

TWO SINNERS.

There was a man, it is said, one time, Who went astray in his youthful prime. Can the brain keep cool and the heart keep quiet...

There was a maiden who went astray In the golden dawn of her life's young day. She had more passion and heart than head...

—Ella Wheller Wilcox.

FROM INDIA.

By One on Medical Duty in that Far Eastern Country. Superintends Horse Shoeing and Repairs to Homs. A Dusty Country Where Asthma and Catarrh Reign Supreme. Sudden Weather Changes, Etc.

JHANSI, JUNE 11th, 1913.

Dear Home Folk:

An almost perfect morning and a most delightful breeze blowing and as it is but six o'clock I thought I might have a few ideas to put on paper.

Perhaps it's just as odd for me to have to see about the phatton being re-tired and re-washed, the horse re-shod, and the ceiling fixed; and yet all of these have fallen to my lot during the past week.

But the ceiling is another thing; it is of muslin and is held in place by cross strips of wood about three feet apart, so that when one little portion gets loose it must be fixed at once, and the terrific winds we have been having flaps it so violently it's a wonder it all hasn't parted from the side and sailed away.

Just to show how easily one could catch cold; last night, after a fairly cloudy day, and that always means no wind, the evening came down hot, close and windless and our beds were put out upon as open a spot as could be found.

When the dead animal is too big to be swallowed whole, the bird, seizing the head in his beak, holds the body down under his foot and stretches and pulls it until its flexibility pleases him, when he swallows it, generally head first.

Secretary-birds are usually found in pairs, each pair "having a certain hunting-ground which they defend fiercely against intrusion by their neighbors. The nests are very large. They are built of sticks, and are generally placed in a dense thicket or in a small tree.

A Great Canadian Dam.

What is claimed to be the greatest dam in the world has been completed in the Canadian west at Calgary, Alberta, where the Bassano dam, after three years spent in its construction, has been officially opened and the final step thus taken in the reclamation of 440,000 acres of fertile land which needs only an assured water supply to make it one of the greatest producing areas in the Dominion.

Edison is the man who, since Franklin's day, has done more than any other man to put humanity on speaking terms with the wonders of the infinite. When he speaks, men receive a new impetus toward conquest. New visions are stirred by his prophesies. In a speech before the electrical meeting recently Mr. Edison said, in part:

"Do you know, as I watch the bee I realize that an aeroplane, heavier-than-air machines of great weight, can be built so soon as we obtain something that beats the air at the rate of 200 times a second."

The Shade Tree Commission.

The State law providing for the appointment of a Shade Tree Commission in cities of the third class confers large powers. Not only can the commission regulate the planting of trees, but it can regulate whether or not any tree is to come down. If it is able to obtain the funds it is empowered to plant trees along entire streets—to turn a thoroughfare from a vista of hot red bricks and barren walks into a street bordered by growing trees that provide grateful shade as well as become a delight to the aesthetic and the lover of the beautiful.

Many a man rises in his own estimation who is far from being an aviator. Some people never expect anything that doesn't belong to them except advice. It doesn't make any difference how hot it is, the painter is always willing to put on a coat.

When some people are run down by their neighbors they square matters by talking themselves up. Perhaps a pretty girl is seldom clever for the same reason that a rich man doesn't have to work.—Philadelphia Record.

Almost every woman suffers from "female weakness" in some form. There is no need to exhort the sufferers from the more serious forms of such disease that active steps should be taken to effect a cure. Pain and suffering deliver that exhortation every day. It is the fortunate woman whose disorder is seemingly slight who needs to be warned. Just a brief use of Dr. Pierce's Favorite Prescription in her case will establish her in sound health. Neglect always means complications and slower cure. Women who suffer from chronic forms of diseases of the womanly organs are invited to consult Dr. Pierce, by letter, free. All correspondence confidential. Address Dr. V. M. Pierce, Buffalo, N. Y.

Monkey's Sobs Mean Death.

If you should ever happen to be wandering about the Choco section of Colombia it would be well to have an eye out for the sobbing monkey. If this animal gets on your trail you might as well ring down the curtain and put a period after yourself.

When he gets after the Colombian Indians, according to H. G. Spurrell, a naturalist and member of the London School of Tropical Medicine, the Indian listens to the beast's soul-withering sobs for three days and three nights and then commits suicide—usually by drawing a very sharp knife across his throat.

Spurrell, who arrived in New York on the United Fruit Company's steamer Pastores, says that the sobbing monkey is pink and is one of the rarest animals in South America. For reasons that have never been made clear, the sobbing monkey will, at certain times in the year, leave his home in the most impenetrable wilderness and hide himself to the nearest Indian encampment, where he will select his victim and follow him day and night, keeping up a continual weeping and wailing.

According to tribal traditions, this is a sure sign that the victim will shortly be taken with the sleeping sickness or some other fatal disease. It has been customary for them to listen to the monkey's sobbing for three days and three nights and then commit suicide, thus avoiding death by the dreaded sickness. Spurrell declared that the Colombian Indians are more moral than New Yorkers, and that no grafters, thieves, gunmen or liars are to be found among them.

Spurrell has brought with him 2500 specimens of vegetable and animal life from the islands of Colombia, and said that during his wanderings in the tropics he was bitten more than 400 times by snakes.

Thomas Edison, Electrical Wizard.

The electrical genius of Menlo Park told a party of electrical experts recently that electric airships would be built that would navigate the air successfully. He also said that electrical currents would be made from coal without steam or dynamo. He says an electric automobile can be manufactured to sell for \$500, and that he is now working on such a machine.

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"The bumble bee is an inch long, three-eighths of an inch in diameter, with a wing one-quarter inch wide by one-eighth of an inch long. The wings weigh a milligram—the bee weighs 7000 times more than his wings. If we can get to that—it is the thing. The bee's wings beat the air 300 times a second."

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Quaker Quips.

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—For high class Job Work come to the WATCHMAN Office.

LIQUOR LIKED BY ESKIMOS

Fierce Beverage That is Distilled in the Land of Perpetual Ice and Snow.

It may surprise those who associate "moonshine" whisky only with the southern states' mountains, says a writer in the Wide World, to learn that since the suppression of the contraband liquor traffic between whites and natives in the North the Eskimo has himself turned "moonshiner." No touch of romance clings to the business up there. There are no hidden stills sending up telltale columns of smoke from lonely coves or purple glens; no solitary lookout on some crag against the sky with rifle and gourd neck horn to sound an alarm when the revenue raiders come galloping over the rim of the hills.

The still itself is usually an old oil can; the flake stand, a powder keg; the worm, a twisted gun barrel; the receptacle to catch the liquor that drips from the worm, a tomato can. He knows nothing of the southern mountaineer's "mash," made from the meal of sprouted corn. His mash is a fermented mixture of flour and molasses. He boils it by placing under the still a pan of blubber oil in which burns a wick of twisted moss. The vapor from the boiling mash passes from the still into the worm, where it is condensed by cold sea water, with which the powder keg is kept filled by hand, and trickles out into the tomato can an alcoholic liquor which tastes like none of the liquors of civilization, but equals the fiercest of them in intoxicating potency.

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SIMPLE RULES TO FOLLOW

Woman Who Has Preserved Youth Wonderfully Tells How It Has Been Done.

I met a woman who is younger looking than her own daughter, said Dr. L. K. Hirschberg, and who says she feels younger than her granddaughter. She has a complexion free from wrinkles, and a freshness of laughter and voice that is a joy to all who hear her speak.

"My beauty rules!" she repeated, with a trilling laugh of real merriment. "Keep busy. Be kind. Don't worry. Eat simply. There, I guess if I have any rules, those will cover the ground. I don't say exercise, for I am always so busy that I never need any more exercise than I have to take. I walk wherever I can, for I love the fresh air."

"I never shirk stairs, and sometimes I climb them instead of taking the elevator. I eat just what I feel I need. I eat only when I am hungry. But, above all, I do not, cannot and will not worry. Nor have I an unkind thought about a single person in the world. What's the use? It would only hurt me. And as for wasting time talking about persons I am not fond of, if there are any such, it would be a wicked waste of time."—Philadelphia Telegraph.

What an Inch of Rain Means.

Did you ever realize the thousands of tons of rain fall even in the smallest showers? When you read in the paper that the precipitation was one inch you probably fail to comprehend just what that means, but if you were told that during the rain 110 tons of water, or 600 huge barrels had fallen on each acre of ground, then probably you would be able to visualize just what had happened when the little drops came pattering on the roof.

When you reflect that rainstorms often cover great areas and extend for many hours, or until four or five inches have fallen, you can imagine the enormous oceans of water that are precipitated during a storm. You can also get a fair idea of the reason why so-called cloud-bursts frequently do such fearful damage.

Realized Responsibility.

As marriage is a serious business some indication that the parties most immediately concerned are fully alive to this fact would be generally welcome. At every Roman wedding the bridegroom, on emerging from the temple with the bride, threw a handful of nuts among the bystanders. This was to show that he considered himself a boy no longer; that the sports and fancies of youth were now entirely abandoned; that he was standing on the threshold of a new existence, ready to assume all the responsibilities of a citizen.

Stubborn Husband.

"My husband is one of the most stubborn men in the world." "He can't be any more stubborn than mine." "Oh, yes, I'm sure he must be. Yesterday I had an engagement to meet him at 3 o'clock." "Yes." "Well, it was nearly 4:30 when I got there, and he won't admit yet that the rest he got while he was waiting did him good."

FOR AND ABOUT WOMEN

DAILY THOUGHT.

I'd laugh today, today is brief. I would not wait for anything. I'd use today that cannot last. Be glad today and sing.

—Christina G. Rossetti.

In winter the curling steam from floury potatoes, the fragrant odor from the uncovered joint, the rich brown gravy, are all attractive, but in hot weather—ugh!

Here are some practical hints which may help. None is expensive:

First, the table! It is the setting to a meal, and should be made to look as cool and as attractive as possible. Make it look "inviting" in every sense, with flowers, fish and ferns. Little ferns are cheap. Regularly watered, occasionally repotted, and given two or three drops of castor oil four times a year, they are a permanent possession.

Now, for the food. Have you tried cold soup? It must be well strained, free from fat, of medium thickness. This makes a most satisfying summer dish. Cold meat is not attractive, and stews and hashes are worse—in summer! After a joint has appeared once it is best to cut the meat into very thick slices, and trim into cutlet shapes, and fry as you would fish, after dipping into egg and bread-crumbs. Potatoes, too, are much better mashed, cut into squares, and baked till the outside are a nice brown.

Fish should always be served with a frill of parsley or lettuce leaves. A sliced tomato, some watercress, some pieces of lemon—this at once tempts a tired man to eat.

Salads and salad dressings are most important adjuncts to food in summer. With a well-made salad the man forgives the cold mutton! Here is a simple, yet quite nice, salad. It dispenses with vegetables. Slice up a small cooked cauliflower, two or three potatoes, two lettuce, one large tomato, a beetroot, and a cucumber. Add a little finely scraped horseradish.

So with the table nicely laid, attractive with ferns and flowers, a spotless tablecloth, and the food daintily put before him, the breadwinner is certain to be more than satisfied.

The flowers of the field and the fruits of the earth shall make you beautiful. Lemons, oranges, strawberries, pineapples, apricots, figs, watermelons, spinach, cucumbers, lettuce, roses, pond lilies—all hold potent beauty charms.

A diet of oranges will clear muddy complexions and reduce superabundant curves. Eat half a dozen a day, or more if you like them. Lemons taken internally quench thirst and prevent the bad habit of over-indulgence of ice water, clear the skin, assist digestion and have a tendency to rid one of obesity. Applied externally they are a bleach which removes stains from fingers or neck, freckles from arms or cheeks and other sallow blemishes.

Pineapples will sweeten the voice, restore its quality if it has grown husky and aid digestion, which means they will beautify the complexion. Apricots are used for the same purpose and are favored by the Orientals.

Watermelon water has a whitening effect if used on the hands and face and will fade freckles if applied persistently. Figs act on the liver.

Spinach is the most valuable of all the green vegetables. It has a large proportion of iron and is a cleanser and blood purifier.

To work a durable button-hole in heavy material such as linen, duck, or madras, mark with a thread the place and size with a row of machine stitching on both sides as close as possible, then cut with a pair of sharp scissors and work in the usual way.

Not only does this help in wearing but is very much easier to work and does not require the use of needles. In sewing on buttons in goods that have a great deal of wear, try sewing in the usual way, being careful to fasten the ends firmly.

If you want the button loose as you may in a blouse, try taking a double thread, very coarse, twisting it and sewing once through the button.

We shall see very full skirts this fall; crinolines effects are likely to continue.

There will be simplicity of line in the long-waisted corsets which will remain as a base for ideas in the new models for the Fall and Winter.

This indicates a return to the severity of corsage noticed in the Moyer Age, which with the full skirts will make a very graceful style.

The high neck ruffle of tulle with military braided effects and epaulette notions are among some of the hints coming from Paris.

Gold and silver will be lavishly used. The new tissues will display woven designs of gold and silver in silks and velvets.

Extreme suppleness of tissue and shot metal effects will lead in silks and velvets. Various tones of Capucine, reds, browns, greens and blues, in sapphire and hussar colorings, will figure among the shades seen on the fall and winter models.

Now that short summer frocks are being worn, and coats and skirts, whether of serge or linen are cut with the skirt a full two or three inches off the ground, it is very necessary that footwear should be carefully considered, as with the feet so much in evidence, a badly shaped or worn-out shoe will entirely mar the effect of the whole turnout, however smart it may be in itself, as far as style and materials go.

One notes that carelessness with regard to footwear where, from the style of the gowns and hats worn, one would expect quite the reverse. The number is, however, less than a hundred. Some of those who leave the society go because they have secured land for themselves somewhere, either renting vacant land in the city or moving out into the suburbs. A few get work on farms or undertake farming for themselves, leaving their other employment. Only a small per cent. give up gardening altogether.

The total value of the crops raised last year on the vacant lots land was \$28,000. One gardener, who managed by the most intensive methods to keep his garden growing something all season, had vegetables to the value of \$160 on his sixth of an acre, which is the average size of the gardens. The average garden produces nothing like this, however, \$60 worth being a fair crop, and keeping one family well supplied with a good succession of vegetables. This year, on account of the late spring and the lack of rain, the gardeners will have to be satisfied with poorer results.—Philadelphia Record.

FARM NOTES.

—Watering the garden in dry weather is apt to do more harm than good.

—The best way to keep vegetables in health and free from insects is by rotation.

—Never allow the ground to become baked. When in this condition considerable moisture is necessarily lost. Cultivation conserves moisture, but when the ground is dry the cultivator teeth must not run too deep. Keep the top soil stirred only.

—Sixty-two railroad instruction trains operated during last year by the office of experiment stations of the United States department of agriculture covered more than 35,000 miles, and the meetings held in them were attended by nearly 1,000,000 people. Moveable schools to the number of 149 were held, with an attendance of 40,000. Farmers' institutes, of which more than 15,000 sessions were held, brought together more than 2,000,000 persons to discuss agricultural affairs. Counting special institutes, the attendance was more than 3,000,000—an increase of over 400,000 over the previous year.

Vacant Lot Gardens Prove a Boon to Many.—It was rather a cavalier manner he had as he approached the two women and said: "Good afternoon, sir," in very plain English. The women were gazing earnestly at a plot of ground which was struggling to develop into a garden, and the foreigner who spoke was the gardener. He displayed more of his English accomplishments in a few moments' conversation on the weather and the state of the crops, and then the true reason for his affability was displayed. He nodded off in the direction of a group of men, the directors of the Philadelphia Vacant Lots Cultivation Association and their guests, who, with the superintendent, James H. Dix, and his assistant, Charles Horn, were out making their annual spring inspection, and anxiously queried: "What then men looking for? They hunt for something, ha?"

There was more than one reason for his anxiety. He, in common with all the other 600 gardeners of the society, had not been informed of the inspection, because it is a bona-fide thing and the crops and the gardeners are caught just as they appear to the everyday person. Besides, each of the people who take these little gardens from the hands of the society knows that any inch of them may be a sale of the property, or reason for building on it, and that it is loaned to the gardeners on the understanding that in such a case they are to vacate and stand all the loss. It is fortunate that such cases are few. In the 17 years since the first gardeners were started in the city there have been very few instances, not half a dozen in all, where such a loss has been occasioned any of the gardeners. But the bug-a-boo remains in front of the eyes of the borrowers of land. It has never scared many away from their tiny farms, however, for even those few unfortunate who suffer—the loss came back the next year for other gardeners.

It has been a bad season, one of the worst in years for these small garden farmers, principally because of the scarcity of rain. There is hardly a plot of ground now worked by the society where water is near enough so that it can be easily carried to the gardens. In some former seasons when drought has threatened gardens there have been patches where water could be easily obtained, and several of the farmers, banding together, have even worked up by means of several barrels and iron pipe lengths a system that did pretty good irrigation over several patches of land.

There are 20 patches of vacant land in several sections of the city which are now in the hands of the society and are cultivated by the families that apply to the society. Fertilizer is hauled out to the land from all over the city all the year round, and piled up on the various tracts. In the spring the gardeners to whom the land has been allotted spread the manure and then the teams of the society plow and otherwise prepare the soil. After that the gardeners does the rest. He or she, for there are many women who have title to gardens, plant the seeds or plants and keep up the cultivation. The society helps anyone who has not money enough to help himself. That is, the society will sell to the gardeners the necessary seeds and plants for the land he has taken and will wait for the money. The superintendent and his assistant spend certain days on each plot of land and then meet the gardeners who have need of assistance and give them whatever gardening instructions they may need.

That there is a charge attached to each plot of land helps to remove the taint of charity from the assistance given, and encourages independence. Furthermore, the money that is put back on the land the greater area can the society prepare and give out among the people. The cost to the gardener is calculated according to his experience. Those who are new to the society pay \$1 for their first year. The charge is increased \$1 each year, so that those who have farmed with the society five years are paying \$5. As this covers the whole cost to the association for the labor and teamwork put on it, there is no further increase.

The value of the work this system does for the people to be judged from the reports they return on their crops every year, as well as by the fact that the majority of the gardeners have been with the association at least three years, and there are gardeners who have been on the books for the whole period of its existence. The 603 gardens allotted this season show an increase of only 50 over last year, although more than that number are new-comers. The number is, however, less than a hundred. Some of those who leave the society go because they have secured land for themselves somewhere, either renting vacant land in the city or moving out into the suburbs. A few get work on farms or undertake farming for themselves, leaving their other employment. Only a small per cent. give up gardening altogether.

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