

SLEEPINESS AFTER MEALS.

It Indicates Something Wrong With the Digestive System.

A condition of drowsiness, which may be one an irresistible desire to take a unp shortly after cuting, is usually a very accurate indication that something is wrong with the digestive apparatus. Usually this form of indigestion is chronic in character, and apparently there is no other evidence that it exists, or at least such evidence would not be detected by ordinary observation.
In such cases the desire to take a nap

comes on suddenty, but the map is a very short one, ordinarily not more than afteen minutes. Sometimes the desire for these "indigestion naps" desire for these minimum that these immediately following ments, but in such cases this desire comes regularly at certain periods of the day. The cause, however, is the same as in cases where drowsiness comes on immediate-ty after the meal, the difference is time being simply the difference in the in terval required for the food to reach the portion of the intestinal tract that

is not working properly.

Occasional drowsings following an unusually hearty meat should not be confused with the type of feriodic desire for a short map referred to here. Such drowniness indicates simply that the digestive apparatus is temperarily nearing condition. This sort of drowstness, it induited, usually persists for
several hours, whereas the mas caused
by indigestion are always of short duintion—Exchange.

CAREER SECKING WOMEN. One Hundred a Day Flock to New York Tempting Fate.

One lumbred women a day come career sceking in New York city. This is the figure furnished by Director C. B. Barros of the state bureau of employ-ment. He bases his estimate upon the number of women handled daily by the Travelers' Ald, the number registered at hotels and those registered by nent agencies.

One hundred women a day, 36,500 a year. A fraction over four every hour; approximately one every time the min-ute hand crosses the fifteen minute

Mr. Barns estimples that a large percentage of cureer seet the time from up state and town model. New York and New Jersey. Probably 50 per cent, he says, come from western stores. The smallest portion of the number comes from the south. Some succeed; more fall. Yet nivays others come, answermills round and round like the finger

Statistics are impersonal. They say Statistics are impresental. They say nothing of who the women are nor why they come nor what they find instead of what they expect. They don't say there's the redy in a head shale. And a laugh round the edge of tragedy. Statistics haven't told the whole story. They do not say that hope, promise, disaster walt a hendred times a day for the woman who comes to

Here's the Proof

That "Sleeping on a Sealy is

MADE HIS WORKMEN RIVALS.

How Charles M. Schwab Spurred The on to Greater Efforts.

on to Greater Efforts.

In teiling how he increased the effi-ciency of one of his departments.
Units M. Schwab, the fancus steet man, says in the American Magazine:
"It was near the deal of the day; in a few mit stee the night force would come on duty, i turned to a workman who was standing breakle one of the red menthed furnaces and asked him for a piece of chalk.

"How many heats has your shift

"How many heats has your shift ande to hy? I quested. ; "Blx." he replied.

"I chalked a big "o on the floor and mssed along without enother word. When the night shift came in they

saw the "s and asked about it.

"The big boss was in here today,"
said the day men. 'He asked us how

said the day men. 'He asked us how many heats we had made, and we told him six. He challed it down.'

"The next marning I passed through the name mill. I saw that the '6' had been rabbed out and a big '7' written instead. The right shift had announced itself. That hight I went back. The '7' had been crased, and a '10' swaggered in its place. The day force re-conficed no suiteriors. Thus a force re-ognized no superiors. Thus a fine competition was started, and it went on until this mill, formerly the producer, was turning out ore than any other mill in the plant."

STING OF THE HOMEYBEE.

About the Most Effective Informal Ma chine in Existence.

In proportion to its size, the sting the hone bee is probably the most ef-fective infernal machine in existence. The stinging apparatus is similar than that of a rattlesnake, yet a single sting has been known to kill a man When we realize that it is almost in visible and consider what it can do we

which and consider what it can do we came t full to be astumbed. It seems the very quintessence of devillahness. The honeyless sing is complicated as complicated that many words and much lik have been used in discuss-

ng its construction and use.

It is generally conceded that the sting consists of a shaft of three parts. the principal one being a sheath within with homee two turbed innects. Like the horte of a fishbook, the innects are not easily extract 1 from the it shints with they have been driven. The sheath and the lancets combined form a hollow tube through which the poison flows from the poison are.
Two linky, soft projections, evident-

ly very sensitive, inform the the when she is in contact with a stingable object.-Popular Science Monthly

Frohman's Little Sale

When Charles Fromman was treasurer with Haverly's minstrels be conceived a novel stunt of growing curiosity in small torus. He hought a small from safe, about three feet high, and on it had peinted in hig letters.

"Pressurer Rever's factorious Minstrelle and the high safe on the high safe on the high safe on the high safe on the high safe of t "Prensurer, Haverly's Mastedon Min-strels." Now actually there was little need for this safe, but it was always carried on the first lead of baggage that went to a betel. It would be placed in a consulcuous place, and then process in a waiting until the proper moment, would bustle up to it with an air of great importance, open it, put in two or three \$100 bills, close it and go away. When the crowd had gone he would slip back and get the money out again. It proved a good advertising stunt.—"Charles Frohman, Manager and Man."

Went To Portland-

Easy to Master if Patience and Common Sense Are Used.

THREE METHODS OF TEACHING

other the Dual Control Bystem and a Combination of the Two Which Is Used For Training War Pilots.

Almost every one has seen an aeroplane in flight, but with the present day layman the interest is centered more on the airman than on the ma chine with which he does the flying. Naturally, writes J. G. Gilpatric in Popular Mechanics, the first question is, "How did be learn to fly?" Flying is not hard to learn. The es-

sential assets are common sense and patience. Nothing else is required. If a man has common sense he will real-ize how safe flying has become and he the now sale bying has become an he will enjoy a reasonable self confidence.

If he is patient by will not hurry through his course. A slipshed knowledge of flying is more dangerous than none at all. By taking things easy a month or six weeks spent at a good aviation school will make a raw layman into a fairt well trained flier.

avairon some a raw my man into a fairly well trained filer, and it will give him the best aport of his entire lifetime.

Of necessity the ploneers of aviation taught themselves the then difficult and dangerous art, and all airmen in the world today owe their flying ability to the Wrights likelies and others. ity to the Wrights, Bieriot and others of the men who west before. There are flying today a number of airmen who entered the game in the early stages and who by luck and persever-ance mastered the art with very little outside assistance. These men were without more than a rudimentary idea without more than a rudimentary idea of the very principles of flight and later realized the dangers they had un-dergone. They knew that the average person could scarcely survive a self administered course in airmanship. Aviation had come to stay, and a num-ber of forms started records. ber of firms started regular schools in which the knowledge of the earlier ex-periments could be disseminated among the ever growing numbers of enthusi-

There are three basic methods of teaching flying—the so called French system, the dual control system and a combination of the two largely used to-day for training war pilots. The French system was the first in

The French system was the first in general use and consisted in teaching oneself to fly by the constant criticism, advice and demonstration or a compe-tent pilot instructor. The pupil was given a heavy, low powered and worm-out machine incapable of dying—usual-by called a "taxt"—and was given practhe in running the machine on the ground. In this way he accustomed himself to the speed of an acroplane, the incessant roar of the motor and the use of the controls. When the pupil could run down the field in a perfectly straight line and do it consistently be was given there.

was given "hops."
"Hops" were made on a machine but slightly better than the taxi and conslightly better than the taxl and con-sisted in making short jumps across the field at a height of four to five feet. This was the most trying part of the entire course, as at this point smashes were most likely to happen. If the pupil misjudged his height from the ground or in his enthusiasm tried to stretch his how into a sustained dight the ending was usually disastrous. But if he went about matters sensibly he would soon be promoted to "straights," or flights in a straight line, about half a mile long. The usual height in this work was twenty-five or thirty feel from the ground.

from the ground.

The dual control system teaches wholly by demonstration and practice in actual air work. A high powered machine fitted with dupileate controls machine first with duplicate controls is used, and the pupil starts by riding with the instructor and watching him work. By simply resting his bands and fest on the controls the novice can feel the amount of motion necessary to handle the mackine. Gradually the me chine is given over to the pupil, the pilot being ever on the alert to correct his mistakes and to demonstrate new points. As the pupil becomes more and more skillful the pilot requires harder

The dual control system of teaching a somewhat hard on the instructor, as it often necessitates are and six notes in the air every day for weeks at a time. The average time in the air required to train a pupil by this method is 400 minutes, which is divided into flights of twenty minutes each. It is now used in this country by all the

The combination or English system maists of equal parts of ground work As the pupil becomes more advanced the ground work is gradually dispensed with and air work—still with the in structor—substituted. Finally the pupil alone and after some practice is

Using Up the Straw. States department of agrigulture asks why the American farmer cannot put straw to the same use as it is put by
the European farmer. In Europe the
farmer knows as well as the American
farmer that straw is not liked by
stock, but instead of burning it or otherwise wasting it the European farmer chops it up, mixes it with beets, man-gels, silinge or other feeds and makes it so palatable that it can be fed to

Do not keep your noble thoughts for tomorrow's poem; put them into to-lay's pross.



OUR READY-TO-WEAR CABINETS ARE FAIRLY BULGING WITH NEW, UP-TO-THE-MINUTE MERCHANDISE. PLACE YOUR CONFIDENCE IN OUR LEADERSHIP, VISIT OUR READY-TO-WEAR SECTION TRY ON THE MODELS, LET US DEMONSTRATE TO YOU THAT OUR TSYLES ARE SUPREMELY ARTISTIC AND AUTHENTIC

For Madame Particular

has not yet had the opportunity to investigate the newer Spring offerings, will find this store lightful and dependable fashion text book.



BUY EARLY

ial, and style, with prices to suit your purse,-Velour fabrics in the light shades are more popular than ever and we have them made up in swagger costs with all manne of cunningly arranged pleats and the most fascinating of fancy pockets; with large crepe collars and over-collar in silk of the favorite vivid hues.

Also coats of that bewitching new fabric-Tricotinemade up with the new barrel effect and with large col-lar of sundry shades of Khaki-kool

-Suits of serge, poplin, tweeds also in exquisite jersey Silks, in shades of Mustard, Charteuse, Prune, Navy, Copen, Gold and many other desirable shad

SKIRTS OF FLANNEL in novelty etripes and pla SILK skirts in great variety of stripes of many different colorings novelty pockest, belts or varied effects complete stock of wash skirts including, pilm beach, pique, cotton gabardine and many others—¹³⁷c are exclusive agents for the "Korrect Skirt."



Waists for just \$1 that will win the favor of every thrifty

Yes, surely they're the Wirthmo for in no other dollar Waist wo such values be possible. Even those you usually wear more costly Blouses mors for general utility wear ther saving the better Blouses for the d

SOLD HERE ONLY

-DEPARTMENTS THROUGHOUT THE ENTIRE STORE WILL VIE WITH EACH OHER IN PRODUCING VALUES OF UNEQUALED MERIT WHETHER IT IS NOTIONS, DRESS GOODS, DOMESTICS, SHOES, HOSIERY, UNDERWEAR, GLOVES, MENS FURNISHINGS OR READY-TO-WEAR. You'll find a wanted article worthy of your consideration

Both Phones Worth's Dept. Store Styles for Less"

FRUIT GROWERS MAY BE AFFECTED BY DECREE (By United Press)

Rio de Janeiro, April 4.-California and Florida fruit frowers will probably feel the effects of a government ceree published here which example Argentine fresh fruits from customs duties. This exemption was decreed in exchange for the reduction of disties on several Brazillian products in

Argentine. In compensation to the United States for the free importation of Brazilian coffee, was renewed the preferential tariff on American manufactured rubber goods, wheat, flour condensed milk, dried fruits and other

Notice

to lot owners in RIVERSIDE CEMETERY Have your lot kept up and care and charges very reasonable. Address B. Bartcher, supt, 725 West 5th St. or call Home phone 3186



Louise Huff and Jack Pickford in "Seventeen" at the Globs today



An Albany man recently visited a nearby city and slept on a Sealy matress. Yesterday he purchased 4 SEALY'S for use in his home, altho he was forced to discard 4 other good matresses.

The SEALY MATRESS stands alone in the COTTON MATRESS class. Guaranteed 20 years. Sold

NONE HAVE EVER COME BACK-But more than one purchaser has come back-To BUY MORE

Fortmiller Furniture Co. Masonic Temple