

GREAT RALLY OF MOTORCYCLISTS IN LONDON



In response to a call by the war office a great rally of motorcyclists took place on Wimbledon Common and the names were taken of thousands willing to enlist for the European war.

HAS STORY OF OWN

Handkerchiefs Originally Used in Persia to Mop Face.

Habit of Snuff Taking First Brought It into Common Use—Its Connection With Royalty—Was Disseminator of News.

New York.—The first handkerchief, used originally in Persia, was a small square of silk, the principal use of which was to wipe the moisture from the brow. From Persia it passed to Greece and then by the way of Rome spread slowly throughout Europe.

It was for centuries affected only by people of wealth and was used for many purposes—ornament, as a carrier of strong scents, as a favor to be worn by a gallant in his hat.

It was the odious habit of snuff taking which finally brought the handkerchief into common use, which increased its size and changed the material of which it was composed, a writer in the Rochester (N. Y.) Post-Express observes. The varied uses to which handkerchiefs have been put are numerous.

As propagators of general knowledge, they were employed during the reign of Queen Anne to carry the text of her majesty's speech to parliament, on April 8, 1710, which was printed upon

ARCHERY IS VERY POPULAR

Many Enthusiasts of Both Sexes Attended Thirty-Sixth Annual Tournament of Sport.

Haverford, Pa.—That the popularity of archery as an outdoor sport was becoming more and more marked each year, was attested by the number of men and women who took part in the thirty-sixth annual tournament of the National Archery Association of the United States on the grounds of the Merion Cricket club at Haverford,



Mrs. R. D. Elmer.

Pa., August 18th, 19th, 20th and 21st. Men and women from many of the large cities in the United States gathered at the tournament. Mrs. R. D. Elmer, wife of Dr. R. D. Elmer of Wayne, Pa., the champion archer of the United States, is shown here, in the act of releasing an arrow on its winged way toward the target.

HENS' SECRETARY QUILTS JOB

Farmhand Had Done Everything, but Balked at Last Position Thrust Upon Him.

London.—Sam had worked on the farm for nine years, and until his master took up poultry farming was quite satisfied with life.

But this poultry business was a bit too much, says Pearson's (London) Weekly. He had to take the eggs as they were laid and write the date on

their surface, into the homes of many who would otherwise have remained in blissful ignorance. In like manner were circulated the announcements of the treaty of Utrecht and of Marlborough's victories over the French. In 1745 handkerchiefs stamped with the portraits of the young pretender's leading adherents were issued with a view of facilitating capture of the rebels. In retaliation the Stuart party printed other handkerchiefs, that the rough likeness of George II depicted thereon, might be put to ignoble use.

Naturally handkerchiefs kept pace with other extravagances in dress, being oftentimes edged with costly lace and embroidered with initials, armorial bearings, love mottoes and sundry ingenious designs—those, for instance, of the duchess of Chevreuse being worked with cupids pursuing one another and garlands of roses. Sprays of heliotrope, tied with mauve colored ribbon, adorned the handkerchiefs of La Grande Mademoiselle, the niece of Louis XIII, while the colors of the comtesse de Castiglione's—corresponding on all occasions to those of her garters—changed with every passing mood and passion. Thus, when she fancied herself in love, garters and handkerchiefs were blue, but if the subject of her wayward affection was suspected of infidelity, azure was discarded for yellow, which she retained until her naturally buoyant spirits, having exorcised the demon of jealousy, demanded the substitution of green, as betokening exuberant gaiety and rude health.

Jewels, as might have been expected, entered largely into the decorative schemes employed in these delicate samples of lace work. Mme. du Barry owned a handkerchief on which her name was embroidered in precious stones, while pearls to the value of £1,000 were scattered over a square of precious lace in the possession of the ill-fated Marie Antoinette, whose friend, the equally hapless Mme. du Lamballe, owned a similar superfluity. More valuable, however, than these is a handkerchief owned by Queen Margherita of Italy—a unique specimen of

the fifteenth century lace valued at £3,000.

On January 2, 1785, Louis XVI, at the instance of Queen Marie Antoinette, issued an edict decreeing that "the length of handkerchiefs shall equal their breadth henceforth throughout the kingdom." This edict would seem finally to have determined custom throughout the civilized world as to the future shape of a useful article.

MOTHER AVENGED HER CHILD

Shot and Killed the Youth, in Open Courtroom, Who Had Wronged Her Daughter.

Mobile, Ala.—Mrs. Florence McGowan shot and killed J. Leroy Brown of Mobile, Ala., after he had agreed in court to marry her fifteen-year-old daughter, Vivian, as an amend to the wrong he had done her. The shooting came at the conclusion of a preliminary trial. There was a brief consultation, the mother agreeing, apparently, to everything said by the lawyer of the defendant.

"I think it is best," said Mrs. McGowan, as court was about to adjourn, "but before I agree I want to hear the words from Brown's own lips that he will not desert my daughter as soon as he marries her."

Brown was ushered into the courtroom and took his seat. As he did so Mrs. McGowan arose, saying: "You marry my daughter! That is adding insult to injury."

Then she drew a revolver from her handbag and opened fire on Brown, inflicting three wounds from which he died later. Mrs. McGowan was placed under arrest and is now being held under charge of murder.

Church is 200 Years Old.

Cape May, N. J.—The two hundredth anniversary of the founding of the Cold Spring Presbyterian church was celebrated by an all-day festival in which the principal participant was John Wanamaker. Congratulatory letters were received from President Wilson. Mr. Wanamaker attended the church as a boy, and donated \$600 publicly, but it is hinted that he has given a larger sum which is yet to be announced.

FORESTS IN ALASKA

Types Differ in Different Parts of Country.

Trees Grow to Large Size on the Southeastern Coast but in the Interior Have a Much Smaller Development.

Washington.—The difference between forest types in different parts of Alaska are as sharp as those between the topographic and climatic, and, of course, depend upon them. The coast forests of southern Alaska are the northernmost extension of the coast type of Washington and British Columbia. The interior forests are an extension of the interior Canadian forests.

On the coast of southeastern Alaska trees grow to large size; in the interior the timber is much smaller. The higher mountain areas are completely above timber line. Climatic conditions in the region adjacent to Bering sea and on the Arctic slope make forest growth altogether impossible, so there are great stretches of tundra whose vegetation consists chiefly of moss, sedge, and a few shrubs. Moss may be said to be the garment of Alaska, and layers of it 12 to 18 inches thick are not at all uncommon either on the coast or in the interior.

Making reductions for some barren areas, it is estimated that the total forest and woodland area of Alaska is approximately 100,000,000 acres, or about 27 per cent of the land surface of the territory. Of these, about 20,000,000 acres may possibly bear

timber of sufficient size and density to be considered forest in the sense that much of it can be used for saw timber, while the balance, or 80,000,000 acres, is woodland, which bears some saw timber, but on which the forest is of a smaller and more scattered character and valuable chiefly for fuel. There is not sufficient information upon which to base any satisfactory estimate of the total stand of timber in Alaska. It has been estimated for instance, that the coast forests contain 75,000,000,000 feet of merchantable timber, but this estimate might, we think, be much exceeded were both spruce and hemlock closely utilized. Much of the



Raft of spruce logs on beach near Wrangell, Alaska. Average diameter at the butt, 37 inches; at the top, 21 inches; average length, 78 feet; content of raft, approximately 190,000 board feet.

black spruce is too small for commercial purposes, so that it is impossible to give a satisfactory estimate of the total stand.

Here's an Old Fashioned Mother.

West Freeman, Me.—Mrs. Samuel Lovejoy of West Freeman, Me., aged seventy-eight, walked six miles, picked three quarts of raspberries and three quarts of blueberries and returned home, all in five hours. Then she canned the berries and prepared supper and was as chipper as a cricket all the evening.

DESIGNED FOR SOLID COMFORT

Remarkably Neat and Pretty Five-Room House Is the One Described Here.

FEATURE IS ITS LIVING ROOM

Apartment Made Large and Attractive Enough to Invite Occupancy at All Seasons—Pantry and Kitchen Combined Is Another Good Feature.

By WILLIAM A. RADFORD.

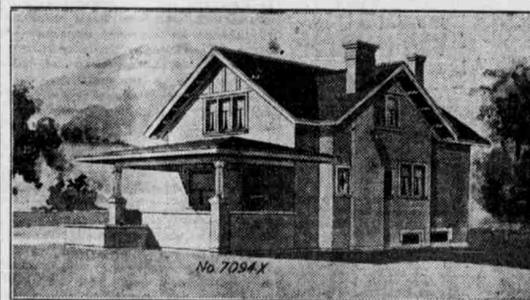
Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 1227 Prairie avenue, Chicago, Ill., and only enclose two-cent stamp for reply.

A very neat and pretty five-room house is this.

I sometimes think there is more solid comfort to the square foot in a cottage than there is in a square yard of mansion. You have less work and more genuine satisfaction, because you can make it more homelike. Take a room like this fine, big living room, having a cozy corner walled in with high-backed seats on two sides of a good fireplace for cold evenings, and you have something to remember with great pleasure and satisfaction. Imagine a dog or a cat half asleep on the hearth rug, with the family gathered around, some engaged in reading, some, perhaps, in fancy work, and you have a picture fit for a master artist.

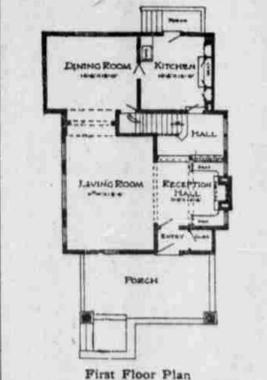
Between the porch and the living room there is a large vestibule big enough to contain a coat closet. There are double doors to shut out the cold and, of course, the outer door is covered with a wire screen door in summer time.

The big living room is 14 feet by 18 feet six inches, which is extra large, even for a modern living room. The entrance from the living room to the dining room is a little out of the ordinary and it gives a good opportunity to hang two pairs of curtains, and to secure an unusual effect if the work is nicely done. Placing the stairway



in the center of the north side of the house leaves the front open with a clear view from the different windows. A center stairway works better than a front stairway on the second floor, as well as on the first floor, for it leaves a fine, big bedroom in the front gable.

One reason why this house plan works up so well into large rooms is the fact that the stairway is very compact; just a short, straight flight of steps in the center of the house. Besides connecting the upper and lower floors it makes an easy entrance to the cellar from the kitchen. There is a great deal in laying out a stairway



so that it will give the greatest amount of convenience for the space occupied. There is also an entrance from the hall to the kitchen, which is a great convenience at times.

Coming to the kitchen, we have rather an unusual plan, the kitchen answering the purpose of pantry and kitchen combined. This is a recent idea in house building and it seems to be growing in favor. It takes less room and it requires less steps at meal time. Instead of a pantry, one side of the kitchen is made into cupboards with shelves.

These cupboards are deep enough and the shelves are wide enough to provide a good deal of storage room. The front of this cupboard case, as it might be called, is made up of cupboard doors, so hinged as to open out, leaving the entire shelf surface exposed. The shelves themselves, instead of being built in solid, are supported by pegs, so they may be lifted out for cleaning. One objection to cupboards is the difficulty of keeping them clean, but this arrangement seems to solve that problem; still the doors shut over them to keep out the dust.

The building of smaller houses has made economy of space necessary. Architects have got busy with new inventions and new ideas, some of which have taken with the public because

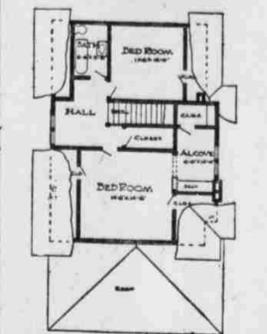
they mean greater comfort and convenience for the amount of money expended.

The front porch with the little boxed-in steps at the corner gives the house an artistic appearance to an unusual degree. There is something about the pitch of the porch roof, its size in proportion to the house, and the neat corners and pillars, that stamps the whole house with an air of refinement. It is seldom you see a porch that so thoroughly fits the house as does this one.

The size of this little house is 29 feet six inches in width by 35 feet six inches in length, exclusive of porches, which is rather large on the ground, as houses are built nowadays, but not large when you consider that it is only a cottage in height.

Such a house is easily heated with a hot air furnace, which is the most sensible way to heat a small house, because you get both heat and ventilation. But you must take the cold air from outdoors and not from some room in the house or from the cellar.

Outside air contains a good deal of moisture. It loses a portion of the



Second Floor Plan

moisture in passing through the furnace. If you pass it through several times it loses practically all of its moisture and the effect on your breathing apparatus is very noticeable if you are a little out of condition.

All air is germ laden. Most germs are beneficial, but unfortunately, the air also contains germs that are detrimental and some that are positively dangerous. If our vitality is what it should be the worst germs cannot injure us seriously.

Cold will not kill disease germs, heat will not kill them until you get well up toward the temperature of boiling water. The warmth of the human lungs

seems to be about right to encourage their most rapid development, and unless they are expelled in large quantities they are likely to increase in numbers sufficient to make trouble. Pneumonia and consumption are cured, if cured at all, by sleeping outdoors, or in the house with a window wide open. When a man feels economical enough to take the air from inside the house to pass it through the furnace, he is also careful enough to keep all the doors and windows closed. That is one of the strongest reasons why a furnace should not be fed with interior air.

Steam heating and hot water heating plants should always have in connection a ventilating system. New houses usually have flues for the purpose.

Some people will kill themselves in any kind of a house with any sort of a heating system; others will have fresh air in spite of difficulties. This house will cost complete about \$2,000, possibly a trifle more. It will be found a very satisfactory design, both as to outward appearance and interior arrangement.

Bad Features of Dress. Formerly it was an unwritten sartorial law that even the party dresses of young girls should not go beyond "medium law." But the other day I saw a girl who was perhaps seventeen and whose street frock consisted of a lace blouse with a V extending inches below the collar bone and with sleeves stopping inches above the elbow, a scant satin skirt and a velvet belt at least two feet wide. A woman of thirty-five might have worn the costume at a reception. It accentuated all the worst points of the girl—her bony neck, angular arms and undeveloped figure.

Girls of all ages have enjoyed being admired. But it is with the blatant art of the sign painter, with a glaring advertisement of face and figure, that the girl of today demands admiration from the rest of us. Is she getting it?

Appropriate Uniform. "So the Germans have invaded Limburg! If it has soldiers, I wonder if their military uniforms—" "Well?" "Is made of cheese cloth?" "Hardly. Then the enemy would soon get scent of the movement."

Its Classification. "Don't you think sausage is the worst article on the hot weather menu?" "Well, it may be classed as the wienerwurst."

The Double Turnover. A Baltimorean went to see his morning paper from the doorsteps and found a neatly clothed baby lying upon it. He turned the baby over to the police, but turned the paper over to the baseball news.

Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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PLAIN FOOD BEST.

Without special training to that end, it would be impossible for any of us to form an adequate idea of the proportions, the general plan or the relationship of the several parts of a building in which we might be living, but of which we had never seen the outside.

To secure anything approximating a clear mental picture of a structure it is necessary for most of us to view its several sides from a sufficient distance to get a true perspective. Better still, we might carefully inspect and study the architect's sketch of the edifice drawn to scale. By this latter plan we are enabled most easily to form in our minds a picture showing the general relationship of the several parts and to adjust to them our knowledge of the inside of the structure.

Obviously it is impossible for us to stand outside and view our universe from a distance as we would a building. And for most of us it is very difficult to understand our relations to and absolute dependence on what we consider "immaterial" outside factors as presented by our astronomers, physicians and chemists, simply because we lack the training necessary to enable us to detach our minds from our persons and, looking in from the outside, comprehend how stupendous are what may be to them comparatively simple statements. We got started wrong and find it exceedingly difficult to unlearn and forget much that we acquired in our youth.

We have noted that most of our serious diseases, and also rickets, arrested development and the like, are closely identified with anemia; that anemia in turn is closely identified with the oxygen carrying capacity of the blood and that this function depends on the presence of a pigment known as hematin and a protein forming a very complex substance, haemoglobin. Haemoglobin, next to protoplasm, is unquestionably the most important organic substance of vertebrate life, and in conjunction with the stroma—the spongy, colorless framework of the corpuscle—with which it is associated is an active functioning protein, the main function of which is to convey oxygen from the external organs of respiration to the internal organs and tissues in general.

Specific respiratory substances are essential constituents of all living organisms, and they are found universally distributed throughout plant and animal life. These substances are divided into two groups, the metal bearing and the metal free, and the former may contain manganese, copper or iron. For the most part they are colored, so far as is known.

In each kingdom the major pigment may be represented or supplemented by physiologically allied bodies which may or may not be closely related chemically. Chlorophyll in granular form has been found in a large number of invertebrates and vertebrates and haemoglobin is also distributed among the invertebrates in a sporadic and inextinguishable way. Haemoglobin may be present in one small group of muscles and absent from all the rest of the body. Ray Lankester states: "Wherever increased facilities for oxidation are requisite, haemoglobin may make its appearance in response; where such facilities can be dispensed with or are otherwise supplied, haemoglobin may cease to be developed." This explains the phenomena of the blood adaptation to different altitudes and is subject for thought for the arrangement of sleeping quarters.

The daily press for some years has contained columns of matter regarding balanced rations and pure foods in relation to good health, and much good has been done, but the vast majority of readers have failed to derive material benefit therefrom because they fail to grasp the full significance of the statements made and the possible relation to their own troubles. They consider themselves things apart from the rest of creation and do not understand that when it is stated that the ash of wheat, barley, rye, rice, millet, oats, potatoes, peas, lentils, broad beans, kidney beans, milk, eggs and meat contains ferric oxide, it means the presence of iron, which is associated all through the living world with the vital elements necessary to our life and good health. This pres-

FINDS SNAKE IN THE WINDOW

Shipping Clerk Turns Charmer and Reptile Is Placed in Basket Cage.

Do you want a long, live snake, lithe and lively, and with glistening scales as clean as new patent-leather shoes? Gus Bodamer, a shipping clerk in the Eureka Fire Hose Manufacturing company at 27 Barclay street, was tidying up the fire and garden hose in the window about 7:30 o'clock one morning when he and the seven-foot snake of unknown species came face to face.

Gus and Ed Dooley, bossed party during the capture by President George A. Wise of the company, but chiefly by Col. Fred W. Sparkman, assistant manager, pinned the snake with a pole and got it into a metal waste basket. They called up Curator Raymond Dittmars of the Bronx Zoo snake house, who said he would come down and take a look at the snake. The snake is supposed to have wandered from an animal store nearby, which recently wound

ence of ferric oxide is evidence that those articles in their natural state properly prepared will give us all that is needed for normal life and health.

THE DIET QUESTION.

Inquiries received prove that large numbers of persons grasp only with great difficulty the fundamental principles of nutrition and do not readily discriminate between pure food and wholesome food. The demand is for some specific guide or chart as to what to eat. This is not the road to good health and happiness, but quite the contrary; because until self-knowledge and self-reliance are attained the individual is subject to all kinds of vague and unreasoning fears and fancies and is, therefore, continuously in danger of exploitation by any plausible faddist, with all the attendant dangers.

Next to rice, wheat is the most universally used cereal and in this country it leads; therefore, more than any other plant, wheat becomes a constituent part of our bodies.

Wheat begins to grow at 41 degrees Fahrenheit and when the aggregate temperature as represented by the sum of the daily average equals 135 degrees the germ begins to "hatch" or escape from the husk if not too deeply buried. If too deeply buried, a greater amount of heat is required proportionate to the depth, and if the seed lies at a depth lower than one foot it rarely germinates. Seedlings cease to grow if the average temperature for the day remains below 42 degrees Fahrenheit. When young plants have been subjected to an aggregate temperature of 1896 degrees Fahrenheit from the time when sown, or of 1715 degrees from the time of germination, branching goes on freely and the young ears form. Under the stimulus of an average temperature of 55 degrees Fahrenheit, or a little above, the flowers are produced. But a still higher daily average temperature is required for the full development and ripening of the grain. An average of 75 degrees is most favorable to maturity, with abundance of sunlight and rain.

Given a matured wheat berry, what has happened is that under the vitalizing stimulus of sunlight the enzymes and bacteria in the soil and the plant have taken these elements, and many others not here mentioned, out of the soil and the air and bound them together with the kinetic energy of the sun into molecules of protein, carbohydrate, fat, etc., the wheat berry serving as a reservoir of potential energy until a suitable machine again converts it into kinetic energy. Assuming that the wheat plant had the power to modify its environment by eliminating from its diet in the soil one or more of the elements on which its growth and vitality depend, we should call it stupid and think it justly deserving of the smut disease and the blight that would inevitably attack it because of the weakness resulting from the ensuing starvation.

By reason of ancestral adjustments our digestive organs are able easily to digest, transform and utilize this wheat energy. The wheat berry is food for us because it is developed practically in the same scale that we are. But for some strange reason we insist on radically changing our environment by eliminating from our diet the most important and vital part of the berry, thereby throwing our ancestral habits out of gear and creating trouble.

Blythe states that modern milling produces nine varieties of our flour and three brans from the wheat berry, the original wheat showing 2.09 per cent ash, the flour showing .55 per cent ash, fine bran showing 6.55 per cent ash, medium bran showing 6.89 per cent ash, coarse bran showing 8.01 per cent ash. This ash consists of:

	Winter	Spring
Potash	.....\$1.16	2.59
Soda	.....2.25	1.33
Lime	......54	2.33
Magnesia	.....11.37	12.09
Ferric acid	.....1.31	.51
Phosphoric acid	.....49.38	48.82
Sulphuric acid	......37	1.52
Silica	.....2.11	1.64
Chlorine	......22	.48

Entire wheat flour is wholesome, but patent process flour, being unnatural, is less wholesome, even though pure and more digestible by demonstration outside the body.

Genuine whole wheat flour is difficult to obtain, but its high value as a food is worthy of a determined effort to get it and eat it each day in one of the many palatable forms in which it may be prepared. As bread, raisin bread, nut bread, gems, pancakes, mush with cream and sugar and fried mush, it is appetizing as well as nourishing. It cannot ordinarily be obtained at the markets; the flour sold as "whole wheat" is usually a combination of a few of the several grades of flour and bran produced by the roller process, and the germ is absent, for flour containing the germ will not keep. It is necessary to seek out the occasional small miller, who will grind the whole wheat berry for you, or to grind it yourself in a small mill at a home—or a coffee mill will do at a pinch.

up its business with an auction sale—Baltimore Sun.

Telephones and Privacy. Self-interest induces certain eminent Philadelphians to keep their names out of the telephone directories. They have telephones in their homes, but you would scan the pages of the big books that are "printed and published" in vain were you to seek them.

Every new correspondent in Washington soon discovers that he can find the name of no cabinet officer in the telephone book. They are not there—the names are not there, but the telephones are in the homes of cabinet officers.

Telephones cut fearful gashes into the privacy of one's home, and if one be high in some official scale the gash is so much the more fearful.—Philadelphia Ledger.

Quiet Joy. "Did the operation on Mrs. Gabby's throat prove a success?" "Oh, her husband is enthusiastic about it. He says she can't speak now above a whisper."