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WHAT BACHELORS THINK THEY KNOW

By LAURA JEAN LIBBEY.

Love! Wed! May I say? And yet nay, nay.
Not for Joseph, if he knows it.
Oh, dear no, not for Joe!

Nine bachelors out of ten will tell you that what they don't know in their study of women isn't worth knowing. The truth is the bachelor judges all from the few he has been brought in contact with. He has laid down a set of rules for himself in his observations. To him they seem to have the appearance of truth as strong as Holy Writ.

There is little use for his friends to try to bait him into matrimony. He is too wary a fish. If he meets a lively girl, all smiles and a dash of coquetry about her, he shuts the door of his heart against her, barring it fast. "That girl's going to turn out a treacherous wife," is his mental calculation. "She's of the kind that tangles husbands into a divorce court."

The girl who is a good conversationist he eyes with terror. She's of the kind that will rule the roost when she marries. Her husband will be a henpecked man.

The quiet girl he thinks will drive the man she marries to the crazy house by her tightly compressed lips that will show neither a smile nor an encouraging word.

The plump girl he has an aversion to, declaring there's not the least doubt that she will tip the scales at

200 and more by the time she is forty.

The very slender girl he is certain will dwindle into skin and bone, which he abhors.

The girl with a doll face he is sure is a fright if all her makeup were rubbed away. He would doubt anyone's word she didn't paint.

The girl who likes music would make home so uncomfortable with eternal screeching and banging on the piano that marriage would be a failure for the most patient man in the world.

And as for a genius—oh, dear no! Not for Joe! She'd insist on wearing her husband's coat, boots and all. The girl who is all force of character would place her husband at the foot of his dining table.

So it goes down through all the list. He looks for their faults, picking flaws, but he does not look for the virtues of each and every one, which more than balance in the right direction. The only way a man can study the subject of woman is at close range—by marrying. Even at that, he may live half a lifetime and find new and charming traits about her he never dreamed she possessed. What man really does not know about woman would fill volumes. Of the guesses he has made concerning them his arrows have struck wide of the mark. Bachelors should not discourage Cupid.
(Copyright, 1917.)

FOOD AND EFFECT ON TUBERCULOSIS

By Dr. Samuel G. Dixon,

Commissioner of Health of Pennsylvania.

While tuberculosis is caused by a well-known germ, we often have a right to be suspicious of its coming from want of proper nourishment. This would seem to be a forerunner of the true disease of tuberculosis.

This want of nourishment is to be accounted for in several ways. The digestive system may be naturally weak; that is, born weak; it may have been strong in early life but abused by the use of alcohol, eating rapidly when physically or mentally tired, or by gulping food without proper chewing or mastication.

A plunge bath just after eating will often arrest digestion. The drinking of ice water during a meal, or iced tea or coffee, will reduce the temperature of the stomach so that the natural process of digestion is interfered with. As a result the food is not properly prepared for the organs to absorb it. Therefore it is not taken up by the blood stream as it travels through the system of arteries to build up the different tissues of the body.

The increase of tuberculosis of late in Belgium, in France, and other warring countries is largely due to the want of the things that nature demands for building up healthy bodies. We must have some nitrogen in the form of meat or eggs or beans. We must have some fats. And we must have some starches. Otherwise the body will be partly starved and disease germs will thrive in the different tissues. This occurs more often in the lungs than anywhere else, but there is hardly an organ in the body that will not, under certain conditions, become tuberculous.

It is to be hoped that here in America, where we have such a variety of climates and of soil, we shall be able to keep up a general food supply and shall not be restricted in any of those things which nature requires. They will reduce our power to produce food-stuffs, munitions of war, and all of those things that are essential for our living.

One great drawback in fighting the battle against tuberculosis is that it is not recognized early enough for us to combat it successfully. The recognition of tuberculosis requires a special medical training. We have tuberculous cases finding their way into federal service through various paths. This is because we are confronted with a great necessity to form an army and navy in a short space of time, and those responsible for this onerous work are unable to get special training in diagnosing this widespread disease.

We who are unable to go to the front because of being too young or too old, or physically defective, will have to take the responsibility of keeping up the home conditions. We must see that foodstuffs are produced for all, not only at home but for the faithful and brave who have gone to the front to risk their lives for the continued freedom of America.

EDDIE PLANK UNABLE TO REALIZE HIS AMBITION

Greatest of Southpaws Not Likely to See Twenty Years of Service in the Big Leagues.

Eddie Plank's pet ambition—to figure in baseball's "big ring" as a pitcher for twenty years—will probably never be realized.

Plank started out this season with the Browns, hopeful that his good old salary souper would hold out. At the San Antonio training camp of Fleider Jones' men Plank worked with the care that is exercised by all seasoned pitchers in getting the old wing into shape. He nursed his arm along for nearly a month before he made an attempt to "steam" the ball across the pan, and when the season opened he was ready, or thought that he was.

But Plank was due to be sadly disappointed. In his first two or three starts he found that the cunning of the



Eddie Plank.

arm was gone and he was finally forced to leave the team and go home for a rest, suffering with a nervous breakdown.

That Plank will be able to stage a comeback is doubtful, for he has been one of the hardest-working pitchers in the major leagues for 16 years, and he has got just about all he will ever be able to get out of the arm that had been a terror to the batters for so many seasons.

Plank ranks as the greatest of south-

The Man Who Wins.

The man who wins is the man who goes Ahead with his work each day; Who's never struck by his adverse luck, But makes of his labors play; From early dawn he will toil right on, And know that the world's all right. And he sings a song as he goes along, For it sharpens his appetite.

The man who wins is the man who smiles And sees that the sky is blue; He is always there with a great big share Of smiles and of sunshine, too; He never growls, and he never howls That the world is out of gear— But he meets the shocks and the jealous knocks With a great, broad smile of cheer.

The man who wins is the willing man, Who grinds while others play; The sun shines bright and his heart's all right, Though things may not come his way. He makes a boast that to get the most Of life you must just dig in. And work away ev'ry newborn day, If you ever expect to win.

paws. In his time, including the season of 1915, which he spent with the St. Louis Federals, he participated in 603 games of baseball under the big tent, and out of this number he had won 318 games up to the close of the 1916 season and lost 185, which is some record.

He has been a member of all six of Connie Mack's championship clubs in the American league and has shared in five world series, three of which he helped to win. He has often said that he wanted to pitch for 20 years, or at least until he had reached his forty-fifth year, but it appears now that Old Pop Time has placed a stylin' in his path which will keep him from realizing his ambition.

Plank is a vivid example of what clean living will do for a ball player. He has taken wonderful care of himself all the years he has been in the game, and he is an admirable model for the young pitchers coming up to emulate.

Things New Under the Sun.

Swiss opticians have developed an arc light in which the carbons are impregnated with iron salts, producing a light rich in ultra-violet rays, for scientific purposes.

Shallow streams and canals in one part of Missouri are being navigated by a local inventor's boat that is both driven and steered by an airplane engine and propeller.

Two scientists of the Washington State college have invented a hand-operated pneumatic machine for forcing vaporized poisons into the burrows of underground animal pests.

Attachments for motor trucks invented by an Illinois man plow furrows in ground, lay telephone or telegraph cables, cover them and repack the earth at a single operation.

Rubber artificial eyes, which are partially pneumatic, have been invented in Europe and are said to be lighter and more comfortable than glass ones.

On the face of new watches appears an additional dial with a single hand to indicate how tightly their mainsprings are wound and prevent overwinding.

To lessen the skin friction a motorboat has been invented in which air is pumped from the inside and discharged below the water line along the sides of the hull and at the stern.

Mother's Cook Book

The happy life may be poor and humble in externals. It may have many restrictions, and many privations, but if it enshrines the pure in heart, the hour of loving and serving and sacrificing, it is beautiful in contrast to the worldly pleasure that finds no peace or rest in the soul itself, only puerile activity like that of a cloud of insects that die and leave no trace of the great interests of the world.

Summer Dishes.

In making elderberry pies the addition of a few grapes or a little spice and vinegar will improve the flavor wonderfully. The same is true of blue or huckleberries. A few grapes add flavor and accent the flavor of the berries.

Favorite Frozen Dessert.

Take three oranges, three lemons, three bananas, three cupsful of sugar, and three cupsful of water. Squeeze the juice from the lemons and oranges, mash the bananas and mix all together and freeze. If the water and sugar are boiled together five minutes and cooled before mixing the cream will not melt so quickly when serving.

Peach Parfait.

Take a quart of well-mashed peaches that are very ripe, add the juice of two lemons; pour one quart of boiling water over two cupsful of sugar and boil five minutes, pour over the peach pulp; let cool and freeze to a soft mush, beat the whites of two eggs to a stiff froth, put in a tablespoonful of sugar and a tablespoonful of vanilla, mix well in the half frozen peaches and freeze hard.

Quince Balls.

Peel the quinces after washing them well and cut small balls with the potato cutter from each until a pint or two is obtained. Cook the parings and pieces until much of the flavor has been extracted in the water, strain, add sugar and the balls. Cook them covered, and they will be a beautiful red. These balls may be used as a garnish for various frozen dishes, or, dipped in fondant and served as confections, they are so unusual that they will never become too common. They may be dipped in chocolate also if desired as bon bons.

Any cold rice that has been cooked without seasoning, except salt, may be fried in a little bacon fat after being made into small cakes. Brown on both sides and serve with cold meat for a supper dish.

Nellie Maxwell

China is beginning to export pig iron from what are believed to be the greatest deposits of iron in the world.

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Laugh When People Step On Your Feet

Try this yourself then pass it along to others. It works!

Ouch ! ! ! ! This kind of rough talk will be heard less here in town if people troubled with corns will follow the simple advice of this Cincinnati authority, who claims that a few drops of a drug called freezone when applied to a tender, aching corn or hardened callous stops soreness at once, and soon the corn or callous dries up and lifts right off without pain.

He says freezone dries immediately and never inflames or even irritates the surrounding skin. A small bottle of freezone will cost very little at any drug store, but will positively remove every hard or soft corn or callous from one's feet. Millions of American women will welcome this announcement since the inauguration of the high heels. If your druggist doesn't have freezone tell him to order a small bottle for you.

Cynical.

The cynical spinster's definition of marriage is simply an opportunity for a girl to throw herself away on some man.

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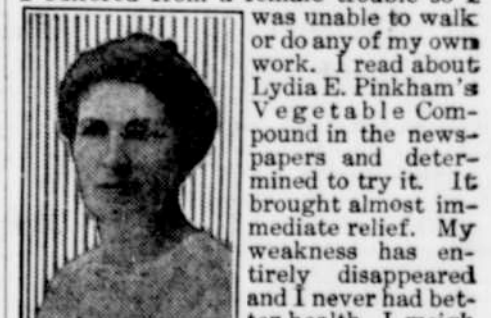
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