

CONVEX LENS OF THE EYE.

A Burning Glass That Adjusts the Sight to Varying Distances.

One of the manifold wonders of the human eye is the convex lens with which the focal distances of sight are made instantly and without mental effort.

Let the person at midday hold a straw against the face of the sun and focus his eyes on the straw. He can look at the straw, with its background of a dazzling sun, and without discomfort.

In the subconscious adaptability of the eye lens to adapt itself to different distances lies its value to the human sight. The man with a camera adjusts the focus of his lenses by sliding them forward and back.

NEGLECTED FOODS.

Their More Liberal Use Would Be a Help in Home Economy.

Among the foodstuffs that American housekeepers have scarcely utilized are turnip tops, radish tops, mustard plants, sorrel and chick peas among the vegetables and the cheese product that can be extracted from whey.

The greens mentioned may all be cooked like spinach or they may be made into delicious cream soups, as they have been for centuries by European housewives.

Chick peas are as nutritious as beans and when served in a broth are just as tasty. They also can be made into a sauce.

Radish tops and mustard leaves make a cheap and appetizing salad.

Professor Mary F. Rausch in a lecture at the University of Washington gave some hints about home economies, one of which was that foods in shallow pans cook more rapidly than in deep pans, thus saving gas.

When Pullmans Were New.

The real birth of the Pullman car dates from the closing days of the war between the states. In the Illinois Journal (Springfield) of May 30, 1865, is to be found the following:

"We are reminded of a prophecy which we heard some three years since—that the time was not far distant when a radical change would be introduced in the manner of constructing railroad cars; the public would travel upon them with as much ease as though sitting in their parlors and sleep and eat on board of them with more ease and comfort than it would be possible to do on a first class steamer."

Faces Over the Doors.

Those who visit Pompeii for the first time are struck by one significant feature of those little houses whose owners have been dead for 2,000 years. That is the faces which are often carved over the door or in the atrium and intended to convey a welcome or a defiance to the entering guest.

Quaker Cemetery in Prospect Park. There is a Quaker cemetery in Prospect Park West, Brooklyn. The cemetery is much older than the park, and when the park was organized it was done with the understanding that the "friends" burying ground was not to be disturbed.

Black Eggs. The black Cayuga duck, a South American bird, frequently lays black eggs. The coloring does not penetrate the shell, being due to an oily pigment which can be rubbed off.

Sharing a Sentiment. "Do you think a man ought to forgive his enemies?" "Yes," said Senator Sorghum. "But he ought to make the score near enough even to let the enemy do some forgiving on his side."—Washington Star.

His habits gather by unseen degrees. The brooks make rivers, rivers run to seas.—Dryden.

BANKS AND BANKNOTES.

England's First Paper Money Was Issued by the Goldsmiths.

With the almost entire use of paper currency at the present time the history of its origin may not be uninteresting. In the days of the Stuarts merchants used to lodge their reserves of gold in the Tower, and when one day Charles I., in a thoughtless moment, annexed a large sum lodged in that way and forgot to put it back the merchants decided that henceforth they would put no more trust in princes, but would look to the goldsmiths.

The goldsmiths thereby became the first bankers, and the first goldsmith who hit upon the novel idea of giving a note, not only to the person who deposited gold, but also to the person who came to borrow, founded modern banking with an original deposit of £5,000.

The banker gave promise to pay up to, say, £25,000, and as long as there was no immediate demand on the part of the persons holding these promises to pay to have that promise converted into cash business proceeded merrily, but necessarily there was a limit beyond which it was not safe to do this kind of business, and it was always possible that something unforeseen might happen that would bring an unusual number of notes for presentation.

TEST YOUR LUNGS.

A Simple Method by Which One May Measure His Development.

People often suffer from weak, undeveloped lungs without suspecting it. True, small, feeble lungs are usually associated with a small, narrow or sunken chest, but not invariably. By means of the misuse of physical culture it is possible to develop large chest muscles, thus acquiring a big chest measurement, while the lungs remain small and ill nourished.

Again, lung mischief is often so slow and insidious in its approach that the trouble is not discovered until it is firmly established. Here, however, is a simple test which will tell you whether your lungs are healthy or not.

Take as deep a breath as you can, and then, in a slow but distinct voice count from one onward as far as you can without taking in more breath. The number of seconds you can continue counting is a pretty reliable index to the state of your lungs, so you should have some one to time you.

If your lungs are sound and normally developed your range will be between twenty and thirty-five seconds. If your limit is between ten and twenty seconds there is no need to be alarmed; probably your lungs are merely in need of exercise, to be readily obtained by regular deep breathing in pure air.

True In Every Language. Tennyson once attended a dinner where G. L. Craik proposed "The Ladies." In doing so he recalled the cynical advice given by a brother Scot to his children: "Tak my advice and dinna marry for siller. You can borrow cheaper."

Some time later Tennyson at his own table repeated Mr. Craik's story, but expressed the idea without attempting dialect. His son, Hallam, remarked: "Surely, father, Craik did not use those words."

"No, he did not; but, then, Craik is a Scotchman, and I am afraid to venture on repeating him exactly. However, it's almost as good in English as in Scotch, and it's tremendously true in both."

Why the Widow Got Him. The folks were talking gossip with some neighbors who were making a social call. They were discussing a certain man that everybody agreed was such a fine man and wondering how ever it was that a rather gay grass widow had succeeded in leading him to the altar.

Half Truths. Half truths are often more calamitous than whole falsehoods. Not a word may be uttered, but a half suppressed innuendo, a dropped lip, an arched eyebrow, a shrugged shoulder, a significant look, an incredulous expression of countenance—may, even an emphatic silence—may do the injurious work.

Highly Estimable. "Half a loaf is better than no bread," said the philosopher. "There's no doubt about the respect to which half a loaf is entitled," replied the plain person. "It costs as much as a whole loaf used to."—Washington Star.

The Kind Wren. The house wren is charitable enough to take care of the young of other species. One has been known to feed and rear four young robins whose parents had met with disaster.

Musical Note. "Didn't her constant singing in the flat annoy you?" "Not so much as the constant flat in her singing."—Puck.

No great thing is created suddenly any more than a bunch of grapes or a fig.—Epictetus.

TO ENLIST EVERY WOMAN IN HOOVER'S FOOD-SAVING ARMY

Every woman in the state of Pennsylvania will be asked to join a food-saving army. Each woman is to be an enlisted "soldier" for Uncle Sam and the allies.

The enrollment will be conducted by means of pledge cards similar to the one reproduced above. Read it carefully. Every housekeeper in Pennsylvania will receive one and will be expected to sign it before July 15 in testimony that full support will be given to the food conservation plan.

Every woman in the household is to sign this pledge whether a member of the family or an employe. In addition to the million and a half Pennsylvania "soldiers," Mr. Hoover will direct more than eighteen million other women "soldiers" who are to be similarly recruited from the other states and territories.

Mr. Hoover's position with respect to those who enlist will be less that of a general than that of an adviser, who suggests ways by which waste may be avoided. Enrollment compels no one to any course of action beyond conviction of duty.

Each card when signed will be forwarded by the local committees to Mr. Hoover, in Washington. The name of each signer will be recorded. Specific instructions will from time to time be forwarded from Mr. Hoover's Household tags which will serve as badges of enlistment to be displayed in windows will be furnished.

The slogan of the army is "Feed the allies out of what we save." Ninety per cent of the food consumed in the United States goes through the hands of women, and they may best "serve by saving."

If you do not receive a personal invitation to sign, consider this your invitation and ask your local Public Safety Committee for a card, or sign the form at the head of this article and mail it to your local Committee of Public Safety, or to the Food Supply Department, 1426 South Penn Square, Philadelphia.

Army Aviation Service. Significant, in view of the popular conception of flying as extreme daredevilry, is the record of the United States army aviation service from Jan. 1 to Dec. 26, 1916. During that period 7,087 flights were made by military pilots. In all 3,357 hours were spent in the air, which means that more than nine hours each day of the year some soldier aviator was aloft.

The distance traveled amounted to approximately 251,775 miles, or slightly more than ten times the circumference of the earth. There was no fatality. Evidently these figures cannot be fairly compared with current railroad and motorcar statistics. Contrasts are not needed, however, to accent their import. Safe flying is not yet accident proof and possibly never will be, but neither is it extremely foolhardy.—Searle Hendee in Popular Mechanics Magazine.

Richard the Hunchback. Of all the kings of England perhaps Richard, the hunchback, has the most sinister reputation, his only rival being the crafty John. He died on Bosworth field fighting for the crown he had gained by murder. It is a matter of history as well as of Shakespeare—not always the same thing—that the tide of success turned against Richard when Lord Stanley took himself and his men from his side to that of Richard. When hard pressed Richard cried: "I am king of England! I will not budge an inch." Then, being overwhelmed, he died, crying: "Treason! Treason!"

Where Knowledge Stopped. Bill—Do you know you borrowed \$2 from me over six months ago? Gill—Yes, I know that. "And do you know you have never paid me?" "Why, yes, I know that." "Do you know when you are going to pay me?" "Well, say, you don't expect me to know everything, do you?"—Pittsburgh Chronicle-Telegraph.

Eskimos and Whales. The Eskimos use every part of the whale. The oil is light, fuel and food for them; the flesh, food; the whalebone and tusk bone are used in making sledges, luts, boats, spears and harpoons; the sinews form thread and twine; the thin membranes, window glass.

Never Unwelcome News. Katharine—When a person already knows a thing he certainly hates having some one tell him about it. Tom—How about the girl who knows she is pretty?—Stray Stories.

Eat Their Way. Earthworms swallow the earth which is in their way as they are making their galleries through the soil.

Temperance and labor are the two real physicians of man.

Value in Dead Letters. The loss and trouble that are caused by sheer carelessness. More than two and a quarter million dollars' worth of checks, drafts, money orders and other valuable papers were found in undelivered letters by the dead letter office during the last year, and practically all were restored to their owners.

The first assistant postmaster general announced that the dead letter division handled 10,830,890 letters and parcels during the year, a slight increase over the previous year. One-third of these letters and parcels, or 3,677,194, was delivered, 161,485 contained things of value without clew to their senders and were held for claimants, 7,019,436 had to be destroyed and 41,775 still are being investigated.

In addition to the valuable papers, with a face value of \$2,302,119, found in undelivered letters, many contained stamps, and some currency was found loose in the mails.

The dead mail received by the dead letter division during the year contained 677,700 misdirected letters, 115,769 unaddressed letters, 228,700 letters held for postage, 440,200 letters written on hotel letter paper by persons unknown to the hotels and 104,700 letters bearing fictitious signatures.

Alleged to have boasted that he did not and would not register for conscription, Nick Cuimocco, aged twenty-seven, of East Pittsburgh, was arrested in Bradnock.

CONDENSED REPORT OF CONDITION The Second National Bank

MEYERSDALE, PA. JUNE TWENTYTHREE, NINETEEN SEVENTEEN

RESOURCES table with columns for item and amount. Total Resources: \$852,493.67

LIABILITIES table with columns for item and amount. Total Liabilities: \$852,493.67

Growth as shown in following statements Made to Controller of Currency. JULY 15, 1913 - \$252,014.92 ONE QUARTER MILLION JUNE 23, 1917 - \$352,493.67 OVER THREE QUARTER MILLION

NET GAIN BETWEEN ABOVE STATEMENTS \$590,483.75 -OVER ONE-HALF MILLION-

BUGS & BUGS advertisement for F. B. THOMAS LEADING DRUGGIST, MEYERSDALE, PENNA. listing various medicines like Paris Green, London Purple, White Helebores, etc.

HARTLEY & BALDWIN advertisement for CLOTHIERS AND FURNISHERS, Meyersdale, Pa. listing various clothing items and services.