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THE DOOR OF LILAC GLASS

(© by D. J. Walsh.)

THE auction was half over. The crowd surged eagerly after the auctioneer toward the best furniture that stood on the porch. The bidding had been only half-hearted thus far for the tang of autumn in the crisp air had made sluggish pulses tingle and the acquisition of fruit jars with battered tops and worn rag rugs had not stimulated the onlookers to any degree.

Now, however, there were interested expressions and the woman in the furs forgot to frown when her neighbor elbowed her. There was a piano of New York make and a delightful little period desk with a tiny compartment behind a door of lilac-tinted glass.

"I can't see how a woman who could appreciate a desk like that could ever have lived in this deadly little town," muttered the fur-coated one to her companion. "There were rag rugs here."

Her hostess, a townswoman, flushed and pulled back the little girl who, taking advantage of her mother's preoccupation was pulling the tail of a police dog, which was being held in leash with some difficulty. "Don't do that, Dotty, that dog will bite you."

"She never minds. Let her get bitten," answered the guest indifferently "I shall bid on that desk."

The dark-haired girl holding the great dog looked white and spent as she moved away, the chain wound around her slender wrist.

"You'd do better to stay away, Betty," murmured a sympathetic voice; "it only hurts you to see strangers touch your cousin's things. What she ever did with that deed is more than I can understand. If only she had had it recorded."

"Aunt Rose meant me to have the little place," there was an intense longing in the young face and her friend noted that the soft brown eyes turned involuntarily towards an upper window across the street where Betty's aged mother sat watching the sale of the only home she'd known for years. The losing of the expected and promised inheritance meant that Betty must defer her marriage as she was her mother's sole support and instead of marrying Bert and settling down in the cottage, she must pay rent as well as board.

"Can't see, Betty, why you hang around," commented a clear hard voice; "you know that everything is left to me. I say: sell off all the junk and get real money for it."

Betty regarded her distant relative without enthusiasm. "You know that Cousin Rose deeded the place to me. If I choose to bid on anything of hers I surely have the right."

"Surely," returned the woman coldly. "If you can pay the price. No credit, remember."

Betty turned away.

"We'll start this desk at $5. Who'll give me $5.50?" The auctioneer's hawklike eyes swept the crowd.

The white face up at the window was pressed against the pane and Betty waved her small, gloved hand. She knew her mother wanted that little desk intensely and she had determined to get it for her, no matter how the bids went. The invalid had seemed to have some deeper feeling than Betty could comprehend concerning the worn and marred bit of furniture. "Seems, Betty, that I must have it," she had said.

But, when the bids, raised by the fur-coated mother of the spoiled child, Dot, reached $50 Betty caught her breath. If she met this price it meant she must forego her new winter coat that she had planned for and—going shabby when Bert loved to see her look nice.

"Fifty-two-fifty, who'll give me fifty-five?" droned the auctioneer. "Can't give this desk away. Come now, fifty-five."

Betty had handed her dog over to her neighbor and now stood hesitating. The desk wasn't worth that money to her. If only her mother had set her heart on some trifle. Uncertainly she looked up. Her mother had raised the window to listen to the bids and Betty saw the gray head turn aside now. She realized that her mother had given up hope when she heard the price.

"Fifty-five," cried Betty clearly.

"Absurd," snapped the guest from the city.

Betty gave the girl clerk her check and started across the trodden turf for her log.

"Run ahead and untie that beast," cried the woman in the fur coat, angrily. "That girl just bid up the price because she saw I wanted the desk. Do it, Dot. I'll teach her a lesson."

Dot, delighted at the spiteful order, darted across the lawn.

Betty lifted the little desk and, waving gaily up at her mother, started to carry it away.

The crowd now surged to the piano and, in the excitement incident upon the unleashing of the big police dog, a small boy took advantage of his absorbed mother and started a small car parked well up on the grounds.

Betty, carrying her desk, looked up as she heard a shrill cry and saw that the city child, Dot, was right in the path of the wildly careening flivver. No one seemed to see the child's danger because she was small and her coat a russet brown that blended in with the dying grass and shrubs.

With an inward prayer for speed Betty dropped her burden and flew to the child, dragging her away barely in time.

A neighbor leaped into the open car and jammed on the brakes, but not before there was a splintering sound.

"Oh," breathed Betty bleakly, "the desk!"

Dot was quite unharmed but the desk was a clutter of kindling wood and shattered bits of lilac-tinted glass sparkled in the late sunshine.

Across the street a gray head bobbed with excitement until a thin voice cried, "Never mind, Betty, the girl is all right."

But her daughter, kneeling down in the mass of splintered wood was smiling. In the ruins of the secret compartment beneath the lilac glass door lay a paper.

The deed giving the house and its contents to her "beloved cousin Betty" had been hidden by the forgetful old lady and, had not the accident happened, the paper would have remained there well hidden.

"You may stop the sale," instructed Betty, approaching the auctioneer, "for I shan't part with the things Cousin Rose cherished."

Timid Young Man Gets Points on Reporters

A timid young man who writes printable poetry has recently been engaged as a reporter on one of the New York dailies. Two days before he got on the job he was concerned about whether he was going to qualify for the new work.

"Tell me," he urged, "do reporters tear madly around the city room as they are usually pictured doing? Isn't it permissible ever to walk, not run, to the nearest exit?"

It wasn't made quite clear where the young man had received his information, but a newspaper reporter in the group was able to comfort him.

"Don't you worry about that?" he said. "The best reporter I have ever known never got up from his desk unless some one brought food into the room. The rest of the time he divided between writing and calling for the 'copy' boy. He was the laziest man on the staff. And he happened to be the most brilliant."—Exchange.

"T. R." Took No Chances

When we reached Saganmore (after a picnic) mother went into the house saying, "Come with me, children. You must each of you have some Jamaica ginger to keep off colds."

Now Jamaica ginger was a particularly noisome medicine. It came from a bottle that was kept in the family medicine chest in mother's room. We all hated it.

As the swing-door closed behind her, we gathered in a little knot about father. "Father, won't you ask her not to give us ginger?" He looked at us quizzically. "Children," he said, "I don't dare interfere. I shall be very fortunate if she does not give me some of it."—Theodore Roosevelt in All the Family.

Early Life Insurance

Life insurance was introduced into England by the establishment of the Amicable society in 1690. It was introduced from Great Britain to America, in Philadelphia, 1759, for the relief of Presbyterian ministers and their widows and children. This was followed by a similar corporation for the benefit of Episcopal clergymen and their widows. The first company to attempt a general business was the Insurance Company of North America, organized in Philadelphia in 1794.

Slavery in England

Slaves were bought and sold openly in England until the year 1772, when the court of king's bench decided that the institution could not legally exist "in England." It was not until 1833 that parliament passed the act freeing the slaves in the British West Indies, by appropriating £20,000,000 to pay the slaveholders. The total abolition of slavery in the British African and Asiatic dominions did not take place until a few years ago.—Pathfinder Magazine.

When Ocean Freezes

The water in the ocean freezes very slowly and imperfectly. This is demonstrated by the uncertainty of the ice in the Arctic seas. Ice formed of sea water is less salty than the sea water itself because part of the saline particles are rejected in the freezing process.

Aristotle Easy Victim of Feminine Cunning

There was an amusing story in the Mentor of Aristotle, the philosopher who submitted to a gross indignity for love of a girl in a silken skirt. In Alexander's boyhood Aristotle came from Athens to be his preceptor. With the young prince he occupied a separate house in a garden. This freedom from the parental eye encouraged the youth to indulge in goings-on with Phillis, one of his mother's maids-in-waiting. Aristotle told the king, who promptly took the girl to task and put Prince Alexander out of reach of her.

And this was her revenge: One morning she put on the flimsiest dress she had and picked out a place where Aristotle could see her as she stooped to pluck flowers in the garden. Now this was the savant who had written, "Beauty is a recommendation infinitely stronger than any kind of learning," and who had curtly replied, "You ask a blind man's question," when a disciple put to him the query, "How does it come that we prefer beautiful women to those that are ugly?" The philosopher was no older than his pupil when tantalized by a bare-legged girl in a wisp of silk. He fell completely the prey of Alexander's inamorata, made proposals of love to her, frantically agreed to do anything she asked of him.

If you have not heard the story you will be a bit upset to learn that on her demand he submitted to be saddled and ridden around the garden with the silken strands of her girdle for reins—he on all fours, she with a rose branch in her hand, a smile of mischief on her lips and her airy draperies flowing over the galloping figure of the scholar. When the poor man was panting for breath she hopped off his back, gave him a slap and told him to go to the devil. It was after that that Aristotle wrote his book on the cunning of women—plain or fair, in silk of cotton—and set down the bald conclusion, "There is no remedy except that of keeping away from them."—Mrs. Jerome Napoleon Bonaparte in the Mentor Magazine.

Planning the Family Budget

Many Farm Women Keep Household Accounts in Connection With Their Home Demonstration Work.

(Prepared by the United States Department of Agriculture.)

One of the New Year's resolutions made by a good many families is to live according to a budget or definite spending plan for the coming year, but unless there is also a good method of keeping track of money as fast as it is spent so that the outgo may be frequently compared with the estimate, the resolution may fail to bear fruit.

To meet this need for a practical household financial record, the bureau of home economics of the United States Department of Agriculture has designed a convenient loose-leaf account book which may be obtained from the superintendent of documents, government printing office, for 50 cents. However, any ruled blank book may be arranged in a similar way, using the page-to-a-class-of-expenditure system. A square notebook opening at the side rather than at the end, so as to permit ruling columns entirely across two pages, will be found desirable.

How much money do you expect to handle next year and from what sources? Set it down at the beginning of the book. Work out an estimate of probable expenditures for the entire year, getting the whole family to help remember what will be needed, and when the estimate fits the income enter it next. There are a good many classes of expense in most families—food, housing, operating, furnishings, clothing, health, development, personal, automobile, and savings, including insurance. Allow a page or more for each. The edges of the book may be cut out for a marginal index. Provide a summary page to be filled in at the end of each month. Other pages you may wish to include will show "property owned," "household inventory," "record of insurance policies," "record of investments." The bureau of home economics has kept the needs of the farm woman especially in mind in planning the loose-leaf account book with special pages for such items as "products furnished by the farm," "garden record," "poultry record," "canned and preserved goods record," "accounts receivable," "accounts payable." Pages that do not apply to one's needs may be dropped under the loose-leaf plan.

At the head of each class of expenditures, set down the amount shown in the estimate for that purpose. Make a sort of game of trying to keep your expenses for that item within the required figure. Compare results as shown in the summary with what you expected to have to spend. This will give you an idea about planning your next budget. The record and the estimate, taken together, will show very conclusively what you are getting for your money and whether some departments of living are costing more than they should.

The home demonstration agent in this picture from Ohio is conferring with a farm housewife on her budget for next year. She is showing her how to plan her expenses and make an estimate, and how to record in a convenient and practical way the various items that complicate the rural housewife's records.

Some Good Things for the Table

By NELLIE MAXWELL

"The house beautiful resembles the face and form of man. For real beauty requires character; and a home without home features, a home which does not reflect the spirit and tastes of its inmates, is a mere shelter, no matter how costly."

When a dainty and wholesome dish may be prepared for the main dish at luncheon with small amounts of vegetables and a bit of meat the cook may feel assured that the expense saved is quite worth while.

Hot Vegetable Timbales.—This is a very pretty as well as a tasty dish. Cook one beet, skin and chop into dice, add one cooked carrot and one cooked turnip, also diced. Cut into bits one stalk of celery and a cupful of green peas and add enough mayonnaise to moisten. Soften half a package of gelatin which has been dissolved in one cupful of water. When beginning to stiffen fold in one-half cupful of whipped cream, after seasoning well. Decorate when unmolded with stars cut from boiled beets or halves of walnuts.

Green Pea Timbales.—These may be prepared from green fresh peas, canned or even dried. Cook the peas with a little onion until very tender, then drain and press through a sieve. To one cupful of the pulp, add two well beaten eggs, two tablespoonfuls of cream, two teaspoonfuls of butter, salt, pepper, paprika to taste, a pinch of mace and a half teaspoonful of sugar. Pour the mixture into buttered molds and bake as usual. Serve with a white sauce to which a bit of chopped pimento has been added.

Mexican Tomato Canape.—On a round of nicely browned and buttered toast lay a slice of tomato. Cover with a sauce prepared thus: Mix one teaspoonful of chili powder and half a teaspoonful of salt, add two tablespoonfuls of oil gradually. Beat thoroughly, add a beaten egg yolk, beat again and add four tablespoonfuls of mild vinegar gradually, then fold in the white of a beaten egg and a pinch of salt. Top with the egg white, dust with paprika.

Coffee Spanish Cream.—Heat half a cupful of coffee with one-third of a cupful of cream. Add one tablespoonful of gelatin soaked in one-fourth cupful of cold coffee. Heat to boiling, add one beaten egg with one-third of a cupful of sugar and a pinch of salt. Remove from the fire, stir in one egg white beaten stiff. Mold in small cups and serve cold with cream or custard sauce.

Squaw Dish.—Fry several slices of bacon, cut into small pieces, in an iron skillet and when brown add a pint of fresh corn cut from the cob. Mix all together and fry until well done. If a green pepper is at hand, cut it and cook for five minutes in the bacon before adding the corn.

Prune Cottage Pudding.—Prepare the pudding just as a plain cake batter, sprinkle with sugar when putting into the oven. Serve cut into fancy shapes or squares, topped with a lemon sauce or whipped cream, garnished with a large cooked prune. Prune sauce may be used with the pudding instead of the lemon sauce. This is even better served hot with a hot sauce.

This is the time when the housewife will add a few more delightful glasses to her fruit closet. The following will be something to enjoy in various ways during the winter:

Quince Paste.—Bake quinces with equal parts of sugar. Take equal parts of sugar and water, boil together until a drop stands alone in cold water. Add this sirup to the pulp, cook over the heat stirring until it is difficult to stir, then add a few balanced almonds and spread out one-half inch to dry. Cut into diamond-shaped pieces and arrange in layers with waxed paper between them.

Oyster Stew.—Clean one quart of oysters by placing them in a colander and pouring over a cupful of cold water. Carefully pick over to remove any broken shells; reserve the liquor. Heat the liquor to the boiling point, add the oysters and cook until plump and the edges curl. Remove them to the tureen, add one-fourth of a cupful of butter, salt and pepper to taste. Scald one quart of milk and pour over the oysters and liquor and serve at once.

Tomatoes au Ritz.—Prepare toast and lay on each buttered slice a few slices of tomato to well cover, season well with salt and pepper, cover with grated cheese, pour over a rich white sauce and bake until well heated through. Serve very hot.

Poached Peaches.—Lay half a canned peach on a slice of cake. Put round it a ring of meringue and brown in the oven. Serve with a custard sauce around the cake.

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To Make Embroidered Footstool

By JULIA BOTTOMLEY

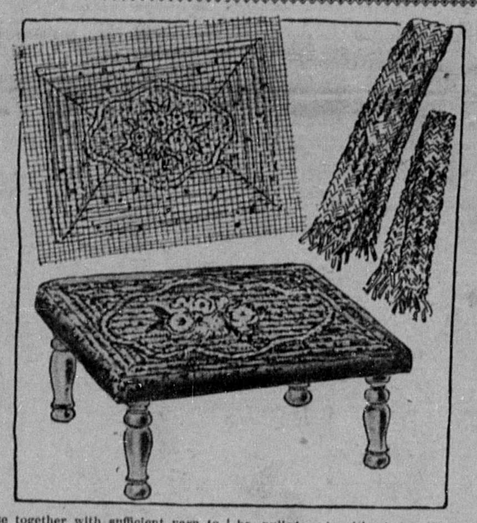
To the woman who delights in bestowing gifts of her own making upon her best beloved friends, here is a suggestion—a needlepoint embroidered footstool. The material costs comparatively little, the work is simple, and taking it all in all, a handsome footstool topped with a hand-worked piece of novel tapestry embroidery makes about as worthwhile a gift as one can conceive.

Yes, we agree that it is rather early to be talking about Christmas presents, but really, in order to avoid the frantic eleventh-hour rush which always comes to those who "put off until tomorrow that which should be done today," one should be "up and doing" this very minute. Besides, there is this to take into consideration, after you have finished one of these embroidered footstools, it is more than likely that you will be wanting to make another and another, and perhaps another.

You can get the necessary materials, even including the footstool, already upholstered ready for its embroidered top at almost any of the fancy-work departments in the department stores, or in any specialty shop which sells embroidery and fancy work equipment. The work itself is reminiscent of the needlepoint canvas samplers and cushion tops which Colonial dames took such pride in making and which have been handed down from generation to generation as family heirlooms.

Heretofore, the problem has been to procure a suitable stool without the necessity of going to an upholsterer, but only this year a footstool has been gotten out which sells at a moderate price in the fancy-work departments, to which the tapestry can be attached by simply placing it over the stool and tacking it down either with tacks or by sewing it down.

Note the canvas pattern at the top of this sketch to the left, also the braided skeins in the opposite corner; these together with sufficient yarn to fill in the background in a solid color, constitutes the materials, the footstool, also carried in the fancywork department, being purchased as a separate item. The colored yarn enough to complete the patterned design is conveniently done in braided skeins as pictured, so that each strand can be pulled out without tangling the rest of the strands. The yarn to fill in the background does not come with the outfit, it is bought separately, for most women, if they do not use black, prefer to select a color that harmonizes with the particular room where the stool is to be used.



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GROUND BEEF ON TOAST A TASTY DISH

(Prepared by the United States Department of Agriculture.)

A suitable lunch dish for the younger children and a tasty one for the whole family is ground beef on toast. This is one of the simplest and most attractive ways to prepare the cheaper cuts of beef. When cooked under a broiler for just a few minutes the ground beef has all the rich flavor of broiled steak, and the juices which cook out of the meat flavor the toast. In case a broiler is not available cook the ground meat for a very short time in a hot skillet and serve it on buttered toast.

Excellent Lunch Dish for Children is Ground Beef on Toast.

Toast slices of bread on one side. Butter the other side and spread it with a layer of ground raw beef about one-fourth inch thick. Sprinkle with salt and pepper and dot with butter. Cook under a broiling flame in the gas oven until the meat is done but not too dry. Serve with parsley garnish and pickles. If you are serving the dish to children omit the pickles.

SOME PLEASING SALADS

Place pieces of grapefruit on lettuce. Top with a slice of orange and sweet dressing.

Select large orange and grapefruit. Peel and skin out the sections. Place lettuce leaf on plate. Arrange two series of fruit, grapefruit, orange and pear, across the plate. Stripe the top of each with a thin cutting of green pepper.

Oranges, sliced and covered with sliced bananas and walnuts.

Four dates or soaked prunes, stuffed with cheese on sections of grapefruit or orange.

WELSH RAREBIT AS A WINTER DISH

(Prepared by the United States Department of Agriculture.)

As a matter of fact, there's no rabbit in it; cheese is the principal ingredient. Twenty or thirty years ago Welsh "rarebit" as it is more correctly called, was just as popular as it is today for serving as a late evening snack after a drive on a cool fall evening, or in colder weather after a skating party. The main thing was to concoct something hot and tasty as quickly as possible, and in the days of chafing dishes over alcohol lamps the making of a Welsh rarebit was the ultimate of a girl's culinary art. The chafing dishes are usually electric nowadays, but none the less attractive when brought right to the table so that the cooking is done in the table party waits and watches the whole process. The advantages of the method of cooking described herewith by the bureau of home economics are that the "rabbit" may be prepared ahead of time except the egg. Then it can be reheated and the egg added just before serving. Occasionally, any left-over rabbit can be used as a sandwich filling, or as a topper for rice or macaroni. In the latter case it may need thinning down with milk.

1 cup milk	¼ tsp. salt
1 tbsp. butter	Few dashes tabasco
½ tbsp. flour	Few drops onion juice
1 cup grated American cheese, flaked	Few drops soy sauce
1 egg, beaten	

Heat the milk in a double boiler. Mix the melted butter and flour, and stir into them a small quantity of the heated milk. Add to the remainder of the milk and stir until thickened. Add the cheese and the seasonings, and beat lightly until the cheese has melted. If it is not to be eaten at once, set it aside to cool. When wanted, reheat and pour a little of the cheese mixture into the egg. Then add this to the "rabbit" and cook for two or three minutes longer. Serve on thin crisp toast or crackers.

Evening Story for the Children

By MARY GRAHAM BONNER

Nick and Nancy had been to visit some cousins who lived in the city, and when they came home they told Daddy about it.

"But there was something strange about the apartment where they lived," the children said.

"Yes?" said Daddy.

Then Nick went on to explain that most of the apartments—and the one in which their cousins lived, was one of them—did not have any fireplaces, and they wondered how in the world Santa Claus could get down their chimneys when there weren't any chimneys.

"I never heard," Nick said, "that children did not have visits from Santa Claus because they lived in apartments, but it puzzled me."

"Ah, I can explain that," said Daddy.

"Please do," urged Nick.

"Yes, please explain," said Nancy.

"When they began to build these great, big apartment houses, years ago," said Daddy, "Santa Claus was on the lookout.

"'Now,' he said to himself, 'I must think of a way to get to the children who will live in those big buildings.'

"The people went on building, and they were so interested in watching the floors grow—one went right on top of the other—that they seemed to forget all about Santa Claus and his one trip of the year, which is worth more than anything else that happens.

"And then the people began to build fire escapes. For, they said that when the buildings were so large and there were so many rooms, and so many families they must have a way of getting out in case of fire.

"And from top to bottom of every building, on every side, they put fire escapes, so that no home was without one.

"I Know What to Do."

"'Well,' said Santa Claus, as he drove his reindeer over the roofs of the city that night, to see about his Christmas trip, 'that is something I like!'

"'Now I know what to do!'

"So when Santa Claus goes to the city homes where there are no chimneys, he leaves his reindeer on the roof, and down he goes on the fire escape to every single home, and in he gets with his pack.

"After the children are asleep the mothers and daddies unlock the fire escape windows so they're all ready for Santa Claus.

"So you see Santa Claus can always find a way of getting to children!

"There is never anything that can keep him from the children on Christmas Eve.

"Oh, yes, Santa Claus visits the cities and the villages and the farms.

"He just has to do a little differently in some homes than in others.

"But it makes no difference to him what they may build, for, after all, children are children, and Santa Claus is Santa Claus, and so you need never be worried or puzzled again.

"He can always find a way to make his visit to children every year."

"We knew he could, we knew he could," said the children, "but we are so glad to know just how he does it."

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HINTS FOR HOUSEKEEPERS

When using a meat chopper to prepare bread crumbs, put a paper bag over the mouth of the chopper to keep the crumbs from scattering.

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Mattresses which are turned and sunned regularly and protected by washable pads will not only last longer but will also aid sound sleep.

• • •

Variety and contrast in the foods chosen make the meal appetizing and interesting. This applies to texture, color and flavor.

• • •

Short-footed stockings can cause almost as much trouble as short shoes. Buy them half an inch longer than the foot for toe comfort.

• • •

When choosing linoleum for the kitchen keep the color scheme of the room in mind and select a pattern that is not too large and does not show soil.

Camera Finishes Picture

Invented by a blind man, a camera which takes pictures and makes prints at practically the same time has appeared in London. It has two lenses, one being the ordinary camera "eye," and the other admitting only ultraviolet rays. Films and paper are inserted together, and whenever the shutter is opened a secret "gas" is released from a small cylinder to develop, fix and print the exposures. When the spool is removed the photographs are unwound at the same time.

Can Vegetables Promptly

Vegetables should be canned as soon as possible after they are brought in from the garden. Flat-sour may develop if vegetables are allowed to stand in a warm kitchen.

Train the Man

Marriage would have fewer wrecks if it were as pleasant to live with a man as it is having him drop around evenings bringing candy, flowers and tickets for the shows.—Cincinnati Enquirer.

Precept and Practice

Some people spend so much time and energy in condemning evil that they have no time or energy left for the business of overcoming it with good.—The Congregationalist.

HOW TO [illegible] LONGE[illegible]

By JOHN CLAREN[illegible]
A. M., Sc. D.

Director of Public Healt[illegible]
State of Pen[illegible]

Food [illegible]

IT WAS recently [illegible] two internationally [illegible] explorers sustained life [illegible] torily on an exclusive me[illegible] living in the temperate zo[illegible] gaged in sedentary habits. A[illegible] the same time a young lady cl[illegible] that she had actually flourished [illegible] months solely on peanuts. And st[illegible] another experimentalist announce[illegible] the world that bread, milk and c[illegible] constituted the perfect dietary. [illegible] food fads are born.

However, when it is all said [illegible] done, these digestive excursi[illegible] merely prove the amazing flexibi[illegible] of the human system to food adj[illegible] ment. And while from a news st[illegible] point such studies are interes[illegible] they are likely to result in [illegible] than good. The reas[illegible] that there are so ma[illegible] minded people who are [illegible] anything new if it rela[illegible] question and particul[illegible] nected with the red[illegible]

It must be rem[illegible] various kinds of [illegible] contra-indicated in [illegible] ence of disease. [illegible] foods, so far as th[illegible] is concerned, are e[illegible] healthful to consum[illegible] sweets, meat, milk, [illegible] their by-products hav[illegible] place on the daily [illegible] portant thing is to [illegible] al diet balance an[illegible] erately.

Therefore, [illegible] interior [illegible] you ha[illegible] not go[illegible] life i[illegible] attit[illegible]

De[illegible]

IT IS only na[illegible] rior feeling [illegible] achievements. [illegible] scrapers and al[illegible] tricity are enough [illegible] the most modest of [illegible]

And with moder[illegible] sewage disposal [illegible] other magnificent [illegible] prevention and cu[illegible] ly logical to develo[illegible] titude on the question [illegible]

Has not the span [illegible] creased at least twen[illegible] last two decades? [illegible] laws the best [illegible] forced in m[illegible] easier and [illegible] before? We [illegible] questions is e[illegible]

But in spite [illegible] and disturbing fa[illegible] the great number of citizens [illegible] attained fifty years, increa[illegible] ity has no application what[illegible]

Resting in a sense of [illegible] hundreds of thousands [illegible] have reached the o[illegible] turn in life are dying at [illegible] of years ago, and sad to sa[illegible] creasingly dying. This is ha[illegible] because they are confident that [illegible] modern conditions of life have automatically added two decades to their expectancy and consequently do little to help themselves. They have an idea that "George," in the form of health departments and regulations, had made life just that much safer and longer for them. A great idea, but a totally erroneous one.

Cancer, diabetes, tuberculosis and heart affections are today actually creating havoc among those over middle age. It is this group of maladies which maintains the unsatisfactory death rate among adults.

The annual physical examination alone, if employed, would by means of early diagnosis, save countless lives. Sensible living habits would take care of many more thousands.

Rest assured that adult mortality will not decrease until health interest increases. Don't get chesty over this modern living business. Do something about it.

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Ownership of Arctic Island Awarded Norw[illegible]

The island of Jan Mayen in [illegible] waters, between Iceland and [illegible] bergen, was recently formally [illegible] to Norway, says a dispatch fro[illegible] At the same time the director o[illegible] Norwegian meteorological station [illegible] the island was given magisterial [illegible] thority on the island. The claim [illegible] Norway to Jan Mayen, an island 80[illegible] miles north of Scotland and 300 mile[illegible] northeast of Iceland, has sometime[illegible] been contested by other countries. [illegible] was probably discovered by the E[illegible] lish explorer, Henry Hudson, in 16[illegible] as it has been identified as the isl[illegible] he visited that year, in latitude [illegible] degrees north, and named "Hudson [illegible] Tutches." But it is certain that t[illegible] Dutch navigator, Jan Jacobsz May[illegible] (whose name it now bears), landed [illegible] there in 1614. But it was then co[illegible] sidered an English possession, an[illegible] was granted to the corporation of Hull [illegible] by James I in 1614. During the [illegible] World war it was occupied and [illegible] claimed by a Norwegian, but he fur[illegible] ther complicated the question of o[illegible] ership by selling his rights [illegible] American citizen.

Good Old Bunk

Bunk is a kind of grease [illegible] the wheels run smoothly, [illegible] flapdoodle to keep people in [illegible] You kiss your wife to show h[illegible] you still love her. She k[illegible] how much you love her wh[illegible] kissed; yet she likes t[illegible] Magazine.

When a [illegible] three ti[illegible] has [illegible] ord [illegible]