Democratic Watchman.

Belletonte, Pa., August 3, 1917.

FOOLISH NATURE.

Though I regret exceedingly To say it, still it seems to me That old Dame Nature now and then, Acts like a poor, old, silly hen. She means all right, I have no doubt, But does she know what she's about? She needs some lectures eloquent On scientific management.

She smiles and lures the buds to grow, Then with a frost she lays them low; She coaxes forth the tender wheat And shrivels it with parching heat; For days and days she sends us rains Till raging floods submerge the plains, And then for weeks the land is dry. Why thus? I pause for a reply.

Through arts of hers the roses bloom; She fits them out with rich perfume; And then she turns a careless back. And bugs devour them, alack! For every fruit there is a blight. For all he gets man has to fight, Whereas, if Nature had good sense, She'd finish what she dares commence

But no .- she shirks the fiual touch, Or else she up and does too much. Her many gifts are scattered wide, But to each gift a string is tied. Too lavish here, too stingy there, Her methods lack both thought and care This earth with joy would fairly throb If Nature only knew her job! -WALTER G. DOTY

HER OWN LIFE.

She paid the landlady five dollars from a plump little purse of gold mesh.

"And I'm expecting a—a gentle-man to see me within the next halfhour," she said.

"Certainly, ma'am; I'll show him right into the drawing-room and call you. I hope you'll like the surround-ings, ma'am; I have nobody in my house but the most refined—"

"Oh, I'm sure I shall. Good day." She sat on the edge of the bed in the furnished room she had just rented, and her face had the look of the girl's face in a little autotype of "The Soul's Awakening through Books" that hung on the wall opposite her. At last her soul was awake; she could hear it whispering, whispering in her bosom. Or was that sound merely the exultation of her excited heart?

At any rate her soul was awake. She knew it, she could feel it, and it made her tingle. At last she had broken her bonds, she had proclaimed broken her bonds, she had proclaimed herself a real person in a real world, be her best apologist. "I was going Her doll existence and her doll-self were further behind than the doll's house she had left. She was free-free to be herself. free to live her own life as her own desires decreed.

"Free! free!" she repeated under her breath. "Free!"

Her very presence gave a glamour to the shabby little room, so palpitat-ing with life was she, so dainty and pretty and sweet, and so palpably young. The coils of her bright-brown her were smeath and eatfully simple hair were smooth and artfully simple, site?"

tinued to regard him with the puzzled interest that wonderful objects frequently inspire when seen closely. There was a faint shadow of disap-pointment on her face, but she did not allow it to linger.

"It was kind—it was awf'ly kind of you to come," she said. "Shan't we sit down? Do you know, I almost thought you wouldn't come."

"Your letter was very interesting," he returned dryly. 'I tried to make it that way—so interesting that you just couldn't keep from coming." She folded her hands

from coming." She folded her hands in her brown-silk lap and gravely bowed her head so that light from the window could bring out the copper tints in her hair. She felt the judicial expression of the gray eyes watching her, and chose the simplest means of making partizans of them. "I was quite desperate, and after I'd read your 'Love's Ordeal' I knew you were the one person who could help me." "Have you already left your hus-

band?" he inquired. She winced a little, and her brows protested. "You remind me of a sur-geon," she said; "but that's what I need-that's what attracted me to you in your book. It's all so calm and simple and scientific. It made me realize for the first time what I was—it and Ibsen's 'Doll's House.' I was nothing but a plaything, a parasite, a mis-tress, a doll." She bowed her head in shame. The warm color flooding her cheeks was as flawless as that in the finest tinted bisque. "What you say is very, very inter-

esting," murmured Hallton; and she knew from his changed tone that the fact of her beauty had at last been borne in upon him. With renewed confidence, almost

with renewed container, annost with boldness, she lifted her head and continued: "You see, I was married when I was only eighteen—just out of boarding-school. I was already sick of hearing about love; everybody made love to me.'

"Of course," said Hallton, slightly

sarcastic. "I couldn't help that, could I?" she complained, turning the depths of her gold-brown eyes full upon him. He lowered his own eyes and purs-

ed his lips. "No, of course not," he admitted. "And then, when you realized that you were—inconveniently situated, you decided to imitate Nora in the you 'Doll's House,' and get out? Is that

"Well, yes; but-"

"So you explained to your husband how you felt, and left him?"

"I didn't exactly explain; my thoughts seemed to be all mixed up: I thought it would be better to write, after I'd thought a little more." Again to write as soon as I'd had a talk with you. You see, I came away only two hours ago, and Harry—my husband will just think I've gone to visit somewhere." Her beauty made a confident appeal that he would sanction her po-

sition But Hallton looked out of the window.

"And what do you expect to do to earn your living," he asked, "now that

No. 19 in Health and Happiness Series. (Continued from last week's Watchman.) How To Regulate Your Weight.

BY ROBERT H. ROSE, M. D., in "American Magazine."

If my patient were a woman I | table of the number of calories in orshould be guided by a different table dinary helpings of various foods any of weights, but the diet would be his case should be able to figure one worked out on the same principle. The normal weight table for women, et, the statements I have made aldressed in street clothing, follows be-

With these two weight tables and a should be remembered.

1.261 SEP.

Food as Served		alories
	1 slice, 4x4½ in.	70
	1 heaping tablespoonful	35
Cereals, eaten dry	1 heaping tablespoonful	
	1 soup plate full	160
Macaroni	1 heaping tablespoonful	25
Potato, boiled or baked	1 medium	90
Potato, mashed	1 heaping tablespoonful	40
	1 heaping tablespoonful	35
	1 heaping tablespoonful	35
	1 heaping tablespoonful	40
	1 heaping tablespoonful	20
	1 heaping tablespoonful	20
	1 teacup	5-20
	1 heaping tablespoonful	35
	1 heaping tablespoonful	105
Meat, lean	1% ounces	70
Meat, medium	1¾ ounces	130
Meat, fat	1% ounces	200
Oysters, medium size (raw)	1 .	8
Egg	1	75
Butter	1 ball	80
Cream cheese	one-inch cube	65
Milk	1 glass	160
Skimmed milk and buttermilk	1 glass	80
Condensed milk, sweetened	1 heaping teaspoonful	70
Condensed milk, unsweetened	1 heaping teaspoonful	35
Apple or pear	1 medium	75
	1 heaping tablespoonful	70
Banana	1 medium	100
	1 medium	70
Strawberries	1 medium saucerful	40
	1 medium saucerful	350
	1 heaping tablespoonful	160
Custard	1 heaping tablespoonful	55
	1 heaping tablespoonful	135
Sponge cake	1 slice $(2x4\frac{1}{2} \text{ in})$	75
Pudding (rice, tapioca, bread)	1 hosping toblospoonful	80
Sugar	1 heaping teaspoonful	33
		33
Olive oil	1 heaping teaspoonful	37
	1 teaspoonful 1 medium size	15
		$15 \\ 165$
	1 heaping tablespoonful	
Cocoa powders	1 heaping teaspoonful	50

Overeating seems to be getting er affairs, they would pour water inmore general as our cities continue to to a glass until it spilled over, build a grow and hard manual labor becomes fire in the furnace in mid-July and less usual. The average city dweller buy shoes several sizes too big for is slow to recognize that since he has their feet. ittle exercise he requires little food. It takes only a slight dietetic sur-When he does go out for a tramp or a plus to set one on the road toward few sets of tennis the unwonted activobesity. VonNoorden has estimated ity is more likely to increase his ap-petite than his legitimate demand for of a quart of milk or three quarters "Oh, you brute!" she cried, recoilfood. A walk of three miles requires of an ounce of butter more than the an addition to the dietary of only one body demands, taken daily, will cause an author to the dictary of only one body definities, taken daily, while date the average urbanite, after taking such a walk is likely to eat a third more than usual at the next meal. Do possible. If some part of the body the average urbanite, after taking reduction diets should be coupled on his heart. "I press the button, and you utter the absolutely obvious reyou wonder that the lithe figure and has accumulated a disproportionate

What Women Should Weigh.

	Ages: 15	-19 20-24	25-29	30-34	35-39	40-44	45-49	50 over	
4 ft. 11 in.	1	11 113	115	117	119	122	125	128	
5 ft. 0 in.	• 1	13 114	117	119	122	125	128	130	
5 ft. 1 in.	1	15 116	118	121	124	128	131	133	
5 ft. 2 in.	1	17 118	120	123	127	132	134	137	
5 ft. 3 in.	1	20 122	124	127	131	135	138	141	
5 ft. 4 in.		23 125	127	130	134	138	142	145	
5 ft. 5 in.		25 128	131	135	139	143	147	149	
5 ft. 6 in.		28 132	135	139	143	146	151	153	
5 ft. 7 in.		32 135	139	143	147	150	154	157	
5 ft. 8 in.		36 140	143	147	151	155	158	161	
5 ft. 9 in.		40 144	147	151	155	159	163	166	
5 ft. 10 in.	1	44 147	151	155	159	163	167	170	

hair were smooth and artfully simple, as only the fingers of an expert hair-dresser could have made them; her clear-skinned, brunette coloring show-ed the fine hand of nature given every chance to produce its best; the deli-chance to produce its best; the delichild. "Oh, he is a cad, a perfect beast!" things that fat folk are warned to shun. A diet of high caloric value his chance of recovery would be ten she gasped to herself as she fled up the broad stairway to her room. and rich in fats and carbohydrates per cent. less than normal. A man She threw herself down on the hard can be arranged easily from tables alwho is thinner than the average, on little bed, crumpled silks, crumpled the other hand, has less danger of dyready given. I will set down, however, a diet I ing in this decade than a man who tips hair, crumpled rose-petals of cheeks, ordered recently for a patient 5 feet the scales at the normal figure. 6 inches tall, who lacked twenty When a man is in his twen crumpled pansies-and-dew of eyes. All When a man is in his twenties a her sweetness and delicacy wilted and drooped and quivered in the cold, gathering gloom of the little room. pounds of his normal 150. I found deficiency of twenty pounds in weight that his daily diet was 3,000 calories makes him twelve per cent. more lia-The city snarled and rumbled and ble to fall before the scythe of the implacable reaper. A slight surplus -a very large amount for one of his hissed and groaned outside, and its size-but he was burning it up by in-

creased forty-five per cent.

eler returns.

Rose:

may not understand me, but he is kind, and as good as he knows—" "Excuse me," interrupted Hallton, putting his hand to his forehead; "but I have no recollection of referring to

"You rusband at all." "You spoke of my breaking away from him," she said, "and you called him a beastly artificial—I won't re-peat what you said." The delicate curves of her cheeks warmed with the memory of the unfamiliar appellation, with faint doubt as to her first idea of its value. "However, that's neither ready about the kinds of food that go here nor there. I wish to ask you a to make up a well-balanced diet Hallton: do you, or do you not, think it is right for persons to live their own lives?"

For a moment she thought she had succeeded in bringing him back to a humble consideration of her case; he looked at her with something like con-sternation in his face, his alert, gray eyes blinking rapidly. Light from the window made her massed hair a soft, golden glimmer above the sweet, injured, girlish seriousness of her face; her lips softened, curved downward, like a troubled child's But Hallton iurned from her to look out of the window.

"Your own life, your own life!" he exploded again. "Why, you great, big, beautiful doll, that's your own life—a doll's life! When is a doll not a doll?" He got out of his chair and iarked big got togot there the the set jerked his coat together at the throat. His lower jaw protruded; he looked haven't an idea without a forest of quotation-marks around it," he said. If you weren't so good looking, you'd be a private in that big brigade of female nincompoops who write their soul-troubles to the author of the lat-est successful books. Your beauty removes you from that class-at least as long as I look at you."

He bowed to her, with an expressions slightly resembling a sneer. "Your beauty makes you a temptation; for you'd soon be looking for another cage, or another doll's house. and any man might be glad to feed you. If I weren't so busy, and you weren't so devoid of character, com-

ing from the crassly material admira-tion in his eyes. "How dare you speak to me like that?"

"Perfect!" He bowed with his hand on his heart. "I press the button, and marks. You are a masterpiece-such the quick, snappy step is so seldom seen in the shadow of skyscrapers? Many sane and conservative citi-zens seem to say good-by to their sit down to the dinner table. If they applied their system of eating to othties command usually include devotion by the bucketful. But perhaps I'm unnecessarily harsh because I see you slipping through my fingers.' Good day, Mrs. Wendell; and good luck!" that he had disturbed her ideals, her her as dazed and terrified as a los

FOR AND ABOUT WOMEN. DAILY THOUGHT

He who receives a good turn should never forget it; he who does one should never remember it .-- Charron

Simple Home-Made Dyes .- It had gone to the laundry a gay-colored blouse of flaming orange, just the shade that artists delight in, but it had returned subdued and almost somber-dingy, anyway-and the girl who had made it and enjoyed it so simple, straightforward question, Mr. Hallton: do you, or do you not, think it is right for persons to live their If it were white, she could do with it. wear it, but that muddy, be lraggledlooking color was quite impossible.

"Why don't you dye it again your-self?" queried the friend who had come home with her. "That is not a hopeless case; I have often done mine over, when the color has been washed

"But I have nothing to dye it with," came the objection, "and, besides, it is such a lot of bother to use dyes. You have to cook them on a stove, don't you? I wanted to wear this tomorrow, too."

"Have you any orange-colored tissue paper in the house "" was the next question. "No, that is not at all ir-relevant. I have made a dye with that, which I have used to good advantage. I had an orange-colored silk His lower jaw protruded; he looked through rather than at her, and his eyes were sick and tired. "Even your talk is the talk of an automaton; you haven't an idea without a forest of took some pieces of the paper and put them in water, to see if the color would come out. It did, and it made a beautiful dye. I plunged my silk blouse into it, soaked it a little while, kept moving it about so that it would not get streaked, then dried and iron-ed it and it looked very well, indeed.

Of course, I cannot guarantee that it would always work, but I should not hesitate to try it with any color that I wished, if I could get any tissue or crepe paper the right shade or nearly right. It does not take much. I used just a few odds and ends of the orange

just a rew odds and ends of the orange paper which I had left. "Did you ever try red ink and wa-ter for dye? That works well, too, I have found. I had a pale pink crepe de chine blouse that faded badly. I put a little red ink in a bowl of water and dipped it in. It was not deep enough pink at first, so I took the blouse out, sprinkled in some more and stirred it around thoroughly be-fore I dipped it again. My blouse came out the most beautiful shell pink you could ask.

"I have tried red ink for dyeing oth-er things. In fact, I first heard of it when I was visiting my cousin down in Florida, in a little place far from any town. She was trimming a hat and wanted a pink feather for it. She had a small white ostrich plume, which was just right except for the She saw him go with a feeling that color. To my astonishment, I saw her She saw nim go with a feeling that the universe had suddenly been invert-ed and that she was scrambling around amid a Noah's ark load of dis-true to the second s most exquisite delicate pink. When it that he had disturbed her ideals, her plans, her dream of freedom, but that he could have treated her so cavalier-dull knife, and the result was all that he could have treated her so cavalier- anyone could demand. Then I tried lite, so unreasonable, so brutal; that my hand at it. I wanted some pink he could so completely have failed to understand her—that was what left her as dazed and terrified on a left into water with a little red ink stirred into it and before long, had the daintiest blush pink roses that I could ask, at a small expenditure of time and trouble. I find it quite worth while experimenting in such ways as these; it is interesting, too, and one has the consolation of knowing, in the case of a faded blouse like yours, that she cannot make it any worse, as it is unwearable in its present state, but she may render it quite presentable once more, at least for a time. Of course, these dyes might prove to be what chemists call 'fugitive.' A laundering would likely impair the color Simple methods for cleaning spots and stains from clothes are often invaluable to the housewife. Clothes free from soil add much to personal appearance. To remove grass stains the following suggestions are offered by Miss "peanut king of Texas," said to the "peanut king of Texas," said to the Washington "Post," regarding the Washington of that lucious nut: "The water without soap, rub with molas-M. Jane Newcomb, assistant in home in warm water. For tea and coffee stains boiling water should be poured through the when in Texas alone the value of the peanut crop is going to run into mil-lions of dollars annually. This year I will have between 700 and 800 acres of will have between 700 and 600 acres of spot. If the stain is obstinate, rub zine asking information concerning the peanuts to gather from my fields. I washing soda in an agate pan and add above article, received the following satis-factory and courteous reply from Dr. bring \$2.40 a bushel, which is about duarts of cold water and allow the quarts of cold water and allow the mixture to settle, then pour the clear liquid secured from the lime and water into the dissolved soda. Javelle water should be kept in a colored bot-Boylston Street, Boston, Mass., ask-ing for a folder called, "Food Values in Household measures." This gives a great many that I used. I have takdrops of oxalic acid and a few drops of Javelle water and rinsing the garment in warm water. This operation should be repeated until the spot has disappeared Iron rust may be removed by the emon juice and salt treatment advised for ink spots. To remove mildew, wash the garment in a solution of chloride of lime or Javelle water.

ing, liquid velvet of her gold-brown eyes, were masterpieces of the same supreme artist. She was as fair as an April morning that has somehow straved into the luxuriance of June.

Suddenly she realized that the air in the little room was close, that the single tall window was closed top and bottom. With a quick rustle of silken draperies, she fluttered over to it and threw it wide. The sounds that came in were not the metallic tenor shriek of the "elevated," the rumbling of wagons on cobblestones, the whining of surface cars: they were voices of the world. She held out her arms to them before returning to her perch on the bed.

There was such a dazzling host of things to be done that she could not begin to do anything. Her two big cowhide suitcases, standing in rather disdainful opulence beside the shabby chiffonier, invited her to unpack; but she dismissed the invitation with a toss of her head. How could she desecrate her first hour of freedom by putting clothing into bureau drawers A mote-filled streak of sunshine, oblique with late afternoon, offered more congenial occupation. She let her eyes rest or it and dreamed. It was pale golden, like hope, like the turrets of castles in Spain, like the wealth awaiting claimants at the foot of a rainbow. For a long time she looked into it, and her face put off its first flush of exaltation for the wistful doubtfulness of reverie.

There was a knock at the door. "Yes?" she answered.

"Your gentleman friend is a-wait-

ing for you in the drawing-room, ma'am," announced the landlady's announced the landlady's voice from outside.

'All right; thank you. I'll be right down," she said.

She arose in a small flutter of excitment, and patted her faultles: hair before the mirror, turning her head this way and that. Gone was her doubtfulness, her wistfulness; she had brightened like a mirror when a lamp is brought into the room. The warm color in her cheeks deepened, and her eyes felicitated their doubles in the mirror. Lightly she fluttered down the broad stairway to the tiled hall below. At the entrance to the parlor she paused a moment, then swept back the heavy curtain with such an air as one might use in unveiling a statue. A man, sitting in the big Turkish

rocking-chair between the front windows rose hastily to his feet. He was a compact, short-statured, middleaged man, with a look of grave alertness behind the friendly set of his face.

"Mrs. Wendell?" he murmured, coming forward.

"And so you," she said, still poising between the curtains, "are Ames Hallton!" Immediately she laughed. 'That sounds like melodrama," she exclaimed. "I'm very glad to see

They shook hands. Her eyes conbeautiful.

Nevertheless, she drew herself her. together and addressed Hallton's unappreciative profile: "My husband will give me an allow-

ance, I am sure, until I decide on some suitable occupation; or, if he is mean enough not to, there'll be alimony or -07 something like that, won't there?" Her eyebrows began to arch a little as Hallton continued to look out of the window, and her lips lost some of their softness. "That is one of the things I wished to speak to you about," she explained. "I thought perhaps I might take up writing, and I thought you might tell me the best way to begin.

Hallton put one hand to his forehead.

"However, of course the most important thing," she resumed steadily. 'is for me to live my own life. That's what I've come to realize: I must express myself, I must be free. Why, I didn't know I had a soul until I found myself alone a short time ago in the little room that I had rented myself, all for myself. I've been a chattel-yes, a chattel!" Her voice quavered; she hesitated, waiting for at least a glance of encouragement.

"I hoped you'd understand, that you would advise me," she murmured. 'I'm afraid I'm frightfully helpless;

"ve always been that way." "My God! yes, madam!" he exploded, facing her; "I should think you were!"

She made no reply; she did not even show surprise by a change of expression; she simply sat up very straight and faced him with the look of clear-eyed intelligence that she had found best suited to situations utterly beyond her comprehension. She waited, calm-browed, level-eyed, judiciousmouthed, for him to explain, to apologize

"I beg your pardon," he said. Her silence demanded more.

"I was rather overcome; I was about to take a cheap, narrow view of your—your dilemma," he explained. 'I was about to say that your troubles were as common as dirt, and that you were wrong to take them so idealistically, and not to realize the simplest fundamentals of— Women are going through a period of readjust-ger. Tables prepared by a large inment just now, of course. Your troubles probably aren't much greater than those of any woman or man, who goes out to hunt a job. You don't need to smash things, to kick up a row.

She watched, with the penetrating gaze of a Muse, his half-disgusted attempts to be polite. She had not the slightest idea what he was driving at; she merely understood that only his

"Look here," he continued, growing increasingly excited under her look of beautiful, understanding aloofness, as, say, a pet canary turned out to ate in referring to my husband. He

tense activity. My special reason for mentioning this man is that he is the of flesh seems to assist one in escaping diseases that cause death in this sort of person so frequently pointed period-principally tuberculosis and typhoid fever. A man in his fifties who is twenty out to support the contention that some people are born to be thin, no

matter how much they eat. I ordered him to follow this diet, which has teen per cent. mortality handicap to face. Should he be forty pounds over weight his chances of dying are inover 3,600 calories of food value:

Breakfast Two eggs Butter (2 balls) Two slices of bread Cereal Cream (2½ ounces) Sugar (4 teaspoonfuls)

Luncheon Butter (3 balls) Cream (2 ounces) Lamb chops (2) Br Bread (2 slices) Cr Potato (1) Sugar (2 teaspoonfuls)

Dinner es) Rice Sugar Cheese (2x1 inch) Meat (51-3 ounces) Bread (2 slices) Su Butter (3 balls) Ch Cream (3 ounces) Salad and oil (1 ounce)

Before RetiringMilk (1 glass)Crackers (4)

There are sone individuals who, because of abnormal gastric conditions, find difficulty in eating more than they are accustomed to, and a surplus seems to lie like a heavy load upon their stomachs. Usually I have solv-

ed this problem by prescribing freazine requesting information on food quent small meals made up of the values was referred to me. Send ten most nourishing foods. In many cases the patient has to force himself for a

been it there by adopting a sensible maintenance diet. Anyone should be able fed, also in the amount which is not to select such a diet from the suggesamounts of butter and sugar used. tions already given.

In addition to the patent disadvantage of a marked variation from norger. Tables prepared by a large insurance company from one hundred thousand cases of record show that people who are under weight have a higher death rate up to the thirtieth year, and that after forty a higher death rate is found among persons who weigh more than the average for

their age and height. Between forty and fifty a man who great composite voice was the voice of loneliness incarnate. "Oh, there's no one to take care of me!" she sobbed suddenly, and burst into a flood of tears.—By Allan Upde-

pounds over normal weight has a fif- graff, in Century Magazine.

Peanuts Great Texas Crop.

State Senator Woodward, of Erath In the one hundred thousand cases | county, Texas, one of the youngest covered by these calculations not a members of the Legislature and the single really fat person lived to be eighty years old. Fourteen underweights, however, reached the fourscore mark and one was able to cele- growth of the peanuts in the South is brate merrily his ninetieth birthday. surrounded by his grandchildren long tries. Its importance can hardly be overestimated. The time is coming after his adipose associates had passed to that bourne from which no travwhen in Texas alone the value of the A letter written to the American Magavalues of certain foods, as cited in the expect an average production of 35 factory and courteous reply from Dr.

twice the price for them in ordinary Your letter to The American Mag-"The by-products of this crop are going to prove of extraordinary val-ue. The nuts are now being crushed the cents to the F. H. Thomas Co., 691 in the mills, and from them an oil is excelled by any in the world. The day There is quite a difference in the amount of fat in cuts of meat and in the place of olive oil to a great extent the animal, according to way it was in the United States.

"Chemists not long ago invented a edible. Cooked dishes vary in the process of combining peanuts with skim milk, from which they produce a To cite just one instance, baked apbutter that can scarcely be distinple may be cooked with one, or two, ple may be cooked with one, or two, or even no teaspoons of sugar. Your This process has not yet been adopted question is a very pertinent one. I in our country, but sooner or later it have for some time recognized the will be in operation and will greatly augment one of the most necessary of table of caloric values and as soon as I nave a little time from many things food supplies. Texas has 1,000,000 acres of land which could easily be planted to peanuts with a certainty of a large yield. Peanuts will grow anywhere in our sandy soil. The Texas

peanut is of small size, belonging to what is called the Spanish variety, which has 30 per cent. more of oil than its brother, the jumbo peanut.'

Fishing Conversation.

But somehow didn't get.

Russia is considering a scheme for the universal conscription of women labor.

Women cigar and cigarette workers in Japan receive from 10 to 25 cents per day.

Women workers in the British munition factories receive a little over 9 cents an hour.

Miss Julia A. McGowan has been appointed as court stenographer in New York city.

Owing to the increased demand for experienced inspectors, the United States Arsenal at Springfield, Mass., is considering the advisability of em--Detroit Free Press. ploying women to inspect arms made there.

compared to a pet canary; and I'll About the fish he chanced to hook

need of a more detailed and definite which I am doing I will print a table

taken from some which I already Very sincerely yours, R. H. Rose.

have for my own use.

while to take a little more food than he really wants before he can eat a sufficient amount without feeling unen others from various analyses. comfortable. When one's weight has brought to normal it is simple to keep