The Republican State Ticket

Has Woman Candidate For the M. A. C. Board.

Every nomination at the Republican State Convention held at Lansing Tuesday afternoon was made by acclama-

Mrs. Dora H. Stockman, of Lansing, was nominated on the agricultural board when A. J. Doherty, of Clare, who had served on the board for twelve years, withdrew from the race.

L. Whitney Watkins, of Jackson county, defeated Robert D. Graham, of Grand Rapids, candidate for renomination, without a roll call.

Nominating speeches were made for both candidates but Graham's name was withdrawn when it became apparent that Watkins was an easy winner.

Members of the state board of agriculture: L. Whitney Watkins of Jackson, and Mrs. Dora H. Stockman, of Regents of the University of Michi-

gan: Benjamin S. Hanchett, of Grand Rapids, and Dr. Lucius L. Hubbard, of Houghton. Justices of the supreme court: Rus-

sel C. Ostrander, of Lansing, and John E. Bird, of Adrian.

Superintendent of public instruction: Fred T. Keeler, of Mt. Pleasant.

Member state board of education: Frank Cody, of Detroit.

Every county in the state had some women in its delegation and they took an active part in the deliberations of the convention.

Commission Proceedings.

Regular meeting of the City Commission held at the commission rooms, Monday evening, Feb. 17, 1919. Meeting was called to order by Mayor Whittington. Present-Whittington, Gidley and Crowell. Absent-None.

Minutes of the last two meetings were read and approved.

On motion by Gidley, the following bills were allowed:

Anthony Kenny, wood for Mrs.
Hall \$ 5.00 Northern Auto Co., supplies for

fire fruck 23.81 Stroebel Bros., mdse 5.66 Wm. F. Bashaw, registration clerk

3 days.... 6.00 Moved by Crowell, supported by 3 days.... Whittington, that the commissioner of Streets and Public Improvements be instructed to secure the services of a competent engineer for the purpose of drafting plans and specifications for the improvement of the bridge across the South Arm of Pine Lake. Carried.

On motion by Gidley, meeting was adjourned until Monday evening, Feb. 24, 1919.

Otis J. Smith, City Clerk.

Catching the Post. Pat was walking along the road,

, then, hearing a whir, he looked back, and saw Larry flying fast and furious on a bicycle.

"I want spake to you."

"I can't; I'm in a hurry. I want to catch the post," cried Larry, flying by. Suddenly the bicycle swerved and crashed into a telegraph pole on the roadside, and Larry and the bike lay in a helpless tangle. As Pat came on Larry was extricating himself from

the wire puzzle.
"Begorra!" said Pat, with a grin."I see you caught the post."

His Pledge.

Dick Brown was very much addicted to drink, and some of his friends determined to get him to take the pledge. To that end one of his neighbors read to him from a newspaper of a man who was so saturated with alcohol that in blowing out a candle his breath caught fire and he was burned

"Burned to death!" exclaimed Dick "Bedad that'll never happen to me, Bring me a prayer book and listen-'I, Dick Brown, hereby solemnia declare hat as long as I live I will never blow

Unless a young man keep his mind on his business more of the time than on his social affairs, it's a sign he's going to be a social success.

A WOMAN'S RECOMMENDATION

Mrs. D. T. Tryor, R. F. D. 1, Franklin Av. Otsego, O., writes: "I realized so great a benefit from the use of one box that I feel safe in recommending Foley Kidney Pills to any kidney sufferers. They relieve backache, sore muscles. stiff joints, rheumatic pains and bladder silments.-Hite's Drug Store

WARREN W. LAMPORT

Long the night has been and dreary That enwraps the sons of men; Eyes a-watching worn and weary For the "better day" again.

Long have sin and superstition Filled the earth with grief and pain ong have parasites been feasting While the poor have toiled in vain.

Selfishness and greed have triumphed Oft with shameless, cruel might, And war's ruthless desolation Filled the earth with bane and blight

But eyes weary with their vigil, Watching for the coming dawn, Now with hope and joy are kindling, For the better day draws on.

Thrones are toppling, crowns are falling Sinking to decay and rust; Agé-long systems of oppression

Yield and crumble to the dust. See! The people's hour advances! Hail! All hail, democracy! Tyranny's long reign is ended And the world at last is free.

Free the serf as is the master; Free the woman as the man: Each a rightful place possessing

In the world's redemptive plan. Truth and righteousness prevailing Oh, 'tis blessed to be living

In this glorious latter day Let your souls lean out and listen! Coming up the steeps of time Hear the footsteps of the Master.

Treading with a march sublime. In his hands, once pierced and bleeding Peace and brotherhood he brings. Jesus! Hope of all the ages! Hail him! Hail him, King of Kings!

WARREN W. LAMPORT

Over the waters they come and go; Crowding the waves they glide to and Swept by the urge of a voiceless breeze

The spectral fleet of the inland seas. Some, as they pass in the mystic light, As the foam of the rolling waves are

white. And some are as somber and dead and

As the folded wing of the gray seagull. They are the ships that we hall no more,

The sail-winged crafts of the days of yore; Pioneer ships that gave us our best, These glorious states of the middle west

Over them many a season crept, And many a storm in its fury swept; But steadily on they plowed their way, They loved the storm as the child loves

Their hulks now lie deep under the wave, As the men who sailed them sleep in

their grave; The voyage is ended, their day is gone, The day of the swifter steam draws on.

Yet in my dreams I see them go, Led by the Griffin they pass to and fro;

To the Voters of Charlevoix Co.

I am a Candidate on the Republican ticket for renomination to the office of County Commissioner of Schools and would like to meet the voters of the County personally as I did many of them four years ago for I thoroly enjoyed the campaign. However the duties of my office are heavy and I am now organizing the spring work of the rural schools which I love. It will therefore be impossible for me to meet many of you at this time, but I shall none the less appreciate your support at the primaries March 5th. If re-elected I shall endeavor to show my appreciation to you by continued effort in your behalf.

> Very truly yours, MAY L. STEWART.

I am a candidate on the Republican ticket for the office of Commissioner of Schools. If elected, I pledge myself to devote all of my time to honest and efficient service in the interests of the schools of the County. Your support at the primaries March 5th, will be

To the Voters of Charlevoix Co.

greatly appreciated. Sincerely yours,
AMELIA KADEN.

toutest soul

The Better Day Will Determine Woman's Status

Creation of Commission Urged to Adjust Inequality Between Sexes.

Lansing, Feb. 19.-Uniformity in all aws affecting the legal status and rights of women in Michigan, as compared with men, in view of the right of suffrage which has recently been conferred on them, is the object of a bill introduced by Senator Vincent M. Brennan in the Michigan senate.

This measure would create a commission, to be composed of two women and two men, the members to make a study of the laws now in force, and the acts of 1919, "and to make recommendations for repealing and amending existing statutes, and for enacting additional legislation with a view to giving full effect to the letter and spirit of the woman suffrage amendment to the state constitution adopted Nov. 5, 1918, and, considering the physical differences between the sexes, to place the women of the state upon the same legal basis as men, politically, socially and industrially,.''

The members of this commission would be appointed by the governor, one member of which would be the attorney general or one of his assistants. They would serve without pay, except necessary expenses, including any clerical or other employes necessary in carrying out the work. A close study should be made by this commission of all laws pertaining to the legal rights of women, married and single, and which create a distinction between them and the analagous or similar rights and duties of men. The commission would The Spectral Fleet also consider the judicial decisions setting forth the rights and duties of women as distinguished from men.

It is the idea that the members of this commission, keeping in mind the constitutional and natural differences between men and women, shall do this work for the purpose of "correcting legislation or conditions which now make for unjust inequality between the sexes and of conferring such rights and imposing such duties upon the women of this state as are now enjoyed by and required of men."

The commission is to make a full report of its work to the legislature of 1921, in printed form. In its preparation the commission is further authorized to investigate social, industrial and economic conditions insofar as the same affect women as distinguished from men, and which can be improved by legislation.

School Notes

Kindergarten-The children of the Central Kindergarten building enjoyed Valentine luncheon, Friday. Their ong table was decorated with vines and red hearts, and lighted with many candles: Salted crackers with apple butter and mint candies were served. In the morning the hostess was Helma Twli-Swept by the urge of a voiceless breeze, sen, the host Howard Ramsey. In the The vanished fleets of the great five afternoon Marion Maddock was hostess and William Ellson host. Harriet Bisbee won a silver star on the game circle last week.

> . First Grade-The first grade enjoyed Valentine party and Valentine box, Friday. Popcorn was served.

Second Grade-The pupils who were neither tardy nor absent during the month of January were as follows:-Ruth Alexander, Peter Hegerberg, Isabel Kitsman, Ruth Kale, Margaret Maddock, Russel Meredith, Clare Mack Norman Stewart, Basil Blanshan, Evelyn Webster, Franklin Severance

The past week the 2nd grade room has been decorated with hearts and have been studying St. Valentine and his life. A party was greatly enjoyed by all, Friday. The study of Washingon will be taken up this week and the Valentine decorations will be replaced by patriotic decorations. Mrs. Webster Mrs. Ruhling and Mrs. Barnett called on the 2nd grade last Friday.

Third Grade-Dorothy Hager entered our grade from the East Tawas schools. We are glad to have her. We enjoyed a Valentine party Friday afternoon.

Sixth Grade-The following pupils received Palmer pins in Palmer Method writing: Sylvia Tousch, Laberta Stewart Mary Maddaugh, Grace Hudkins, Anna Griffin, Dorothy Kitsman, Howard Snyder, Guy Moors, Donald Clark, Thurlow Brown, Bessie Kaufman, Grace Ellson, Dorothy Malpass, Alice Zitka, Leatha Constant nagging wears away the Cox, Marie mcDonald, Raymond Sheehy above for a moment to that around Olaf Omland.

SUPREME COURT OPENS MICHIGAN TO BOOTLEGGERS.

Lansing, Mich., Feb. 18.—The Michi decided that August Marxhausen, former editor of a German newspaper in Detroit, was legally entitled to the return of 7,000 bottles of beer which state. inspectors confiscated from his sum-

mer home last July. At the same time the court held that search warrants must be obtained before liquor can be taken from buildings, automobiles, suitcases, etc. This means that enforcement of the liquor law along the Ohio line where the state constabulary have been stationed must be suspended until the legislature rem dies the defects in the present law.

If officers are required to obtain a search warrant before going through car suspected of containing liquor the bootleggers will be miles away. It is believed that millions of quarts of whisky will be brought into the state before the legislature can put through the bill now pending which will cure the defects in the old statute which re aulted in its being overturned by the Supreme Court.

FOR THE HOUSEWIFE

Shredded cabbage and lettuce hearts with French dressing and rossted peanuts make, an excellent balad.

An oblong piece of sine fastened to one end of the ironing board is a great convenience and time saver. No hunting for the regulation stand and no seerched pad.

Instead of warming cereals in the over, fill aslarge corn popper full of fakes and toss it lightly over the heat from the stove. Besides being quicker, there is no possibility of scorehing, as is stherens; when the oven in meeds:

Garments worn by children should be rendered areproof by the addition of a little ammonium phosphate to This will not render them absolutely freproof, but very nearly so.

To clean a white satin hat buy a five-cent block or square of magnesia at the druggist's and rub over the satin. Use plenty of magnesia, covering every bit of hat. Leave for a few days. Then turn the hat upside down and shake off what is loose. If you do not like the appearance of the hat nesia and taking pains to do a good

To prevent picture frames from making ugly marks on your wall, glue on the back of the frame each corner a thin piece of cork. Add cup of salt to one quart gaso-

line, shake well. Lay soiled garment on blotting paper, wet cloth with mixture and rub garment. To remove a rusty screw, apply a

hot iron to its head for a few minutes and then remove it in the usual way with a screwdriver. The screw will

Most housewives use the broom dish cloth, made of cord attached to a handle, which is vastly more conven-ient than the old method of immersing the arms to the elbows.

Linen stored in a closet warm and poorly ventilated will soon become yellow and will crack earlier than if stored otherwise. The properly constructed linen closet should be in a cool, dry place.

Every woman has experienced the annoyance of scissors in her work bag. Take a cork of medium size and crochet a covering of some dainty colored silk-leaving the flat upper surface uncovered. Slip the points of the scissors into the cork and thus protect your work bag.

To take away the strong, hot taste of cnions, pour boiling water over them after they have been sliced, then drain and pour cold water on Playing cards that are old and

stick together are made to slide like new, if a little talcum powder is sprinkled on each card and they are shumed a lew times.

You will find in preparing a grape fruit that the coarse center is easily removed by taking a pair of scissors and clipping the cords to make a cuplike center for the anger

In buying material for wash house dresses, buy sufficient to make aprons of the same stuff. They look much neater and "in better taste than if made of some other pattern or color.

Don't throw broken gas mantles away; the material is excellent for cleaning gold and silver jewelry. Lay it on a piece of chamola leather and rab briskly- a brilliant polish will result. There is no reason why the colos

should not be made at home when the winter comes. Set the pailful of clean water out overnight and in the moraing bring it im and set it on the the edges; it will then, his out easily.

Uncle Sam and the Tax Dodger

How The Government Deals With These People.

Washington, Feb. 17.-How does Uncle Sam deal with tax dodgers? This inquiry, which was prompted by the severe penalties provided in the new revenue bill, has brought from Commissioner Daniel C. Roper a frank statement as to the Internal Revenue Bureau's attitude toward those who attempt to evade taxation.

'Any person who deliberately coneals tax liability, or who falsifies a return in order to reduce or evade any internal revenue tax, or who deliberately abets such concealment or fraud, finds arrayed against him the entire strength of this Bureau pressing for the full civil and criminal penalties. This is the attitude toward the tax-. dodger, expressed in one sentence. Whether he is a moonshiner, a stealthy trafficker i in thabit-forming drugs or juggler of income figures, a delinquent n making the sworn return the law requires, or a revenue violator of any other kind, the Bureau is charged with the duty of hunting him out and exacting the full punishment provided in the

"Toward the taxpayer who means to comply with the internal revenue laws, fully and honestly, the Bureau extends a helping hand. Cooperation with the taxpayer is our objective.

These two contrasts—the teeth of the law for the tax-dodger and the violator, and the aid of every lawful A. C. agency for the voluntary taxpayer—are policies necessary to the administration of tax laws under modern conditions.

"One of the most difficult of the many problems in tax collecting is to classify those who fail to fulfill the obligations imposed by law. The Bureau is obliged to maintain a large staff and to use the utmost discretion u properly labeling these cases. Even handed justice is a heavy responsibility. and only through careful siftings can delinquents be classified.

"These are three distinct classes of delinquency with which we have to deal. First, the taxpayer who had reasonable cause, brought about by exceptional conditions beyond his control; secondly, the fellow who didn't ook up or didn't realize his obligations; and thirdly, the person who wilfully evaded compliance with the law.

"As for the man who shows a rea sonable cause within certain lines, established by the Bureau, no penalties are asserted. All other delinquents me more carefully investigated before presecution is begun. Many of these offenses are caused by ignorance and negligence. Failure to make the reports required by law may in some eases warrant severe penalty, as where the delinquent continues his delinquency after being warned of the penalty for failure to make return. However, if the delinquent takes immediate corrective action, and it is clearly established through investigation that he will." And it is too good to be true did not wilfully violate the law, the and we can't tell you yet but later Bureau allows him to compromise his liability to specific penalty by tenderng a nominal sum of money. In such instances the money is not really in compromise but assessed to impress the taxpayer against future violations.

"But there is no relief, no compronise, for the man who wilfully evades, wilfully neglects, or wilfully falsifies He is classified with other law-breakers in the eyes of the Bureau, and is vigorously prosecuted in the courts. No other course is open to the Bureau, inmeeting fairly and squarely the demand of the willing taxpayer "I will—the other man must." There is a solemn responsibility thus existing between the honest taxpayer and the Bureau to locate and punish the dishonest tax dodger.

"For a decade the drift of Federal taxation has been from the indirect tax toward direct payment by each citizen and resident of his just share of the cost of government. Gradually the circle of direct taxpayers has been increased, and under the new revenue aw the extension will include hundreds of thousands who never before filed declarations with the Government

"We are therefore now come to another milestone in national progress. We approach a new test of the soundness of American ideals of a government of, by and for the people. The test is whether our wonderful victory of liberty is worth the cost as apportioned to the private pocket-book by the people's representatives.

'It is such a big thing, this collection

of taxes directly from private funds and business funds, that nothing short of our best American cooperative effort can make it successful and hence just. The Bureau seeks this cooperation of the people in collecting the revenues. It has never been denied or stinted; anything less than the great, voluntary outpouring of shares in the national assessment is unthinkable.

"And it is such a big thing that the willing taxpayer must have the guarantee of this Bureau that the laggerde, the jugglers and the violators will not escape taxation and penalties. The Bureau is fulfilling its part of this contract with the people—this contract that means so much in the practical, effective and just administration of the internal Revenue laws."

Respectfully.

Emanuel J. Doyle, Collector.

NEW TRACTOR SCHOOL TO OPEN AT M. A. C.

East Lansing, Mich., Feb. 17.—A new tractor school, for the instruction of men who would like to learn how to operate and repair these farm machines . will be opened at M. A. C. on March 3. according to word from the department of farm mechanics. The course was to have commenced on Feb. 17. but reappearance of the influenza at M. A. C. caused the college authorities to postpone the opening to the later

Individuals interested in learning the domestic and other habits of the various varieties of tractors are informed by the college that they can obtain information by writing to Ashley M. Berridge, director of short courses at M.

School Commissioner's

Notes May L. Stewart, Commissioner

Township teachers' Meetings during the past two weeks were held in Bay, Boyne Valley, Eveline, Evangeline, Wilson, South Arm, Marion, Norwood, Hudson, and Melrose. Miss Redfield, temporary chairman in Hayes, has been ill and the meeting was necessarily postponed. Chandler and Big Beaver have not yet been heard from. The teachers conducted the meetings themselves without the attendance of the commissioner and the suggested schedule was adopted almost without exemption, all the complete returns are not yet available. Names of chairmen and committees appointed will be printed as soon as the line-up is complete. Our rural schools have a live-wire corps of teachers, organized and at work. Watch for the results this spring-interesting and the best yet.

Plans are under way also to do something substantial for our county school system in Educational Hall at County Fair Grounds in September. The townships have already nobly responded and one city superintendent to whom the plan was mentioned incidentally said: "We'll help, too. Sure we watch for the good news, sure and definite.

Attendance greatly improved through out the month. Better health conditions and open roads give us an unusually fine February attendance, several schools reporting "no absence during the past two weeks."

Springvale and Maple Grove have joined the Hot Noon Lunch list. Springvale will no doubt organize under the M. A. C. plan as have Ranney and Burgess. Bay Shore Handicraft Club dofinely. State leader expects to visit them this month.

FAMILIES OF SOLDIERS AND SAILORS

Are you worried because your allotments do not come, or your letters do not arrive, or for any reason connected with your boy's service to his country? Let the Red Cross Civilian Relief Department help you. Call or phone the

following committee: J. J. Porter, phone 1. Mrs. W. E. Palmiter, phone 185.

Roscoe Mackey, phone 89-F2. The service is yours, free: Returned Soldiers and Sailors: Keep up your Government Insurance

have some late dope on this. Ask us.

It is true, of course, that "poets are born, not made," but just because you've been born doesn't signify you are a poet, although a good many people seem to think it does.

		v.
	FINANCIAL STATEMENT	
	Ror the City of Rast Jordan for the Month of December, 1918.	D:
	General Fund. RECEIPTS	21
	December	
	Total \$ 3411.37 DISBURSEMENTS	D
	3 W.F.Bashaw, making tax roll 112.50 3 G. A. Lisk, printing 15.50 3 Otis J. Smith, copying reg-	3
	ular books 3.30 3 Otis J. Smith, salary and postage 28.19	G
	3 D.H. Fitch, salary and rental 24.17 3 Henry Cook, salary	S
	17 State Bank E. J., Ins. on T. Hall and Hose House	P
	17 Thos Pessenger, rental 5.00	L
	17 C. B. Crowell, salary-express 17 Mich. State Tel. Co., rentals 17 Joseph Kenny, drawing slag 24 R. Bingham, fire team A. J. Winters, chickens for	S
	Christmas 8.84 30 H. C.Blount, mdse. for Xmas 7.00 30 J.J. Votruba, mdse. for Xmas 30. A. Danto, mdse. for Xmas 30. A. Danto, mdse. for Xmas 30. Geo. A. Bell, mdse. for Xmas 2.00 30 Geo. Cair mdse. for Xmas 2.50	-
		C
	Balance on hand 2705.71 Total \$ 3411.37 Street and Sewer Fund	
	RECEIPTS	
	December 19 County Treasurer, reward on road	
	Total \$ 2981.89	1
•	1 Overdrawn \$ 2555.92 3 Alex Bashaw, labor 1.00 3 Jacob Quick, gravel 3.75	. 1
	1 Overdrawn \$ 2555.92 3 Alex Bashaw, labor 1.00 3 Jacob Quick, gravel 3.75 3 E. J. Lbr. Co., lumber 96.26 13 E. W. Giles, cleaning streets 33.00 24 E. W. Giles, cleaning streets Balance on hand 258.96	
	Total \$ 2981.89 Water Works Fund	
	RECEIPTS December 1 Balance on hand \$664.38	
	31 Tax Roll, del. water taxes 31.28 31 Water Ledger, water taxes 7.95 31 WaterLedger, turn on permits 2.00	
	Total \$ 645.61 DISBURSEMENTS 3 Standard Oil Co., gasoline\$ 25.31	
•	3 Northern Auto Co., supplies for truck 3.46 3 HerseyMfg.Co., water meter 3 E. I. Adams, 6 mos. sal. as fire chief 25.00	1
	12 Supernaw Prod. Co., coal 150.00	
	31 Roland Archer, reading meters 2.40 Balance on hand 308.84	
÷ -	Total \$ 645.61 Interest and Sinking Fund	+
4	RECEIPTS December 31 Tax Roll, city taxes \$ 27.00 177.15	5
	Total \$ 204.18 DISBURSEMENTS	3
•	1 Overdrawn \$ 204.18 Total \$ 204.18	-1
	Bridge Fund RECEIPTS December	
	Balance on hand \$ 5739.50 31 Tax Roll, city taxes 13.50 Total \$ 5753.10	4
	DISBURSEMENTS 31 Balance on hand \$ 5753.1: Total \$ 5753.1:	-1
	Paving Dist. No. 1 Fund	
: 	December Balance on hand \$ 2074.0 Total \$ 2074.0	-
	DISBURSEMENTS 31 Balance on hand \$ 2074.0 Total \$ 2074.0	7
	Paving Dist. No. 2 Fund RECEIPTS	1
	December 1 Balance on hand	-1
1	DISBURSEMENTS 31 Balance on hand \$ 328.3	3
	Total \$ 328.3 Paving Dist. No. 3 Fund	

		COUNTY HERALD, (East	
FINANCIAL STATEMENT	Library Pund RECEIPTS	OHARLEVOIX GOUNTY HERALD	Fi
Rer the City of Rast Jerdan for the Month of December, 1918.	December 1 Balance on hand \$882.19 31 Tax Roll, city taxes 3.42	O. & List, Publisher ONE SOLLAR PER YEAR	
General Fund. RECEIPTS	Total \$ 885.61 DISBURSEMENTS 23 J. A. Schaub, magazines	Entered at the postomes at East Jordan Michigan, assecond class mail matter.	Influ
December 1 Balance on hand \$ 3238.31 31 City Clerk, chat. mort. fees .50 31 City Clerk, Christmas fund 63.25 31 Tax Roll, city taxes	Total \$ 793.11 Dog Fund RECEIPTS	RUNAWAY JAVA SPARROW IS RETURNED TO FOLD	Per home morn
Total \$ 3411.37 DISBURSEMENTS	December 1 Balance on hand	is Back With His Sorrowing Mate After Months Sojourn in Parts Unknown.	years Fu
3 W.F.Bashaw, making tax roll 112.50 3 G. A. Lisk, printing 15.50 3 Otia J. Smith, copying reg-	DISBURSEMENTS 31 Balance on hand 123.22	New York.—Tommo, errant Java sparrow, is back at the Children's Museum in Brooklyn after a month's	Jones Thi fluen
ular books 3.36 3 Otis J. Smith, salary and postage 28.19	Recapitulation	sojourn in parts unknown, and while he is busy telling it all, bird fashion, to his mate Quinnie, Miss Anna B.	fortn Willi Richa
3 D.H.Fitch, salary and rental 24.17 3 Henry Cook, salary 75.00 25.00	Street Fund 258.96 Water Works Fund 308.84	Gallup the curator at the museum, is trying to figure out whether fate or providence arranged the remarkable	Feb'; Th
6 Mich State Tel. Co., cable gram 20,46 17 State Bank E. J., Ins. on T. Hall and Hose House 47,30	Paving Fund, Dist. No. 1 2074.07 Paving Fund, Dist. No. 2 328.33 Paving Fund, Dist. No. 3 151.93	chain of circumstances attending Tommo's flight and return.	thirte toll t our s
17 Joseph Montroy, labor	Library Fund, 793.11 Dog Fund 123.22	It was a month ago that Miss Cul- lup, assisted by Eugene A. McCar- tly, one of the students at the mu-	WA
17 C. B.Crowell, salary-express 17 Mich. State Tel. Co., rentals 17 Joseph Kenny, drawing slag 10.05	Interest and Sinking Fund\$ 177.13	seum, was giving Tommo and Quin- nie their baths when Tommo flew out of the cage and disappeared through	
24 R. Bingham, fire team		an open window. "Never mind," said Miss Gallup to the boy, "Tommo will come back."	Mr Ephr
30 J.J.Votruba, mdse.for Xmas 39.40 30 E.J.Lbr.Co., mdse.for Xmas 39.40 30 A. Danto, mdse.for Xmas 51.78	Outstanding Orders 105.20 Cash on hand at end of Month, \$12608.36	Days went by but Tommo, prodi- gal-like, did not return for the fatted seed. Quinnle, with every sign of	home Echo 12:30
30 Geo. A.Bell,mdse.for Xmas 30 Geo. Cair, indse. for Xmas Balance on hand 2705.71		grief, ate but little and spent most of the time with her beak through the wires of the cage looking thward	Sh a we year
Total \$ 3411.37 Street and Sewer Fund	Shirrings consist of a number of	the window through which Tommo had escaped. Miss Gallup feared the bird would die. Miss Nellie Francis MacCarthy,	Echo leave and
RECEIPTS December 19 County Treasurer, reward on	rows of gatherings either on tucked or plain material. Ruching is made like ruffies, but	an aunt of Eugene, who lives near the museum, brought a Java sparrow in a box to Miss Gallup. The bird had	Echo Cent
road \$ 2908.35 31 Tax Roll, city taxes 71.04 31 Sewer Dist. No. 4, spec. as sessment 2.50	on both edges and gathered or pleat- ed in the center.	flown that morning into the studio of Charles H. Budd's gift shop, in Man- ratian where Misa MacCarthy is em-	late ed b
Total \$ 2981.89 DISBURSEMENTS	ning stitch, the tape or other binder being held down over the seam edge	ployed as an artist and designer. "Eugene has identified this bird as a Java sparrow," Miss MacCarthy	men Je
1 Overdrawn \$ 2555.92 3 Alex Bashaw, labor 1.00 3 Jacob Quick, gravel 3.76 3 E. J. Lbr. Co., lumber 96.26	stitch from left to right, with a short	told Miss Gallup, "and as you lost one recently I have decided to pres- ent you with this one."	ears Lo
13 E. W. Giles, cleaning streets 24 E. W. Giles, cleaning streets Balance on hand 258.96	needle point in the direction opposite	Miss Gallup examined the gray plumage, red beak and queer white spots on the sides of the face, that re-	wro
Total \$ 2981.89 Water Works Fund		semble little whiskers, and uttered an exclamation of joy. "It is Tommo!" she said and soon	10
RECEIPTS December 1 Balance on hand \$ 604.38	with wool. It will shrink and pull out a hole larger than the original. A	Tommo was back in the cage with Quinnie. There was a joyful reunion. Quinnie was her old self again and	
31 Tax Roll, del. water taxes 31.23 31 Water Ledger, water taxes 7.93 31 WaterLedger, turn on permits 2.00	cellent for the purpose. When wash- ed the darn will have almost the same	he and Tommo flew around the cage in an ecstasy of joy. After dinner together Tommo listened patiently to	
Total \$ 645.65 DISBURSEMENTS	The woman who goes about with a workbag on her arm is more usual than she wied to be. The craze for	2 curtain lecture from Quinnie, and then entered upon a recital of his adventurers. To all appearances he has	W
3 Standard Oil Co., gasoline\$ 25.3: 3 Northern Auto Co., supplies for truck 3.44 3 Hersey Mfg. Co., water meter 120.00	so, for before knitting came in there had been many years of comparative-	promised to settle down and become a model husband. At least, Quinnie's manner would indicate such an agree-	W
3 E. I. Adams, 6 mos. sal. as fire chief 25.00 12 Supernaw Prod. Co., coal 150.00	But knitting has brought renewed	TOWN LONG DEAD	W
14 Henry Cook, turning on water. 2.0.1 17 Jas. Gidley, chains for truck 5.5.1 17 A. Kegny, draying	now workbags are so lovely that no- body can resist them.	REBUILT BY FISH Elk Springs, Mo., Now Back On The	ili
Total \$ 645.6	doir can can be made from a large	Map; A Center for Fishermen and Hunters. Kansas City, Mo.—You hear a lot	
Interest and Sinking Fund RECEIPTS December	To the edge of it an inch wide edge of Valenciennes lace. You may add a beading before you apply the lace,	about towns that used to be, but here's a story about a town that's coming back."	1
31 Tax Roll, city taxes \$ 27.0 31 Overdrawn Total \$ 204.1	thru which ribbon can be run, but it is not necessary. Fold back two cor-	Donaid County, but for the last forty	W
DISBURSEMENTS 1 Overdrawn \$204.1	inches. These fail at back and front of the cap. Now gather the other corners over the ears and hold the	ing back. The fish that roam up and down the gravel bottom of the Elk	W
Total \$ 204.1 Bridge Fund	gathers with a knot of ribbon. To hold-the cap in place use an end of the ribbon as a chinstrap and snap it	At one time Elk Springs was a place	W
RECEIPTS December - Balance on hand \$5739.5		post for the hunters and trappers if the Ozark Mountains. At that time it was the county seat of McDonald	W
31 Tax Roll, city taxes 13.5 Total \$ 5753.1 DISBURSEMENTS	stand up for her rights anywhere ex-	County, of five hundred inhabitants. The Civil War came, and Ell Springs boomed. It was feared the	W
31 Balance on hand \$ 5753.1 Total \$ 5753.1	-	Federals would capture the books and	
Paving Dist. No. 1 Fund	•0	and carted thru the State to Elli Springs. There the executive officers	

...\$ 151.98

.....\$ 151.93

10.00

given.

Total \$ 151.93

Total \$ 151.93

Total \$ 254.68

Total \$ 254.68

Paving Dist. No. 3 Fund

RECEIPTS

DISBURSEMENTS

Cemetery Fund

RECEIPTS

DISBURSEMENTS

Joseph Kenny, drawing cinders 71.69

December

1 Balance on hand.

31 Balance on hand...

1 Balance on hand

31 City Clerk, sale of lots

worth while. It was quite a trading post for the hunters and trappers in the Ozark Mountains. At that time it was the county seat of McDonald County, of five hundred inhabitants. The Civil War came, and Elk prings boomed. It was feared the Federals would capture the books and records in Jefferson City, and one night they were all loaded in wagons and carted thru the State to Elk Springs. There the executive officers While a man may be capable of loving two women at the same time, if remained with their records several Then the town began to fude. One he is wise he won't attempt it. night the county judges loaded up their documents and sneaked over to When a man reaches the point that he is ashamed to admit that he loves his wife, he will bear watching. Pineville, six miles away. It was thus that Elk Springs lost the county seat, and its last vestige of respectability. A man may try to make a widow hink he could not help loving her, In a few years nothing was left but but she invariably knows better. memories, This is difficult for a woman: To be lieve the nice little things she tells other women about her husband

There are plenty of men claiming

Husbands and wives should remem-

No. Cordelia, drummers are not so

but rather because they are so noisy.

A man who probably speaks from

reigns, look out for domestic storms."

It is always a question whether

persons who have to ask for a vote

of confidence really deserve it when

One has poor control of himself when he allows his disposition to de-

experience says: "When

to come from fine families who ap-

pear to be a long way from home.

well as better and act accordingly.

But the sun was again to shine for Elk Springs. The Kansas City Southern built a road down thru Missouri. They put up a shed there for a sta tion. Some one built a store. Travelers began to go thru. The Ozarks, s part of Missouri that was practically unknown, began to be explored. A cool, clear river that wound in and out among the mountains, filled with ber that they married for worse as fish of all kinds, particularly bass, was found. They also found squirrels, quail, wild turkeys, coons, possums, ducks, and other wild game, Elk called because they are on the beat, Springs became the center of the nishermen's and hunters' endeavors, the mountains were filled with caves.

> It's small consolation to a man to know that his neighbor's wife is less extravagant than his own.

Cupid is a sorry leader. After leading people into trouble he leaves them to fight it out themselves.

Two men can hardly talk for ten minutes without introducing the sublect of money or property.

HARLEVON GOUNTY HERALD Fifth Death in Piggott Family

Influenza Takes 14-year-old Lad, Thursday.

Percy E. Piggott passed away at his home in Echo township, Thursday morning, from influenza, aged fourteen

Funeral services will be held Saturday morning with interment at the Jones cemetery.

This makes the fifth death from influenza in this family within less than a fortnight. The parents, Mr. and Mrs. William Piggott, and two children-Richard and Martha-passed away

Feb'y 10th and 12th.
This makes five deaths in a family of thirteen and is probably the heaviest toll that the dread disease has taken in our state.

WAS RESIDENT OF ECHO TOWNSHIP ****FOR FIFTY YEARS**

Mrs. Elizabeth Marsh Kidder, wife of Ephraim Kidder, passed away at the home of her son, Edward Hebden, in Echo township Tuesday, Feb'y 18th at

12:30 p. m. She suffered a paralytic stroke about a week previous. Deceased was 68 tion of women prior to December 5 years of age and has been a resident of had escaped. Miss Gallup feared Echo township for half a century. She the bird would die. and two sisters, Mrs. Wm. Spence of Echo, and Mrs. George Bradshaw of Central Lake.

> Funeral services were held from her late home Thursday afternoon conducted by a Central Lake pastor. Interment at the Densmore cemetery.

Jeers and cheers fall alike upon the ears of the philosopher.

wrong and ought to have backed down. der ailments.-Hite's Drug Store.

PRIMARY ELECTION

To the Qualified Electors of the City of East Jordan, State of Michigan. Notice is Hereby Given, That a Gen ral Primary Election will be held in the several wards of said City at the places herein below designated, viz: First Ward-Passenger Building ond Ward Town Hall

Third Ward-Hose House Wednesday, March 5th

A. D. 1919, for the purpose of nominat

A. D. 1919, for the purpose of nominating by direct vote candidates by each of the several political parties for the following office:

One County Commissioner of Schools Suggestions Relative to Voting Separate ballots for each political party will be provided. The elector Must Name the Political Party of His Choice when Asking for a Ballot and in marking his ballot MUST make a cross in the square to the left of the name of each elector for whom he desires to vote, and can vote for only ONE candidates are to be elected. in which ease he are to be elected, in which case he should vote for TWO.

After the ballot is prepared it should be folded so that the initials of the inspector below the perforated corner will be on the outside

WOMEN ELECTORS All women who possess the qualifica tions of male electors are now entitled to vote at all elections provided their names have been duly registered on or after December 5, 1918. All registra-1918, is NULL and VOID.

The Polls of said election will be open at 7 o'clock a. m. and will remain

open until 5 o'clock p. m. OTIS J. SMITH, City Clerk. Dated this 20th day of Feb. A. D. 1919

A WOMAN'S RECOMMENDATION

great a benefit from the use of one box that I feel safe in recommending Foley Kidney Pills to any kidney sufferers." Lots of times we're sure we're right They relieve backache, sore muscles, and go ahead only to find out we were stiff joints, rheumatic pains and blad- is more highly recommended. Fine for

HITE DRUG CO., East Jordan and Druggists Everywhere.

The other man's bad habits ought al-

ways be prohibited. Marriage, divorce, and death may cause changes in relationships, but a

new baby breaks them up. The reason so many judges are unsympathetic with men in cases of do-

mestic difficulty is because so many judges are men. When a man tries to make it appear

that he has been greatly abused by his friends, it is a pretty sure sign he has abused them and is trying to arrange a

HOW TO KEEP WELL

"Keep the bowels open" is one rule Mrs. D. T. Tryor, R. F. D. 1, Franklin of health recommended by all schools Av. Otsego, O., writes: "I realized so of medicine. Foley Cathartic Tablets cleanse the bowels, sweeten the stomach and benefit the liver. For indigestion, biliousness, bad breath, bloating, gas or constipation, no remedy

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EAST JORDAN LUMBER CO. STORE

February and March Are Good Months to Get Your Summer Sewing Done

Look through your linen chests and see what you need in Towels, Table Linens, Sheets and Pillow Slips. Buying a few each spring is a good way to keep up a supply



How about cloth for two or three new White Waists

One Always Needs



OUR LINE OF Underwear

IS COMPLETE

and was made up of Cambrics and Nainsooks before the high prices so both quality and prices are much better than could be bought now, and you can have the benefit of both quality and price.



The week of Feb'y 17-22 we are going to have A White Goods Opening

To Give You an Opportunity to See Our Spring White Goods. Ask to see these: STEVENS ALL-LINEN BROWN CRASH for 20c STEVENS ALL-LINEN BLEACH CRASH for 25c

East Sordan Lumber Co.

TO FIX STANDARD FOR MOTOR FUEL

CORPS OF GOVERNMENT EX-PERTS AT WORK TO DETER-MINE WHAT IS "PURE GASOLINE"

TOO MUCH KEROSENE BEING USED

Many Complaints Received About High Percentage of . Constituent.

> Washington,-The Government has set to work a corps of experts who will shortly announce an absolute standard of motor fuel which will be available to the lawmakers, of the State. In fact, the real purpose of the "pure gasoline" inquiry which the Bureau of Standards of the Depar; ment of Commerce is conducting is to provide accurate scientific data. for the time is believed to be fast approaching, when the quality of the gasoline now being sold will be frowned upon by the law.

The trouble with gasoline is its kerosene constituent.

For more than a year inquiries have been pouring in upon the bureau from power of mental concentration fails, trade and commercial organizations from coast to coast, all asking: "What is pure motor gasoline?"

In almost every case the question was accompanied by convincing proof at home. Punishment which he rethat the fuel sold as "gasoline" by garages and other sources of supply truancy is the natural result. contained a kerosene constituent that ranged anywhere from 5 per cent to 15 per cent of the fluid mass.

Very recently the Board of Trade of the District of Columbia started a campaign in the interest of purer gasoline. The Bureau of Standards was called upon to inaugurate a series of tests which would fix a standard for gasoline so that the board could bring prosecutions under a local statute which provided a penalty for false advertising.

The board was successful in obtaining the co-operation not only of the Bureau of Standards, but of the Federal Board of Mines as well, and at this time the gasoline investigation is well under way. It was started, bureau officials pointed out, because of the almost inevitable demand for pure gasoline" laws which is expected to come within the next few

The development of the gasoline engine has made possible the use of a certain kerosene content in all gasoline sold for fuel. This constituent was low in the first days of gasoline adulteration, but it has increased month by month until it is now so large that it will leave a film or grease on cloth dipped in the ordinary grade of motor gasoline.

The increasing of the kerosene adulterant has caused motorists endless trouble, such as the clogging of cylinders with a carbon deposit, and so poor is the ordinary grade of gasoline that certain firms are charging higher prices for the pure product. The Bureau of Standards believes the time is not far off when all states will pass laws aimed at this evil.

No effort, however, to pass a na-tional pure gasoline law will be made, it is believed; the matter will be left solely to the State, but the Bureau of Standards expects to be in a position to furnish legislators with data upon which such laws must be based.

The work of adopting an absolute standard for pure gasoline is altogether too technically scientific to be easily understood by the lay mind, yet it can be summed up by saying that the bureau experts must determine at what temperature a real gasoline distillate may be drawn from the petroleum "base."

PORCUPINE ATTACKS A DOG

Man Gets Few Quills When He Goes to Animal's Rescue.

Witten, S. D.-Burnis Simans was called outside by the barking and howling of his dog and found that it had stirred up a porcupine. After considerable difficulty the animal was billed. The dog was pretty well filled with needles and Siman also received a share of the porcupine's natural weanons.

These animals are very rare in this part of the State. They must have been more numerous years ago, as le Indians used the quills, colored with pigment, in forming some of the designs in their dresses on gala occasions. A few days later A. L. Lindahi killed the supposed mate to the porcupine killed by Simans.

Man Este Slack Lime, Lives. Wilkesbarre, Pa .- Finding a pan filed with what he thought to be cottage cheese, "Sandy" Harris, 60 years old, of Plains Township, hid himself in a barn and atc most of the stuff. Children later found him writhing in great agony, and a doctor was sumnoned. After cleaning out Sandy's stomach with a pump, the physician learned that the "cottage cheese" was slaked lime.

Harris has recovered, except that his eyes have become badly crossed a result of his experience. The physician says they will remain in modition for the rest of his life.

EYE'STRAIN HAS MARKED EFFECT UPON CHARACTER

Missouri University Expert Cites Resuits Upon Children and Advises Parent and Teachers.

Columbia, Mo.—Defects of the eye, such as farsightedness, nearsighted iess and astigmatism, have a marke i influence on character, especially in growing children, says Dr. M. P. Ravenel of the Missouri University. Department of Preventive Medicine. These can be classed under the general head of eyestrain, the most common symptoms of which are rapid fatigue of the eyes during reading and writing, pain in the eyes, headache, blurring of the print, pain in the back of the neck between the shoulders. redness of the edges of the lids, a deairs to rub and press on the eyeball, dread of light, cross-eyes, floating spots before the eyes, brain fag, drows trass and a tendency to develop stys

The near-sighted child whose visic i is often restricted to things which he can touch with his forefingers graduaily loses all those things which he cannot see clearly. . By 10 or 12 years of age the danger to his eyes may have become beyond cure mis; beyond help from the use of glasses. In the beginning of school life, about 2 per cent of the children are near-sighted, whereas in late

ir crops.

school or early college life it is found in 30 per cent of pupils. The far-sighted child is working under an overload all of the time. haing submerged by disagreeable sen sations which he experiences but does

not know how to locate. He soon becomes discredited both in school and ce ves he feels to be unjust and

Astigmatism produces a very much the same trend of symptoms and of en-times is combined with far-sight

'eachers and parents should remember that the child does not know that good vision means, and does not realize his defects. In the presence of any of the symptoms mentioned a pecialist should be consulted and the

examined. Proper glasses can generally be adjusted without a great dear of difficulty, and the child thereby often changed into a happy and preficient student.

MAN STEALS AND SELLS THREE HUNDRED LAMBS

Is Airested at Douglass for Theft and Lodged in Jail at Casper, Wyo.

Casper, Wyo.—One of the most sens tional thefts of livestock ever perpetr ted in this country, and tnat takes rank with some of the most lurid deeds of the "Old West," was recorded when Tom Stevens, aged 28, an employe of one of the local refineries for the past three years, was captured in Douglas as he was getting off of the train to cash a draft for \$1.600 which he had received from the sale of 300 lambs belonging to the Coal Creek Sheep Company of this county.

Stevens, in the custody of a deputy sheriff of Converse County, was brought to Casper and lodged in the county jail.

bte, cas committed one of the boldacts of robbery which has come to the attention of local authorities in years.

According to the story told to the officers, Stevens went to the camp of the Coal Creek Company and told the herder in charge of the flock that he had been discharged, and that he Stevens, was to have the band in charge.

After the herder left Stevens drove 300 head of the sheep to Casper and loaded them under the name of P. C. Nicolaysen, president of the Coul Creek Sheep Company, and accompenied the shipment to Denver, where he received a draft for \$1,600 after the shipment had been sold.

Stevens then returned to Caspe and remained here for a day before going to Douglas, where it was pre sumed he intended to cash the draft The deal was tipped off to Sheriff Parton in time to notify the Converse authorities to nab Stevens just as he getting off the train.

NEGRO HAS MORE TITLES THAN MOST FARMERS HAVE HAY

Birmingham Man is Clerk in Railroad Office, Sunday School Teacher and Poet as Well.

Selma, Ala .-- A Birmingham negro, W. M. Montgomery, appears to be ore of the wealthiest men in the country in the line of titles trailing after their names. This is the conclusion of a local business man to whom Montgomery wrote on one of nis regular letter sheets

At the head of this letter paper it is revealed that Montgomery is president of the local N. A. P. E., pacher of Galeda Class Sixteenth Street Baptist Sunday School, author of Poetical Pearls, a book of rare poems; clerk Macon & Birmingham Railroad Postoluce, trustee Selma University, member executive board State Sunday School Association, president Selma University Club, and Secretary of Mount Pilgrim Baptist Association.

Two of the persons listed in the latest issue of the St. Paul (Minn.) directory were in the yery first volume put out sixty years ago.

A good business qualification is the shifts to offere to last oar

CHILD HOLDS UP BANK TO GET HUNDR'D BILYUN

"Was Goin' to Have Heuse n' Woods, Servants, Ottormobiles n' Everything," He Confesses.

Minneapolis, Minn,-An 11-year-old boy, whose name is withheld by the State bank to get "a hundr'd billyun" dollars to build a castle in the woods and have automobiles, servants n' everything. But let him tell the story:

"They told me that there was hundr'd billyun dollars in the bank. he said. "We boys were going to hold up the bank and get the money. 'Nen we were going to take part of the money and buy a fine, big house in the woods, where no one could find us, 'N we'were goin' to have oftermobiles go to school any more.

'N, oh, gee, we were goin' to have ever'thing fine n' grand n' live there forever. 'Nen we were goin' to put the rest of the money in some other bank and we were going to get three hundred thousand dollars a minute int'rust on it 'nen we would have money enuf to last us f'rever.

'Nen we planned it all out after school n' we went out to our camp at spring along Nineteenth avenue, nen we started for the money. One of the other boys gave me my gun n' told me not to put a mask over my face cause real brave hold-up men never wore 'em any more. 'Nen they went with me as far as a big bridge almost to Robbinsdale. N' they hid under the bridge and were to wait for me there.

'Nen 1 went into the bank, n' pushed that gun, only it wasn't loaded. at that woman, and I guess I would have got the money 'f she hadn' started that bell to ringin'. .

"'Nen I run like ev'thing and I had to pull my gun again to get past the people that was runnin' up, n' I'd a got away if it hadn't been for that man that hid behind that tree and told me he would shoot me dead 'f. I didn't stop. I thought his gun was loaded, so I stopped.
"No, I didn't want to do anything

bad. I just wanted to get that hundr'd hillyun dollars sos't we could have a fine time the rest of our lives.

Don and Ray musta seen the folks chasin' after me and beat it 'cause they wasn't under the bridge when the police brought me into town."

Miss Frances Farr, 20; is the woman who foiled the youthful bandit. When the lad pointed his revolver at her she pretended to start for the cashier's vicket and en route stepped on a floor button, ringing a burglar alarm bell outside the building.

At the sound of the bell the lad fled and was met outside the bank by 1 destrians attracted by the gong. He hir drew his pistol and brandishing it forced his way thru the crowd . He began to run up the street and was halted some blocks away by a man who pushed a revolver around the tree-trunk behind which he was hiding, threatening to shoot. The lad stopped and was arrested. He was aken to the county jail and is held on a charge of delinquency.

The boy's father is employed at night and his mother is a washwoman. When she is away the lad is under the care of a sister only three years his

The two boys accused as accomplices have been taken into custody. The youths got their hold-up inspiration, it is said. from cheap novels and

CARP HOUND' RAIDS POND. SAVING WHEAT DUCK BAIT

Animal Catches and Eats Fish Which Were Annoying Hunters.

Portland, Ore .- Dr. Alan Welch Smith and his fellow owners of a duck in water-those, leaves which would pond on Sauvie's Island have present ec to the world a new species of animal, to wit, the "carp" hound. This, log eats fish and insists on taking them alive out of the water.

When Dr. Smith and his friends visited their pond recently they found most of the wheat they had carefully planted as duck bait was gone. evident size of the mouthful quantities in which it has been taken away, added to the scarcity of ducks, led the huntsman to suspect that the objects of their charity had been robbed.

"Carp," said a sage member of the party. As if to prove his hypothesis s big fish just then swung into the wheat field and went away with his

Another of the party had a dog. and when its master took it to one side and confided to it the tricks the fish had been playing the dog barked

sympathy. The next carp that started for the wheat met an untimely death. The carp hound let out a yell which frightened the fish out of its wits, then, while the carn was still dazed, sank his teeth firmly in the enemy's back and took it out of its native element. The dog continued his raids until the pond was nearly vacant, so far as carp were concerned.

A: the end of a week the hunters found their wheat practically intact.

THANK GOODNESS IT'S DONE"

Woman Finishes Wonderful Quit Be gun 32 Years Ago. Philadelphia, Pa.-Mrs. W. K. Scott

4 just finished a quilt containing 7.639 variegated pieces. She started the quilt 32 years ago, when she mar ried but the entire time consumed in the making totals only five months.

How to Choose Protein Foods Economically

σοσοροροροροροσορορορορο Since protein is one of the most mportant food elements which the body needs and in most forms is expensive, housewives should take particular care in the selection of foods rich in protein in order that they may provide this substance in their diet economically, say specialists of the U.S. Department of Agriculture. The principles underlying the choice of such foods are discussed in Farmers' Bulletin 824, "Foods Rich in Protein". Protein, the bulletin points out, is the only form in which the very important element nitrogen is furnished to the human body. The substance is absolutely necessary for the building and repair of body tissues.

The best known foods rich in prote: in include meats, fish, eggs, milk, cheese, legumes, nuts, etc. The proteins of the different foods vary some what in character. It does not make much difference from which materials older persons get their supply of protein, though a variety of kinds usually is considered desirable. In the case of children, however, milk is the very best source of protein.

- Housewives may solve the problem of furnishing the needed protein of the diet economically, says the bulletin, hy learning how much protein is provided by the different food and then choosing the kinds which will furnish what the family needs for comparatively low cost and with little waste. For the assistance of housewives in making such comparisons, tables giving the amount of the protein in a pound of various profein rich foods, and also the percent ages of protein in the different foods are included in the bulletin.

In discussing the relation of the protein tood consumed in health, the bulletin points out that healthy persons should not make the mistake of assuming that it is necessary to measure their food as care fully as a doctor measures his medicines by even the food which he pre scribes for an invalid. If the body is in good-condition it adapts itself to the ordinary variations in its food supply. The danger comes when, day in and day out, the body gets too much or too little food, or when the kinds provided are not the most suitable. While there is no need to measure exactly how much protein is obtained with every meal, if the diet as whole is to be healthful and economical the person who plans it ought protein and other nutrients are need ed, and how much is contained in the different food materials and then choose accordingly. The bulletin contains recipes for the preparation of economical dishes rich in protein.

For The Housewife. Wet peach stains with cold water, rub on soap, lay in hot sun. Repeat antil stains vanish.

A clean damp mop passed rapidly over matting removes dust and lint and saves much dusting of furniture. When slicing tomatoes use a bread knife with saw teeth. This will cut the slices thinner and the work will be done more quickly.

Vinegar will sometimes revive colors -- one tablespoonful of common vinegar to a quart of rinsing water. Saturate well, wring tightly, dry quickly.

Save the envelopes that have transparent name spaces. Use for buttons, tapes, etc. When in a hurry it will save time to beable to see what each envelope contains.

Always pull the leaves off the stalks of flowers before putting them be in the water, not those above it And with flowers from any hard stalked sort of shrub the bark should be peeled off as well as the leaves.

Curtains that are individual in ef fect and durable are not often met A woman who takes great in terest in having her home individual and not a pattern of somebody else's has for her bedroom windows cur tains of muslin to which is applied a two-inch wide hand embroidered in pink with cross stich roses, and edged with a tiny edging of pink cro-

Needlework Notes.

Instead of embroidery in floss on sport hats; baby ribbon in bright colors is worked in designs looking as the it were darned thru the silk crown.

In making shoe and slipper bags for the friend who is about to travel. be sure to make each pair of a different material, which saves unnecessary opening. It is more convenient to make a seperate bag or envelope for each shoe and sew strong loops of tape at the ends so that they may be hung up in a closet. It is well to make the bags big enough to hold the shoes with their trees inside, for most people who wish to prolong the lives of their shoes keep the trees in always when they are not in wear.

The embroidered medallion is a splendid innovation for the woman who can afford but one hat, and who wishes to wear that hat with more than one costume. It is economy for such a person to purchase an all-black hat and then on this to use medallions embroidered in colors to harmonize with the frock or suit with which the hat is to be worn.

The excruciating pain of an aching ear will be soothed by dropping into The quilt is a beautiful piece of it count parts of glycerine, laudanum and awest off.

Eat More Cheese.

"Store" chiese - more properly known as American Cheddar - is more nourishing pound for pound, than any ment and therefore should have a prominent place in the diet as a meat substitute, says a statement issued today by the United States Department of Agriculture.

"Few people in this country eat cheese in sufficient quantities for it really to form an important part of the daily fare," says the statement. Indeed, it is used more often slimply as an appetizer or as a seasoning for some other food. Nearly every one relisies good American Cheddar or 'store' cheese, but there is an impression that it is indigestible and constipating. Extensive digestion experiments carried on by the Department of Agriculture have demonstrated that more than 95 per cent of the protein of cheese is digested and 90 per cent of its energy is available. Even when eaten in large quantities and for long periods, no case of indigestion, constipation, or other, disturbance was observed in those who ate it. One man who ate cheese as the chief source of both protein and nergy, eating an average of ounces daily, with bread and fruit, for more than two years, did a fair emount of muscular work and kept in good health

"American Cheddar cheese is a very satifactory substitute for meat. It can be kept in storage for a long time, contains much food value in small volume

"A pound of cheese supplies more than-twice-as much energy as a pound of fowl or round steak and almost twice as much protein as the same alrount of fowl or ham. Cheese, there fore, is usually a cheaper food than the meats.

"Cheese can be combined in many palatable dishes. When grated it may e used in soups or with many wegetables. Other foods in which cheese is used are: Macaroni and cheese, Welsh rabbit, tomato rabbit, baked rice and cheese, baked crackers and cheese, and cheese mush.

Cabbage Recipes by Uncle Sam. How to vary the preparation of cabage from "plain boiled" is suggested by the United States Department of Agriculture in the following recipes:

CABBAGE WITH SOUR SAUCE. After taking off the outside leaves emove tough stalk from a small head of cabbage, cut in quarters; soak in cold water and cook in boiling salted water in an uncovered dish, adding 14 teaspoonful of soda. Cook slowly from 30 minutes to one hour, drain and serve with the following sour

Melt one tablespoonful each of butter or other fat, then add one tablepoon of flour and 1-2 cup of milk. Stir over the fire until hot and add one teaspoonful of made English mustard and two tablespoonfuls of warm vinegar. Pour over hot cabbage. If preferred a plain cream sauce can be used

SMOTHERED CABBAGE.

Cut fine 1/2 head of cabbage. Melt two tablespoonfuls of butter or other fat in a pan and stir in two level tablespoonfuls of flour. Add the cabbage, one cup of sweet milk, 1 teaspoonful salt and 1/8 teaspoonful pepper. Cover closely and simmer slowly 30 minutes

CABBAGE PUDDING.

Shred the head of the cabbage closey and cook in salted water until tender. Drain and place in buttered dish in layers with sprinklings of grated cheese between. To two level table spoonfuls of melted butter or other fat add 2 tablespoonfuls flour, add a cup of milk, volks of 2 eggs, 1 teaspoon 1/2 teaspoonful of mustard Stir over fire until it boils, then add beaten whites of eggs. Pour over cab-bage, mix well and bake one hour. STUFFED CABBAGE.

Remove coarse outer leaves and core. Parboil for 3 minutes. Fill core and inside of each leaf with finely chopped left-over meat (raw meat is best), or sausage. Tie securely in cheese cloth. Place in kettle with-2 or 3 carrots and onions. Cover with stock, and let simmer slowly two hours or until tender. COLD SLAW.

Slice a small cabbage very finely. Soak in cold water until crisp. Drain and dry between towels and mix with cream salad dressing. It will improve the dressing to add to it a very little curry powder.

Health Notes.

One often finds himself without a oothbrush when spending the day o the night unexpectedly away from home. In such an emergency a rinse of soda water will prove effective in cleansing the mouth and teeth. rax water is also an excellent substi-

Light should fall over your left shoulder when you are reading, writing or sewing. If out in the sun when there is snow on the ground, it is best to wear slightly smoked glasses to soften the glare. They will be very restful to the eyes, will not attract unpleasant attention in the country and will prevent chronic wrinkles When the eyes are very tired, bathe them with hot water and boracic The habit of raising the brown con-

tinually will tend to produce wrinkles more quickly than the passing years. Whenever you are home alone, put long, narrow strips of court plaster just above the center of the eyebrows, halfway to the hairline. Every time you raise your brows this will be silent reminder, and soon you will learn to know when you use those muscles that you now use uncountry
onaly. Wear the plaster whenever
out on said better of the habit.



As long as you think you are fooling your intimates about yourself you may be happy in your ignorance, but you're not fooling them.

******* HEAD STUFFED FROM CATARRH OR A COLD

Says Cream Applied in Nostrils
Opens Air Passages Right Up. • {*************

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more hawking, snuffing, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh disappears.

Get a small bottle of Ely's Cream

Balm from your druggist now. Apply a little of this fragrant antiseptic, healing cream in your nostrils. It pen-ctrafes through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes in stantly. stantly.

stantly.

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh.

HEAVY MEAT EATERS HAVE SLOW KIDNEYS

Eat less meat if you feel Backachy or have bladder trouble—Take glass of Salts.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which authority. Meat forms uric acid which excites the kidneys, they become over-worked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and variance disorders come from sluggish urinary disorders come from sluggish kidnevs.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces and get about tour ounces of Jac Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids

thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.

DRINK HOT TEA FOR A BAD COLD

Get a small package of Hamburg Breast Tea at any pharmacy. Take a tablespoonful of the tea, put a cup of tablespoonful of the tea, put a cup or boilling water upon it, pour, through a sieve and drink a teacup full at any time diffring the day or before retiring, the teach and cure grip, as it opens the pores of the skin, relieving congestion. Also koosens the bowels, thus driving a sold from the system:

The it there are time you on for from

Try it the next time you suffer from cold or the grip. It is inexpensive and entirely vegetable, therefore safe and harmless.

RUB BACKACHE AND LUMBAGO RIGHT OUT

Rub Pain and Stiffness away with a small bottle of old honest St. Jacobs Liniment

When your back is sore and lame or initiogo, scattle, or riceinatism has you stiffened up, don't suffer! Get a 30 cent bottle of old, honest, "iii." Jacobs Liniment? at any drug store, pour a little in your hand and rub is right into the pain or ache, and by this time you count fifty, the sorciess and large research. lameness is gone.

Don't stay crippled! This soothing. constraing of needs to be used only out of your back and ends the misery.
It is marical, yet absolutely harmless
and doesn't burn the skin.
Nything else stops lumbago, sciation



ALL SHOT TO PIECES

WE HAVE THIS WEEK A FRESH CAR, OF DAIRY, HORSE AND POULTRY FEED!

Dairy Feed, \$3.30 per Horse Feed, \$2.90 per hundred POULTRY FEED at \$3.50 per hundred.

IY FEED STORE EAST JORDAN

Kitchen Work Made Light

Does it seem that even at its best washing of dishes is a monoton ous disagreeable task which no amount of planning can alleviate? I do not wonder that under certain conditions such is the case, writes a contributor to the Modern Priscilla.

A housewife's aversion to this occupation may be wholly due to so small a matter as the height of her sink. do not know why the average sink is designed for the very short woman, but it is so. To remedy this difficulty, there are racks which can be bought to be placed under the dish pan to raise the latter to the desired height. If one is not obtainable, rest the pan on the kitchen table or some other support that will not necessitate your stooping over while the dish washing is in progress.

Again an abundance of clean hot water is essential. There is no excuse for greasy, dirty water containing floating bits of food. Yet how many bousbkeepers, who pride themselves on their cleanliness, are guilty in this The common laws of sanitation demand a reform.

As to the accessories employed in dish washing, these should be close at hand. Besides dishpan, drainer, and cloths, they should include a sink. drainer, soap shaker, soap dish, washing powder, gritty cleanser of some sort, silver paste, and a supply of sal sods, commonly called washing sods. These may, for the most part, be conveniently placed on a shelf back of

The order in which the dishes are shed has considerable to do with the heaviness or lightness of the burden. Why not appreciably lessen it by attacking the hardest things first? To be specific. I would recommend first the cleansing of pots, pans, and kettles-what commonly come under the general head of "rough" dishes. Now these are apt to be quite obstinate, as every housewife knows. The some cases, but the very best treatment I have yet discovered for removing sticky hardened substances from frying pans and similar utensils is to sprinkle them with washing powder, cover the bottom with cold water, and allow them to simmer on the top of the stove. They will take care of themselves while the table is being cleared and the food put away. If some dish still refuses to yield to this means of loosening refuse matter, it is well, after the remainder of the dishes are out of the way, to allow it to soak in a soapy solution of washing soda for a time.

Next to the cooking utensils come the silver and glass. A clean dish cloth and immaculate towel are requisite for this part of the task. If an occasional piece of silver is found to be badly discolored, it will save time to clean it immediately rather then put it away soiled for it will have to be taken out and cleaned in any case before it can be used again. Only the china is now left, and the

care of this is scarcely any work at all if the housekeeper will let it drain itself without the use of a towel. I have seen housewives look askance at the adoption of this hotel method in the home, but far from being a slipshod way of evading dish drying, it is the only truly sanitary one. One of the most efficient housekeeping apphaces I possess is a durable rack of milvanized wire with a row of supports running lengthwise through the enter for holding the dishes upright. It has repaid its nominal cost - a - many times over. It must anderstood that if the dishes are to dry themselves, they must be Arat ografully washed and thoroughly ringed afterwards.

After the sink is washed (with a

cloth reserved specially for that purpose), all towels and cloths that have played a part in the dish wash-ing process should be cleaned and

hung out doors to dry.

For the Housewife. If curtains are allowed to dry there ly before being startched they will

keep clean longer. To remove machine oil from materials in which the colors might run use cold water to which has been added a teaspoonful of ammonia. Then wash with soap.

A drop of glycerin on pure linen will make the cloth transparent. If the material is adulterated with cotton the transparent effect will not re-sult from the glycerin test.

Moth balls and camphor are said to draw the gloss from the fur and also tend to deprive the pelts of their natural oil, so that the use of these time-honored preservatives should be regarded with some suspicion.
Some people object to fried foods on

account of the fat used. Fat need not be used: most foods can be fried simply by rubbing the pan with common table salt, then shaking it out and putting in the food to be fried.

In going over one's pictures eliminate all but the choicest and best beloved, and try group together the pictures whose subjects are somewhat related, or which have a similarity in frames .- Indeed, even when subjects are closely related, it is not possible always to hang pictures together, owing to a too great difference in the kind of frames. rule, any room looks better, especially small rooms, where only one color frame is used on all the pictures.

Here is given the explanation of certain terms in sewing:

A High Loper.
The "tenderfoot" does not always prove an easy victim. On one occasion a stranger to the West passed with flying colors the test that was set for him.

A citizen of Kalispell, Mont., a few years ago sent an article to an English sporting paper describing the eccentricities of bucking horses. An Englishman who was fond of hard-riding saw the article and came all the way to see for himself. He had a hunt for big game, and then he was ready to try the horses of the country. It was decided to give him the worst bucker, pitcher, biter and twister in the bunch. Word was passed around, and many cowboys and interested citizens gathered to the feast. The Englishman rode the animated earth-quake and managed to keep his seat. Someone asked how he liked the ani-

"Oh, I like him! I always like a bit of brisk riding. He lopes a little high, but I say—when does he begin to

A Just Debt.

A Western lawyer, it seems had been so unthinking as to offend a judge, a young man who had not had so much experience as the transgressing member in the practice of the arts of the profession. Recently in criticising a ruling of the court, the lawyer went beyond the bounds of genuine respect. The court announceed, in a voice which the offender did hot hear distinctly, that a fine of \$10 was imposed for contempt of court.
"What did he say?" asked the lawyer, leaning over the deak of the clerk, He was informed. Thrusting his hand into his pocket, the attorney said: "I'll I never ewed a juster deht

here are two kinds of women-

those whose clothes seem to have been made for them and these who seem to have been made for their

Only the unexpected interests us. History records the race won by the easy-going tortoise, but says nothing of the many previous races won by

Rainbow of **Optimism**

in this world is the kind that breaks right out while the rain is falling and the clouds lowering and creates a shimmering rainbow of color over every outlook. Not the kind of sunshine that beams in the easy, self-satisfied smile of the possessor, which rings truly enough in his voice when he says, "Cheer up; I don't find the world such a bad place," but which does not do much to scatter the gloom from the darkened life of a more unfortunate comrade, who probably just at that period is finding the world, if not such a bad place, at least a very sad one, and who is not in any mood to profit by another's active liver perfect digestion and generally bright outlook on life.

The man, or woman either, who makes the old world not only bearable, but absolutely pleasant, and at times quite delightful, is the one who completely forgets self and all selfish interests in the charitable thought for another's suffering and trouble; who not only refrains from gushing forth untimely the blackness of the gathering clouds a bright shaft of sunshine in the practise of the kind of optimism that counts. Such a one is not only welcome, but desired and sought, for her name is not legion.

An illustration of practical optimism was actively carried out in the experience of a friend recently bereaved. Two interested and well-wishing neighbors called upon her during the preparations for the funeral. The first fell upon her neck and wept copiously—this performance repeated at intervals during the day The second, with one strong, sure clasp of the hand, one steady look of silent but true sympathy, disappeared from view, to emerge in the midst of the work to be done. There were meals to prepare-life had to be sustained; rooms to set in order; mourning to be made. Did she think o home or self? No; zealously, tirelessly she labored, coloring everything she touched with the golden halo of real, practical sympathy - optimistic

John and the children, to be sure. were neglected for the time being, but their lives were tranquil and untroubled with grief. They could manage for a day or two, and manage they did, knowing full well that the wife and mother was scattering real love in her tireless labor for a neigh bor; was spinning wonderful colors across the darkened horizon. knew the secret of loving, helpful service - the real value of practical

optimistic labor-and she gave it On another occasion in the same community a woman in reduced circumstances was about to be turned from her home; she had been unfortunate in having much illness among her children; her husband was crippled and unable to do much to help and, burdened beyond endurance, the prospects were very dark.

Several women from a neighboring church c'led at the house, offered verbal words of sympathy, even made contributions toward the rent; one there was, however, who came in, talked over the situation in a clear, practical, bright manner, inspiring confidence and rathing the spirits of the depressed family by her glad optimistic outlook. With no money of her own to assist, she flew to a wealthy friend, laid the situation be fore her and emlisted her to pay the rent. She did not cease her efforts with this, however; for five months she labored in her mission of love Employment of a light nature was found for two of the children; sewing up for the mo

minimum their feet again and in a position to continue to help themselves, but she had given them such a taste of the real joy for practical and generous sympathy that their simple life was forever brightened by the touch.

Life is full of golden opportunities for the development of this spirit, and hundreds are availing themselves of them every day; but the army is not large enough yet to win, and the call is out steadily for recruiting forces? The real rainbow of optimism spans humanity's horizon, spreading the glowing colors of love and harmony over the drab everyday existence until-it fairly shines, the outlook different and life seems worth

Reduces Double Chin,

To help reduce a double chin, prachands lightly on the hips, fingers for skates and schoolbooks gone forever. ward. Drop the chin slowly on the collarbone; then throw the head back with a quick, even movement that is eles into quick play. Repeat ten times. 2—Turn the head quickly to the right till the chin is just over the right shoulder; then back again. Re-peat ten times; then turn the head to the left in the same way. Repeat ten times. Do not fire the muscles of the neck, but gradually increase the num-ber of exercises daily until you can practice each about fifty times with out after-discomfort.

Seam-Sewing.
When sewing seams that are inclined to stretch, pull them slightly from you with the left hand and the threads will not break after they are sawed .- Los Angeles Express.

Nature supplies a man with charcter, but the neighbors furnish his reputation.

It is easier for the borrowed umbrella to keep lent than it is for the

"Time is money," said the man who paid a jeweler \$1.50 for repairing a 98-cent watch.

According to an old Indian trad tion, the chief end of man is the one with the scalp.

An undertaker-is probably so called because he eventually overtakes the rest of mankind.

Discretion is the salt that preserves life and fancy is the augur that sweetens it. When women get their rights they

will send their husbands to war as their substitutes. Woman's nature is a mystery that man has never been able to solve

Neither has woman. Many a man is sorry he spoke at ter spending an hour pricing furni-ture and such things.

You never see a married man applaud a wife who gets the best her husband in a play.

As long as the earth is inhabited men and women will continue to still up trouble for each other.

Says a female lecturer: "The men hold the reins, but the women tell them which way to drive."

Carnegie's wealth wouldn't begin to

pay for enough hero medals if kiesing were really dangerous. Somehow a man never discov

that he is a fool until long after his

A man who is suppose bys that his better hairs idea of that; in short, the family were not beauty is only seelekin deep.

neighbors have found it out,

Discontented Wives.

The life of the average husband and father must be a supreme monotonous existence. But men seem to be so made that they can do the same things over and over again endlessly without complaint. Perhaps it is their nature, perhaps the result of long generations of patient bread

Women are different. I suppose mest women would like everything in their lives changed once a year, and I know some who would tear up all roots offener than that. Kathleen Morris writes in the Pictorial Review. One thing that holds us so tenderly to the children is that they change so constantly; last year's camera pio-tures are not this year's, and the pictures of a few years ago already give us a little pang at the heart. They were babies-they are boys and tice the following exercise: 1-Stand girls-and so soon they will be men erect, in military position. Place the and women, and bottles and cribs and So the children are safe in our hearts, and, for the houses—well, we move and shift and replace as much not a jerk, but yet puts all the mus as the family temper and income will permit.

But the man of the house comes in under the general rule. Being a man, he never changes, nor sees the need for change. Being a woman, his wife eyes him patiently, or morosely, or indignantly, as her nature decrees, and looks forward with a sort of terror to the long, unaltering years to come. He has no further surprises for her, and as the years go by, his virtues are taken more and more for granted, and his faults are more and more evident. He is good, of course; he is kind and true, but he tells jokes she has heard twenty times, he never touches fish, and he is fussy when his feet get wet! She feels that she could endure violence and neglect for a while, anything for a change!

This would be funny if it were not so tragic. The tragedy comes in because, at the last census, one couple out of every twelve were divorced, and statistics already indicate that at the next census the proportion will be even more serious. know that hundreds of thousands of men and women who loved each other once have come to coldness and bitterness, and the end.

Health Notes.

To make camphorated cream take an ounce of cold cream and add eighty drops of camphor. -- fest the cream before adding the camphor and beat briskly while it is cooling.

A good liver squeeze consists of standing erect, with the arms hanging naturally at the sides. Now throw the left arm over the head-and bend the body at the waist as far over as possible. With practice the fingers of the right hand will reach the floor. Reverse the exercise and bend to the

Arms that would otherwise be lovely are frequently marred by having very coarse skin. This is due to the fact that some of the pores are closed, and a flesh brush is splendid to open them. After the brush has been used briskly apply a softening

A soft answer makes 'em' think you are easy.

SAYS IT IS THE BEST IN THE WORLD Are you looking for a safe, reliable remedy for coughs, colds, croup and whooping cough? A. H. McDaniel, Box 51, Lindside, W. Va., writes: am glad to tell you that Foley's Honey and Tar is the best medicine in this world. I had a severe cough. Someone recommended it and before. I used half a bottle I was better."—Hite's Drug Store.

Clear, Peachy Skin **Awaits Anyone Who** Drinks Hot Water

Says an inside bath, before break fast helps us look and feel clean, sweet, fresh.

Sparkling and vivaciousbright, alert-a good, clear " a natural, rosy, hea are assured only by healthy co.m eman could induced to ado: change would housands of ten, women bath, what a take place. It sickly, and girls, or muddy complexio: the multi-"rundowns,"

tudes of "ne "rundowns,"
"brain fags and pessimists we abould see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indirectible waste, sour

neys and ten yards of bowels the previous day's indigestible waste, sour
fermentations and poisons, thus
cleansing, sweetening and freshening
the entire alimentary canal before
putting more food into the stomach.
Those subject to sick headache, biliousness, nasty breath, rheumatism,
colds; and particulary those who have
a pallid, sallow complexion and who
are constipated very often, are urged
to obtain a quarter pound of limestone
phosphate at the drug store which
will cost but a triffe, but is sufficient
to demonstrate the quick and remarkto demonstrate the quick and remarkable change in both health and appearance, awaiting those who practice indernal sanetation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood while the poreg in the thirty feet of bowels do.

COMB SAGE TEA IN FADED OR BRAY HAIR

If Mixed with Sulphur it Darkens so Naturally Nobody can Tell.

to open them. After the brush has been used briskly spply a softaning wash or an unguent. A good softener can be made from one ounce of bran with enough benzoin to moisten, and the juice of one lemon. Lemon juice, glycerin and rose water, one counce of each, also make an excellent lotion.

In the Sick Geem.

In the shence of a hot water bottle the nurse heated a skillet of sait, poured it into a paper bag and wrapped a towel around the bag. It was feend as helpful as the most modern contrivance.

A timencier is a main who collects:

All the money due him and gtands off every bill collecter that, calls on him.

A weman declares that the has the best husbland on parth, but that he can be sign that she gapects to meet him is Heaven. It is required to the maturial color and boom is completed.

Briefs of the Week

Born to Mr. and Mrs. Walter Davis, s day-ghter-Evelyn Jane-Feb. 19th.

ne Banks of our city will be closed this Saturday—Washington's Birthday.

At the Red Cross meeting, Thursday, Mrs. George Carr was elected Chairman of the East Jordan Auxiliary.

... It will cost you only 15c each to enjoy a whole evening with your girl at the Pythian Temple, Tuesday, Feb'y 26th. YOU ARE INVITED.

Miss Hazel Baker, formerly of this city, was united in marriage to Harry Davidson at Muskegon, Feb. 3rd. They make their home at Muskegon.

The Superintendents of Poor of Charlevoix County held a meeting at Charlevoix last Saturday. Supt. Herman A. Goodman and Farm Manager R. B. White attended from East Jordan.

Clinton F. Smith, who has been County Agricultural Agent for Charlevoix County during the past year, has resigned his position and left Boyne City, Monday, for his new home at Lapper. His successor has not yet h selected.

Charles Dean and Miss Bessie Irene Allen, two well-known young people of Eveline township, were united in marriage by Rev. C. E. Taggart at the Congregational church, Charlevoix, Feb'y 14th. The bride is a teacher at the Ironton school.

James H. Sinclair passed away at his home in Echo township, Sunday, Feb'y 16th, following a stroke of apoplexy. Deceased was 56 years of age. Funeral services were held Wednesday afternoon, conducted by a Central Lake pastor. Interment at Boss Cemetery.

The Herald acknowledges with thanks receipt of a copy of the Michigan Legislative Handbook for 1919-1920, through courtesy of Hon. Jacob E. Chew, Charlevoix County's representa-The little volume contains a fund of information relative to legislative matters, and anyone wishing to refer to it are welcome to call at this office to consult same.

A Mass Meeting will be held at the lose House next Monday evening, Feb'y 24th, for the purpose of organizing a Hunting and Fishing Club. About one hundred members have already been secured. Years ago East Jordan had a live organization and there are several good reasons for a similar one now. Come to the Hose House next | Boyne City, Friday, after an extended Monday evening at eight o'clock and help perfect an organization.

On the first page of this issue will be found a couple of later poems from the pen of Rev. Warren W. Lamport, formerly pastor of the Methodist Church here and now located at Frankfort. Mr. Lamport has always regarded East Jordan as an ideal place for a home, and, while the Master's work takes him elsewhere, he still is interested in things pertaining to our little city and enjoys reading The Herald's local news

Mrs. William Nowland passed away at the Richard Lewis home in Charlevoix, Monday, from influenza. Her husband passed away last week from the same disease. Mrs. Nowland was for early Miss Myrtle Isaman of East Jechn. She was born here in August, and was married to Mr. Nowland Sept. 26, 1905. She leaves three child- who will make their home with him. five sisters thos from here to attend the funeral which was held, Thursday, were Mrs. James Isaman, Miss Bernice Isaman, Nathan Liskum and Thomas Nowland.

FARM FOR RENT!

Eighty-acre Farm 21/2 miles from Charlevoix. Good Orchard, Running Water, Wood for tenant. Close to Wood for tenant. school. Address,

> R. B. White East Jordan, Mich.

16 165 **FARMS** FOR SALE!

One 40-acre farm 11/2 Fire from East Jordan.

One 40-acre farm, good building, 41/2 miles from East For terms see Jordan.

Roscoe Mackey

Mrs. Wm. Robinson was a Bellaire visitor Thursday.

Private Clifford Brown arrived home this week from Texas.

Att'y E. N. Clink was a Lansing business visitor this week. Mrs. Wm. Andrews left Friday for

Elk Rapids on business. Walter French arrived Tuesday from

Miami, Fla., on business. Mr. and Mrs. E. A. Ashley Jeft Friday on a business trip to Chicago.

The Meca Mica Ciub will meet with Mrs. C. A. Brabant, next Friday, Feb.

Mrs. Delbert Turk with children left Puesday for a visit with relatives at Rapid City.

Clyde Hipp returned Thursday from business trip to Saginaw, Detroit and Grand Rapids.

Earl Hager, who has been visiting his family here the past week, left Friday for the Soo.

Mrs. Hattie Kake and daughter returned home, Monday, from a visit with friends at Detroit.

Until further notice the Red Cross coms will be open for sewing on Tuesdays and Thursdays only.

Whose invited? Why, you are, Where? At the K. P. Hall for a social

evening, Tuesday, Feb'y 25th. Howard Woodcock and family moved this week to Traverse City, where they

will locate on a farm near there

Miss Maude Potter who has been guest of Mrs. Wm. Robinson, returned to her home at Bellaire, Thursday.

Mrs. Minnie Dougherty with children returned to Bay City, Monday, after a visit at the home of Mrs. Harry Raino.

Albert Blain returned to his home at Sidnaw, Wednesday, after a visit at the home of his son, Grover Blain, and

Mrs. J. A. Hice, formerly Miss Mamie Churchill, is here from Kalama-

Mrs. G. B. Hamilton returned to her home at Standish, Monday, after a visit at the home of her daughter, Mrs. G. W. Kitsman.

Miss Mable Hennings returned to visit at the home of her sister, Mrs. Peter Lalonde.

A Masquerade Party will be given by the Lady Maccabees on Monday evening, March 3rd, at the Oddfellows hall. Admission 15 cents. Everyone invited.

Dr. and Mrs. G. W. Bechtold returned home, Wednesday. Mrs. Bechtold has been visiting friends at Bellaire while he was at Grand Rapids on busi-

Mrs. E. W. Giles left Thursday for a visit with relatives at West Branch Her granddaughter, Miss Marjorie Wirges, who has been here visiting accompanied her home.

Fred Monroe was here first of the week from Toledo, Ohio, for a visit with relatives. He returned home Thursday, accompanied by his mother, Mrs. William LeMieux and husband

left Thursday for Mancelona, where their home. Her sister, Mrs. Albert Arnston, who has been here visiting, returned to her home at Mancelona

Rev. A. D. Grigsby, who has been Sunday, and from there goes to his outside needs. home at Toledo, Ohio,

Oct. 5, is dead from wounds received Joe Powers, not heard from since Sept. Parents have not heard from either of the boys for six months.

It is the oil, not the wick in a lamp that causes it to burn brightly. Unless the oil is replenished, the glow dies out Aliens is and the lamp becomes unserviceable, of property or overthrowing, of the of business. Some replenish it daily, under the provisions of the immigrathrowing their light and their influence tion act of Feb & 1917. This announceinto new corners; others believe they ment was made by Secretary of Labor can keep going on the reputation of Wilson in a letter sharply rebuking other years, forgetting the new readers, Micrometer lodge, No. 460, Internationnew customers arrive in the circle of al Association of Machinists, of Brook this community each day, that the readers of a generation ago are not here, and if they are, they have forgotten secretary denied that the aliens were the appeals of former days, Keep your business light glowing with the new oil

of advertising replenish it daily.

Miss Mary Morrison left Wednesday for a visit at Elk Rapids. viciting Charlevoix friends.

Gienn Brennan was a business visi tor at Bay City over Sunday, Lewis Ellis. Mrs. J. F. Kenny left Thursday on a

busidess trip to Grand Rapids. Supt. of Poor. A. B. Dole was over from Bellaire on business, Friday.

Att'y D. L. Wilson is able to be abou the city again, after his long illness. Rev. M. E. Hoyt is a Camp Custer and Lansing business visitor this week.

Mrs. James Secord and son left Satur day for a visit with relatives at Reed City.

Mrs. Wm. H. Roy left Monday for Detroit to attend the New Era Con-

Mrs. C. Lafrenier was called to Cadil lac Saturday last, by the illness of her daughter. Mrs. F. R. Williams returned Monday

from a fortnight's visit with friends at Miss Margaret Woods returned to Deward, Thursday, after a visit with

friends here. Mrs. J. A. Nickless left Monday for Standish, called there by the illness of her daughter.

Capt. Ora Bundy was here over Sunday from South Amboy, N. J., for a visit with his family

Henry Pringle came Wednesday from Detroit, for a visit with his parents, Mr. and Mrs. Geo. Pringle.

The W. F. M. S. of the Methodist Church will meet with Mrs. Richard Barnett on Friday, Feb'y 28th.

Will Sheridan returned to his home at Elmira, Saturday last, after a visit at the home of Supt. and Mrs. Keyworth.

Rev. R. S. Sidebotham and W. H. Sloan are at Detroit this week attending a New Era Conference of the Pres-A few friends gathered at the home

of Mr. and Mrs. Thos. Green, on the West Side, Tuesday evening, to cele brate the formers birthday anniversary

Mrs. Robert Menzie and Clark Schlicter returned to Vanderbilt, Tuesday, after a visit at the home of the former's daughter, Mrs. Roy Sherman

Mrs. Mariorie Boyd is a Grand Rapids

and Detroit business visitor this week zoo for a visit with relatives and She plans to open Millinery Parlors here first of the coming month in the Redmon Furniture Store. Mrs. F. R. Williams received a visit

from her brother, Dr. E. A. Morrison Dr. Morrison, whose home is at Ar mada, was recently discharged from service at Camp Sherman. Lieut. and Mrs. Stanley Risk with

daughter arrived Monday from Battle Creek for a visit with her parents, Mr. and Mrs. James Malpass. Mr. Risk has recently been discharged from Camp Custer. Mrs. O. E. Sundstedt left Wednesday

for a visit with relatives at Chicago. Her son, Ellwyn, left at the same time for Lake Ann, where they have a farm and where he will probably remain for

The G. A. R. and W. R. C. will meet at their hall on Saturday, Feb'y 22nd. They will observe Washington's birthday with a fitting program. All members and friends are invited to attend, commencing at 2:00 p. m.

In Tuesday's Casualty List is the name of William D. Gleason of East Jordan-wounded, degree undetermined. His father, Reuben Glesson. states that the young man was gassed Mrs. Albert Anderson and daughter in October, was in a hospital, and later returned to his unit-Hdqr Company, she joins her husband and will make 125th Inf. The casualty list is probably a belated report.

Orders from St. Louis, Mo., for ice in Cadillac received by one dealer totalled 1,000 cars. A prospective order is for 11,000 tons of ice. Other telegrams rehere the past fortnight visiting his ceived were from Toledo, Cleveland daughter, Mrs. James Gidley, and re- and Chicago to reach the limit of thirty. and Chicago to reach the limit of thirty newing acquaintances, leaves Saturday cars a day. Cadillac dealers are make for Morrice, Mich., where he will spend ing plans to go the limit in meeting

Gordon Miller hurried home to Cadil-Word received from Washington by lac as soon as he received his discharge Charlevoix relatives states that Joe from the regular army after serving Holecheck, reported seriously injured four years. He anticipated a warm welcome from his mother and father. in action on the battlefields of France. But his homecoming was the saddest event in his youthful career. Upon 25, is reported by government officials reaching Cadillac he learned that his as wounded, degree undetermined. mother was killed by a train near Mancelona two years ago when crossing the tracks in a buggy and that his father is an inmate of the state hospital at Trav-

Aliens found advocating destruction Advertising today is the oil in the lamp government by force will be deported lyn, for protesting against the deporta-tion of fifty-eight "alien radicals." The being deported without due proce law and asserted that they land been given fair trials.

Miss Alba Nowland spent the wee

Miss Wilma Potter of Central Lake is guest at the home of Mr. and Mrs.

Mr. and Mrs. Ervin A. Hiatt arrived Eriday from St. Authony, Idaho, for a visit with the latter's parents, Mr. and Mrs. Milo Fay.

Mrs. Felix Green returned home Friday from an extended visit at Whiting, Ind. Her son, John, with son, accom panied ner here.

Private Otto Kaley, who was wounded in overseas service, arrived home Friday. He joined his wife at Sutton's Bay recently. They came up from there together and are visiting Mrs. Kaley's parents, Mr. and Mrs. Wm. St. Charles.

Fuel Administration Notice.

The persons who purchased Eleven dollar coal from the Supernaw Produce and Fuel Company, please call at their office and receive your rebate

Presbyterian Church Notes Robert S. Sidebotham, Pastor.

Sunday, Feb. 23, 1919.

10:30 a. m. - "The Church in the New

12:00 Noon-Sunday School. 5:00 p. m.-Vesper Service. "The Fall."

6:00 p. m. Christian Endeavor Thursday at 7:30 p. m.—Bible Study.

The sermon Sunday morning will be he ideas formed in the Pastor's mind during the New Era Conference in Detroit. This conference was attended by Mrs. W. H. Roy, W. H. Sloan and the Pastor.

The sermon Sunday afternoon will be the third in a series on the early chapters of Genesis.

First Methodist Episcopal Church

Rev. M. E. Hoyt, Pastor.

Sunday, Feb. 23, 1919

10:30 a. m -Mr. Chilion Smith of Petoskev will speak. Mr. Smith is Chairman of the Four Minute Men of

12:00 m.-Sunday School.

6:00 p. m.-Epworth League. Leader, 7:00 p. m.-Rev. Jim O'Leary will reach. Everybody turn out and hear

Thursday p. m.-Mid-week services.

A vile tongue is twin to an unbathed body.

A college education is not necessarily knowledge education. Women tell gossip that hurts and

men tell truths that hurt. In one life, one friend, many foesyou're lucky to have the friend.

Self-praise may be half scandal but it's better than none. A child who is vicious, to his mother

is sick; and after all she is right. Before you "take the bull by the horns," be sure he is dead.

The deepest troubles are buried in the hearts of men; the lighter ones float on the surface.

WEST SIDE SCHOOL NOTES

We have a fine enlistment in our Health Crusade. The girls are 100 per cent-but we are sorry to say that a few of the boys seem to be waiting for the draft. The credits counting toward From Feb'y 26th to Mar. 2nd commissions are as follows:

Brushing teeth, 1 credit; O. K. on Jane and Katherine Lee in "We Should Worry." A Rollicking Kid daily appearance, 2 credits; a bath, 2 credits; washing the head, 3 credits. When one gains 30 credits he is made corporal; when he gains 45 he is Sergeant. The credits for commissioned officers will be determined later.

Wilma Pickard spent Thursday after noon visiting our school.

Mrs. Ingalls was a visitor in the first and second grade room Thursday after-

Wednesday the fourth grade reading class entertained the fifth and sixth grades by the dramatizing, "How s King was Found."

Miss Weston and Beryl Whiteford were callers Monday, after recess. The Kindergartenors are making

picture books, this week. The Fourth grade have finished their readers, and have started on their sup-

plementary work. The third and fourth grades are or- Life," Thursday March 6th. ganizing an Audobon Bird Club. Each member brings ten cents and gets his Audobon pin. We have been making bird houses, and intend to study the

birds as soon as they return. The Fourth grade of the Central School invited our third and fourth YOU KNOW, BUT SOMETIMES FORGET grades to a Washington Program Friday afternoon. Each grade had some-

Until you've learned that there are wo sides to every story and not mere- Antioch, La., writes: "I have used

Temple Theatre

WHERE EVERYBODY GOES.

PROGRAM

WEDNESDAY

10c and 15c

THURSDAY Peggy Hyland in 'Peg of the Pirates.' A Charming Star and Picture. 10c and 15c.

FRIDAY

Emily Whelen in "His Bonded Wife." A Metro Feature.

SATURDAY, March 1st. 11th episode of "Hands Up." The Official Government War Pictures. Pathe News Weekly, and "The Dippy Daughter," a Comedy.

10c and 15c

SUNDAY March 2nd. Harry Morey in "All Men." A Real Story of Real Life.

COMNIG-Charlie Chaplin in "A Dog's

A sweet smile sometimes adorns a roques face, but even so it is an improvement over the unsmiling rogue's face.

· Everybody knows an imitation is never so good as the genuine article. thing to do, and patriotic songs were Foley's Honey and Tar stands at the top of the list of family remedies for colds, croup, whooping cough, bronchial and grippe coughs. W. L. Anglin ly to some stories, you haven't learned Foley's Honey and Tar 15, years. It is very much. the best."—Hites Drug Store.

> WE TAKE PLEASURE IN ANNOUNCING THAT WE ARE NOW HANDLING THE

New Home Sewing Machines

THE BEST MACHINES ON THE MARKET.

Come In and let us show you

THE BEST LOW-PRICED Sewing Machine on the Market. These Machines have the Automatic Tension. Automatic Bobbin Winder, Loose Hand Wheel, Ball Bearing Drive Wheel and other late improvements.

> Automatic and Hand Lift Drop-Head. Cash or Terms to Suit Purchaser.

FRENCH & REDMON

We want you to try the new-

HOMEFURNISHINGS

IRON DUKE

The fine, white, flaky, rich flavored BREAD is such a relief after the war bread. on getting the new milled flour. For sale everywhere.

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CROSS TIES WANTED

The Michigan Central will buy, at good prices. all ties you can produce along its line. Call on local agent for particulars, or write B. A. Aikens, Purchasing Agent, Detroit.

Notice to Auto Owners.

Notice and warning is hereby given that all cars must have their 1919 License Tag with Number, if they are in use. Any car found on the highways of the city not properly equipped will be stopped and driver and owner

> HENRY COOK, Chief of Police.

CUT THIS OUT-IT IS WORTH MONEY

DON'T MISS THIS. Cut out this slip, enclose with 5c to Foley & Co., 2835 Sheffield Ave., Chicago, Ill., writing your name and address clearly. You will receive in return a trial package containing Foley's Honey and Tar Compound for coughs, colds and croup, Foley Kidney Pills and Foley Cathartic Tablets.-Hite's Drug Store.

A cheerful disposition covers a multi-

A well concealed evil character may, for a while; establish a good reputation -but it never lasts.

The trouble about holding a grudge is that it is generally so long before the chance comes to "get even" that when it arrives we forget what the wrong was that was done us.

DON'T FOOL YOURSELF.

A man suffering from backache, rheumatic pains, stiff joints or sore muscles may laugh and say these symptoms of kidney trouble "don't amount to anything." It is folly to ignore Nature's warnings. Foley Kidney Pills give quick relief in kidney or bladder troubles and 'it is better to be safe than sorry."-Hite's Drug Store.



Frank Phillips

Tousorial Artist.

When in need of anything in my lin call in and see me.

Special Offer

to the Readers of This Paper

Miyou will send us the names of five ladies Hypen will send us the names of ave ladies in your town who you think would like to rough the FAMILY STORY PAPER, we will send you and them each a sample copy, and will lade a reward left your effort your choice of any one of the followings.

Your choice of 10 High, Grade, Agnorted Bending Past Cards, Camp Scones, Sailor, Toys, Soldier Boys, Battleships, Hallowed, Ghankagiving, Christmas, New Years, etc. 1 Silver Plated Souvenir State Tea Spoun, The Ladies Fancy Work Manual for Croching and Embroidering.

cheing and Rashroidering.

System Oracle and Gypey Dream Book.

The Boy's Book on Toy Making.

Rashroo 6c stamps to help cover cost and poutage.

N. J. MUNRO'S PUB. HOUSE

335-340 Panti Re., New York.

Let Fish Cut the Cost of Living

TARREST SERVICES The average American ests twenty

pounds of fish per year. This includes, oysters, clams, crabs, lobster, shrimp, and mussels. One dietary suthority states that two hundred miles inland from our three coasts, the consumption of fish-food, per person, is less than a half pound annually. For purposes of comparison it may

be well for us to state that each inhabitant of the British Isles has fish on his bill of fare to the extent of one hundred pounds every twelve months, while the fish consumption, per capita, in Germany is one hundred and twenty pounds; Norway, Sweden and Denmark, one hundred and fifty pounds; China, two hundred and twenty-five pounds and Japan nearly five hundred pounds.

Latin-Americans are the only people who eat less fish than do the inhabitants of the United States, and this despite the fact that most of their countries have large seaboards. peculiar feature about the inhabitants south of the Rio Grande is that they prefer the old-style dried cod-fish, as salt as Lot's wife and with the skin and bone attached. This forms the essential ingredient of "bacalao a la Vizcava," a dish to be seen on all tables in Spain, Portugal, Italy and South and Central America on Friday. With oceans of water about them, teeming with fish, they are in reality too lazy to go after them and prefer them from the fishermen of the Maritime Provinces, whose small schooners bring cargoes to these countries yearly, returning with salt from Turk's Island, sugar from Cuba, rum from Barbadoes or Jamaica, and tobacco from other localities, all of they have taken in exchange for their dried cod.

There is absolutely no sane argunent against the larger and more ex tensive use of fish as a daily diet throughout the length and breadth of this land. It is ideal as a food. It is most nutritious and rich in proteins. It is most easily digested. It contains in great abundance the chemical: ingredients for making bone, muscle and tissue. As a food nothing detrimental can possibly be said against it. Fish, with the exception of a few species, are clean feeders. For this reason their meat is extremely whole some. No fish is as promiscuous and unclean in the provender it consumes

The United States Government, realizing that we eat less fish than the people of other countries, is beginning. a national advertising campaign to urge upon the American public, the value of fish as a food, from both the standpoint of economy and of health.

No country in the world is so completely surrounded by waters containing this standard dietary article. No country has profited less by its fish eries. We have completely ignored the opportunities within our reach. With the exception of one or two concerns the fishing industry in the United States has not kept pace with the demands upon it and is to-day completely unorganized and conducted along slipshod lines by persons unacquainted with modern efficiency methods. In this field of endeavor there exists a really great opportunity to serve the public, reduce the cost of living and at the same time make money legitimately from an industry destined to grow a hundred fold in ten

If we do not wake up to this facquickly the Japanese will have control of this trade, for they are now operating, not only in their own and waters, adjacent but have many packing plants and stations along our Pacific Coast, and in Mexico and Cashipping tippe the United States and also all over the world, especially to China and Latin-America.—Leslies.

For The Housewife.

Use thin pans and kettles over gas; they heat quickly.

The best comb for the hair is the hard rubber coarse comb with smooth, rounded edges that will not cut the hair. A fine comb has many disadvantages, therefore the all coarse comb is to be preferred. A metal tooth comb tends to pull out good hair and is liable to wound and scratch the hair. Never use a comb the teeth of which are broken. One should never try to save money at the expense of a good comb. The comb should be washed frequently in water to which ammonia has been added. Scrub out the teeth with a nail brush and soap. A sun bath is also good for the comb.

Needlework Notes. You can do hemstiehing on an ordinary machine, by placing blotting paper under the material and stiching thru the material and paper. After the hemstiching is finished, trim away the raw edges. Now all that remains to be done is to adjust the length and

make the hem at the bottom.

The vogue for hand embroidery still: is strong and it is no doubt because this fact that fashion has said that the single long stick should be used more frequently than any other, so that one can get the desired effect without spending too much time on the work. The vogue is a splendid one for adding an individual touch to frock or blouse. a ready-made placing the stitches, do not draw them tight, and yet do not have them too that each stitch lies perfectly flat and

711

When preparing to draw, the threads for hemselichter or draws work, take a small brush that has been disped in water, rub lightly en a cake of Boap and draw it evenly over the threads you wish to pull out. They will come easily, and will sel-

dom break. A strip of lrish lace about three inches wide forms the nucleus for a boudoir cap. It is long enough to reach from the forehead across the head to the nape of the neck. On each side of this are attached three overlapping frills of pleated net locking, sewed to a thip net foundation cap provided with a casing and nar-row rubber. Two pieces of half inch satin ribbon encircling the cap are caught at the front with a tiny ribbon rose and are knotted at the back into a rosette with long streamer ends. This cap can be worn with the Irish lace running across the head from ear to ear, the frills falling over the face and neck. It all depends upon the becomingness.

When your particular little boy sings for his supper see that he is set down to something as attractive as this little supper set. It consists of a traycloth of crash, all finished with fancy buttonholing in black and embellished with a procession of animals from the cross-stitch book. The bib. which Tommy Tucker will put on to protect his clean suit will follow the same general decorative scheme. Then there are two little napkins each with one of the cross-no, cross stitched—animals in one corner. These are used to form an extra protection under the little one's plate; especially if the cloth is used to cover his portion of a polished table. Surekiddle would not gr at a supper served under such attractive conditions.

Health Notes.

To cure colds mix one pint of lard and two ounces of camphor gum, heat and when cool add one tablespoonful of strong ammonia. Keep in cool airtight place. Apply to soft Hannel and put on chest.

A pure and wholesome remedy to correct constipation is called bran-lemonade. This is made by adding one pint of cold water to two table spoonfuls of wheat bran. Let this remain over night and in the morning add the juice of one lemon.

If an artery is cut, the blood is a bright red color and comes in spurts: this is very dangerous; act quickly. Send for a doctor at once, treat as in vein cut, crowding gauze into the wound, and hold tight with bandages Compress artery by tight bandages near the wound, but between heart and wound. The value of exercise in developing

certain parts of the body is well known. An excellent exercise for the development of the forearm is to stand erect and have the hands hang naturally at the sides. Then clinch the fists tightly and stiffen the forearms. Next twist the forearms, both, the right to the right and the left to the left, as far as possible without undue effort; then reverse the mo tion, the right arm to the left and the left arm to the right. Repeat a number of times. After this hold the arms extended straight in front of you and go through the same twisting motions. Holding the arms extended from the shoulders, sideways, toward the right and left, respectively, go through the same twisting motions.

For the Housewife,

A glass of vinegar put into the water in which salt fish is soaking will draw out much of the salt. A wire egg whip will beat a cake in less time and also will make it of finer

The inkstain on the rug will disappear if you can shift the rug so that the sun will shine on the spot.

Washing dishes in a wooden tub or bowl will spare them the chipping they so often get from a metal pan. clean na ounces of borax in two quarts of water, add one teaspoonful of ammonia and add half of this amount to a pail of water, using no soap.

If your wall paper is disfigured by a stain that cannot be removed, procure some of the same paper and roughly tear from it an irregular patch which is a little larger than the stain to be hidden. Carefully paste this patch over the stain. The irregular, forn edge of it will almost defy detection.

The traveler's closet may be hung up in a closetless bedroom and will keep dainty frocks free from dust. There is a wire frame at the top and underneath a rod to hold garment hangers. From the frame runs along a rod in front and may be drawn close or pushed back. The cretonie curtain folds up around the frame and the closet may be tucked into a trunk tray or even into a weekend. suitcase.

Recipes.

PRUNE PIE-Soak and cook one pound dried prunes, one and one-half cupfuls prune pulp and juice, add two tablespoonfuls cornstarch, one half cup sugar. Cook slowly until thick Cool. Have already baked a rich pie crust. When cool add prune fil-ling and cover with whipped cream,

sweetened and flavored.

POTATOES CURRIED — Chop and fry a good sized onion in a little butter until it becomes a pale yellow; add one half pint of milk and plain stock mixed and two tablespoonfuls rice flour. Boil-up and simmer till the onion is done. Cut some cold po-tatoes into dice, add them to the above with a teaspoon of curry powder selt and a little. le with the curdy powder.

FARTS YOU MAY NOT KNOW

The industrial accidents of New York State are more than 600 a Cay.

The building of St. Paul's Cathedral, London, required thirty-six

Toxes is the seventh State in pain of wealth, first in size and fifth in population.

In its per capita consumption of sugar the United States ranks fourth in the countries of the world.

Drawn by the scarcity of farm labor in England, many Danish young men are emigrating across the North

in the last five years the National

and States law-making bodies of the United States have passed 62,550 Fruits cool the blood by decreasing the amount of carbon and hydrogen

eat plenty. Alfred R. Quaiffe, vault clerk of the United States treasury, Washington, D. C., has handled \$25,000,000,000 in

in the body, which is why we should

China has the largest bridge in the world, extending five and a quarter miles over an arm of the Yellow Sea and being supported on 300 stone

his fifty years of service.

Scientists in both France and Germany are seriously trying to ascertain if there is any value in the divining rod for locating underground water and metals.

During the last year there were 1,306 fires caused by cigars and cigarettes carelessly thrown away in New York alone. The average loss of a fire is about \$569.

Wireless telegraphy was discovered by Marconi in 1897, and he conducted experiments in England the same year. On Dec. 20, 1902, a message was sent from Canada to Cornwall.

Charles Brown, a New Rome, Wis. farmer, has taken a contract with the United States Department of Biodogy to furnish that organization with 200 crows. An effort will be made to determine which kind of crows are destructive.

GENTLE JABS

Most of the budding geniuses get nipped in the bud.

Many a man has made a fortune by not writing poetry. Skin deep beauty is all right-if the

girl has the money. In order to hold his job a diplomat must hold his tongue.

A man may bow to the inevitable. but he doesn't lift his hat.

Some writers have a wealth of thought, and all have a thought of

Satan cares nothing whatever about man's attending church on the Sabbath if he gets his services the other six days in the week.

No wonder the fair sex is clamoring for equal rights. As it now stands, when a man dies his better half is entitled to only a third of his estate.

Riches do not bring happiness Neither does poverty, for that matter, so people might just as well accumuwhat wealth they can in an honest way.

ITEMS ODD AND CURIOUS

Enrico Caruso, the noted singer, who now earns as high as \$5,000 a night, says that I was happier when he was making \$10 a night than he is at the present time.

Sibera produces the best graphite for lead pencils thus far discovered. That is the source of supply for the Cerman pencils. Australia, as well as Siberia; produces the material for an indelible pencil. America has a fair amount of lower grade graphite.

Speaking of dreamy police forces. there is that of Montgomery City, Mo., where the Warren County jai has had no inmates for two years, altho there are twelve saloons in the county, and where for more than one year there has been no call for a petit jury in the Circuit Court:

Those who wish to live cheaply in restaurants are said to have an ideal haven in Los Angeles, Cal., where a certain 'Tamily" type of restaurant heans the food on the tables in great platters and bowls and allows each customer to help himself to all he wants, the astounding charge for wanton overfeeding of the person being set at "two bits," 25 cents.

An Icelander, visiting in Utah, rocently said that probably a third of his countrymen had come to this country, most of them settling in Washington, and ended with the startling assertion that they seek a milder climate, more like Iceland-Serve as soon as hot and impregnated, the East and Central States are too cold for them.

by pulling at it.

It is better to be a spinster than a divorces without alimony.

Wearing a bird of paradise on her hat will not make an angel of a wom-

Sometimes it is over quickest by jumping out of the frying pan into the

A self-centered man is one who exnects other folks to revolve around

Sometimes what a man thinks is his plety is superinduced by a disordered

A man may be an arrant hypocrite without being a member of any church.

Sometimes a man gets the idea that he is ambitious, when he is ownly dis-A great many matrimonial misfits

have been picked up in Cupid's second-Notwithstanding that doctors must

live, most persons prefer to pay a grocery bill. A man can usually build a good

enough reputation on the things be does not do.

Most men have sincere regrets when they let an opportunity to make money

Reputation may spring up like a mushroom, but it requires a lifetime to build character. Sliding into base has its disadvantages, but it shows that the player

means business. The opinions of some men might be appreciated more if they were pot given so noisily.

Nearly every person passes through an experience that tells him who his real friends are.

Few persons are willing to admit they have any habits they could not give up any time.

Some folks are likely to get the idea that Justice is not only blind, but deaf and dumb as well. The person who refuses to become

unduly excited over anything has a decided advantage. Some pastors never seem to find the range when trying to reach the devil

with gospel shells. When a man digs a pit for himself

even a red light will not keep him from going into it. If folks would fall out with their

own ideas occasionally perhaps they would revise them. Pouring oil on troubled waters is

good, but there is no excuse for setting it ablaze afterward. Nearly all newspaper contributions could be improved by passing them

through a condenser. What the country needs is a few

more patriots who are not writing the dollar mark on the flag. lot of folks think they could live

within their incomes if they could be increased when necessary. The man who speaks disrespectfully

of his wife to others needs a little watching along other lines.

Just because a man thanks you profusely for your advice do not conclude that he intends to follow it.

The man who thinks he has a hard row to hoe needs to keep his tools sharp and his courage strong. The man who has no faith in himself

should be ashamed to go around asking other folks to believe in him. It would save a lot of financial wor,

ry if every man could circulate his promissory note as legal tender. Some people make as awful fuse

about a man's being his own worst: enemy-but why should they care?

men may never outlive a reputation for being slow, but he can not afford to live under one of being fast.

text it may be said that he believes that scattered shot hits the most Did you ever notice that the good

wife always attributes her husband's indigestion to the meals he gets away from home? The man who tries to live up to

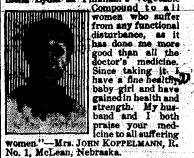
will have plenty of employment for one long lifetime. She was a wise spinster who said she would rather be laughed at for sot

A woman who is satisfied with her neighbor is never satisfied with her-self-but who ever saw a woman satisfrod with her neighbor?

laugh because she was.

This Woman Recom Lydle E. Plakham's Vene table Compound-Her Personal Experience.

McLean, Neb.—"I want to recom-send Lydia E. Pinkham's Vegetable



No. 1, McLean, Nebraska.

This famous root and herb remedy, Lydia E. Pinkham's Vegetable Com-pound, has been restoring women of America to health for more than forty America to neath for more than forty years and it will well pay any woman who suffers from displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues" to give this successful remedy a trial.

For special suggestions in regard to your ailment write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.

You can't restore an amputated leg by substituting a cork one, nor a faded beauty by paint.

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Physician and Surgeon.

Graduate of College of Physicians and Surgeons of the University of Illinois.

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