MAKES BEST USE

Rooms in Attic the Particular Desire in This Architectural Design.

INTENDED FOR LARGE FAMILY

Splendid Cellar Is One of Its Chief Advantages-Porch Arrangement Most Pleasing-Especial Feature is Effect Given by Window Lights.

The manner of building a wide roof gives the opportunity of planning several rooms in the attic. The house shown in this design makes good use of the roof space that is ordinarily given to the storage of old shoes.

This is a good-sized house for a large family. It was designed especially for a town or village where the lots are liberal in size. It has a goodlooking, prosperous appearance, as though the family feels proud to own such a house.

It is built with a good cellar for the foundation, the wall of which is put up just above grade line. From the cellar wall the construction is of studding in the ordinary way, except that the joists of the main floor do not rest on the sill. The cellar wall is four or five feet in height, according to the depth of cellar required, so that the joists are supported by a ribbon set into the studding three or four feet above the sill. From this studding ribbon up to the peak the house is built in the usual way.

It is desirable to have a depth of timber work between the wall and the main floor sufficient to set the cellar windows above the wall. The design of the front porch and the front porch

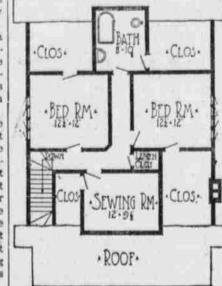
nary, but the effect is very pleasing front .eranda. It follows out the idea ample light even on dark days. of relieving what would otherwise be an extra wide roof. The front part of hall is the very thing that all house-

comes up to the bottom of the window. The two china closets at the sides extend up even with the top of the window, so that the window is framed and forms a part of the built-in cabinet work, the trim of which all matches with the other woodwork both n the dining room, parlor and front

The men folks are considered as having some rights in this house, by planning the library at the back end of the hall. This library makes a very cozy sitting room likely to be used a good deal, especially by men who carry their business accounts home with them to go over in the evening.

The stair leading down to the cellar is in the rear and at the side of the pantry, which is more convenient in this house than the usual way of going down to the cellar under the front stairs. This plan also gives a good cloak closet in the front hall, a convenience that is always appreciated.

Upstairs there are three good bedrooms and any amount of closet room, because the different clothes closets



Second Floor Plan.

are worked in under the slope of the roof. There is also a fine bathroom built into a dormer on the rear slope roof is a little different from the ordi- of the roof, which is similar in appearance to the dormer in front, except The manner of starting the porch that it is somewhat smaller. Each roof close up against the front of the of the four bedrooms has a fine outdormer gives the appearance of ex- look, the upper ones being lighted by tending the dormer plan out over the wide multiple windows, which provide

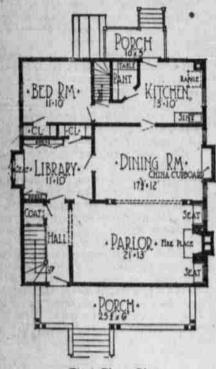
A large linen closet in the upper the veranda roof is supported by time keepers want. Few houses have conbered porch columns, which are dif- venient storage for extra bedding, that



alike, but the same general idea pre- place for such things.

Also the plan of building multiple windows is a relief to the large gables. izing gables, but the new style of Such windows are large enough to ad- dormer varies the gable monotony. In mit light in abundance to the upper rooms The modern idea of building they are necessary to finish the end windows which are light enough to of a roof, but they seldom look well light the house are sensible and should when built especially to light a bedremain in fashion a long time.

a hall with an open stair, which may extension, otherwise there is somebe made ornamental by selecting well- thing wrong with the architectural designed woodwork in keeping with effect. the trim of the front part of the house.



First Floor Plan.

To your right as you enter the front door is the large living room, 21 by 13 feet in size. The main decorative feature of this splendid large living room is a very handsome fireplace. There is a good deal of millwork in this end of the room, which seems to reach out and extend the general design both to the parlor and dining room. These two rooms are connected by an extra wide archway, so that the two rooms may be used together when occasion

The china cupboard in the dining room is a special feature, sometimes designated as a "space saver." The idea is to build an extension jutting out from the dining room big enough to contain a sideboard with china than refinement. "Gotten" is used by closets above. The window is set well | those who desire to be thought "genup, so that the top of the sideboard teel."

ferent from any other house on the lalways is in the way in the summer street, but they match up all right unless some provision of this kind is with the dormer and all roof projec- made to take care of it. A house built for a large family should have plenty Small lights of glass are used in the of storage, because each member of upper windows and in the upper parts | the family has certain articles that reof the large windows which light the quire special accommodation at certain first floor. This arrangement gives times during the year. The housewife the same small light glass effect both always finds something to store away upstairs and down, not in all sash and often is puzzled to find a suitable

The general style of this house is a modification of the old plan of utilfact, gables generally look well when room. Always there must be a rea-The plan of the house provides for sonable excuse for any outside house

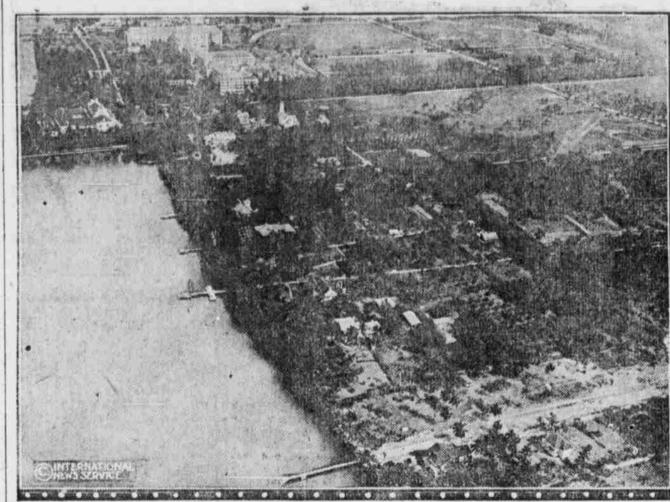
The building of a chimney exposed like this chimney almost always improves the appearance of the gable end of a house. The exposed part of the chimney, however, should be treated in conformity with the general style of the house. The finish of the chimney should be in keeping with the other outside decorations. Red brick with lines of white mortar usually matches up nicely with a dark-colored house with white trimmings. Also rough-surfaced brick are in keeping

with shingle slding. The manner of placing shingles also has an influence on the general character of the exterior decoration. The outside appearance of a house is a study in colors as well as design.

Birds' Nest Industry. An important feature of the export trade of Siam is the birds' nest industry. According to figures furnished by American consular officers in that country, the shipments for a recent year amounted to nearly twenty thousand pounds, the value of which was in excess of \$100,000. For the most part the Slamese nests are sent to China, Hongkong and Singapore. It is scarcely necessary to add that the value of these nests lies in the fact that they are edible. In the far East birds' nest soup is deemed a great deli-

Lesson in English. An illustration of the awful possi bilities of the misuse of "gotten" for "got," says a correspondent in The Writer, is given by the story of the man who telegraphed to his wife: "Have gotten tickets for the opera tonight. Meet me there at 7:45." She met him there at 7:45 with eight friends, for the telegram when it reached her read: "Have got ten tickets." The use of "gotten" for "got" is a mark of ignorance, rather

AEROPLANE PHOTOGRAPH OF NOTED RESORT



This photograph of Palm Beach, Fla., was taken from an aeroplane in flight over the city.



Gunners of the U. S. S. Georgia on top of their eight-inch gun turret after winning the championship at the annual target practice off the Virginia capes. They are entitled to keep the letter E on the turret until surpassed by another gun crew. At the right is Capt. R. E. Koontz of the Georgia.

MR. AND MRS. CROKER'S HONEYMOON

Mr. Richard Croker, the ex-Tammany chieftain, and his wife, who was

formerly Miss Beulah Benton Edmondson, a descendant of Chief Blue Jacket

of the Cherokee Indian nation, are spending their honeymoon at Palm Beach.

Mr. Croker has a private estate several miles from there and the happy

couple have energetically set themselves to cultivating and beautifying the

THEIR ENGAGEMENT ANNOUNCED

TOMMY ATKINS AS NURSE



The British soldier is notoriously kind to children, and one of his majesty's soldiers is here seen helping a poor French peasant woman take care of her baby.

His Claim.

John Skelton Williams, controller of the currency, speaking before the Southern society at New York, said that he had put many persons under obligation to himself-just how many he had not realized until one man came to him in Washington to borrow

ten dollars. "I didn't recall the fellow." Williams said, "and at last I asked him: 'See here, why should I lend you ten dot-

'Well,' the man answered hopefully, 'I thought you'd remember me I heard you make that speech in Richmond last week-I was the fellow who stayed through to the end.'

Cause for Cackling. Flatbush-What are the chickens making such a racket out in your back

Bensonhurst-Why. didn't you see in the paper that congress had decided to of New York has been announced. The happy pair are seen here on the distribute free seeds as usual this sands of Palm Beach. Miss Biddle is one of the most popular society buds year?

yard for?

ENGLAND SHORT OF DOCTORS Deaths at the Front So Many That

the Medical Men May Quit

the Trenches.

Great Britain is threatened with a dearth of doctors. So serious is the pending shortage that the Royal Army Medical corps is advising medical high priced. qualify for their degree as soon as tors out of the trenches to the hos- "Sold."

of Philadelphia. Mr. Duke is the son of Mr. and Mrs. Benjamin N. Duke. possible, and enter active practice. | pitals, leaving the first aid work to

The engagement of Miss Cordelia Biddle of Philadelphia to Angier Duke

Previous to the war, the national in- the ordinary hospital corps men. surance act had relieved the profession of overcrowding by absorbing a large number of physicians to inspect and look after the insured workers: War has since drawn away so many | malden are in a tender attitude. from home practice that civilian doctors are now scarce, overworked, and

students who volunteered for hospital Death has been busy among the picture? service to return to their schools on medicine men at the front. In fact, the ground that it is their duty to it is now proposed to take the doc-

Labeled.

He-I wonder what the meaning of that picture is? The youth and the She-Oh, don't you know? He has just asked her to marry him. How sweet! What does the artist call the

He (looking about)-Oh, I see, it's written on the card at the bottom

Fundamental Principles of Health Sers

By ALBERT S. GRAY, M. D.

(Copyright, 1914, by A. S. Gray) PROTECTIVE SUBSTANCES.

Sir Almroth Wright, the discoverer of opsonins, speaking before the Chelsea Clinical society of London, asserted that, while their origin in the body was unknown, "all the protective substances which were involved in the nitrogen-containing cells. The nitrocure of disease were to be regarded as produced by the internal secre-"It should be recognized," he added, "that chronic or local infection was a symptom of defective internal secretions and that those recretions could be elaborated in the body when matter is that within the molecules of there was youth, strength and health living matter there is this constant by the application of the appropriate metabolism making for a continuous stimulus given in proper quantitles."

instinctively turns to the search for this "appropriate stimulus." Other In things being equal, it is quite signifi- plasm is capable of growth and multicant that the highest degree of immunity to infection is generally to be found among those people most closely approximating primitive living conditions, and it is among this class that chemically alters what it absorbs. the highest number of breast-fed infants will be found. Also it is significant that hay fever, neurasthenia and the other neurotic disturbances are more prevalent among the refined and the educated than among the illiterate and the poorer classes.

Inasmuch as we all begin as a single cell and every particle of change beyond that state must come as the a certain relationship between the result of the absorption of external matter, we are inevitably forced to a consideration of the building material out of which the body must be constructed as being the only logical point of departure from the normal properties. It simply becomes exceedstate of health. It is impossible to build a substantial and durable building without sound and suitable foundations, lumber, brick and mortar, and it is impossible also to build a normal, healthy human body without suitable building material.

In the past the value of a food has been estimated by its contents in fats. carbohydrates and proteins, as estimated by rather crude chemical analysis and the caloric equivalent of the food. The demonstration of the necessity of certain inorganic salts for the maintenance of body metabolism, a proposition which is still being strenuously fought in many quarters, marked a forward step of vast importance to human health and happiness, but it fell far short of solving the most serious problem confronting modern civilization. Further comprehensive efforts to reach this solution resulted more recently in the discovery that individual proteids consist of numerous amino acids (nitrogen holding compounds) and that each proteid cell. differs in the quality and the number of these amino acid "building stones." This discovery opens our understand- bridge the chasm between the noning to a comprehension that proteins living sources of energy and the livwhich are deficient in certain of these metabolism.

(the vitamines) is certain to produce our tissues, thereby creating those a revolution in existing theories of conditions of functional disturbance metabolism and of disease, because and the chemical conditions necessuch substances have been undreamed sary for that state known as disease of by physiologists and pathologists, and which sooner or later are quite They are the key necessary to unlock certain to develop into some form of the doors to the unexplored regions infection or organic disease. that the comprehensive and brilliant work of Brown-Sequard, St jous and grain foods of the nitrogenized minnumerous other keen mirds have eral molecule bearing its store of latopened to wondering humanity. The ent but easily secured energy that we significance of the discovery is not may expect to find the source of the grasped until we come to understand many thin little legs, the many pale, that in these numerous and compli- pinched little cheeks and the lustercated amino acid bodies we undoubt- less eyes. It is in the elimination of edly have the "appropriate stimulus" these "inorganic, insoluble" elements sought for; the "mother substance," we shall undoubtedly find the cause according to Funk, out of which are of the lack of material for the manumade the wonderfully effective "op- facture of the protective materials sesonins," "hormones," or whatever we creted by our wonderful ductiess may choose to call them, the chemical glands which control all our involuncompounds manufactured by the com- tary vital functions and insure our plicated co-operative system of duct- immunity against invading protoplasless glands that have automatically mic enemies. regulated and carried forward all man's vital functions since the begin- are, can live except in favorable ning of time, and are fully able to chemical solutions; they, like ourcontinue the operation normally and selves, are dependent on a constant in accordance with the laws of the flow of food energy, and the adjustuniverse to the end of time-provided ment in the normal human body man acquires sufficient intelligence makes it impossible for bacteria to not to interfere with the operation of the functions.

them against disease. Human milk fever and other similar victims.

contains vitamines, and we have yet to demonstrate the ultimate result of civilization's substitutes for the nor mal maternal milk, which do not con tain these vital principles, on those infants that survive the unnatural feeding. We have yet to establish the relationship between commercially processed foodstuffs and many of a distressing functional diseases,

PROTEIN MATTER.

Every living cell, be it animal, vegetable or bacterial, must feed or cease to exist. The one phezomenon always manifested by living matter and never by nonliving matter is metabolism. Metabolism consists in a constant traffic in energy by means of a certain persistent interchange of energy bearing elements by barter among the individual cells composing the living body.

Nitrogen seems to be the master element within the living molecule, because in all cases the living organism is found to consist of one or more gen cell content is known as protoplasm and exists as a wonderfully complex molecule generally in the form of a colloid.

The only essential and constant difference between living and nonliving interchange or flow of energy, while Naturally the mind of thinking man in the nonliving no such process oper-

In all instances protein or protoplication, but to do this it must assimilate and eliminate; that is to such it must receive and discard. The fiving molecule not only absorbs, but it That is to say, it adapts the atoms to its needs by rearranging them into new combinations; or, in other words. it assimilates and eliminates. In effect, it feeds and excretes exactly as does any human individual. Obviously, then, a cell is limited in its food supply to that which lies within its reach, and there must, therefore, be cell and the medium in which it ex-

When matter becomes endowed with life it does not cease to be matter, neither does it lose its inherent ingly active or unstable, but it is never released from the laws that govern its structure, its attractions and reactions. No animal has the ability individually directly to assimilate the energy or heat locked up in elemental mineral matter. First groups of energy-bearing mineral molecules are torn from nontiving matter by the chemical activity and affinities of the lower forms of life, the primitive forms of protein matter existing in plants and in the interior of these protein bodies the mineral molecular atoms are rearranged by ferments and thereby quickened. Thereafter their interchanges and reactions are very rapid. It is quite certain that these ferments have their origin in the nitrogenous of the living molecule, and that each living molecule has many of these nitrogenous groups known as receptors, which are in effect hands-atom groups in a cell by means of which foreign substances, toxins, food molecules and the like are anchored to the

It is these nitrogenous bodies, enzymes, ferments or catalyzers that ing cell; and it is a break in this amino acids will not alone suffice to chain and the consequent disturbance maintain an equilibrium of nitrogen in our relationship with the sources of energy that interferes with the The discovery of these substances free flow of energy or life through

It is in the elimination from our

No protein bodies, such as bacteria exist therein. Hence it must be disturbance in this vital flow, in our Sajous holds that millions of in- chemical balance, that makes us subfants die solely because they are de ject to infections as well as to those prived of what nature provided for deficiencies falling under the head of them, the maternal milk, which not "neurotics" and around which are only nourishes them, but protects grouped our neurasthenics, our hay

By Government Regulation Practically All Ocean-Going Vessels Must

Have a Supply. For many years sallors have known

that oil would smooth the sea and occasionally it has been used for that purpose in cases of emergency. Now, under a new regulation pro-

mulgated by the department of commerce, the coastwise and ocean-going essels over 200 tons and propelled by machinery, are required to carry a supply.

On voyages, when necessary, the oil is allowed to drip into the water waves and spray from dashing over the decks.

The application of it is especially effective during storms if vessels are riding at auchor.

Utilization of oil, you remember. Carmania reached the scene of the ceed."

ARE FORCED TO CARRY OIL | disaster early, but found himself unable to render assistance on account of the mountainous seas. He sent out a wireless call for a tanker. After the arrival of the oil carrier ten great steamers awung into line about the doomed Volturno and lifeboats were soon flitting between the vessel in flames and the rescue ships over an oil-covered and comparatively smooth

Conkling's Neat Rebuke. Henry E. Peyton was for a long time

executive clerk of the United States senate when that body was Democratic. One day in executive session Senator Conkling was making a through pipes in order to prevent speech. Peyton thought he had an opportunity for correcting one of the statements made by the senator. He ventured to interrupt Mr. Conkling, much to the latter's astonishment. Conkling listened to what Peyton had to say, and when the executive clerk resulted in the rescue of 521 persons | had finished, simply said: "If the genfrom the burning Uranium liner Vol- tleman from Virginia has concluded, turno, Captain Barr of the steamer the senator from New York will pro-