AMERICAN WOMAN VISITS QUEER CORNERS OF WORLD; SEES CONTINENT ON MULE

Mrs. Harriet Chalmers Adams Cries When Mere Boy Goes to Battle in the Philippines-During the Trip She Learns That Head Hunting Is Practically at an End In

gie this year."

hunting is at an end, except when rep-

resentatives of museums encourage

to acquire a stranger's head and then

secret process of their own. In Para-

from one district," said she, "but the

natives they taught are still industri-

ous and well behaved. Their pro-

ficiency in some arts is remarkable.

At Macao she visited the Monte

Carlo of the East-a magnificent town

of gamblers, where no play is too high.

Through an open archway one may en-

ter old China. On the Haiti-Domini-

can border she had the one experience

that occurred to her as an advantage.

They were sleeping in the house of

Captain Beale of the United States

heard a rustle in the walls. Beale was

"Just a tarantula," said he. "Prob-

of a tarantula. No one ever forms the *

"Almost every night," a police officer

epics. And we never hear of them."

Grasshoppers Invade Movies.

Cincinnati, O .- Several hundred

men, women and children stampeded

WIDOWED BY FATHER'S CRIME

Mrs. Eugene M. Newman (right), the eighteen-year-old daughter of Wil-

liam W. Cleary, town clerk of Haverstraw, N. Y., who was widowed by her father when he killed her husband of six days. Eugene Newman (left)

called on his father in law to tell him of the secret wedding and ask forgive-

ably the mate of the one I killed this

called.

reduce it to the size of an apple by a

"Years ago the Jesuits were expelled

New York .- Mrs. Harriet Chalmers | races at Jesselton-the great event of Adams returned recently from a hasty | the year. Not one complained of consurvey of the odd corners of the ditions. They did exchange felicitaworld. She saw white rajahs, head tions upon the past season. hunters, tigers, pythons and all the picturesque items of life on the other side of the globe. And-being blessed with the consistent inconsistency of a charming woman she was most impressed by an American boy-just a kid of twenty-two or thereabouts—the the savage—or nonsalt eating—natives sort of youngster you can see on ev-

"He was an officer of the Philippine constabulary," said Mrs. Adams, "in guay she found the vanished Arcadia. charge of a district in Jolo occupied by an unsubdued and piratical tribe of Moros. We approached Bagsak by boat"-(Note: That name sounds all right and looks all right, but it isn't guaranteed)-"and as our steamer They were savages when the Jesuits drew up to the wharf we could hear came to them." the rifles popping in the town. We knew that a war had broken out."

Cries for Young Officer. Anything may happen, and usually does, in Moroland. The inhabitants are very handy with all sorts of weapons, and have no weak antipathy to blood. But the twenty-two-year-old officer, in command of his little squad, six or eight saddle colored constables. hopped cheerily to the pier, and waved his handkerchief in farewell, and then

So that the forlorn little bundle of brown men, their narrow shoulders bracing in imitation of the soldiery swing of the white man ahead, trotted toward that small hell which was boiling over in Bagsak. The boat squattered and groaned away from the pier Mrs. Adams went to her tiny cabin to have her cry. There didn't seem a chance for that cheerful youngster ever to get out alive, and the sacrifice seemed such a useless one. She met him later, though. He had diplomatically bumped a few Sulu heads together. So they gave him a feast, and are likely waiting for the chance to stick him in the back.

After all, he was just a typical officer of constabulary, Mrs. Adams adds. These youngsters-they range in age from twenty-two to thirty-two-are doing that sort of thing all the time, so that peace has very largely fallen upon the Philippines. She found igorrotes wearing wildcat skins about their shoulders working out their road taxes. Thank the constables for that irony. An almost equally valuable Philippine asset is the force of medical missionaries.

"Salvation," says Mrs. Adams, "follows sanitation. The missionaries carry a Bible in one hand, but in the other they have bottles of castor oil for the interior, and coal oil for the surface of their brown friends."

With her husband, F. P. Adams, of tarantula habit. In Harbin, Manchuria, the Pan-American organization in it was extremely cold at the time of half-year-old toddler of 173 pound-Washington, Mrs. Adams has crossed her visit. She remarked upon the and a mere babe of two years, weight for a small house. It is easy to be fulness, and a cheerful disposition months where no white woman has lie coachmen wear. ever been seen before, and had adventures that would make a lifetime's talk | told her, "some coachman is shot for he was Marshall Tanner. for the average sportsman. This be- his skins." ing considered, it is of a certain importance that she is a very pretty woman. On this year's trip she visited tigers and elephants of the sultan of Rajah Brooke in Borneo, the third white rajah of his line and the only one left in the world. He lives in regal state, unbothered by telephones, in his province of Sarawak. It adds a the Philippines. picturesque modern touch to learn lish biscuit business.

English Women Wonderful. "Those wonderful English women in Borneo," said Mrs. Adams in admiration. "They are the finest frontier women in the world. Where their teapot from a moving picture airdrome when is is home. They were preparing to a swarm of grasshoppers took posgo hundreds of miles by boat to the session.

ness, when he was shot and killed.

Alaska Miner Finds He Had Lived

Over Golden Riches for

Nine Years.

Recorder Dismisses Cruelty Charge as He Sees Battery Work in Court Room,

Philadelphia.-For using a small electric battery to accelerate a balky horse, Walter Lenhart of 2301 South Sixty-seventh street, Philadelphia, and Walter Lenhart, seventeen years old, of Merchantville, were arraigned in the Camden police court on a charge of cruelty to animals. Eli Vanmeter of 1613 William street, Philadelphia, testified that he saw the horse balk in the vicinity of Front and Vine streets. A gentle tap of the whip or urging with the lines had no effect on the beast, he said, but now and then the horse would suddenly leap almost out "'Hardly any pythons,' they said to of the harness. He saw something each other, have come out of the junthat looked like wire, and learned that electricity was being used to start the In Ecuador she learned that head balky horse.

CURRENT ON BALKY HORSE

The Lenharts demonstrated in the court room that the battery was only strong enough to startle the horse and not injure it. Recorder Stackhouse could see no harm in the battery, having often himself used electricity, but not for the same purpose, and he dismissed the case.

FOUR BABIES WEIGH 1/4 TON

Fat Family of Youngsters in Brooklys Has a Record in Weight; Parents Are Thin.

York.-Four bables-total New weight, 505 pounds; combined ages, eleven years-wandered starving into the Adams street police station, Brooklyn, recently. They were chaperoned by their parents, tall, thin, sad-looking persons. The mother carcustoms force. At midnight they ried an enormous bundle in her arms, which later proved to be a mite of a child, six months old and weighing only 63 pounds.

-a five-year-old child, tipping the Sometimes people die from the bite beam at 187 pounds; a three and one-

The other three youngsters followed



The tall, tired man announced that "This is my wife, Mary," he said, Which is a bright light upon condi- adding with a sweep of his arm, "and

nearly fell off his chair.

Filipino Constabulary

tions in Harbin. She admired the this is the fat family." The woman wearily shifted Jahore and the jingling state in which bundle in her arms and sought to he lives. But nothing else on her tour have the sergeant test its weight, but appealed to her as do those beardless he dodged skillfully. She uncovered college boys who are carrying law to the baby, saying its name was Doris and that, although she only weighed "They are something between mag- 63 pounds now, she had every reason that he married into a flourishing Eng. istrates and crusaders. Their days are to believe their daughter would grow

up to be a healthy woman. "Food! food!" exclaimed the man. 'We are hungry. We were with a circus in Chicopee, Mass., and were known as 'The Fat Family,' but the circus went broke and owed us \$100. We had just enough money to get to New York and we came. Here we are, now. We have no engagement, no money, no food, and no place to sleep. Not having food is a serious matter. The children are fond of eat-

ing." The police sent the tall, thin man and woman and the four very fat youngsters to 44 Lawrence street for

"KING WOULD BE LOAFER"

Kler Hardie, the Labor Leader, Declares George V Destitute of Ordinary Ability.

London.-It was scarcely to be expected that Kier Hardle would keep silent at this juncture, and in the current issue of the Labor Leader he joins in the attack on the king, and

"The king casts in his lot with reac tionary peers and rebellious Ulstermen. He joins his influence with the forces which are working against and seeking to destroy the commons and the constitutional forms of parliamentary government. George is not a statement. He is not the pleasureloving scapegoat his father was before him, but like his father he is destitute

of even ordinary ability. "If he had been born in the ranks of the working class, most likely his fate would have been that of the street corner loafer; and this is the man who is being made a tool of by the reactionary classes to break the power of democracy and weaken and finally destroy the power of parliament."

GOLD MINE UNDER HIS FEET and prospected for gold on the claim at different times ever since.

He spent most of his time searching for the yellow stuff on his other holdings, apparently neglectful of the possibilities right under the floor of his cabin. A few weeks ago Sharp sank a Fairbanks, Alaska.-George Sharp, shaft near his cabin, got some prosa miner of Pedro creek, lived over a pects and then tunneled on bed rock fortune over nine years before he for ten feet or so.

knew that the fortune existed. Sharp, He encountered coarse gold, some when he first came to the Pairbanks fair sized nuggets being included in pearls have been found in flounders district, located a claim on the right the dust obtained after sluicing a caught in the bay here. Jewelers prolimit of Pedro creek opposite No. 2, small dump.

Verona, N. J .- A Confederate flag captured by his brother, William J. Johnson, in the Civil war, has been sent by Judge John L. Johnson to Governor Mann of Virginia to be turned over to the nearest kin of Gen. Robert E. Les.

Pearls in Flounders.

Return Captured Flag. There is another advantage in build-

Stonington, Conn. - Many small nounced them valuable

MORE COMFORT

Make the Best Use of Allotted Space.

Only Recently Have Matters Such as This, Which Really Are of Great Importance, Been Given the Attention They Deserve-For Eighteen-Room Home.

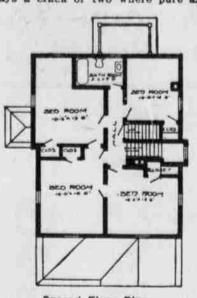
By WILLIAM A. RADFORD. Mr. William A. Radford will answer

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. Address all inquiries to William A. Radford, No. 1827 Prairie avenue, Chicago, Ill., and only enclose two-cent stamp for reply.

Houses today, in general, are not so large as they used to be, when measured by size alone. The increasing cost of lumber, labor, and other building items of expense have induced many economies; but inventive architects have made better use of the smaller space, so that an eight-room modern house contains a great deal more convenience than an eight-room house built twenty years ago, although the outside dimensions of the older house may be very much the larger. Twenty years' study in this direction has resulted in many improvements, both in design and by the way of adding a multitude of small conveniences.

Formerly little attention was paid to the spacing of doors and windows in order to admit of placing the furni-

purities that persons confined to the house for many hours at a time are sure to contract that "tired feeling." For some unaccountable reason, the air that they are breathing is the last cause thought of. Persons so afflicted think that they have been working too hard or have eaten something that did not exactly agree with them; and Architects Have Learned How to the first step is to dose themselves with medicine. The study of nature is one of the most neglected. It will be hard to convince a person who suffers from sore throat, catarrh, influenza, or kindred complaints, that the cause is probably to a large extent PLACING DOORS AND WINDOWS to be found in the wretched air that they are forcing themselves to breathe; but such is very often the case. I like to see plenty of windows for this reason, if for no other. Windows never shut tight; there are always a crack or two where pure air



Second Floor Plan.

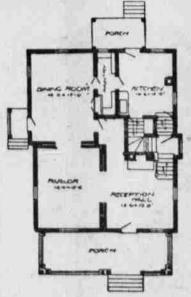
may creep in; but where windows art plentiful, there is an inducement to open one, even in cold weather, and this is a greater blessing than some persons realize. In building a house, the subject of ventilation should be very carefully considered.

Another point that is often overlooked is in selecting a plan which adture conveniently or artistically. Only mits of placing the living rooms and of late has the possibility of a small | bedrooms that are used the most, on house for comfort and convenience the south side of the house. The hall, been recognized. It requires a space stairway, and some other rooms that at least 4 1-2 by 6 feet to accommo- are not used so much may just as well date a good-sized, comfortable bed; face the north. Sunlight is a great purifier. The direct rays of the sun



South America on mulcback, lived for heavy and valuable fur coats the publing 82 pounds. Sergeant McCormick comfortable in the winter in a few well-arranged rooms, with a small furnace under them that will easily consume six or seven tons of coal; and ment that some housekeepers prefer to it is quite possible to be very uncom- having a sideboard in the dining room. fortable in the winter in a large house It provides more room, with an opporwith a big furnace that will eat up tunity to get behind the dishes to fifteen or twenty tons. I have had arrange them on the shelves. This experience in both directions, and I very much prefer the smaller house many sideboards are designed more with its reduced expense and lighter for looks than convenience. This arcare. The curse of this country has rangement, moreover, looks all right; been the desire for show. As soon as a man gets a little money ahead, he wants to demonstrate the fact in some Twelve by seventeen feet is a good conspicuous manner. The first thing he thinks of is a large, showy house which usually gives him an endless amount of trouble, often worries his wife into an early grave, and leaves a trail of dissatisfaction and disap-

The house whose layout and appearance are here illustrated contains



First Floor Plan.

eight rooms. It is 27 feet wide and 34 feet 6 inches long, exclusive of porches. It has a good cellar, is full two stories in height, and has an attic. There is a front and back stair, or, rather, a combination that answers the same purpose; and the house is arranged for convenient, satisfactory, and economical heating. The outside entrance to the dining room is a feature that may be made very attractive; and it may be made to save a front hall, which, in this case, is designed for a reception hall and may be used for a lounging room. The open grate suggests much comfort in this little reception hall.

ing a house of this shape, and that is the ease with which it may be ventilated. By leaving the door open in is sure to be a current of air passing up, which will keep the atmosphere in the house in good condition. Pure air a house induces personal comfort I the time and permanent health af- a hobble skirt for the purpose of lesplant houses is so loaded with im- | her pursuers.

a godsend in any house.

In this dining room, connection is made with the pantry-an arrangearrangement is for utility, while too and it has the additional advantage of not occupying any space in the room. size and a good shape for a dining room; it admits of a good, long dining table without wasting much room at the sides. A square dining room is not so easily arranged to advantage.

Young Kipling as a Mimic. The old postman at Westward Ho. near Bideford in Devon and the scene of "Stalky and Company," is reported in T. P.'s Weekly as telling an interesting ancedote of Rudyard Kipling, dating from the time when Kipling himself was a boy at school at Westward Ho.

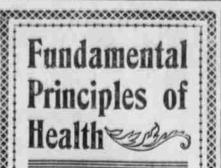
"It appears that Beckwith, the aquatic expert, came to Westward Ho to give an exhibition from the pier, which was crowded with the usual summer sightseers and a fair sprinkling of boys from the school. After some evolutions in the water the swimmer commenced a series of diva sensational dive from the top of the pier that the spectators were amazed to see a chubby, stocky boy run to the edge of the pier and repeat the dive, with all the mannerisms of the expert. Inquiry elicited the fact that the boy was named Kipling, and it is by this incident more than any other that the Bideford people remember the now famous author."

'Heat Lightning" Merel; Far Away. When the distant horizon is brilliantly illuminated with flashes of light on warm summer evenings old restdents will explain that it is caused by "heat lightning."

"Heat lightning" is really the reflection of ordinary lightning. Afar off there is a thunderstorm. Light travels at something more than one hundred and eighty-six thousand miles a second, while thunder travels slowly great deal of tracking through the through the air and soon becomes inaudible to our ears. It is this light reflected upon the clouds or mist near the horizon which we see and call "heat lightning." Sometimes vivid displays or northern lights, or the aurora borealis, are erroneously called "heat lightning."

There is, therefore, no such thing s "heat lightning." and this should the upper stairway to the attic, there properly be called "distant" light-

Success is a lady who does not wear wards. The atmosphere in many senting her ability to keep ahead of



By ALBERT S. GRAY, M. D.

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WHEAT FLOUR.

Of the protein substances used for food none is of more importance than those contained in wheat. Next to rice, it is today the most largely used grain.

The wheat berry is a fruit and not a seed. The actual wheat seed is the germ or embryo, a kidney-shaped body which is found at the base of the berry and connected with the root through the placenta, which is in effect a cord joining the berry with its stalk. Botanists distinguish six skins on the wheat berry-epicarp, mesocarp, endocarp, episperm, tegmen and

Wrapped up and thoroughly sealed within these many skins lies the floury kernel, the endosperm, in inti- any compounds found in inorganic namate contact with the inner skin. The endosperm consists of starch granules held in a network of minute fibers of gluten. This glutinous portion is of great importance to the baker, because on its quantity and quality depends the "strength" or raising power of the flour.

The placenta serves to filter the food which the plant sucks up from the ground. First the mineral and gluten skeleton is formed and then the berry fattens by extracting out of the air under action of sunlight the carbon necessary to build up the starches and sugar. A good deal of the matter filtered by the placenta is mineral in nature and such portions as are not digested remain in the crease. A grain of wheat is composed approximately as follows: Water, 12 per cent; protein, 13 per cent; fat, two per cent; carbohydrates, 71 per cent; mineral salts, two per cent. These mineral salts consist of potassium, sodium, calcium, magnesium, iron, phosphorus, sulphur, silicon. chlorine, todine and manganese.

Until recent years the whole berry was broken up and triturated in one operation, and the flour necessarily contained a large proportion of branny particles, in which cerealin, an active digestive constituent, was present in very sensible proportions.

The patent roller process crushes the berry in such a manner as to chip off the woody skins and flatten the germ. Thus their removal by meble. In this way is removed from the floury starch granules the bulk of the cure continuous action or any sort of mineral matter and the digestive ferments. This makes a better keeping flour and gives clear, white bread and cakes of fine texture, very attractive

Moisture and the diastase cause the catalyzers to work and digest or decompose the flour. It is in just this difference between the contents of the whole wheat berry and the flour from which "the staff of life" is made that undoubtedly will be found the key to much of our trouble. It is admitted that neurasthenia-"Americanitis," as it is jokingly called by the rest of the world-is due to some type of "malnutrition," meaning, in plain English, starvation-a lack of balance between the energy expended and that developed. How much of this is due to our devitalized food Hunt reports in bulletin 69, hygienie laboratory, United States treasury department: "In extreme cases mice after having been fed upon certain diets recovered from forty times the dose of acetonitrile fatal to mice kept on other diets. It is, moreover, possible to alter the resistance of these animals at will, and to overcome the effects of one diet by combining it with another"-the point he was working to establish being that unnatural diets lower resistance and restoring the diet balance raises re-

We do not know much about digestion; we do not know much about the cause of many diseases-cancer, for instance. Cancer is on a steady increase and no man has yet been able ing performances, and it was after to demonstrate the cause; but when the cause is located it will, undoubtedly, prove to be closely related to some slight form of starvation, as is our other scourge-tuberculosis.

The future field of medicine lies along the lines not of determining how mankind without immediate destruction of life, not in discovering the par- will keep.

ticular remedy required to overcome the distress resulting from some diseased condition, but in determining and teaching men so to live that they may prevent the lowered resistance that makes them subject to diseasehow to maintain normal resistance to

INERT FOOD.

Life in the furnace giving out life conserving heat into the house means that something has to be continuously "dying" in the furnace. For to maintain that heat some form of potential energy has got to be continuously released in the furnace, and this is achieved by digesting, or decomposing, or in plain English, by burning coal or some other form of carbon in the firebox. Whether it be in your furnace or in your own body. in the wheat plant or in the singlecelled amoeba, life is a continuous

process of dying. All organic life exists in a state of continuous decomposition and rebuilding, a perpetual state of mutation. What is true of the fire is equally true of ourselves, the principles being identical. As soon as decomposition ceases, reconstruction ceases; as soon as we cease dying, we cease living. Life in man, plant, amoeba or the furnace is merely vibration, an individual transformation of potential energy that varies only in degree.

All living matter contains substances of peculiar molecular structure and composition far more complex than ture. But the difference between these organic and inorganic substances is only a difference of degree, and many of the most characteristic of the substances have been artificially made in the chemical laboratory.

Built up out of the commonest elements on the surface of the earth these organic compounds are grouped into three classes: Carbohydrates (sugar, starch and cellulose), fats and proteins. Of these three compounds the proteins are by far the most important, for while the molecule of fat, or carbohydrate, consists entirely of various combinations of the three element, carbon, hydrogen and oxygen, the protein molecule always contains.

in addition, nitrogen and sulphur. The carbohydrate and the fat, so far as we know, appear to be only heat and energy-giving compounds exactly equivalent to the woal we burn in the furnace or in the firebox of a steam engine. But the proteins have at least a double function to persorm -and probably others we have not yet grasped-for not only must they supply energy but also the structural material, the brick, stone, mortar, iron and other inorganic material out of which our bodies are composed.

It is no more possible for us to maintain our bodies in health without a generous supply of these inorganic elements than it would be for us to keep a gasoline engine running for an indefinite period of years by merely feeding it gasoline. Common sense tells us that the engine must be taken chanical means is made easily possi- to the shop every so often and the worn parts renewed if we are to se-

efficiency from the oil consumed. All organic life rests on one fundamental and vital fact, which is that the seed bearing plants have, with few known exceptions, the exclusive power of absorbing energy direct from the inorganic under the stimulus of sunlight. In the action of chlorophyl (the green coloring matter of plant life analogous to the red coloring matter in human blood) in sunlight undoubtedly lies the key to the mystery of life. But with the sublime assurance of ignorance we step in and deliberately break this cycle of life by discarding elements that offend our color sense or that interfere with our

If, for instance, wheat flour will not keep, we remove the bran, the woody matter and the mineral salts, together with a portion of the protein matter and the germ; it makes a much whiter and lighter bread, anyway, and the experts tell us that it is more digestible, too; and besides, the "insoluble by-products" make fine food for stock. Cattle, chickens and other forms of

Evidently these "waste products" have a very profound influence on the metabolism of the lower forms of life. but it is argued that that has nothing to do with man. We are still hitched to the idea that man is a thing apart from all the rest of creation and that if anything becomes the matter with his machine it is because an evil spirit gets in and he must pour some vile tasting combination down his throat to drive the evil thing out. Meantime the fact that some fifteen millions of our nineteen-odd million children enrolled in the schools are shown to be more or less physically defective from insufficient building material supplied in their food, and the fact that we are experiencing a constantly increasing economic loss through the premature death of our matured lives, do not apmany organs may be removed from pear to be so important to us as that we shall have nice white foods that

Ingenious Telegraphic Idea in China to Overcome Difficulties of the Language.

send a telegram in a written language them in the catalogue. Each number that has no alphabet, but is made up is composed of four Morse numerals; of a vast number of characters, no two for example, 5913,0013,0414 signifies of which are alike. Not only is the Yuan Shi-Kai, the name of the prest Chinese language composed of several thousand different characters, but lows, then, that the ten Morse numerthere are so many dialects spoken in als will serve to telegraph 9,999 differ-China that there are more than a ent Chinese characters! - Youth's hundred ways of pronouncing each Companion. character, although the written language is uniform throughout the country. How is it possible to send a telegram in such a land and such a language? The difficulties have been very telegram in Chinese than in French.

for 9,999 characters, but a number of cause a concussion.

RESEMBLES A CODE SYSTEM | spaces are at present blank; they can be filled with characters when that becomes necessary.

The sender of the telegram writes his message in the ordinary manner. The operator knows the numbers of most of the characters. If there are It might well seem impossible to any of which he is ignorant, he finds dent of the Chinese republic. It fol-

Why the Boller Rumbles. That noisy rumbling and clattering in

the kitchen boiler after the gas water heater has been lighted for some time ingeniously overcome, and it is now has scared many a woman. The edieasier and less expensive to send a tor of Monthly Gas Chat says it need alarm no one, as it is caused by the In every telegraph office in China expansion of the water as it is heated there is a dictionary, or special code, from the top of the boiler. The coldin which the written characters are er water below, rushing up to displace listed and numbered. There are places the expanded water above, will often