

Addressing the American Health Association in convention at Milwaukee, Prof. James O. Jordan of Boston, chairman, pointed out the need of protecting foods from contamination not only by dirt, dust, insect life, dogs and cats, but also from handling by human beings, says the Buffalo Express.

A part of the theory touching the nature of matter is that the ions, which are the constituents of atoms, are not only in constant motion, but that this energy is working toward a lower quality of matter; that is, that gold is developing toward copper or toward some other kind of metal of less value.

The day of a doze is no more—that delicious moment as the day breaks, when the sleeper wakes and rolls over in a half dream and yields himself to a drowsy spell that gives to joy a sort of real existence—well, it is no more.

Before the year's outing season is over nearly half a million persons will have sought recreation and health in the national forests.

The official census-statistics give Chicago a population of 2,185,293, a gain of 486,708 in ten years. This is doing very well, as the returns show Chicago to be the second city in the United States in number of inhabitants, ranking next to New York both in population and in rate of increase.

"Do something for the girl" is a moving plea. The best possible thing to do is to marry them.

END OF CANAL WOES

Social Lines Drawn Closely by Women Along Ditch.

Lack of Fellowship and Something to Do Was Seed of Trouble—Tangle Soon Straightened Out by Work.

Chicago.—There is a woman stopping at the Blackstone just now who is given credit for having done more to help in the digging of the Panama canal than any other member of her own sex and most of the other. Her name is Miss Helen Varick Boswell.

Miss Boswell is the woman sent by ex-President Roosevelt to Panama some three years ago with a roving commission to set to rights the women of the canal zone. Something was wrong and Mr. Roosevelt, who then was President Roosevelt, and President Taft, who then was secretary of war, were nearing their wits' ends.

The government had built pretty little white and green cottages with screened-in galleries and they had fitted them throughout with the latest style in mission furniture. The men at the zone were putting aside more money than they had been able to save in years in the states and from a man's point of view there was no apparent reason why the American women who had followed their husbands into the zone should not be content.

But they were not, and the spirit of unrest grew until it took on proportions of sufficient size to affect the work on the canal.

The president and the secretary of war put their heads together and determined to send a woman from the states with the rather unusual commission to find where lay the trouble with her transplanted sisters. The woman was Miss Boswell.

What Miss Boswell found was a row of 17 towns of varying sizes stretched along the canal from Cristobal on the Atlantic to Ancon on the Pacific. She found 1,200 women far from familiar haunts and all the things that had meant life set down in an existence where the line of social exclusion was more tightly drawn than in the flourishing cities of the states.

"For two months I did nothing but ride up and down the canal until I felt eligible to the brotherhood of diggers," she said recently. "Believe me, the men at the canal were just as anxious as the heads of the government for the untangling of the tangle."

"I had not visited the district long—by the way, I was a guest of a Chicago woman, Mrs. Lorin C. Collins—until I realized that the lack of social fellowship and something to do was the seed. Gradually the lines of exclusiveness had been drawn so tightly that Newport itself had been outdistanced. There were the 'ladies of the army' and the 'ladies of the judiciary' and the other women, all far from home, set in an ideal socialistic community—you see, the government owns all the houses—but hedged about with the conventions of the centuries.

"With the help of the head officers, I held receptions in the men's clubhouses along the route. It was something new, and every woman responded to the invitation. The ice—and it was very—had been broken, and in less than two months the 'ladies of the army' and the 'ladies of the judiciary' and the 'other ladies' were working with might and main to better the school conditions and otherwise make canal life worth living. They had found themselves and each other."

"When I left at the end of two months there were eight women's clubs with departments in working order. In a short time the club women had founded libraries in all of the towns and traveling art galleries were making their way around the schools. Recently the educational department of the Cristobal Woman's club raised \$300 and founded a full fledged playground for the native children—a ground filled with all the modern conveniences of a city's place of public play. Within a short time another will be founded at Ancon.

"The clubs joined in to the canal zone federation—of which Mrs. Collins consented to become the first president—and they have sent delegates to the last two general federation meetings in the states."

"I don't believe that one person out of ten in this city knows what real idleness is, and how very necessary to health it becomes," said Dr. Fendler. "The one great idea is to make money and seek pleasure. They never have a moment's rest or grant such a thing to another person."

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"In any other community they would be termed insane, and the ply is that wherever they go they take this restlessness with them and convert even a placid country cow into a nervous, restless animal."

"Idleness should hold a great place in the life of every man, woman and child. It is the one quality needed to repair the damage done to the human machine called man by the continuous wearing of business and domestic life."

"To my mind, children should be taught the art of idleness. By no means do I mean laziness, but idleness, which in its analysis means nothing more or less than relaxation, rest, inducing a pleasant dreaminess of mind, shutting out the hurry and worry of the world."

"Men and women lose sight of the beauty and poetry of life, because they are always too busy to see it. What causes a nervous breakdown? Too much work and too little idleness. A man can do more work if he will idle a little than he can otherwise accomplish."

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GIRLS WORKING WAY AROUND WORLD



Olive Adair and Oralee List, the Oklahoma girls who have started to encircle the globe, working their passage all the way, have reached the Atlantic coast successfully and are hopeful of doing equally well in foreign lands, to which they will sail soon.

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The American Home WILLIAM A. RADFORD Editor

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects.

It is true that many thousands of city dwellers who have in the natural love of the country a love for a home with grounds and gardens are unable to have what they desire for various reasons, principally because of a lack of means.

City dwellers are compelled for the most part to live in flats or apartments with never a look at trees or grass. Privacy, so much to be desired, is shut off by a common hallway, and the tramping of feet overhead is a constant reminder that the place is not a home but merely a place to stay.

The whole idea of the builders of city "homes" is to economize space and get all the rooms possible on a given piece of ground in order to gain revenue. All sight is lost of the artistic, and everything must tend to the one purpose of income. The occupants live alone and constantly dream of a little cottage with a few vines and a garden place in the back yard, and a place for the children to play where they will not be under the constant espionage of a janitor with a broom.

This is all wrong and it is unnecessary. You may be a salaried man. You may think you cannot do any different. You have not the money to buy the ground it is true and authorize a builder to put you up a house such as you want. You have always thought that even if you bought a house you must take one already made by some real estate firm and pay their high price.

Now, listen. The real estate man has selling expense. He has advertising bills, office rent, clerk hire, maintenance of salesmen, and many other expenses in addition to his profit that figure in the price of any given house.

It is safe to say that this real estate man would be glad to eliminate this expense if he could make a deal that did not involve all these factors. He builds to sell. Suppose you were to take to him the plan of the house shown here and say: "Now, you are in the business of building and selling houses on small payments. You want your customers satisfied. Probably you are going to build a number of houses in the next few months. Now, here is a house that just suits me. If you will build it I will take it on the same terms you would ask for one that you might build from some other plan. I will sign the contract now."

There is no probability that the ordinary real estate man would refuse an ivory handle and four small bars of nickel, working on a ratchet and crossing one another in such a manner as to form a hollow square that can be made large or small by the turning of a screw.

Setting this device to the proper size, the horse dentist will slip it gently into the suffering animal's mouth, which during the operation is kept partly open by a groom. When the instrument is fitted upon, say, one of the back teeth, the beast's mouth is kept open as wide as possible.

The groom now takes hold of the handle of the specimen with one hand and of the horse's tongue with the other, says Harper's Weekly, enabling the dentist to obtain a good view of the damaged molar. It may be that after careful examination the dentist decides that a splinter should come off. Taking up a cutter, a scissors shaped instrument two feet long and with sawlike edges he applies it to the tooth and with a quick movement snaps off the offending corner.

Just as careful attention is given the process of filling a decayed tooth of a horse as is accorded any human being, and the operation is pretty much the same in both cases. Electric drills, together with the most approved instruments, are employed and antiseptics are as generously used in the one instance as in the other.

Gold, as well as aluminum and amalgam, are the materials used in the filling and crowning of horses' teeth. The fee charged varies greatly, ranging anywhere from \$5 to \$125. Where gold is employed it is of course the most expensive item in the operation, for the back tooth of a horse measures an inch in breadth and three inches long, and it requires therefore a larger quantity of the valuable metal to fill up these molars.

Consort for Kaiser's Daughter. Princess Victoria Luise, the only daughter of the Kaiser, recently attained her majority. She is 18 years old. Germans think that they have not long to wait before hearing what prince has won the heart and hand of the Kaiser's daughter. Her name has been frequently connected with those of the ex-King of Portugal and an Austrian archduke, but the Kaiser's intense Lutheranism is considered a bar to the Princess's union with any non-Protestant prince.

A Different Tack. Plunkville is talking in a lofty tone about the quality of its citizenship. "Quality, eh? The census figures evidently didn't come up to hopes."

Tall Student—Your father is touchy, isn't he? Short Student—No; that's the trouble. You can't touch him at all.

HOME TOWN HELPS

PARIS THE WORLD'S MODEL Wide Avenues Add to Attractiveness of French Capital—Other Cities Far Behind.

Its spacious streets make Paris the most attractive and in many respects the most convenient capital in the world. Narrow streets and insanitary areas have been swept away, a large portion of the city has been entirely rebuilt, and its expansion has proceeded in an orderly manner in accordance with a definite plan, modified from time to time, but not altered materially. Paris has now 102 miles of streets 98 feet six inches or more in width. London has not more than 8 1/2, and few of the streets are more than 100 feet wide, whereas some of the avenues in Paris are more than 200 feet wide, and the width of one is as much as 390 feet.

Among world cities that have followed a definite plan of development and expansion, Paris must receive special mention. The broad boulevards and avenues of its suburbs, Charlottenburg and Schoenburg, are characteristic of districts surrounding the central area of the German capital. A noticeable feature in the plans of both Berlin and Paris is the provision of spacious traffic centers, from which the more important streets radiate in many directions. This principle has been developed in London only to a very limited extent.

It is true that London has done much during the last half-century, first through the metropolitan board of works and later through the London county council. In the way of street improvement, but the works that have so far been undertaken have been criticized by high British authority as "scattered and fragmentary, forming no part of a complete scheme, and designed independently, without reference to a general plan."

When we come to our American cities, such as New York and Chicago, we find that, like London, their growth and development have suffered from a similar absence of plan and centralized effort.

For a Better City. It is not a vast population alone that makes a great city. We have never been carried away with the ambition for a town large in numbers. We do crave quality; but what there should be about numbers, after the point is reached that brings to a city practically all that any city can have, we do not see. Indianapolis has certainly attained a size which enables it to command the great advantages of city life. More than this were repetition. After there are parks sufficient, theaters, paved streets, lights, schools and public transportation, what more size except more of the same? The thing that every city ought to strive after (and this it said will bring increase of size) is quality. We spoke recently of two things that make more for a better city. One is low taxation. It is useless to try to make a city what it ought to be if its tax rate becomes overburdensome. Almost invariably with American cities excessive taxation means loose management, extravagance and waste. And no city can have a worse advertisement than that of a not a better than low taxation that by good management keeps up efficiency.

The other thing to which we spoke was clean byways and alleys and back yards.—Indianapolis News.

For a Spotless Town. The Kansas City chief of police has issued a rather drastic order as follows: "Arrest on view any person throwing paper or other rubbish on the streets or in vacant lots; any person excavating without a permit; any person tacking or sticking signs or posters on sidewalks, fence poles or in other public places; any person scattering handbills or circulars on sidewalks, streets, porches, yards or private premises or distributing them to passersby; all teamsters who allow dirt or rubbish to fall from their wagons. Patrolmen are also instructed to notify all owners or agents of vacant property on their beats that weeds must be cut at once and all rubbish removed; to notify owners of shutting property where earth has washed down onto the street or sidewalk to remove the same immediately; cause the immediate removal of manure piles which may be in the alleys."—Twentieth Century Magazine.

Plea for Beautiful Homes. The very soul of a man is stirred as he looks out on the snow-clad Alps or over the canyons of the Colorado river, as he sees the gold and blue of the waves through the trunks of the palm trees in Florida, or as an autumn day he walks through the upland woods beside the Hudson river. And similarly every time we pass down a fine street flanked by noble buildings we have gained something, but the effect of a squalid and ugly street is evil.

"The more you spend on architects, the less you will spend on the governors of jails. The more you spend on road and drainage surveys, the less you will spend on policemen."

This remark made the other day by an English statesman, John Burns, contains a profound truth.

As the homes of the people improve so will their morals improve. It is something to have here and there magnificent public edifices, fine office buildings, the stately mansions of the wealthy. But it is of the utmost importance that the homes of the great majority of householders, those who are neither very rich nor very poor, should not only be comfortable, but by their design, where it is possible by their well-kept gardens, contribute to the permanent attractions of the neighborhood.

Unapproachable. Tall Student—Your father is touchy, isn't he? Short Student—No; that's the trouble. You can't touch him at all.

TAKE PROPER REST

Children Should Be Taught Art of Idleness, Says Savant.

Dr. Amelia M. Fendler Declares People of Today Know Nothing of Relaxation—Vacations Are Foolishly Arranged.

New York.—"To my mind children should be taught the art of idleness. This is the opinion of Dr. Amelia M. Fendler, who for the past few years has been connected with the women's and children's department in the Mount Sinai hospital, and has made a special study of New York people. Dr. Fendler must know the secret of idleness, for she is calm, quiet, unruffled and apparently never tired."

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WOMEN CARRY BISQUE DOLLS

Latest Fad Among Fashionable Set of Paris Is to Take "Babies" to Entertainments.

New York.—Fashionable women will carry dolls about with them this winter. The fad is an importation from Paris, where for a month women have been carrying large bisque dolls in the salons at social occasions and on the streets in automobiles.

The first importations of dolls to enable American women to copy the curious Parisian fad arrived here ten days ago. They were brought over by three fashionable Fifth avenue establishments the heads of which believed they could start the style in the country. Since that time several hundred dolls have been sold to women of social note in this city, who when buying them stated that they intended to further the fashion of dolls for grown-up people.

The dolls—all girl "babies"—are sold from \$65 to \$125 each. They are eight to ten inches high and are dressed in the latest Parisian clothes of the finest materials.

The establishments keeping them make extra clothes at prices ranging upward from \$25. The only difference between these dolls for grown-up women and those for children is that the Parisian dolls are manufactured of the finest bisque, with composition bodies and joints so made as not to creak when moved.

Dies of Grief for Dog. Lenox, Mass.—Allen Decker, a miller, was killed by grief over the death of his sporting dog in Egremont the other day. Decker had bred the dog and broke it for bird snooting. It was his constant companion.

While Decker was in a shop a motor car ran over the dog and crushed it to death. Hearing the dog's cry Decker ran out. Seeing that it was dead, he pulled the dog's body out of the road and fell dead beside it.

Prize Chicken Has Appendicitis. Bloomsburg, Pa.—His prize winning Plymouth Rock cockerel falling ill, and with home remedies unable to bring it around, Boyd Johnson of Rupert, Columbia county, called in a veterinarian, who decided the chicken had appendicitis and accordingly etherized it and removed the bird's appendix. It will recover.

BEEES FORCE RABBIT TO SWIM

Little Insects Sting Bunny Until He Is Compelled to Take to River to Escape.

Altoona, Pa.—A pursued rabbit took refuge under a hive of bees in the yard of Postmaster Elmer E. Rhodes at Royer, Blair county, and very soon thereafter the bees resented its presence and stung it several times on the ears.

In a frenzy of pain bunny sped to the river near by, plunged in and swam to the opposite bank, several times ducking its ears under the water to allay the pain.

Hunters say it is very unusual for rabbits to enter the water, and few people know they can swim.

\$3,220,000 for Medical Tests. New York.—It was announced here the other day that John D. Rockefeller had given to the Rockefeller Institute for medical research an additional sum of \$3,220,000, bringing his donations to this institution up to an aggregate of \$9,000,000.

MANY GIANT TREES FELLED

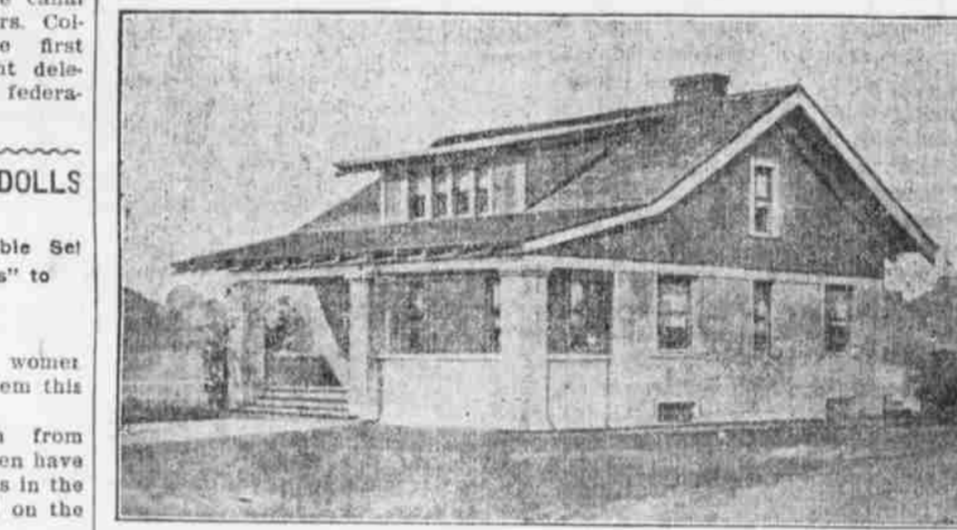
Stately Chestnuts Fall Victims to Ax in Attempt to Check Ravages of Epidemic.

Ardmore, Pa.—Hundreds of giant trees, the stately tops of which towered above the main sky line, have been obliged to bow to the woodman's ax and heroic treatment has been applied to thousands of others in the effort to stay the sway of the death-dealing disease familiarly known as the chestnut blight, in the campaign inaugurated by a corps of state forestry department inspectors in charge of Deputy Commissioner of Forestry I. C. Williams.

In a brief period, and in the attempt to check the ravages of the disease that in epidemic form threatened to wipe out the vast chestnut groves of eastern Pennsylvania, and particularly in the suburban section of Philadelphia, 10,000 trees have been examined in the neighborhood of Ardmore, Havertford and Bryn Mawr. The alarming extent to which this blight had invaded this section, where wealthy Philadelphians have magnificent country places, is shown in the reports of these forestry experts, for examinations in minute detail reveal the fact that no less than 50 per cent. of the trees in some forest groves are infected. In some forests as high as 90 per cent. has been noted.

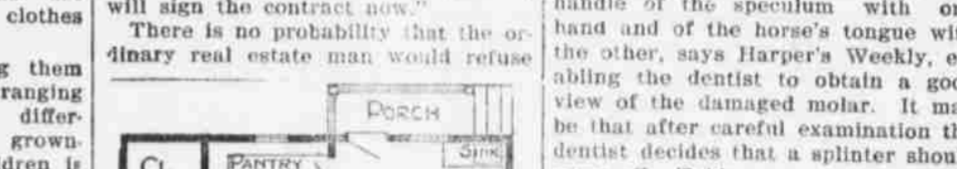
New It's "Wedge" Skirt. Paris.—Paris' latest fashion wrinkle is the wedge skirt, successor to the hobble skirt, which it resembles. Its most striking feature, which gives it the name, is a "V" shaped opening in front.

Although the skirt is narrow at the bottom, this wedge allows the wearer to walk with comparative ease. The opening can be made large or small, according to the taste of the wearer. It is a combination of the hobble skirt and the sheath skirt, which caused so much stir but had only a short vogue.



First Floor Plan.

CL. PANTRY 10'x14'0" KITCHEN 10'x10'0" BED RM 12'0"X10'0" LIVING ROOM 16'0"X16'0" DINING RM 12'0"X12'0" PORCH 20'0"X16'0"



Second Floor Plan.

CL. BED RM 14'0"X12'0" HALL CLOS. BED RM 14'0"X12'0" CLOS.

fact that there are six closets in this house, providing plenty of storage places.

DENTISTS FOR THE HORSE

They Have Special Instruments for Extracting and Filling the Teeth of Equine Patients.

In every large city there are now dentists who devote their entire attention to horses. They are of course provided with special instruments for the extracting and filling of the teeth of animals needing attention.

One of the instruments, called a speculum, presents the appearance of an ivory handle and four small bars of nickel, working on a ratchet and crossing one another in such a manner as to form a hollow square that can be made large or small by the turning of a screw.

Setting this device to the proper size, the horse dentist will slip it gently into the suffering animal's mouth, which during the operation is kept partly open by a groom. When the instrument is fitted upon, say, one of the back teeth, the beast's mouth is kept open as wide as possible.

The groom now takes hold of the handle of the specimen with one hand and of the horse's tongue with the other, says Harper's Weekly, enabling the dentist to obtain a good view of the damaged molar. It may be that after careful examination the dentist decides that a splinter should come off. Taking up a cutter, a scissors shaped instrument two feet long and with sawlike edges he applies it to the tooth and with a quick movement snaps off the offending corner.