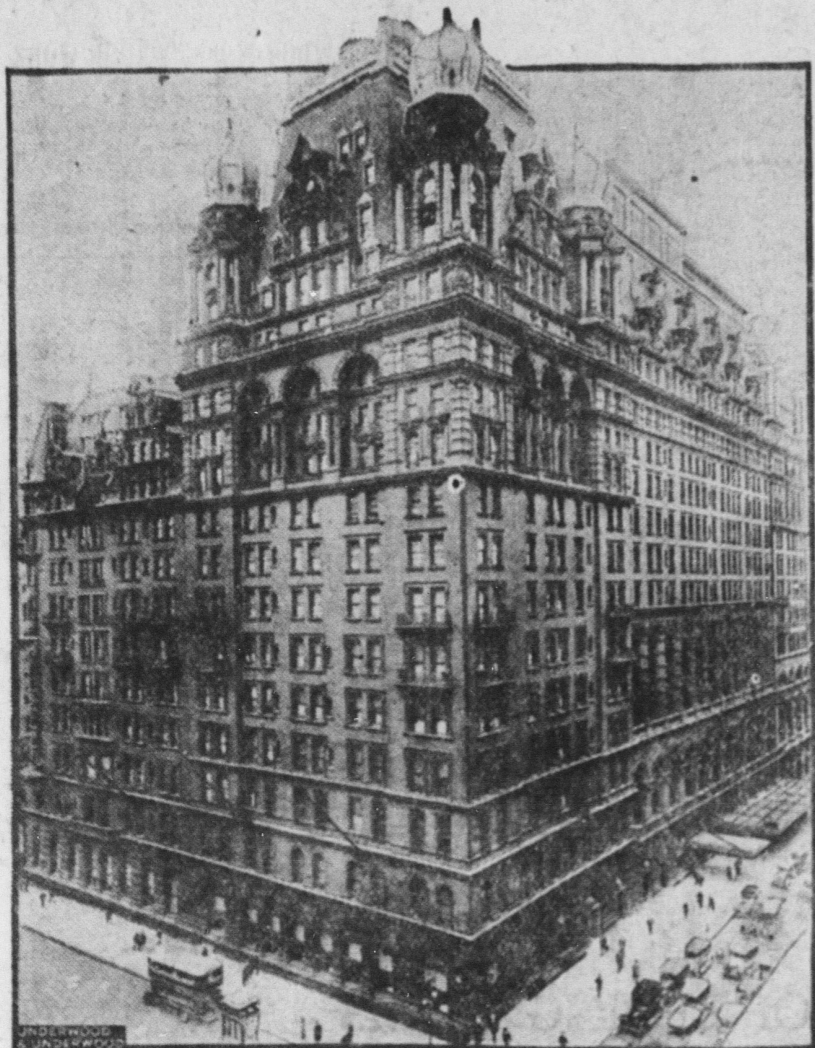


GREAT NEW YORK HOTEL TO BE DEMOLISHED



The Waldorf-Astoria hotel, at Fifth avenue and Thirty-fourth street, New York, is to be demolished next summer to make room for a 50-story office building.

PROGRESS, THE ONE THING WORTH WHILE

By F. A. WALKER

HOW are you getting on? Every day when a ship is at sea the captain, with an astronomical instrument measures accurately the altitude of the sun above the horizon and with a series of charts determines his position on the great waters.

How long since you took observations to find out where you were? When did you figure out your bank balance or determine in cold hard figures whether or not you were increasing your efficiency as a workman?

You are sailing a sea just as devoid of marks and mile posts as the watery plain along which a vessel plows.

Your life is not like any other life.



"Marksmanship has so improved among women," says Cynical Sue, "that the only time a wife misses her husband is when he's gone."

THE FIGHT AGAINST INFLUENZA

By LEONARD A. BARRETT

THE United States public health service announced a short time ago, about the time the influenza epidemic was most severe, that the report from 19 states, where the disease was more prevalent, showed that slightly more than a million persons were affected at the same time.

Under the auspices of the health service a two-day conference was held in Washington, D. C., attended by leading physicians from many different parts of the country.

Three very definite results were accomplished. First, the conference adopted a plan for a continued study of the disease; especially from the viewpoint of preventive remedies.

No one else can live it for you nor even tell you accurately how you shall live it.

Wise advice they may and do give you as to the broad principles of success but there will be complications all your own which you must solve without anything to guide you except good judgment and a sense of right.

It used to be that once a year a merchant took account of stock. He thought that once in twelve months was often enough to figure out whether he was making money or running behind.

But as competition became keener, as merchants became keener buyers, closer sellers, the wide awake business man thought it would be wise to find out a little oftener how he was getting on.

Today in the big stores each head of a department, and that means each head of the many small stores that collectively make the big store, is expected to know every day how he stands as regards his stock and his profits and if he is not able to give the "big boss" a comprehensive answer as to "how are you getting on?" he will shortly find himself looking for another place unarmaged with any very convincing recommendation.

Some people are like a boy's rocking horse—a fury of motion, but not getting ahead.

Noise doesn't count for much except to attract attention and if there is nothing behind the noise the attention soon dissipates.

Progress is the one thing worth while in the world.

Nothing that God made, and with which man has not interfered, either stands still or goes backward.

The whole universe moves in a forward direction. It moves consistently and continuously, never by spasms and jerks but

THE SANDMAN STORY ABOUT KING LION

KING LION was pacing up and down his cage in the zoo. Most of the animals were asleep, but King Lion was not feeling sleepy as yet.

They looked so gentle and so beautiful! They looked as though they would play and frolic with children and do them no harm.

They mustn't get any wrong ideas about who would be fit playmates for them. This zoo life might give them wrong ideas. They didn't know the forests and the jungles as he did.

Then he noticed that little Leo, his son, had opened his sleepy eyes.

"Leo," said King Lion, "I have something on my lion mind which I want to tell you. And tomorrow you tell this to your sister and brother.

"Your father used to live in far-off India. There I hunted and there I roared and there I lived a thrilling, exciting, dangerous life. Here it is very safe, much too safe for a lion, as a matter of fact.

"But just because you are here, where you do not hunt for your food and where you are safe, do not forget that you belong to the family known as the King of the Beasts.

"That is a splendid title. Far better than to be the king of mere people, or to be a President or an emperor.

"You may be playful now, but think wild thoughts, so that when you are older no one will ever call you gentle.

"Roar! Roar with all your might. Roar so that all will hear your great voice.

"You must speak for yourself in this life. Do you suppose we would always have been known as the King of the



"Belong to the Family Known as the King of Beasts."

Beasts if we hadn't blown our own trumpets a bit?

"The tiger is a wise and, perhaps, more careful hunter. They say he is a more careful hunter, really.

"But he is not called a king, for he doesn't sound so magnificently terrible as we do.

"Growl and roar when you get your dinner. Make believe that it is what you have been able to get yourself through hunting.

"Every time you are given a bone, play with it as though you were capturing it and imagine to yourself that it is what you marketed for yourself.

"Lick your chops as though you were free and wild and the taste of the hunt was still upon them.

"Roar at night so all will know that we have not forgotten the jungle habit of gathering together after the sun goes down.

"For that is one of the good old ways of the jungle—the splendid gathering together of the herd when night falls.

"In five years you will have a full-grown mane, my son, and you will be a king lion.

"That is something for you to look forward to through the days and the weeks and the months and the years until you have finished five years of your dear lion's life.

"Ah, son, that is something the lady

Honesses never have as we do—the splendid long mane.

"That shows our great strength and splendor. At least, if it doesn't exactly show our strength, it shows our splendor, anyway.

"And to look at our manes makes anyone feel that we are strong, which we are.

"Good-night, my son, and never forget your father's advice. No one else is going to roar for you. It is up to you to show the zoo that the lion can make such a noise that he must be the King of the Beasts."

King Lion was feeling sleepy himself now.

He took one more look at Leo, his son, and at Leo's sister and brother.

"I'll remember what you have said," Leo answered his father in a sleepy voice, but as he fell off to sleep once more he thought how splendid it was to have a King Lion for a daddy and that he, too, would be a King Lion one day, and he said to himself that he would remember all his father had told him.

(Copyright.)

Hints for Men and Women

By Viola Brothers Shore

FOR THE GOOSE—

A WOMAN can love a man that she knows is a dumbbell. But not one that she thinks is a fool.

They say these interior decorators that make our homes what they are today is all in the pay of the men's clubs.

Many a true tale is told in a gesture.

FOR THE GANDER—

A watch is just as little use when it goes as when it don't if the hands is broken off.

All marriages ain't the result of hard work on the part of the women. Only about 80 per cent.

Some comes about like a sort of natural explosion and by the time the smoke clears, the man finds the invitations just arriving from the engraver.

(Copyright.)

Some Dainties That Will Be Liked

By NELLIE MAXWELL

FOR an afternoon tea when you wish to serve something to your friends a little out of the ordinary, try:

Snow Balls.

Take one cupful each of sugar, shortening and grated pasteurized cheese, one egg, two teaspoonfuls of lemon juice, three and one-half cupfuls of flour and four teaspoonfuls of baking powder. Cream the sugar, shortening and cheese together, add the egg, the lemon juice and flour sifted with the baking powder. Roll into balls the size of a walnut and bake in a slow oven for 15 minutes. Dip into cooked icing, roll in coconut and let dry a few minutes.

Bread and Raisin Pudding.

Butter bread from which the crusts have been removed to fill a three-pint dish. Arrange butter-side down. Sprinkle with a thin layer of seeded and shredded raisins mixed with the grated rind and juice of a lemon. Cover with four cupfuls of milk to which four eggs slightly beaten have been added, with one cupful of sugar and one-half teaspoonful of salt. Bake slowly one and one-half hours, cover-

ing the last half hour with buttered paper.

Pecan Macaroons.

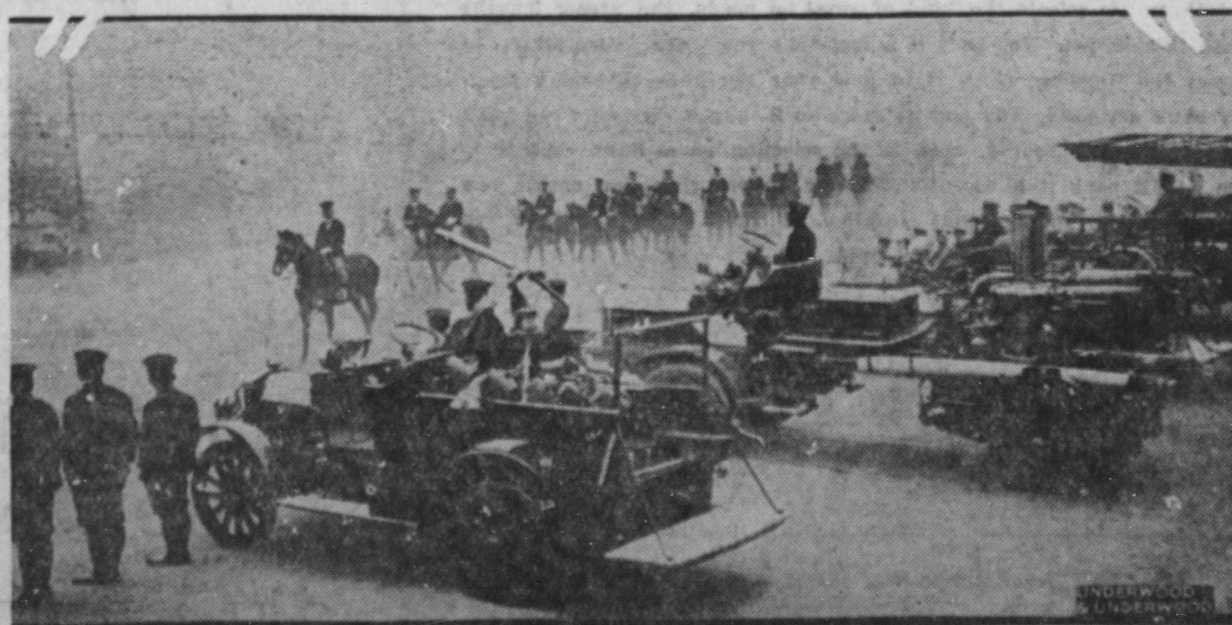
Beat three egg whites, add one-half pound of light brown sugar, a little cinnamon and three-fourths of a pound of pecans cut into bits. Drop on brown paper and bake at a very low temperature for nearly two hours.

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American Equipment Used by Tokyo Fire Department



The motorized fire department of Tokyo, assembled for its annual inspection by army officers. This was the department's first review since it was completely motorized with American equipment.

It May Be Urgent



When your Children Cry for It

Castoria is a comfort when Baby is fretful. No sooner taken than the little one is at ease. If restless, a few drops soon bring contentment. No harm done, for Castoria is a baby remedy, meant for babies. Perfectly safe to give the youngest infant; you have the doctors' word for that! It is a vegetable product and you could use it every day. But it's in an emergency that Castoria means most. Some night when constipation must be relieved—or colic pains—or other suffering. Never be without it; some mothers keep an extra bottle, unopened, to make sure there will always be Castoria in the house. It is effective for older children, too; read the book that comes with it.



To Reclaim Peat Lands

Plans for the reclamation of vast peat lands in Scotland are being discussed. It is asserted that if the task is undertaken it will mean great prosperity for the country. Efforts along this line have been made before with great financial loss to the promoters, but those back of the present scheme declare they will carry it through to success.

Large, Generous Sample Old Time Remedy Sent Free to Every Reader of This Article

More than forty years ago, good old Pastor Koenig began the manufacture of Pastor Koenig's Nervine, a remedy recommended for the relief of nervousness, epilepsy, sleeplessness and kindred ailments. The remedy was made after the formula of old German doctors. The sales soon increased, and another factory was added. Today there are Koenig factories in the old world and Pastor Koenig's Nervine is sold in every land and clime.

Try it and be convinced. It will only cost you a postal to write for the large, generous sample. Address: Koenig Medicine Co., 1045 No. Wells St., Chicago, Illinois. Kindly mention your local paper.

Considering It

The High Forehead—We're going to have a musical program at the club next Saturday. It's to be a Meyerbeer evening. You'll be there?

The Low Brow—That depends. Is Meyerbeer the real stuff or just one of these kickless, near beer propositions?

Victims of the sleeping sickness should let the baby eat crackers in bed.

Bilious?

Take NR—NATURE'S REMEDY—tonight. You'll be "fit and fine" by morning—tongue clear, headache gone, appetite back, bowels acting pleasantly, biliousness forgotten. For constipation, too. Better than any more laxative.

Safe, mild, purely vegetable—



At Druggists—only 25c



FLORESTON SHAMPOO—Ideal for use in connection with Parker's Hair Balm. Makes the hair soft and fluffy. 50 cents by mail or at druggists. Hiseco Chemical Works, Pascoque, N. Y.

DON'T LET WORMS TORTURE CHILDREN

Children who have worms have not a chance of being healthy. Watch for the symptoms. Gritting the teeth, picking the nostrils, disordered stomach.

Rid your child's body of these ruinous parasites. Give him Frey's Vermifuge—America's safe, vegetable worm medicine for 75 years. Buy it today. At all drug stores.

Frey's Vermifuge Expels Worms