observer of nature to know what is coming in the way of weather."

Wife's Husband a Dollar

in Four Installments.

Chicago.—One dollar, payable in monthly installments of twenty-five cents, is the bequest given Andrew Heckler by his wife, Catherine E. Heckler, of Portland, Ore., whose will was filed in the Probate Court here. In the will Heckler is referred to as "the individual who married me in 1905 in San Diego, Cal., and who got from me thousands of dollars and when he could get no more deserted me." The estate consists of personal property.

Sending 806,000 Return Postals

South to Get Work For Aliens

Washington, D. C.—The distribution of aliens is to be promoted by the Bureau of Information of the Department of Commerce and Labor. Secretary Straus has issued orders to start the work at each immigration station, and the bureau has begun the enormous task of getting in touch with farmers, manufacturers and other employers in the South to learn what help they may need. This work will require the sending out of 806,000 return postal cards.



Hair Dressing.

Japanese women make a frolic of the daily hair dressing. It takes two people and the women visit and perform the kindly office for each other. In France it was once quite the fashion to be invited to a hair dressing. The elegant lady of the days of Du Barry invited her friends to come at hair dressing time. The process took an hour and it afforded a good hour for chat, recreation, visiting and gossip. Incidentally it gave my lady diversion as she sat through the ordeal. —New Haven Register.

Correct Attitude When Sitting.

Close observation of hundreds of the fair sex has convinced me that few women over thirty years of age possess neat, even, straight backs. Yet there is absolutely no need for even elderly women to become really misshapen if they will carry their bodies erect and hold up their heads.

Take, for instance, the case of a fashionable woman in New York City, the mother of five grown children. She is now sixty-two years of age, looks not more than forty years, and achieves this by the manner of carrying herself. Though she has grown matronly with the years, she is still erect, and her back is as straight and trim as that of a girl of twenty. Her head is well held up, and the whole effect is that of youth. Close scrutiny of her face shows that such scrutiny is far behind her, but the way in which she has "kept her figure," as the saying goes, is worthy of imitation.

Fortunately, any woman may accomplish the same result if only she will hold herself correctly, for nothing is so ruinous to form as to slouch, either when sitting or walking, and unless the spine is kept straight the body gets out of shape.

It is while sitting that women most hurt their figures. They do not place themselves so that they sit on the tip of the spine. Let any woman who is reading this sentence now drop her paper and notice if she is sitting on the tip of her spine or four or five inches above it, causing a curve in the vertebrae. It is easy enough to know, because if the end of the spine

majority of the women are wives to the men working on the Isthmus, and are provided with married quarters. It is only in a very few instances that women who apply for positions in the zone are accepted.

If they are not accepted as wage earners, however, they are making a good record for being accepted as wives.

Girls who go to the zone to visit brothers and uncles seldom return to the United States. There is such a scarcity of wives in the Isthmus that almost every girl who goes to the zone marries an ambitious young man down there.

She has her innings in one way if not in another. —New York Times.

Be Natural.

"I have not seen Mary lately; is she away?" a mother asked her younger daughter.

"Oh, no, she is only so affected since she came back from school I can't stand her. She rolls her eyes and her voice grows so die away you can scarcely hear it, and she uses the broad A so hard, you'd think her mouth was full of mush. Sometimes she forgets, and then all of us girls punch one another.

"And just think, mother, she will not even answer her father unless he calls her Marie! Isn't it silly? I don't see why girls have to put on such airs just because they've been at boarding school!"

It is silly, but, fortunately, all girls don't get struck that way. Many of them come home from school as unaffected as when they left. Their new friends and experiences do not make the old life seem something to be scorned.

Don't do it, girls. Don't "put on airs." Your home friends are the ones who will count most in your good times. If they get disgusted with you or think you think yourself too fine for them they will soon drop you.

Be natural. Youth can have no greater charm than simple, cordial, unaffected manners.

This does not mean that you should not try to improve yourself when at school. Soften your voice and refine

Our Cut-out Recipe

Paste in Your Scrap-Book

Poor Man's Fruit Cake.—A delicious cake, but must be made most carefully to bring about good results. It, like all fruit cake, is the better for standing. Seed and chop fine one pound of layer raisins. Dissolve a quarter of a teaspoonful of soda in two tablespoonfuls of warm water; then stir it into half a cupful of New Orleans molasses; add to this half a pint of thick sour cream and a cupful of dark brown sugar. Sift three and a quarter cupfuls of pastry flour; add to it the mixture and beat thoroughly; then add a tablespoonful of allspice and a tablespoonful each of cloves and cinnamon; add the raisins, floured. Turn into a square or round pan and bake in a moderate oven for one hour and a half.—Washington Star.

has been made to do its work she cannot straighten herself any more in the seat, although she may be able to throw back her body more, but if the line of her backbone is as it should be she cannot pull herself up higher on the chair. This is because the weight is already placed at its proper angle.

On the contrary, the instant the spine is allowed to curve toward the lower end the whole figure is thrown out of plumb. The abdomen is made to protrude and the hips are thrust up.

One of the greatest helps toward getting the correct line for the backbone is to sit back just as far as the lower part of the trunk can be brought. As a rule, persons place themselves in the middle of the seat, and then lean against the chair back. It is this common practice that does most of the mischief, for if the body is drawn well back into the chair there will not be so great an inclination to lean, because the spine gets a brace below the small of the back and the shoulders will support themselves.

Part of holding one's self well is to keep the shoulders back, making the chest broad and deep. But so perfect is the natural balance of the body that once the spine is put at its proper angle the shoulders stay in place. It is almost impossible to have them droop forward if the back is straight. This particular form of training should be given to all young girls, for if they are taught to hold themselves properly they will always have good figures, no matter to what age they live.—Washington Star.

Not Wage-Earners; Wives.

One place in this world where women seem to be at a premium is in the canal zone. The women employed in the zone are very few in proportion to the men.

Of a total in excess of 6500 employees of the Government 207 are women. Their salary is about what the average man makes here in our cities, or in actual figures they make \$73.90 a month.

It is not that the Government prefers men employees to women, but the expense of quartering women would be so much more than arranging for men that the latter are employed instead.

Many of the women are employed as stenographers, telegraphers, copyists, timekeepers and clerks, although the great majority of them are either teachers or nurses.

The chief woman clerk receives a salary of \$175 a month, whereas the lowest salary is \$25 to a matron. The

your intention as much as you can. But do not do it ostentatiously! Be artificial and you will be laughed at. Be so natural that young friends will never say of you: "I cannot stand her airs!"—New York Press.



Yellow is a favorite color for relieving the sober effect of gray.

A cross of gun metal, set with five large amethysts, is offered as a neck ornament.

The winding drapery of the bodice and skirt is one of the strong fancies of the hour.

Stunning sleeveless coats of net or lace are being worn with dance and dinner gowns.

A dozen napkins embroidered with the initials of the bride is a new idea in wedding gifts.

The skirt of the newest cut is straight and plain at the back and scanty as to fullness all the way round.

A band of ribbon around the bottom of a full skirt weights it ever so slightly, according to the approved fashion.

Simple net evening gowns are completed by wide flowered ribbons running over the shoulders and disappearing beneath the deep girdle of the same.

A monogram embroidered in self color on one end of the automobile veil where it ties in a fluffy bow under the chin is the new way for labeling one's self.

Fagotting as trimming has been out of the running for several years, but this season the smartest of the expensive blouses show fagotting for adornment.

Pale blue is well known as a happily contrasting color and touches of rose are also effective, while several shades of both light blue and lavender upon a soft gray are a newer and quite as charming a color scheme.

In Paris, despite the comparatively short stature and the plumpness of the French woman, the combination of a checked or striped coat with a plain skirt, or vice versa, has for some time been the favorite mode.

A mole eats as many as 20,000 earthworms in the course of a year.