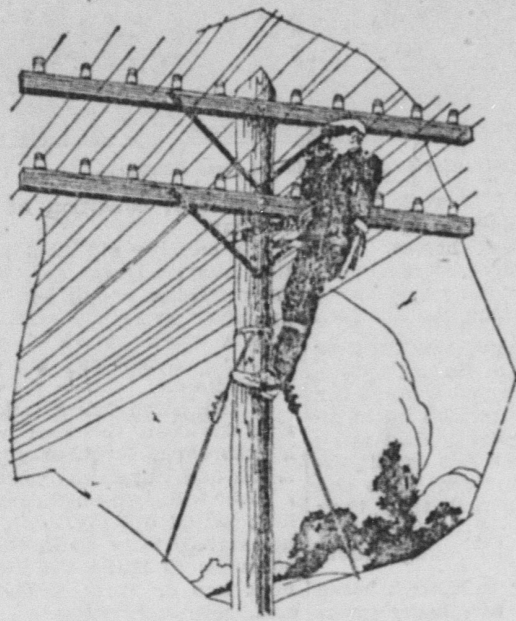
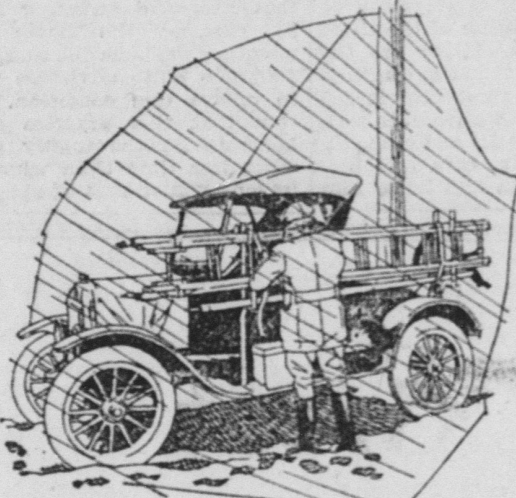


Your Telephone Patrol



"To see that the track is quickly cleared for YOUR call"



The "telephone patrol" is a familiar sight on city street and country highway

YOUR SERVICE depends on more than just the way your own instrument and line are working.

Any moment you may call for connection with a telephone two, ten, a hundred or a thousand miles away.

Your call may hop underground and emerge somewhere across town.

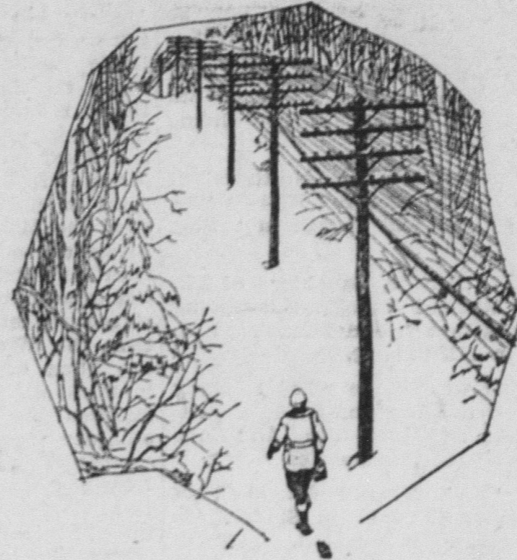
It may follow one of the great cable highways, or head off along some winding pole-line into the next county.

But, whichever it may be, your service is constantly patrolled, in trucks and cars and afoot, along four million miles of wire in Pennsylvania—to see that storm and sleet, wind and flood are out-manoeuvred—to see that the track is quickly cleared for *your* call when the elements get the upper hand.

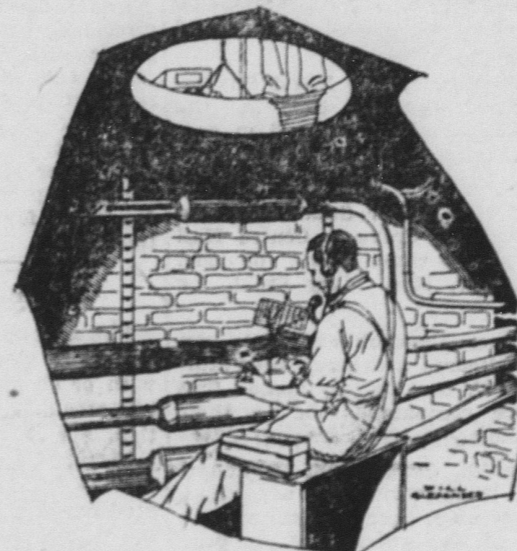
These men are serving you personally.

With them it's not just an eight-hour day, but a job in *your* interest.

Not just that the traffic shall flow along normally, but that *your* call shall go through.



"Your service is constantly patrolled . . . along four million miles of wire in Pennsylvania"



"Your call may hop underground . . ." and the subterranean lines must be kept clear

THE BELL TELEPHONE COMPANY OF PENNSYLVANIA

"AN ORGANIZATION DEVOTED



TO PERSONAL SERVICE"



(© 1927, Western Newspaper Union.)

Men are four:
He who knows and knows he knows,
He is wise—follow him;
He who knows and knows not that he knows,
He is asleep—wake him;
He who knows not and knows not that he knows not,
He is a fool—shun him.
He who knows not and knows that he knows not,
He is a child—teach him.

LET US EAT MORE FISH

As fish as a class are a safeguard against mineral deficiencies in the diet it follows that they deserve more attention than they have had from scientists and dietitians from this point of view. Our country is abundantly supplied with all kinds of fish, and very few fresh or salt water fish are not palatable and good food.

Here are a few things which will be well to remember in regard to this great food.

Slow cooking of fish after it has once started to cook, keeps it tender, sweet as well as retaining the food value of it.

Unwrap fish at once, wash quickly in salted water and wipe dry. Do not allow fish to lay in the water an instant as the cut surface of fish absorbs water very rapidly. This spoils the flavor as well as changing the quality of the meat for cooking.

Sprinkle with salt and pepper (using plenty), wrap in waxed paper (the kind that is wrapped around butter) and put in the ice box, where it will keep for twenty-four hours.

Bits of fish may be added to an omelet, soup or chowder. With various sauces to serve with cooked fish there will never be monotony in serving it.

Where similar varieties of fish are mentioned, one may use the same recipe for any of them. It is not necessary because you have a whitefish to cook, that a recipe calling for whitefish should be used.

Baked Weakfish With Raisins. Split the fish and lay on a well buttered dish. Cover with slices of tomato. Pour over the whole two tablespoonfuls of butter, melted. Season with salt and pepper and cover with finely minced parsley. Strew seedless raisins in the pan around the fish, add one-fourth cupful of water and one-fourth cupful of vinegar. Pour this around the fish, bake in a moderate oven forty-five minutes.

Salad Greens, Salads.

This is the season of the year when the young growing things appeal to the appetite.

The very early salads may include the vegetables which we have always considered as greens.

Look for the blanched dandelions which have been growing under boards or the wood pile; these make the most succulent and wholesome of salad plants. It is well to remember that blanched greens, either lettuce or any other vegetable, are lacking in the green coloring which is so valuable a food adjunct. They tell us that the delicate head lettuce which we so much enjoy is not so rich in vitamins as the leaf lettuce because it has a larger amount of chlorophyll.

French dressing is the simple, easily made and most desirable of all dressings for lettuce, pepper grass or water cress.

Every one should learn to enjoy the dressing made from olive oil. It is so meaty in flavor, so nourishing and appetizing. Be sure that it is fresh and of good quality.

Corn oils and other vegetable oils are taking the place of olive oils, because of their prices. These oils, too, are most nourishing and make tasty salad dressings, but they lack the nutty flavor that is characteristic of the olive oil.

Pepper grass, mustard and sorrel, which the farmer finds so objectionable in his fields, as noxious weeds, make fine salads if well dressed with a good salad dressing.

A good salad green is the top of radishes. These early vegetables grow so quickly and the tops are so full of succulence and mineral matter that together with the flavor they make a most tasty dish. Cook as any greens and serve with butter or bacon and fat.

Cress, when mixed with pepper grass or lettuce and served with French dressing, is a salad par excellence.

A calorie is the term used to denote the amount of heat (that is of fuel) to use to raise one pound four degrees of heat, or a force to lift one pound three hundred and eighty-seven feet.

Just as an engineer can estimate the amount of energy available in different kinds of fuel for purposes of producing power, so can we determine the fuel value of foods.

Outside leaves of lettuce rolled and cut into strips make very attractive salads and garnish for various other salads.

The artistic taste may well be used to as good advantage in the preparation and serving of foods as in other things.

Nellie Maxwell

Reptiles Spit Poison Into Eyes of Enemy

Snakes that spit poison are among the interesting features of West Africa, according to Lieut. Col. A. H. W. Haywood. "One of the commonest and most dangerous, although not deadliest, of snakes which inhabits these regions is the spitting adder," he writes in his book, "Sport and Service in Africa." "This species seems to have a peculiar partiality for injecting his poison into the eye of his victim. I imagine that the lights of the eye attracts his aim in much the same way as a bull's-eye of a target acts as a focus for the aim of the marksman."

"There are a number of instances on record where a dog has had his eye blinded in this way. On one occasion I remember it happening to a W. A. A. F. officer. The incident was as follows: The officer in question was shooting bush fowl with a friend up country when he espied and promptly shot a snake as it was darting into a hole.

"He stooped down to pull it out of the hole, thinking it was dead. The snake unfortunately was still alive and spat its poison into his eye. He was instantaneously blinded. Had it not been for the assistance of his companion and the lucky proximity of a doctor, it is more than likely he would never have recovered his sight. As it was, he was confined to a dark room with a bandaged face for some ten days and endured great pain before the blindness began to pass off."

Unable to Find Grave of Button Gwinnett

Your interesting article about Button Gwinnett indicates that you may be interested in a brief quotation from the most recent work on Button Gwinnett by Charles Francis Jenkins, of Philadelphia. On page 154 there is the following: "It is not known where Gwinnett was buried, nor have we any details of his funeral service. As Rev. James Foley was paid for funeral expenses, the inference is he was the officiating clergyman. It is supposed that his grave is in the old Colonial cemetery, now called Colonial park, within the limits of the city of Savannah. His executor provided a gravestone, but this has disappeared. Indeed, there is a newspaper story current that his stone was at one time used as the top of a bar in a grog shop in Savannah. In 1848, when the monument to the signers was erected in the city of Augusta, every effort was made to find Gwinnett's remains in order that they might rest with those of his associates, Lyman Hall and George Walton, who were interred under the monument."—Richard P. Swarthmore, Pa., in Pathfinder Magazine.

Auras Possessed by Persons Not Sainly

An oculist maintained before a London audience there is much more than mere symbolism in the halo, the ring of light depicted about the heads of the saints. Each one of us, he said, has an aura about him, and there are those to whom these auras are visible. And the Observer reminds us that in a certain famous cathedral town the parlor maid at the deanery had this gift. She used to shudder, as she told Miss Dean, when she opened the door to one of the canons, a well-known figure of twenty years ago. His aura, as she saw it, was of dirty purplish color, spotted with patches of bilious yellow. It is curious to note that one of the greatest blackguards that ever lived, Benvenuto Cellini, claimed the possession of a halo, "a resplendent light above his head," which appeared at dawn and sunset and showed best when the grass was wet with dew. Benvenuto considered that this halo was a signal mark of the divine approval of his virtuous life, but in this he must have been mistaken. If he had a halo at all it must have been worse than the canon's—a sort of post-impressionist halo.—Pierre Van Paassens, in the Atlanta Constitution.

Bit of Colonial History

Governors Island, in New York, was ceded to the director of New Netherlands in 1637 "in consideration of certain parcels of goods." In 1693 the island was set aside by the assembly as part of the "Denizen of His Majesty's Fort at New York for the benefit of his majesty's governors," and so it became known as Governors Island. Governors Island was ceded to the United States by the legislature of New York state on February 15, 1800. The island consisted of 69.8 acres. This was found inadequate for the military needs of the department headquarters and the military garrison and in 1880 a further cession was made by the legislature of 103 acres. The island at present has an area of 173 acres.

Monster of Cruelty

Nero, emperor of Rome from 54 to 68 A. D., was the last of the line that descended from the Caesar family. He was one of the most wicked monsters of whom history contains an account. Among those he murdered were his mother and two of his wives. He invented specially cruel deaths for the Christians whom he falsely accused of burning Rome. He was on the throne when St. Paul was a prisoner in Rome, and when he was put to death. The army, led by Galba, turned against Nero. He either committed suicide or was put to death by a small band of soldiers.

Sailing Paper Boats, Great Poet's Caprice.

Whenever Shelley, the great English poet, caught sight of a body of water he could not resist the temptation to make paper boats, which he would then launch, watching their progress with great interest until they capsized or drifted to shore again. He would remain rooted to the spot until all his paper was exhausted and he could make no more boats. As it was his custom to take a book along with him on his walks, the fly-leaves of most of his books were missing.

To what lengths he went to indulge himself in this favorite pastime may be judged from the story told concerning the day he found himself on the bank of the Serpentine without any paper, having exhausted his supply on the pond in Kensington gardens. The only piece of paper he could lay his hands on was a £50 note. He struggled with temptation for a long time, but yielded at last. Twisting the note with great care and dexterity, he committed it to the water, watching, to be sure, its progress with even more intense anxiety than usual. Fate was kind, and in due time the little craft was wafted to the opposite shore, where the owner was already waiting its arrival with bated breath.—Market for Exchange.

Dust as a Shield

The British royal commission on mines has made some interesting experiments on explosions of mixtures of coal dust and air. It has demonstrated that such mixtures are eminently explosive, and also that the explosions can be mitigated, or confined in area; by means of stone dust, which is not explosive.

A coal dust area was placed between a dustless region and one spread with stone dust, after which an explosion was produced in the coal dust by firing a cannon. The results appeared to demonstrate that the effects of an explosion may be transmitted to a considerable distance over a dustless zone by the coal dust driven before the air blast, but that the stone dust has a restraining effect.—Washington Star.

Mercury's Many Uses

Mercury is an element sometimes found native, but mostly derived from cinabar. Normally, by far the greater part of the world's production of mercury is used in extracting gold and silver from their ores. In 1914 and 1916, owing to the European war, it was used mainly in the manufacture of fulminate for explosive caps. It is also used in the manufacture of drugs, of electric appliances and of scientific apparatus, thermometers, barometers and for making vermilion. Mercury is found in California and Colorado.

Granite Worn Smooth by Millions of Feet

Trails worn deep in the granite of Sawtooth mountain, towering 12,500 feet above sea level, tell the story today of hunting parties of primitive man, says the Rocky Mountain News. How many years these trails were in the making even scientists have failed to fix.

From earliest times these Colorado mountains, now in the Cochetopa national forest, were the hunting place of man. Antelope, deer, buffaloes and elk existed in almost countless numbers, while the stream abounded with fish. Ages before the first white man, a Spaniard, in 1600, entered these wilds man had hunted, and in the days of this adventurous Spaniard up to very recent years Indians swarmed through this wonderful hunting ground.

Trails across the mountains made by moccasined feet still may be seen, and those worn into the solid granite of Sawtooth are mute evidence of the great lapse of time since the first man broke the way through the forest.

To the student vacationist these trails have proved of vast interest, as they have to scientists. They are visible proof that man lived in Colorado in the dim past—how far back the anthropologist has not given even a guess.

Easy to Be Punctual in Washington's Time

The first President was a great believer in punctuality. "Never ask" he told his servants, "whether my guests have arrived, but whether the hour has arrived."

Washington was always on time and believed every one else should be. If he had guests for dinner no matter how important they might be, he always began eating at the appointed hour.

It would be interesting to note how many times Mr. Washington would dine alone if he were living today. He would learn a great deal about traffic jams, delayed trains, street car blockades and the thousand and one other ailments made use of by late comers.

Punctuality is a great thing if you don't happen to live in a crowded city.—Thrifty Magazine.

Trial Marriages Ancient

Divorce-as-you-please marriages may seem modern, but ancient Scotland's "handfasting," referred to in Scott's novel "The Monastery," was that kind of marriage. A man and woman agreed verbally in the presence of witnesses, to live as man and wife. At the end of the year each might choose another mate, or call the priest to marry them for life, or merely shake hands on it and say "pleased to meet you," or something like that.—Cappan's Weekly.

Inventor Had Vision of Modern Locomotion

In 1780 an American inventor, Oliver Evans, applied for a patent to use the steam engine for vehicles, but was refused by the Pennsylvania legislature, says Dr. Frank H. Vizetelly, managing editor of the Standard dictionary.

In 1880 or 1801 Evans commenced applying the noncondensing engine to a steam carriage, but changed his plans and turned his attention to mill driving by steam power. Later he reverted to the idea of steam locomotion and wrote: "I have no doubt that my engine will propel boats against the current of the Mississippi and wagons on turnpike roads with great profit. . . . The time will come when people will travel in stages moved by steam engines from one city to another, almost as fast as birds can fly, fifteen or twenty miles an hour. . . . A carriage will start from Washington in the morning and passengers will breakfast at Baltimore, dine at Philadelphia and sup in New York the same day. . . . Engines will drive boats ten or twelve miles an hour, and there will be hundreds of steamers running on the Mississippi, as predicted years ago."

Scotland Yard Wants Men of Iron Nerve

From George Dilnot's "Story of Scotland Yard," as it tells of the testing of the detective chauffeur: "A candidate is taken to a remote country lane with an official sitting at his side.

"A shot rings out and he is informed that one arm is 'wounded.' With one hand, therefore, he has to continue his journey at speed.

"Again, a bundle of hay is thrown in front of the car unexpectedly. He has to dodge this obstacle without the faintest hesitation.

"In quick succession a bewildering number of orders is rapped out, each of which has to be instantly obeyed.

"Many of these cars have wireless, by which constant touch may be maintained with headquarters, either by telephone or with the Morse code."

A spy may do with an argus eye, but the sleuth in the Scotland Yard car must have an iron nerve.

Greeks Prefer Beauty

Greeks as a people have a philosophy of life that is quite different from that of Americans. Their desire is to be rounded out human beings, and having an interest more in beauty and life itself than in material successes. Harshness in personal relations is exceptional and as a rule their habits are temperate. They show a liking for the mere process of thinking.