

# LADIES! LOOK YOUNG DARKEN GRAY HAIR

Use the Old-time Sage Tea and Sulphur and Nobody Will Know.

Gray hair, however handsome, denotes advancing age. We all know the advantage of a youthful appearance. Your hair is your charm. It makes or mars the face. When it fades, turns gray and looks streaked, just a few applications of Sage Tea and Sulphur enhances its appearance a hundred fold.

Don't stay gray! Look young! Either prepare the recipe at home or get from any drug store a 50-cent bottle of "Wyeth's Sage and Sulphur Compound," which is merely the old-time recipe improved by the addition of other ingredients. Thousands of folks recommend this ready-to-use preparation, because it darkens the hair beautifully, besides, no one can possibly tell, as it darkens so naturally and evenly. You moisten a sponge or soft brush with it, drawing this through the hair, taking one small strand at a time. By morning the gray hair disappears; after another application or two, its natural color is restored and it becomes thick, glossy and lustrous, and you appear years younger.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite. It is not intended for the cure, mitigation or prevention of disease.—Adv.

## SKIN-TORTURED BABIES

Sleep, Mothers Rest After Treatment With Cuticura—Trial Free.

Send today for free samples of Cuticura Soap and Ointment and learn how quickly they relieve itching, burning skin troubles, and point to speedy healing of baby rashes, eczema and itches. Having cleared baby's skin keep it clear by using Cuticura exclusively.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

**MURINE Granulated Eyelids,** Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. No Smarting, Just Eye Comfort

**Murine Eye Remedy** At Your Drugist's or by mail, 50c per bottle. Murine Eye Salve, in Tubes 25c. For Book of the Eye—Free Ask Murine Eye Remedy Co., Chicago

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P. N. U. No. 51, 1917.

# Facts About Big Guns of the Navy

By Lieut. Fitzhugh Green of the U. S. S. Texas

A 14-inch gun is built up from eight or ten hoops or steel tubes. Each is turned to an exact fit less several thousandths of an inch, then heated red until expansion permits it to be drawn on. It cools and adds strength not only by its thickness but by the grip of its shrinking.

The first or inner tube has helical grooves to give rotation to the shell just as in any sporting rifle. Tremendous firing pressures between 15 and 20 tons per square inch combined with acid gases and other products of explosion cause erosion or wearing away and pitting of the grooves. Inner tubes must be renewed periodically. The life of the gun, so-called, is about 150 shots. Since frequent target practices are held few years elapse before guns must be taken ashore and retubed. The total cost of retubing a 14-inch gun is in the neighborhood of \$25,000.

Besides the latent erosion constant shocks of explosion crystallize the whole steel structure. Crystallization of metal may be likened to the drying of cheese. At first the mass is relatively tough and elastic. After the heavy punishment of protracted firing gun tubes weaken and become brittle. Microscopic examination reveals contraction and disintegration of metal particles just as cracks and crumbly sections occur in a cheese. Further

use of the gun is dangerous. Sometimes the crystallized state is reached sooner than is expected. The guns crack or burst. On the Michigan 15 feet of a 12-inch gun broke off and fell on deck. On the next load the gun captain, having opened the breech to report "bore clear," shouted "There ain't no bore!" Fortunately no one was killed.

The charge of a 14-inch gun is 385 pounds of smokeless powder put up in four silk-linen bags. The back end of each bag is painted red and contains about four ounces of black powder called the ignition charge. A brass primer similar to a rifle cartridge except it has no bullet, ignites the black powder which in turn sets fire to the smokeless powder. Contrary to popular belief there is no real explosion but a progressive burning of enormous rapidity. Vast volumes of gas at high temperature and pressure are produced, forcing the projectile out.

A 14-inch shell weighs 1,400 pounds, is five feet long, and contains a bursting charge. Twelve strong men lift one with difficulty. Yet from the gun it can sink a battleship 12 miles away. It travels at the rate of 2,600 feet a second, or a mile every two seconds. On striking it expends an energy of 65,087 foot-tons, or enough to transport a load of two tons to twice the height of Mt. Everest.

## Mother's Cook Book

### For Meatless Day.

Where fresh fish are obtainable there are countless ways of preparing them so that there is no need of sameness. Carp, though a rough fish, may be made most appetizing, if the smaller ones are used. The skin should be removed, as in it lies the objectionable flavor, more noticeable in the larger than in the smaller fish. Roll in cornmeal, well seasoned, and fry in hot pork fat, using a bit of onion with the salt and pepper for seasoning.

### Fish Chowder.

This dish may be made of either fresh or salt fish. Dice a few slices of pork and fry brown in an iron kettle. Add enough water to cook a half dozen potatoes and three onions, and when the vegetables are partly done add the fish if uncooked. If cooked or salted it need not be added until ten minutes before taking up. The fish should be shredded, using a pound to the amount of vegetables. Season well, then add a quart of scalded milk and a half dozen milk crackers which have been scalded with boiling water and well drained. Serve piping hot.

### Salmon Fritters.

Separate one cupful of cooked salmon into large flakes. Lay the flakes on a flat dish, sprinkle with vinegar, pepper and salt and let stand while the batter is being made. For the batter, add one beaten egg to a half cupful of milk, a little salt and paprika, a tablespoonful of olive oil and a cupful of flour. Mix until smooth and glossy. Allow it to stand for an hour in a cool place, then add one teaspoonful of baking powder. Dip the flakes carefully into the batter and fry in smoking hot fat to a light brown. Garnish with parsley.

### Baked Salmon.

Place a pound of fresh salmon in a saucepan with water enough to cover, add one teaspoonful of salt, a half teaspoonful of white pepper, three tablespoonfuls of vinegar and cook slowly until it comes to the boiling point, then remove from the fire and set aside until required. Place the fish in a baking dish, surround with vegetables add a little broth and bake until tender.

### Salmon Steaks.

Cut slices 1 1/2 inches thick, and wipe dry. Lay the fish in a well-buttered pan and add the juice of a lemon, salt, pepper and red pepper. Lay buttered paper over the fish and let cook, allowing twenty minutes for each pound of fish. Garnish with cubes of cucumber, finely chopped parsley and tarragon.

*Nellie Maxwell*

## Red Is Warm Color, Blue a Cold One, Because of Their Places in Nature

Colors affect one's feelings because of their places in nature. Since blue suggests a cold winter sky and ice, it should not be used in decorating a dark and poorly heated room, points out Miss Grace Averill, instructor in home art in the Kansas State Agricultural college.

"One thinks of red as being warm because he sees something of red in fire," said Miss Averill. "He realizes that it is an irritating color—it has been used with effect in bullfights.

Even the old turkey gobbler is excited by red.

"Each color has its own individual characteristic. Red gives the idea of warmth and cheer, just as some persons have the faculty of making warm friends. Red, on the other hand, is likely to be irritating unless it is used sparingly. The effect of a touch of red in a room is cheering, but a room should not be papered in bright red.

"Blue denotes a different characteristic. It is like the cool, sedate, dignified person. Blue retreats instead of advances. For this reason a small room may be made to look larger if it is papered in blue. Because it is a cool color, its use should be reserved for rooms which are naturally cheery and admit much sunlight. A north room should not be papered in blue."

## Bees Are Supplied With Two Sets of Eyes; One for Near, Other for Far Sight

The eyes of an animal can only work together when they can be brought to bear upon an object at the same time; so that, as a rule, the eyes of a fish must work more or less independently. This is sometimes also the case when the eyes can co-operate, as anyone who watches a plaice or other flat fish in an aquarium will soon discover.

Many insects possess more than two eyes, which do not act together. A leech, for example, has ten eyes on the top of its head, which do not work in concert, and a kind of marine worm has two eyes on the head and a row down each side of the body. Some lizards have an extra eye on the top of the head, which does not act with the other two.

A bee or wasp has two large, com-

## JUST FOR FUN

### Taking No Chances.

Mrs. Dix — I was ashamed of you, Ephraim, to see you dust the chair you sat on at Mrs. Henshaw's. I saw her little boy watching you.

Dix — I saw him, too. I'm too old a fish to be caught on a bent pin.

### Self-Praise.

"I don't see why I keep trailing around after you when I could marry a dozen other girls," complained Charley Dubson.

"It may be in bad taste for me to say so," replied Miss Peacher, "but I presume you care for quality more than quantity."

### A Poor Compliment.

"I have never heard a more informing address."

"Thank you, sir. Thank you very much," replied the beaming orator.

"Er—what part of my speech did you find the most instructive?"

"The part you quoted."

### Oh, Woman!

Kitty—Jack was miserable when he kissed me good-by at the station.

Catty—He needn't have been. He didn't have to kiss you.

pound eyes, which possibly help each other, and are used for near vision, and also three little simple eyes on the top of the head, which are employed for seeing things a long way off. So that for close sight inside the hive and for far sight the bees will never need spectacles.

## Italian Museum Has Most Valuable Book in World.

The Mediceo Laurentian museum of Florence, Italy, has in its possession what is said to be the most valuable book in the world. This book is called the Codex Amiatinus and is pronounced by some scholars to be perhaps the oldest and by all odds the best ancient Latin manuscript of the Bible. The work is believed to have been copied from the translation by St. Jerome, which he made direct from early Greek and Hebrew scripts. Its origin is placed in the ninth century, and is thought to have been the handiwork of English priests.

Only recently has the true character of this book become known. For many years it was owned by the Monte Amiati convent, without anyone being aware of its true value. Of course it was known to be of great antiquity, and was highly prized on that account. But it remained for Italian scholars to discover its real significance. The work is now priceless. It can only be examined by virtue of a special permit from the highest Italian authority.

## Wise and Otherwise

Until Cupid recovers, his sight marriage will continue to be more or less of a failure.

Some men attempt to practice what they preach, but they soon get out of the practice.

No wonder the way of the transgressor is hard when one considers the amount of travel thereon.

"In times of peace prepare for war," quoted the young man who had just squandered a lot of his hard-earned coin on an engagement ring.

## A Good Old Game.

A man ninety-three years old, whose home is in a Massachusetts town, walked 11 miles one day recently to indulge in an annual checker orgy with his former neighbors. He left for home at the end of the forty-fifth game triumphant in the thought that he had made the best record known in 14 years. He had won thirty games and lost seven, while eight were a draw.

In these days of golf and tennis and pool and bowling, the sedentary game of checkers has fallen into some disrepute, remarks an exchange. Men who boast of athletic tastes speak slightly of it as tame and tiresome. But it has its faithful adherents who are undisturbed by criticism. The game entertains them; it even arouses their enthusiasm; they become mildly excited over it. The old man in Massachusetts had undoubtedly been aided to pass his ninety years by the pleasant stimulus of the simple game. His mind was agreeably stirred by the effort to enter his opponent's king row, capturing as many "men" as possible on the way.

## Some Doubt.

Business Caller—Who is the head of this house?

Knowing Neighbor—Mr. Smythe thinks he is, but then he hasn't been married long enough to know better.

## Foxy.

Ma—I don't know how I can get Willie to take his medicine. If I tell him what it is he won't take it and if I don't tell him he won't take it.

Pa—Just put it on the table and forbid him to touch it and then he'll take it.

## Information.

Irate Patron—I dropped a penny into this machine and nothing came out.

Agent—If nothing came out that shows it's empty.

"But, sir, what do I get for my penny?"

## Information.

Only Thought He Did. Heck—Yes, I have met your wife. In fact I knew her before you married her.

Peck—Ah, that's where you had the advantage of me—I didn't.

## Preparedness.

Little Ned—Must I sleep in the dark?

Mamma—Yes. Little Ned—Well, then, wait a minute; I'll get out and say my prayers a little more carefully.

## Young Mothers

Reserve strength for motherhood is of two-fold importance and thoughtful women before and after maternity take

# SCOTT'S EMULSION

It supplies pure cod liver oil for rich blood and contains lime and soda with medicinal glycerine, all important ingredients for strengthening the nervous system and furnishing abundant nourishment.

It is free from alcohol. Insist on the genuine. The Norwegian cod liver oil in Scott's Emulsion is now refined in our own American laboratories which makes it pure and palatable. Scott & Bowne, Bloomfield, N.J. 17-20

## SIGNS OF DANGER

### Women Should Prepare Themselves

This nation will require a great deal from its heroic women. They will assist the wounded in the hospitals or in many cases they will suffer at home, in doing their duty by the nation.

Thousands of women who are now blessed with robust health cannot understand why thousands of other women continue to worry and suffer from ailments peculiar to women when they can obtain for a trifling sum Dr. Pierce's Favorite Prescription which will surely and quickly banish all pain, distress and misery and restore the womanly functions to perfect health.

This old prescription of Dr. Pierce's is extracted from roots and herbs by means of pure glycerine and is a temperate remedy of 50 years' good standing. Send 10c for trial pkg. of tablets to invalids' Hotel, Buffalo, N. Y.

Write Dr. Pierce for free 128-page book on woman's diseases. You may also have confidential medical advice without cost.—Adv.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.

## Cynical.

"Miss Cynthia is such a sensible girl."

"Everybody knows she is. That is why the men keep away from her."—Exchange.

## Nothing Doing There.

The seedy-looking man took his seat at the table and scanned the menu.

"Walter, I've only 30 cents on me. Now, what would you recommend?"

The waiter gently removed the card from his would-be patron's grasp.

"Another restaurant," he said.—Exchange.

# GLASS OF SALTS IF YOUR KIDNEYS HURT

Eat less meat if you feel Back-achy or have Bladder trouble.

Meat forms uric acid which excites and overworks the kidneys in their efforts to filter it from the system. Regular eaters of meat must flush the kidneys occasionally. You must relieve them like you relieve your bowels; removing all the acids, waste and poison, else you feel a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment; the channels often get irritated, obliging you to get up two or three times during the night.

To neutralize these irritating acids and flush off the body's urinous waste get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine and bladder disorders disappear. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys and stop bladder irritation. Jad Salts is inexpensive; harmless and makes a delightful effervescent lithia-water drink which millions of men and women take now and then, thus avoiding serious kidney and bladder diseases.—Adv.

**THICK, SWOLLEN GLANDS** that make a horse Wheeze, Roar, have Thick Wind or Choke-down, can be reduced with

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