

AIR MAIL'S PILOTS DOING GREAT WORK

They Have Flown Nearly Six Million Miles.

Chicago.—Pilots winging their way back and forth across the United States in the air mail service had covered 5,864,810 miles up to May 31, a distance done in 58,262 hours, according to Luther K. Bell, traffic manager of air mail service here. It is a general average of nearly 92 miles an hour.

The names of 41 flyers who have given more than 100 hours' service to air mail are contained in a report from Bell, with the veteran E. Hamilton Lee, Hazelhurst headquarters, leading in number of hours. His total May 31 was 2,387 hours and 36 minutes for a distance of 201,206 miles. He was appointed to the air mail in December, 1918, and at present has the "run" between Long Island and Cleveland.

To Pilot William C. Hopson, Omaha headquarters, went the honor, however, of having flown his plane the greatest distance. In 2,236 hours and 7 minutes service he covered 221,876 miles. He now follows the air path between Chicago and Omaha. Hopson is a Hill City, Kan., product, who entered the air mail service in April, 1920, after a long record in civilian and army flying.

Only a few hours separated Lee and James H. Knight for first place. The pilot who has made enviable records in night flying and staged his memorable race with death had given 2,311 hours and 58 minutes to the service when the compilation was made, in which time he had traveled 211,095 miles. Knight is another Kansas man, born in Lincoln, who first entered the air mail service in June, 1919. He resigned May 20, 1920, and was reappointed in October, 1920. His is the Omaha-Cheyenne route.

Others who have served more than 2,000 hours, named according to rank in hours, are James P. Murray, headquarters Cheyenne, Cheyenne-Omaha run; William C. Hopson, Frank B. Yager, headquarters Cheyenne, Cheyenne-Omaha run; Warren D. Williams, headquarters Cleveland, Chicago-Cleveland run; Edson E. Mouton, headquarters Reno, Reno-Elko run; Wesley L. Smith, headquarters Hazelhurst, Hazelhurst-Cleveland run; L. H. Garrison, headquarters Omaha, Chicago-Omaha run, and Harry G. Smith, headquarters Omaha, Cheyenne-Omaha run.

FIND MALNUTRITION MENACES THE NATION

Many Seemingly Well Children Are Sufferers From Poor Food.

New York.—The malnutrition of children in the United States constitutes a serious health problem, according to the New York Association for Improving the Condition of the Poor, which for the last four and a half years has been testing various methods of combating this evil. Some of the facts ascertained from the society's study are included in a statement given out here.

It is set forth that among 2,181 apparently well children examined in the medical clinics of the society, 636, or 30 per cent, were diagnosed as malnourished. The society is seeking the most effective methods of correcting habits of eating or living which cause malnutrition, and has issued a monograph entitled "Food for the Family," containing suggestions for proper feeding as a means of insuring proper nutrition.

This condition of malnutrition is not due to insufficient food, but to the constant use of improperly chosen food or the inability of the body to make use of the food eaten because of insufficient air, rest, sunshine or physical defects. If these children were in danger from fire or industrial accidents, the report of the society says, every safety device and preventive measure known would be urged to protect them.

resulting in inadequate rest and improper ventilation, and mother ill, were other problems found to be responsible for malnutrition.

Twelve Rules for Health. A guide to proper nutrition which the A. I. C. P. will use in its efforts to reduce malnutrition among the tenement districts of this city includes, in addition to suggested diets and menus, a "dozen good health rules for children," which read as follows:

- 1. Use milk—fresh, clean, whole milk for children. Every growing child should have a quart a day in some form.
2. Eat plenty of vegetables.
3. Be sure that a school child has a good luncheon, not candy, pickles and ice cream cones.
4. Eat coarse food, such as oatmeal, bran muffins and vegetables, so that the bowels will not be constipated.
5. Eat slowly and chew food well.
6. Have the meals at the same hours each day.
7. Eat only bread, or crackers and milk, or bread and butter between meals, and only in the middle of the morning or the afternoon.
8. Wash hands and face before eating.
9. Drink plenty of water between meals.
10. Be in bed by 9 o'clock or before.
11. Have windows opened in the sleeping room at night.
12. Brush the teeth at least once a day.

Important DON'TS—Do not let the children eat pork or veal, much meat of any kind, fried foods, rich pies and cakes, strong spice and vinegar, green or spoiled fruit. Do not let children drink tea, coffee, beer, wine, sodas. Do not let them eat between meals, except the things named in No. 7 above. Do not let them eat candy, ice cream cones, nuts, cakes and cookies between meals.

NIAGARA'S EDGE MAY NEED PATCHING UP

Horseshoe Falls in Danger of Becoming Merely a Spillway.

Washington.—When the fall of a huge piece of rock threatened to turn the honeymooners' Horseshoe falls of Niagara into a mere spillway, the peril to the falls' beauty brought forth proposals to hire engineers to patch up North America's outstanding natural wonder.

By dropping a keystone out of its Horseshoe arch, Niagara was merely performing its duty to the ages. For 30,000 years the falls has been the geological hour glass for much of North America. By reading the record of the rocks that go through the neck of the gorge, as grains of sand slip through the hour glass, scientists stopwatches the glacier sheets, which were the first plows to furrow the fertile Mid-West. In the sermons of Lake Algonquin, the predecessor of Lakes Superior, Michigan and Huron, and of Lake Iroquois, the sprawling progenitor of Lake Ontario. Their dates are fixed almost as accurately as history books report William the Conqueror's arrival in England in 1066.

"Across the Neck." The story that is told by Niagara, which is 95.17 per cent Canadian, is related in the following bulletin by the National Geographic Society: Niagara is the North American champion in one of the greatest, battles nature ever umpired. Literally scores of challengers sought her crown. More than once Niagara fell almost lifeless on her waterworn rocks. But finally the seekers for her crown gave up; the last not many more centuries ago than the days of Tut-Ankh-Amen. Niagara is said to take its name from the Indian title nee-agg-arah, which appropriately means "across the neck." The Niagara river cuts across the neck of land separating Lake Erie and Lake Ontario. Just east of Buffalo the river collects the entire natural discharge of the four upper Great Lakes, rushes it through a narrow river for 16 miles, pushes it over a sheer drop of 212 feet, churns it seven miles through a canyon, and then carries it gently by seven miles of lowland to Lake Ontario.

Our Niagara was born when the glaciers melted back, exposing the ridge the water now tumbles down. Like the glaciers of the Rockies, these enormous sheets of ice moving down from Labrador poured out streams of water. These streams collected ages ago at the foot of the huge ice lobes in depressions extending into Ohio, Indiana and Illinois. Accumulated water sometimes rose hundreds of feet higher than the present level of the Great Lakes and poured out into the Mississippi and through outlets in Ohio and Indiana.

Finally, as the ice melted northward, prehistoric Lake Tonawanda formed on the edge of the plateau over which Niagara pours. There were then five outlets from this lake—at Holley, Medina, Gasport, Lockport and Lewiston. The spillway at Lewiston—Niagara—won out. Lockport gorge now contains a flight of steps for the New York barge canal. Early Niagaras Numerous. About the time Niagara was beginning to triumph, the melting glacier moved back to Lake Simcoe, Ontario. The fickle waters of the upper lakes lost little time in finding the Trent valley, a ragged series of lakes and rivers leading into Lake Ontario. Trent valley gorges tell of many early Niagaras. At that time only 15 per cent of the present flow went over Niagara, forming the narrow lower gorge. Nature came to the rescue, tipping a great block of land, ever so slightly, but enough to shut off the Trent faucet and make even more water go over Niagara than the spectator sees today. But the Chicago outlet, predecessor of the drainage canal, again cut down the flow. The whirlpool was made at this time. Once again Niagara was flouted when the outlet shifted to North bay,

Ontario, sending the waters down the Ottawa over the portage which Champlain was to take to discover Lake Huron. The upper narrow gorge was then carved, but again the huge rock saucer, which has the Great Lakes puddles in the bottom, tipped, leaving Niagara triumphant.

Niagara started to spill over the bank at Lewiston about 30,000 years ago. In 300 centuries it has shoveled its way seven miles. At its present rate of excavation, more than four feet annually, Niagara will dig back the remaining 16 miles to Lake Erie about the year A. D. 21924. Before this time, however, man may take a hand, since the peril to the famous Horseshoe falls, by the recent erosion, has brought forth the suggestion of reinforcing the lip of the falls.

Ancient Treasure Sought

Mill City, Ore.—The excavation of a large pile of rocks, which workers are sure is an ancient tomb with buried treasure and possibly contains the remains of some noted chief, is attracting much interest on the little north fork of the Santiam river, about ten miles east of Mehama. A large tunnel has been driven into the rocks, and the workers expect developments any day, having been rewarded with various signs of ancient life. No admittance is allowed to the cave at present, for considerable dynamite is used in trying to reach the supposed burying spot.

Fishermen Are Puzzled

West Plains, Mo.—Fishermen of West Plains have been puzzled at the different varieties of fish that have been found in various ponds in this vicinity. In one pond a fisherman recently caught several large goldfish, when no one had any idea that there were any fish in the pond. In another pond catfish and bass were found, while still another pond in the same vicinity was filled with crappie. The state game and fish department has explained the unusual condition by asserting that wild ducks and geese frequently drop onto streams where the fish have laid their spawn, and in arising the fish eggs cling to their legs and feet. These are dropped in the next pond onto which they alight.

Winged Death Rocket Sprays Red-Hot Metal

London.—A winged incendiary rocket, which the inventor, Ernest Welch, declares will spread a rain of molten metal over wide areas with devastating results has been given preliminary tests with satisfactory results, according to persons who were present. Full government tests are to be made shortly. The British, French and American governments have displayed interest in the invention, it is declared, and a definite offer is reported to have been received from America. Mr. Welch asserts that the explosion of the rocket will destroy everything in its range, penetrating even steel and asbestos.

England Has Servantless Town

East Hoathly, England.—Because of the lack of servants a village of labor-saving cottages has been built near here by the wife of the vicar of Barnes, Middlesex. The village has its own power station and everything in the cottages is done by electricity.

ED. F. MOREARTY Attorney at Law 700 Peters Trust Building

NOTICE OF SERVICE BY PUBLICATION

To James Mayo, Non-Resident Defendant: You are hereby notified that Theodocia L. Mayo, your wife and the plaintiff herein, filed her petition in the District Court of Douglas County, Nebraska, on the 26th day of May, 1924, to obtain an absolute decree of divorce from you on the grounds of willful desertion for more than two years last past, and for non-support. You are required to answer said petition on or before the 27th day of September, 1924. THEODOCIA L. MAYO. 4t-8-29-24

Women's Kisses Fret Epinard at Saratoga

Saratoga Springs, N. Y.—The admiration of several hundred persons, including many women, who insisted on kissing the French race horse, has caused Trainer Leigh to bar visitors from the stable of Epinard. The first day Epinard was here no restriction was placed upon visitors, but Leigh said that the kissing of cameras and the kisses of women got on the nerves of the great four-year-old.

Are you self-conscious about the impression you make on people?

PERSONAL appearance has a lot to do with the way you feel. Clothes count, of course. But still there is one thing so many people overlook—something that at once brands them as either fastidious or careless—the teeth. Notice today how you, yourself, watch another person's teeth when he or she is talking. If the teeth are not well kept they at once become a liability. Listerine Tooth Paste cleans teeth a new way. At last our chemists have discovered polishing ingredients that really clean without scratching the enamel—a difficult problem finally solved. A large tube of Listerine Tooth Paste is only 25 cents; at your druggist's.—Lambert Pharmaceutical Co., Saint Louis, U. S. A.



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