

Being Square With the World

If You Would Give and Get Full Value Here's a Suggestion.

Are you getting full value out of life? And is the world getting full value out of you? In matters of business and in our relations, man to man, we owe it to ourselves and to the world to do our best,—to make ourselves of full value. Do this and, in turn, you will get full value out of life.

You can't do full justice to anything unless you feel right. And you can't feel right unless you live right. Eating right is essential to living right.

Eat the right kind of food and you will not suffer. The right kind of food for you and your family, the weak and the strong, the sick and the well, the grown folks and the little folks, is Malta-Vita, that delicious, crisp, whole-wheat food.

A perfect breakfast is impossible without Malta-Vita, and it's just as good three times a day. Being a pure grain product, without any foreign sweetening agent or other adulterative, Malta-Vita is rich in food elements—every nutritious element of the best white wheat and pure barley malt extract—intensely vitalizing.

Try Malta-Vita with cream or fruit. There is no other food "just as good." None that can take its place. And it's always ready to eat. No cooking. No inconvenience. All grocers, now 10 cents.

***** * UP-TO-DATE * *****

REPORTS from Maine say that the lobster fishermen are having a hard time making a living this winter. Lobsters are extremely scarce, and recent cold weather and storms have so discouraged many of the fishermen that they have hauled up their pots and quit in disgust. Prices are higher than ever before known, 50 cents being asked for a 10-inch lobster, and larger ones have sold for \$12 a dozen. The demand far exceeds the supply even at that price. During the fall the fishing fell off, and from that time until the present the catches have been small. There seems to be no probability that this delicious shellfish will ever again be as plenty as it was a dozen or fifteen years ago. The storms have destroyed many traps, and, as the expense of the equipment is considerable, some of the toilers of the sea are out of pocket.

A mysterious disease is troubling the Dutch medical profession. It has broken out in the district of Ouddorp, not far from Utrecht, and Professor Spronck, of Utrecht, after all the best efforts he can devise, has had to confess himself perplexed. The disease is a contagious affection of the heart, and the patients invariably develop high fever. There have been more than one hundred cases. Professor Spronck has made a careful analysis of blood taken from the patients, but has utterly failed to find a cause or an origin for the epidemic.

A phonographic device that will call the police by telephone adds a new hazard to the dangers of the burglar's profession. When an attempt is made to force a window or door with which the proper connections have been made an electric current operates a phonograph in the garret. The machine calls up central and asks for the police station. The phonograph then informs the officers of the robbery, giving street and number, and repeats this information as long as the receiver is down. Meantime, the intruder, all unconscious that an alarm has been rung in, virtually walks into a trap, and if the call is promptly responded to is soon in the lockup.

There is every possibility that the herd of chamolts which the emperor of Austria has presented to New Zealand will do well there, says the London Globe. The features of the Swiss and Tyrolean Alps are so faithfully reproduced in the colony that the chamolts should find themselves "en plays de connaissance" at once. We shall be curious to see to what extent they become modified by new conditions. It is quite possible, for instance, that they will follow the example of the trout with which the New Zealand rivers have been stocked, and which have not only become of immense size, but have developed habits utterly unknown to their British ancestors. At any rate, it is pretty certain that in New Zealand the chamolts will become in some way differentiated from the Swiss original.

A phonocard has been invented by a German which is finding much favor abroad. A description of the novelty is as follows: For producing the phonographic postal card an apparatus is used which records the human voice upon a piece of pasteboard of the form of the card, which, it is

claimed, has many advantages over writing, as it cannot be deciphered except by a reproducing machine. The recording of the human voice is done by an ordinary phonograph of simple construction by means of a pencil with a sapphire point. This pencil makes its impression upon a suitable substance called "sonorine" spread upon the surface of the card. The sonorine, which can be easily spread over pasteboard, possesses all the properties of a wax cylinder, and is in reality the invention. The signs are impressed in the form of a spiral, beginning at the margin of the card and ending in a very small circle, and are impressed so deeply that the stamping by the postal authorities can only destroy two or three words. The card has ample space for about eighty words.

General Lee's favorite warhorse, Traveller, was almost as well known to the soldiers of the Army of Northern Virginia as the majestic form of the great commander himself. Captain Robert E. Lee, jr., youngest son of the general, in his "Recollections and Letters of General Robert E. Lee," has much to say of Traveller. To an artist who wanted to paint the horse General Lee wrote:

"If I were an artist like you I would draw a true picture of Traveller, representing his fine proportions, muscular figure, deep chest and short back, strong haunches, flat legs, small head, broad forehead, delicate ears, quick eye, small feet and black mane and tail. Such a picture would inspire a poet, who genius could then depict his worth and then describe his endurance of toil, hunger, thirst, heat, cold and the dangers and sufferings through which he passed. He could dilate upon his sagacity and affection and his invariable response to every wish of his rider. He might even imagine his thoughts through the long night marches and days of battle through which he has passed. But I am no artist; I can only say he is a confederate gray."

HEALTH AND BEAUTY.

Cultivate happiness, smiles and laughter; they keep you young.

There is nothing better than massaging with cocoa butter for rough skin of the body.

Study what suits your digestion; do not eat too much meat or drink so much tea; indulge in good drafts of pure water at least twice a day, hot or cold, as suits you better.

Henna stain can be used to bring red tints in brown hair. Steep one ounce of dried leaves in a pint of water and apply. Shampoo the hair afterward. This is perfectly harmless.

One of the best remedies for dandruff: Forty-eight grains of resorcin, one-quarter ounce of glycerin, alcohol to fill two-ounce bottle. Apply with medicine dropper every night, rubbing in well with the finger tips.

You can make your eyebrows thicker by applying a grower made by combining two ounces of red vaseline, one-eighth ounce of tincture of cantharides, fifteen drops of oil of rosemary and fifteen drops of oil of lavender.

To keep the hair fluffy and free from oil give it an egg shampoo every two weeks. The egg shampoo cannot possibly hurt the hair; the eggs contain sulphur and iron and act as a tonic and hair grower.

If you will use plenty of stewed fruit in your diet, eat fresh figs, drink hot water on arising and before meals and take nine or ten glasses of water during the day you will be taking the best possible measures to get rid of a cold.

People get cold feet because they are insufficiently covered; the foot gear is too tight; the exercise is not sufficiently active; the heart is weak; there is a weak "tone" of the arteries—that is, they do not expand and contract with healthy vigor.

People get gout because they eat too much and work too little; take too much alcohol. Gouty skin disorders are especially frequent in very cold weather among people who perspire freely in summer, and on parts not sufficiently protected from cold.

If the service of a professional manicure are enlisted frequently for the child who bites her finger nails the habit will soon be broken. The trouble is usually brittle nails that are continually developing jagged edges. Such nails should be kept short.

Indigestion and lack of circulation are usually the causes of red nose. Exercise must be taken and great care used in the diet. Only tepid water should be used for washing. The cure is a long one and consists of getting the whole system in good condition.

In many cases a wonderful improvement in the complexion may be obtained by merely washing the face

several times a day with the following lotion, leaving it on till it dries: Take half an ounce of glycerin, and mix with it half a pint of orange-flower water. To this add a table-spoonful of powdered borax.

Lemon juice is very effective in some cases for freckles. The following is a good formula: Thirty grains of pulverized borax dissolved in two and one-half ounces of lemon juice makes a lotion that is very effective in keeping freckles in abeyance, where it agrees with the skin. It should be applied at night after the face has been thoroughly washed and rinsed.

A liquid powder that will whiten the neck in effect, is made of one ounce of pure oxide of zinc, one dram of glycerin, four ounces of rose water and fifteen drops of essence of roses. Dissolve the zinc in enough of the rose water to dissolve. Mingle the essence with the glycerin, adding the remainder of the rose water. Then combine the two mixtures. Apply with a piece of gauze, shaking before using.

MILLIONS FOR DAMAGES.

In an article entitled "The Needless Slaughter by Street Cars," by John P. Fox, in the March Everybody's, the writer says:

"These appalling statistics are backed by still more remarkable figures as to the amounts paid out for damages by American and by European companies. Thus, the various companies of Greater New York reported for 1905 a total of \$2,098,009.59 paid out in damages. Two million dollars in a single year! But this was not all. The same companies reported for legal expenses in connection with accidents the further item of \$1,005,892.81, making the total amount of damages \$3,103,902.40.

"This is equivalent to 60,000,000 fares a year!

"The total amount paid out by all the tram companies of the United Kingdom, including Great Britain and Ireland, for the year 1903-1904, was only \$591,000!

"Or take it by cities. The amount paid out by the municipal system of Liverpool for 1905 was \$53,800. The amount paid out by the Boston Elevated, operating the surface systems of Boston, for 1906 was \$603,576!

"The traffic of the chief Berlin company is greater by a half than that of the Brooklyn Rapid Transit company. The amount paid out in 1905 by this Berlin company was \$65,500. The amount paid out by the Brooklyn company in 1905 was \$648,038.10!

"So I might continue the list. This is what accidents mean to the companies themselves, in dollars and cents, in reduced dividends and reduced salaries. One would think that pure self-interest if nothing else, would induce the companies to do something to stop this tremendous leak."

ANOTHER ROYAL ELOPEMENT.

Austrian Archduchess Disappears From Her Home.

London Express: A romantic story of another elopement by a member of the Austrian royal family has come to light.

It appears that a young and handsome archduchess disappeared mysteriously from the court at the end of last November. No trace of her movements could be found until December 3, when she arrived at the Hotel Bellevue here, accompanied by a distinguished looking man who signed his name in the register as Ferdinand de Szuyul. The archduchess, who wore costly furs, refused to sign the register.

For three weeks the couple lived in a most extravagant manner. They went to masked balls at the Kursaal, and indulged in every other form of amusement.

During the fourth week a lawyer named Stanz of Vienna, arrived at the hotel, and had a stormy interview with the couple. He endeavored to persuade the woman to return home, but she refused and the lawyer went back to Vienna.

Shortly afterwards Dr. Joseph Fleischmann, also of Vienna, went to the hotel, and when he had been there ten days he succeeded in persuading the archduchess to return with him to Vienna.

Szuyul bade her farewell and went to Montreux, leaving the greater portion of their luggage, including a number of valuable dogs and beautiful birds belonging to the archduchess, at the hotel.

A day or two ago the proprietor of the hotel received a check from Vienna in settlement of all claims, and he then forwarded all the archduchess' belongings to her home.

The boy who plays truant from school never has as much fun as he anticipated.

Death and Sleep.

Hospital: Sleep is an instinctive need for rest; natural death in like manner is the manifestation of an instinctive want, and the instinct of death is often seen in very old people, who die as easily and quietly as children fall asleep.

VERMONT BEE TREE.

(St. Albans Messenger.) From a tree which Hubbard Fisher of East Concord started to cut down in the woods recently Mr. Fisher took a runaway swarm of bees from the hollow trunk three twelve-quart pails of delicious honey.

Mr. Fisher had started to cut down a tree when he discovered that it was badly decayed and probably hollow, and therefore not fit for his use. Happening to notice at the same time, however, that there were many bees flying around it, he investigated, with the result already told.

CATARRH BLOOD DISEASED AND SYSTEM DISORDERED

Catarrh is not merely an inflammation of the tissues of the head and throat, as the symptoms of ringing noises in the ears, mucous dropping back into the throat, continual hawking and spitting, etc., would seem to indicate; it is a blood disease in which the entire circulation and the greater part of the system are involved. Catarrh is due to the presence of an excess of uric acid in the blood. The Liver, Kidneys and Bowels frequently become torpid and dull in their action and instead of carrying off the refuse and waste of the body, leave it to sour and form uric acid in the system. This is taken up by the blood and through its circulation distributed to all parts of the system. These impurities in the blood irritate and inflame the different membranes and tissues of the body, and the contracting of a cold will start the secretions and other disgusting and disagreeable symptoms of Catarrh. As the blood goes to all parts of the body the catarrhal poison affects all parts of the system. The head has a tight, full feeling, nose continually stopped up, pains above the eyes, slight fever comes and goes, the stomach is upset and the entire system disordered and

I had Catarrh for about fifteen years, and no man could have been worse. I tried everything I could hear of, but no good resulted. I then began S. S. S., and could see a little improvement from the first bottle, and after taking it a short while was cured. This was six years ago, and I am as well today as any man. I think Catarrh is a blood disease, and know there is nothing on earth better for the blood than S. S. S. Nobody thinks more of S. S. S. than I do. M. MATSON, Lapeer, Mich.

S.S.S. PURELY VEGETABLE

every symptom disappears, the constitution is built up and vigorous health restored. S. S. S. also tones up the stomach and digestion and acts as a fine tonic to the entire system. If you are suffering with Catarrh begin the use of S. S. S. and write us a statement of your case and our physicians will send you literature about Catarrh, and give you special medical advice without charge. S. S. S. is for sale at all first class drug stores.

THE SWIFT SPECIFIC CO., ATLANTA, GA.