daggers, which, they declared, had been obtained from the sity. Moreover, the use of meteoritic iron by Eskimos and American Indians is a matter of recent history.—Scientific American.

Getting By.

An Indianapolis man, who for the purpose of this story will be called Mr. X., asked a friend, Mr. Y., for the loan of \$20. Mr. Y. replied that he did not have the money with him, but would return with it later.

When he came back to Mr. X.'s office he found Mr. X. busily engaged in an apparent effort to make a favorable impression on a visitor unknown to Mr. Y.

ing in on the conversation.

Mr. X. turned as though annoyed by the interruption; then his face brightened with a patronizing smile.

"Thanks, old fellow," he said. "Any time I can do anything more for you let me know."

let me know."

Mr. Y., the lender, retreated in confusion.—Indianapolis News.

The Fear of the Past.

The future is a blank wall on which every man can write his own name as every man can write his own name as large as he likes. The past I find already covered with illegible scribbles, such as Plato, Isaiah. Shakespeare. Michelangelo, Napoleon. I can make the future as narrow as myself. The past is obliged to be as broad and turbulent as humanity, and the upshot of this modern attitude is really thisthat men invent new ideals because they dare not attempt old ideals. They look forward with enthusiasm because look forward with enthusiasm because they are afraid to look back.—Gilbert K. Chesterton.

Another Mystery Explained. issing family names and their his-

"How did your name originate?"

asked the friend.

"Oh, probably one of my ancestors was of the grasping kind that you hear about so often. Somebody gave him an 'ynch' and he took an 'L."—Christian Register.

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The Smithy.
In the forty-fourth chapter, twelfth verse, of Isaiah is this description of a smithy: The smith with the tongs both worketh in the coals and fashioned it with hammers and worketh with the strength of his arms; yea, he is hungry, and his strength faileth; he drinketh no water and is faint.

Not Superstitious

Not Superstitious.

Collector (warmly)—I've been here a dozen times, sir, and I positively won't call again. Debtor (cheerfully)—Oh, come now, my man. Don't be so superstitious about making the thirteenth call. Nothing will happen, I assure you.—Stray Stories.

A Liberal Spender

"So?"
"Yes; almost anybody but his wife can get money out of him."—Detroit

Affliction is not sent in vain, young man, from that good God who chastens whom he loves.—Southey.

FISH AS A FOOD.

Good, Hearty Laughter.

Hysienic experts can say what they like, but they will never compose a diet or discover a better health promoter than good, hearty laughter.

Laughter carries everything before it. It sweeps away the "blues," shakes up the old bones and stirs new life into every corner of the brain.

It fills the lungs with good, pure, new air and drives out all the bad, impure breath. It is the world's friend

new air and drives out all the bad, impure breath. It is the world's friend and one of the few human characteristics which are universal.

Promote real laughter, the genuine result of humorous incidents; not giggles, sickly smiles or sardonic and sarcastic grins, but honest, open, whole hearted laughter!

That's the only royal road to health.

—London Opinion.

An astute French mathematician has found that in certain watches the motions exceed 200,000,000 a year in little equal jumps. In the same time the outside of the average briance travels 7,500 miles. Yet despite this astonish-ing distance traveled by the ordinary ing distance traveled by the ordinary, watch the amount of power consumed is trifling, states the Popular Science Monthly. One horsepower is sufficient to run 270.000.000 watches. This is probably all the watches that are in existence. But if there should be more there would be enough power left in the one horsepower to run an additional thousand watches or so.

Consolation.

A woman doctor of Philadelphia was calling on a young sister, recently married, who was in distress. In response to the doctor's inquiry the newlywed

"I cooked a meal for the first time yesterday, and I made a terrible mess of it."

'Never mind, dearle," said the doc tor cheerfully. "It's nothing to worry about, I lost my first patient."—Har

A Sunday school teacher had been telling her class the story of the good Samaritan. When she asked them what the story meant a little boy said: "It means that when I am in trouble my neighbors must help me."—Christian Begister. tian Register

Hokus-Flubdub complains that nonof the girls look with favor on his suit. Pokus—How can they when he wears a high hat with a sack coat?— Town Topics.

An Indignant Officer.
"May we have the pleasure of your company this evening, colonel?"
"Company, madam? I command a regiment."—Boston Transcript.

Both Sides. "Can your wife see two sides of a

question?"
"Yes; her own and her mother's."Life.

Man's life is in the impulse of ele vation to something higher.-Jacobi.

JAPANESE KNOTS.

Many physiologists have estimated the quantity of albumen necessary to our systems and have given widely differing figures, but today it is generally held that one grain per day per filogram of body weight is amplethat is to say, that a man weighing 160 pounds actually needs only bestween five and six ounces of albumen as day. Children and growing youths need more. Meat, however, is not the only food that is rich in albumen. A quarter of a Brie cheese, for instance, contains as much albumen as half a pound of beefsteak. Lentils, peas and beans are from 20 to 25 per cent afbumen, which means that these vegetables are worth actually more than steak and cost far less.

According to Dr. Claude, our daily

| becan and cost lai | ACOD. |
|--------------------|----------------------|
| | r. Claude, our dail |
| needs in the way | of albumen can b |
| satisfied by any o | ne of the following |
| Beefsteak | 14 ounce |
| | 181/2 ounce |
| Salted tongue | 18½ ounce |
| Milk | 2 quar |
| Chicken | 20 ounce |
| Eggs | 9 |
| | 5 ounce |
| Almonds | 25 oune |
| | |
| Lentils | 11½ ounce |
| Bread | 29 ounce |
| From these it is | easy to make a sele- |
| | that cost the least |

Warfare in the Air.

A high powered airplane engine of the best type—say 120 to 150 horse power—cannot be purchased for much less than \$3,000. And the whole air plane, a big one, may readily cost \$10.000 to \$20,000.

A fast modern airplane has an aver-

age life of only about two or three hun age life of only about two or three hundred hours of active service—say two months at the outside. This means that to keep 10,000 airplanes on a battle line you have to be able to build 5,000 per month or more. The cost would be almost unthinkable. That is why warfare in the air for any length of time would bankrupt the world. And that in turn is why warfare in the air means the end of all warfare.—Collier's.

No Chasing.

A young man visited a jeweler's and asked to look at some wedding rings. He selected a very handsome ring, and the jeweler said:

"I'm! That one is dearer than the others. Yes, sir; I have to charge \$10 extra for that one on account of the chasing."

The young man flushed.
"You won't have to chase me, mis-

"You won't have to chase me, mis-ter," he said coldly. "I pay cash."

Don't Get Bored.

Don't let yourself get into the habit of being bored. It is not worth while. When you feel it coming on plunge at once into some task that will take all your time and energy. It is better to run away from certain things than to let them irritate you.—Exchange.

With the Sea Flavor. Friend-What kind of car did you buy? Retired Sea Captain-Well, she draws about fifty feet of dust and displaces half my bank account.-Life.

Miss Sharpe—She's her own chaperon.
Greene—How's that?
"You ought to see her face."—London Answers.

HEROISM IN THE NAVY.

How Norway Finds Sailors.

Norway's navy, being a young service, is built expressly for defense and not deflance. But, though her ships are few, the quality of her men is high, the hardy fishermen of the coast providing an abundance of excellent material, and her officers are chosen and trained that the utmost care. A cadef has to serve at least one year in the merchant service before he can enter the naval college at Horten, and his qualifications before obtaining the rank of sub-lieutenant must include a thorough knowledge of English, French and German, with ability to speak English and one of the other two languages fluently.

Swimming as an Exercise.

There is no exercise like swimming. The breast stroke builds arm and shoulder breast muscles. The forward thrust and backward sweep are guaranteed to develop those back muscles which cure the scholar's stoop. The scissors kick of the side stroke will do more for the legs than all the gymnasium tricks yet invented. The arduous labor of the trudgen and the craw! labor of the trudgen and the craw't compels deep breathing. And when one's wind, grown short in office or chair or over workbench, is spent you turn upon your back and rock, as in a cradle, looking at the sky.—Cleveland Plain Dealer Plain Dealer.

How many automobilists are there who ever remove their rims from the wheels until forced to do so by reason of tire trouble? Very few, is the answer. If they did take the rims off after having run the tar for a short time and use a little at this in between the wheel and the demountable tween the wheel and the demountable rim they'd find tire changing easier liver on. As it is, rims are sometimes so rusted and plastered on that they take an unconscionable time to remove when the need finally does arrive.— Chicago Tribune.

Scars are often very ugly things and disagreeable marks when they exist in prominent places on the skin. Probably nothing can remove a big scar the tissue of which has become fibrous and unyielding, but the following recipe, to be applied on lint and allowed to remain on the part for a little time. to remain on the part for a little time daily, will effect an improvement in small scars and blemishes: Borax, one and a half ounces; salicylic acid, twelve grains; glycerin, three drams; rosewater, six ounces. Mix.

Have to Be. "I have been visiting one place, at least, where men are always guarded in their conduct."

"And what might that remarkable place be?"
"The penitentiary."—Baltimore Amer

True Politeness.
"Does your wife listen to your advice?"
"Listen? Of course she does. My
wife is very polite."—Boston Tran-

When you meet an ebstacle was it as a stepping stone.

script.

FOR THE BIGGEST JOB ON EARTH JOIN THE PENNSYLVANIA DIVISION UNITED STATES BOYS' WORKING RESERVE AND HELP TO WIN THE WAR

25,000

30YS WANTED

MASYLVAMII

You have heard the song of the bugles and the rattle of the drums; you have seen the dust-stained troops in highways and byways; you have cheered with the shouting bystanders and through these things you personally have come to know that the nation is at war.

The stirring military scenes no doubt have impressed you with the greatness of your country's martial minds.

The stirring military scenes no doubt have impressed you with the greatness of your country's martial might. They have given you a comforting sense of security through visible assurance that thousands upon thousands of steelmuscled, splendfdly equipped fighting men stand as living harriers between you and your country's foe.

And you, perhaps, have turned back to your sports and games in the confident belief that these chosen legions of a free nation have but to meet the enemy to sweep him from the field.

of a free nation have but to meet the enemy to sweep him from the field. But in that belief there is danger. It is a belief which, if permitted to spread unchecked, would place the armies of America in deadly peril.

All of these inspiring troop movements you have witnessed relate only to one phase of war activity—the military side.

There is another phase of war and

That is why no one-not even boys

That is why no one—not even boys—should be allowed to think that war is only the solder's business. This war is the business of every man, every woman, every boy and every girl in America who, by their work, can be of use to American troops.

Primarily, war, because it is destructive, taxes to the utmost the productive energy of the nation engaged. At the same time it weakens the productive forces by taking all of the able-bodied men from farms, workshops and business to do the fighting. One million American soldiers, the pick of the country's manhood recruit-

Boys of Pennsylvania! come away themselves by training and study for from the ball fields, turn from vacation good citizenship and productive serv-frolics, put aside the pleasant lures of boyhood and give serves worthy of patriotic fathers who the pleasant lures of boyhood and gives worthy of patriotic fathers who selves worthy of patriotic fathers who has a grim business in hand and relies largely upon you to put it through.

You have heard the song of the command the song of the property of the property of the property of the property of the song of the property of the

ents.

The aims of the Reserve are: First, the organization, and, second, the preparation of boys for emergency service in all lines of work. The motto of the boys who enroll is "I will be ready." The Reserve will find useful work for them and if necessary will instruct them in the work.

Service Badge Given.

You may enroll by obtaining the conand may enroll by obtaining the consent of your parents or guardians, whether you are now employed or not. Boys who are employed join with the idea of becoming more useful to their country by learning to produce more at their present work. They will not be urged to change their employees. be urged to change their employment, but only to become more proficient at

mies of America in deadly peril.

All of these inspiring troop movements you have witnessed relate only to one phase of war activity—the military side.

There is another phase of war and it is the more important one because properly directed it backs up the soldier in the field with the entire resources of his country.

Valor Not Enough.

It is this phase of war activity that must give the American fighting men more and better cannon than the enemy possesses; more ammunition, more food and more of everything that is vital to the prosecution of war. For if the nation permits its armies to be overmatched in these things their valor will count for nothing. Mere bravery will not avert defeat and defeat would mean a reign of terrorism in this free land too shocking to be pictured even in a part of its barbarity.

That is why no one—not even boys



able-bodied men from farms, workshops and business to do the fighting.
One million American soldiers, the
pick of the country's manhood recruited from the various industries, will
soon be at grips with the enemy, and
workers must be found to fill their
places. Additional workers must be
located to produce the excess quantities of supplies that these one million
soldiers will require, and the supplies
our European allies need.

Where are these workers to be
obtained? Boys, the answer rests
with you. Perhaps upon witnessing
parades of fighting squadrons you
have felt regret that you, too, could
not have a place in the heroic files.
But there is no need to harbor regret.

You and every other boy between the It is not intended to keep the boys

Workshops, farms and business are depending upon the loyalty of the American people to insure sufficient working forces while hundreds of thou But there is no need to harbor regret.
You and every other boy between the ages of 16 and 21 years may help your country fight and win the war. You may not be able to shoulder a rifle or man a gun, but by working to supply everything needful to the men who do these things you will be making your country's guns effective.

President Wilson's Call.

President Wilson's Call.

The war has made a place for you. That place is in the ranks of the Pennsylvania Division of the United States Boys' Working Reserve, an organization created by the United States government to furnish emergency workers so that there will be no shortage of the labor needed to keep the American soldier in victorious fighting trim.

So important is the Reserve considered by the government that President Wilson has issued a message urging boys of Pennsylvania to enroll. Here is the President's message to you:

"Let me express the hope that the young men of Pennsylvania not now permanently employed may eagerly enters the Boys' Working Reserve to fit the Boys' Work