

SCHOOL DAYS



Thoughts in an Old Churchyard

By DOUGLAS MALLOCH

SO MANY years they have been sleeping. So many years they have been keeping their trust with death; and now, I wonder, Of all the hearts that lie hereunder, How many now are wept for, sighed for, Yea, even some by some they died for?

What matter? What has ever mattered? Those roses fade, their petals scattered, But, oh, how fair they made the summer!

What matters now if not a comer Shall speak their names, aye, names remember? Who talks of roses in December?

This matters, this, and this thing only: In their own season hearts were lonely And needed help and needed roses, And then it is the heart unclosed. Though winter now lies all about them, Some summer could not do without them.

In their own time, in their own season, They lived, they died, for some good reason. They lived, they loved, they did their duty. And filled one summer full of beauty; And though their petals now are scattered, What matter? What has ever mattered?

This matters, this: the time we live in. Our time to love in, pray in, give in. Whatever years may follow after, If our own years we filled with laughter, Served well the world while in our keeping, What matters more when men lie sleeping?

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"SOME peach." The Hotel Stenographer looked after a woman passing through Peacock Alley. "I don't think women are as good looking as they used to be." The House Detective shook his head. "Nothing is," agreed the girl, succinctly. "Nothing is what?" "Nothing is as good as it used to be," she answered. "Your slyver is not; that pair of pants you have on are not; the electric tower at Luna Park is not; you are not. "But they still make new models of slyvers that are as good looking as your Lizzie ever was, the tailors turn out new spring models of pants as snappy as those were when you first bought 'em, and architects build better looking electric towers today than that one at Luna Park ever was and there is a new crop of young Irishmen coming into the world every year, better looking than you were the day you went on the force. "Kelly, green apples do not taste as good to you as they did when you were a small boy, but the boys of today get from them the same delicious flavor and the same tummy torture they had when you were a kid. "All old times were good times, Kelly. That is because memory retains only the happy things. The first sign of age is the disposition to think that things now are not as nice as they used to be. We generally disapprove what we no longer can enjoy. Because that woman passed you without giving you the once over, is no indication she is not all I said she was. Your peeve indicated you are getting old and all the unattractiveness you think you see is in your eyes and not in the people you see with 'em. If that doesn't hold you for the rest of the morning I don't know how."

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HOW TO KEEP WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

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GALLSTONES

OUTSIDE of infectious diseases, probably one of the commonest afflictions of the human body is gallstones. On account of civilized methods of living they are commoner than they were in primitive times. But that they are by no means a product of civilization is shown by the fact that they have repeatedly been found in Egyptian mummies as well as in the dried bodies of Peruvians, buried in dry sands thousands of years ago.

The gallbladder is a pear-shaped sack which lies on the surface of the liver in a cleft between the lobes. It is bound down to the liver by layers of peritoneum. Its pointed end is drawn out into a long tube, the cystic duct, which joins another tube from the liver, the hepatic duct, the two uniting to form the common duct, which empties into the small intestines just below the stomach.

If for any reason any part of the tube becomes stopped up, if the gallbladder itself becomes inflamed, then the bladder becomes swollen and distended and can be felt as a pear-shaped tender swelling just under the edge of the ribs on the right side.

Why stones so commonly form in the gallbladder has been hotly discussed. The bile, in some cases, is thick, almost tarlike and easily forms hard lumps if it has anything to form around. According to some authorities, germs from the blood, getting into the bladder, grow there on account of the favorable conditions found there and masses of these germs form a center around which a gallstone grows in layers.

These stones may be single or many. Sometimes at operation or autopsy, the gallbladder may feel like a boy's sack of marbles.

So long as they stay in the bladder they do little or no harm. But when one tries to pass out through the narrow duct, the trouble begins. The duct is stretched by the rough, hard stone. This causes gallstone colic, perhaps the most painful of all human ills. It lasts until the stone passes out into the bowel or drops back into the bladder.

If the stone works down into the common duct and jams off the liver, then the bile cannot escape but is taken up by the blood and the patient has yellow jaundice or "jandlers" as the public call it.

The only sure relief for either colic or jaundice is to open and drain the bladder and remove the stones.

ACNE

ONE of the bitterest sorrows that can afflict the boy or girl of the high-school age is a poor complexion. Probably more mental anguish has been caused by pimples on the face than by any other cause. And, sad to say, pimples or acne, as dermatologists call it, is more common from fourteen to eighteen than at any other time in life. It reaches its peak at eighteen, gradually fades away in the twenties and usually disappears by thirty. But by that time the girl is married and the boy has business worries, so that a muddy complexion is not the acute tragedy it is at eighteen.

In former days parents gave their children sulphur and molasses to "cool their blood," the eruption on the skin being supposed to be due to "impurities" in the blood, for which sarsaparilla was the sovereign remedy. But the real cause lies in the skin itself.

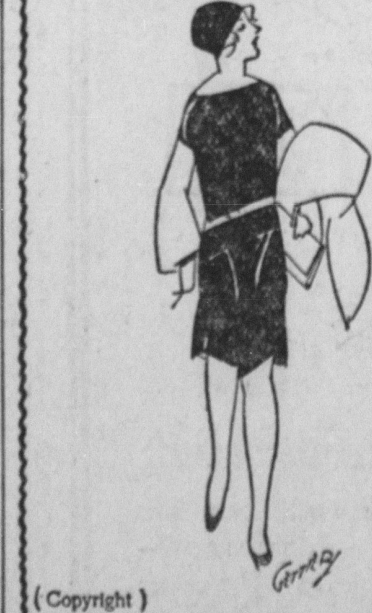
There are in the skin several different kinds of glands. The oil glands or sebaceous glands, as they are called, keep the skin soft and supple, by secreting oil, which is discharged on the skin through tiny oil ducts. Naturally, persons with a thick, oily skin or those who eat large quantities of fat-producing food produce the largest quantities of oil.

As long as these little oil ducts are kept open the oil flows out on the skin. This keeps the skin oily, as many a schoolgirl knows when she powders her nose to remove the shiny appearance. But if the oil is thick, and so tends to choke up the oil ducts, or if soot, dirt or powder unite to form a thick paste with the oil, then the ducts become stopped up and "blackheads" form. The oil forming behind these plugs cause the skin to swell and turn red and little pimples to form. Taking medicine internally is of no use. What is needed is external treatment which will open up the clogged ducts.

The best treatment is the good old-fashioned one of soap and water—soap to dissolve the oil in the plugs closing the ducts, water to wash away the oily dirt and to cleanse the skin. But the skin of the face is not made of hard wood. You can't scrub it like a floor. The skin must be cleansed but not irritated.

Regular frequent washing of the face with a soft big wash cloth and a pure, mild soap and pure soft water, followed by floods of cold water to stimulate the skin, is the best treatment. A pure skin cream may help in dry, harsh skins, but generally persons with acne have too much oil in their skins already. Wash your face clean every night with plenty of warm water and your skin will soon take care of itself.

GIRL GAGS



"There is nothing like marriage," says Reno Ritzel, "for making a man fond of dumb animals."

Mother's Cook Book

Quaff ye the waters of Ramona's well, Good luck they bring and secrets tell, Blessed were they by sandaled Friar, So drink and wish for thy desire.

SEASONABLE DAINTIES

FOR those who enjoy all kinds of game, the following will be appreciated:

Jugged Hare.

Take one large hare, one-fourth pound of fat bacon, one and one-half teaspoonfuls of herbs, six small green onions, one tomato, a tablespoonful of jelly, the juice of half a lemon, two tablespoonfuls of flour, salt to taste, and one pint of stock. Cut the bacon into pieces and cut the hare at the joints. Fry the bacon, and fry the pieces of hare in the fat. Put hare, bacon and onion with half a tablespoonful of ham chopped, one-half tablespoonful of herbs, one tablespoonful of chopped parsley, half a grated lemon rind, one teaspoonful of salt, a quarter teaspoonful of pepper, a dash of cayenne, three chopped mushrooms and two eggs. Mix all well, lay inside the hare and sew up. Place strips of fat bacon over the back of the hare and roast one and one-half hours. Fifteen minutes before taking add the currant jelly. Take up the hare and make a sauce by thickening with flour and butter mixed.

Eggs Shirred With Sausages.

Frick six sausages all over and place around the edge of a baking dish and cook until crisp; pour off the fat and cut the sausages into inch pieces; break three eggs in the center of the dish, pour over two tablespoonfuls of the fat and set in the oven to cook the eggs. Serve from the baking dish.

Baked Apple Slices.

Core apples before peeling, then cut into thin slices one-half inch thick after the apples are peeled. Place in a well-greased baking dish, giving each slice plenty of room to be removed when baked. Sprinkle with sugar, a bit of butter and a thick grating of nutmeg. Bake and baste with a bit of hot water to start with, then with the juice of the apple. When tender serve one slice with the meat.

Apples as sauce, in salad, fresh as fruit, to be eaten from the hand, baked in pie and pudding, the apple is the best of all fruit.

Nellie Maxwell
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THE YOUNG LADY ACROSS THE WAY



The young lady across the way says she doesn't see how you can blame society for all the crimes when so many of them are committed by persons who aren't anybody at all.

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SOMETHING TO THINK ABOUT

By F. A. WALKER

MAN'S SHORTCOMINGS

DID you ever stop to think that with all man's boasts of his superiority he is, after all, a very incomplete and faulty creature, lacking in many of the qualities and accomplishments of those he looks down upon?

Do you realize that the squirrel can look much further into the future than the best educated man and forecast with measurable certainty events and conditions?

Do you know that the bear can voluntarily suspend animation and remain without food, with lowered heart action and diminished breathing for a period which would result in the death of any human being and suffer no bad result?

Did you know that the sense of smell is a thousand times more acute in the butterfly than in the human family?

You have observed that the ear of almost any animal is much more sensitive to noise than the ear of man.

The eagle, the house fly and the spider have eyes hundreds of times more efficient than the human optic and much more complicated in operation.

Did you know that a lobster which loses one of its claws can grow a new one just as good as the one he lost, but that man when he loses a hand or leg has to put up with an inferior substitute?

Did you know that an ant is capable of infinitely more exertion and continued labor than the man who with his heel ruthlessly destroys the work that the ant has done?

Did you know that in many of the lower forms of life when a tooth for any reason becomes worn or diseased and falls out another tooth grows to take its place?

Did you know that the bee is the most efficient architect in all the world of living things and that the beaver is a hydraulic engineer of surpassing intelligence and genius?

Do you realize that no one of the animal kingdom will voluntarily eat improper foods and no one of them ever acquires harmful habits.

The courage of the gamecock far surpasses that of man and the persistence of the spider totally eclipses that of his two-legged superior.

When we arise in the morning and, looking in the mirror, compliment ourselves on our superiority, and when at night we review with pride and self-appreciation the accomplishments of the day it would be well for us to compare what we are and what we have done with the day's work and individual qualifications of the beasts and birds, the insects and all the other forms of life which we consider so far beneath us.

Be not above learning from those below you. There is nothing in creation which has not its lesson, its sermon and its worthwhile example.

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Thrice Buried Bishop

At the Southwark cathedral in London on September 25, there was celebrated the tercentenary of the birth of Bishop Andrews, who is known as the bishop who was buried three times. He died in 1626 and was buried in a tomb which was surmounted by a canopy in the little Lady Chapel of St. Saviour's church, which is now Southwark cathedral. At the time of the fire in 1676, the canopy was destroyed, but the tomb and effigy were uninjured. The second burial took place in 1830, when the tomb was removed to a position in the Lady Chapel immediately behind the high altar. In 1919 the coffin containing the remains of the bishop was removed to a position on the right-hand side of the high altar.



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Bad Loser

Suzanne Lenglen said in an interview in New York: "Amateurs sometimes play a less sportsmanlike game than professionals. I have met lots of amateurs who play in the spirit of old Donald Dhu. "Old Donald was playing in a match game of golf. He and his opponent were tied at the seventeenth hole; each had ninety-five strokes. "Well, Donald's opponent at the eighteenth hole had a stroke of paralysis, and old Donald made him count it."

His Full Name

Tom was visiting his aunt in a nearby town. When she was out of pretence with him she would call him "Young America." Some friends calling on the aunt asked him to tell them his name. "Shall I tell, Auntie?" he asked. "Why, sure. Tell them your full name," the auntie said. "Young United States," Tom replied.

"DANDELION BUTTER COLOR"

A harmless vegetable butter color used by millions for 50 years. Drug stores and general stores sell bottles of "Dandelion" for 35 cents.—Adv.

Caesars of Today

A Christian name much in favor in the French army is Caesar. It is borne by Generals Grazahl, Pelle, Michael and others. Marshal Joffre modestly calls himself Cesaire.

The Cuticura Toilet Trio.
Having cleared your skin, keep it clear by making Cuticura your everyday toilet preparations. The Soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder and perfume. No toilet table is complete without them.—Advertisement.

Million and a Half Output
Every year the United States produces electrical equipment, machinery and supplies worth about \$1,500,000,000.

Washers on the Pacific coast are using seaplanes as an adjunct to their operations.

What makes life dreary is the want of motive.



Method is the very hinge of business and there is no method without punctuality.—Cecil.

True statesmanship is the art of changing a nation from what it is into what it ought to be.—Alger.

Children Cry for



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is the number who are trying to imitate it. If Bare-to-Hair was not growing hair on bald heads there would be no imitators. If there is baldness or signs of it you can't afford to neglect to use "Forst's Original Bare-to-Hair."

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