

by many as the most remarkable educator of her times.

Mrs. Stoner is the mother of 13-year-old Winifred Sackville Stoner, Jr., acknowledged by educators and scientists to be in every respect the best developed child in the United States.

She passed her examination to enter college at the age of nine. She has written nine books; converses in eight languages; sews, cooks, plays several musical instruments and is expert in many outdoor sports.

She is the product of Mrs. Stoner's system of Natural Education.

How these principles of education which made Winifred a child of amazing talents can be applied in training all children will be told by Mrs. Stoner in The Day Book series.

They will appear from day to day. The first one appears tomorrow.

CABBAGE SALAD WITH APPLE

Slice crisp cabbage and mash a little with mallet or potato masher; cover cabbage with ice cold water or chipped ice and allow to stand for two hours before serving. When ready to serve drain the cabbage and turn onto a towel and dry perfectly dry. Put layer of cabbage in salad bowl, then grate on a coarse grater a layer of raw, tart apple; add second layer of cabbage, then apple, until required amount; have top layer of cabbage. Turn French dressing all over top of the salad. Do not stir until served. Delicious with roast pork.

COMMERCIALIZING OUTDOOR LIFE BRINGS SHEKELS ROLLING TO THIS STAR'S DOOR

Long Beach, Cal., Nov. 5.—Jackie Saunders, pet of the Balboa Film company here, is reputed to be the most fearless outdoor girl in the films.

Her wardrobe is stocked with riding habits, hiking clothes, "gym" suits, fishing apparel and auto togs.

She'd rather catch a big string of

NOT FEELING WELL? TRY THESE

Don't you feel quite up to par? Try medicinal food for a few days.

If you are nervous or have a tendency to rheumatism or neuralgia, partake of raw or creamed celery every day for a week.

If your kidneys need a tonic eat spinach once each day for 10 days.

If you are bilious and have those annoying "black spots before your eyes," eat tomatoes twice a day for 10 days.

Do you wonder what will "taste good today?" or you feel "you do not care for a thing to eat," begin at once on a beet diet—eat them once a day for 10 days—they are a fine tonic for the appetite.

Lettuce and cucumbers have a cooling effect upon the system.

Onions, garlic, leeks and chives stimulate the circulatory system and consequently increase the saliva and gastric juices. This aids digestion.

Raw onions, especially the white ones, are recommended for insomnia.

FURS SEEM TO BE IN FASHION

The muff pockets are no longer novelties. They are not as foolish as they sound.

The ankle muffs also ran in fashion's popularity race. The little bands of furs snuggling round my lady's ankles are no longer fads, they are fashion.

Try dry hot flannel pads for neuralgia. Renew often. Do not allow to become cool.

fish than sit at a formal dinner. And she'd sooner pass the fastest racer on the speed track here than wear diamonds. It's just natural for her to love the free open air life.

Miss Saunders dives and rides and rows and plays golf as if to the manner born. She spends the greater part of her leisure in some sort of