

The McLean News

FOURTEENTH YEAR

McLEAN, GRAY COUNTY, TEXAS, FRIDAY, June 15, 1917

NO. 25

More Business

We want more business at our Garage.

And we promise the same fair dealing and expert care of your car troubles that we have always given you.

If you are not our customer, we want you to try us, and if then you do not like our way of doing things, then we will not expect your patronage. We try to please.

Bentley & Grigsby

Let Us Show You The

Mitchell

Massay & Richardson

Just Arrived

The Largest Shipment
Of

Fruit Jars

Ever brought to McLean

As these were bought before the market advanced we are going to give our customers the benefit of very low prices for a

Limited Time

W. L. HAYNES

Ferguson Is Blunderer

One of the most brazen attempts at the play of modern politics has recently been staged by the governor of the great state of Texas when he undertook to strike the foundation from under the State University for gratifying a personal grudge and to exercise an authority which he was not big enough to maintain otherwise. In his attempt to veto the financial appropriations for the maintenance of the University (which hapily he blunderingly failed to do) he sought to justify his position by saying that it was a rich man's school and of no real benefit to the state at large.

How many graduates of the University of Texas are sons and daughters of rich families? Do you know any of the alumni? If you do you will find them to be of the great middle class who had to make personal sacrifices to gain the advantages of this great institution and who have since risen to positions of more or less prominence because of the training and knowledge they received within its walls.

Texas has cause to hide her face in shame until such time as she can pass from under the rule of a political tyranny which would wind its clammy fangs about the throat and strangle the life from the best institutions of the state in order to "reward the faithful and chastise the inconstant."

Young Folks, Uncle Sam Wants You to Do His Office Work

Prepare to grasp the great war opportunity by the horns. you can't hold it by the tail.

Girls and boys, opportunity is knocking at your door as never before. You probably do not fully realize what this means; how much it means to you and your country. Are you prepared? It will not take you long to make preparation if you adopt the following motto "Dig"

"Determine", "Deliver". To dig means to strive earnestly, conscientiously diligently day after day, securing a practical training for which the business world pays cash, and then when you have secured this training keep on digging — Dig, Determine, without determination you cannot make a success of your future. It takes determination to do anything, and without it you can revolutionize the world, you can accomplish everything Deliver—That is the natural result after putting into operation the other two mottoes—Dig and Determine. Can you not embody these three words in your life to advantage? Begin today to Dig for a practical training by entering the Tyler Commercial College of Tyler, Texas, for a course of Book-keeping, Shorthand, Steno, Business Administration and Finance, handling and classing of cotton, or Telegraphy. Secure a training that will help you deliver the goods in an office for Uncle Sam or in some big business house that is anxious for the services of those properly trained. When we fail to make a success we have no one to censure but self, for we are the architects of our own future. It is much easier to fail than to succeed.

Begin on your practical cash

Liberty Loan Subscribers

At the instance of a few local citizens a movement was started the first of the week looking to the placing of Liberty Bonds with local loyal citizens who felt themselves indebted to their government to the extent of lending their financial aid in the present crisis. It requires the concerted effort of every loyal citizen to make this loan a success is necessary if the United States would adequately equip itself as a potential power in the world struggle that has enveloped us.

Those who have responded up to Monday night are as follows:

S. A. Cousins.
L. O. Floyd.
Jno. W. Kibler.
Will F. Harlan.
W. C. Foster.
Luther F. Coffey.
Mrs. Gertrude Foster.
W. T. Wilson.
T. J. Coffey.
Arthur Erwin.
E. W. Cox.
J. E. Cubine.
Geo. W. Sitter.
D. B. Veatch.
W. C. Cheney.
F. M. Faulkner.
W. P. Rogers.
F. R. McCracken.
Mrs. A. G. Richardson.
John C. Haynes.
W. H. Barnes.
Jacob L. Hess.
John B. Vannoy.
C. M. Carpenter.
Emmett LeFors.
A. P. Clark.
M. D. Bentley.
E. R. Eakins.
R. S. Thompson.
A. A. Callahan.
Scott Johnston.
Mrs. Scott Johnston.
Clay Thompson, Jr.
T. M. Wolfe.
W. D. Sims.
J. A. Ashby.
Bee Everett.

A subsequent and final list will appear in another part of the paper.

The list will be closed Friday the 15th and it is sincerely hoped that the issue will be fully subscribed as there is a hint that other methods will be adopted to raise the money if the Liberty Loan plan fails.

Phillips Improved.

Rish Phillips returned the latter part of last week from the Arlington Sanitarium, where he underwent an operation for appendicitis. He has materially recovered from the affects of the operation and will soon be able to return to his farm work.

Chas. Roach Returns.

Chas. Roach has returned from Geary, Oklahoma, where he had spent several days taking treatment from a specialist for stomach trouble. We are pleased to report that he is materially improved.

producing education this month, and finish your course that we may see that you are placed in a nice position. A whole lot of energy and a little cash will greatly increase your earning capacity. Write us for free catalogue. We have helped thousands and can help you.

TYLER COMMERCIAL COLLEGE, Tyler, Texas.

The McLean Shoe Store is repairing for your shoe repairing.



The Sweet Scent

of wild flowers is contained in every bottle of our perfume. We handle only the best.

Our stock is complete in all kinds perfumes, toilet water, face powder, and face creams.

ERWIN DRUG CO.

Progressive Conservatism

A Bank can be so "hidebound" in its conservatism as to lose its powers of expansion or, it can be so liberal in its policies as to endanger its solvency.

This bank has tried to strike the happy medium a PROGRESSIVE CONSERVATISM, which combines all the elements of safety, with a policy of liberality without prodigality.

The Citizens State Bank
Of McLean, Texas

(Guarantee Fund Bank)

A Home Bank Owned By Home People

Mens SHOES

A good clean new stock

We want to show
You

Bundy-Hodges
Mercantile Co.

Read The New

RAILROAD ENGINEERS OUT WITH STATEMENT

Men in the Cabs From Many States Declare That Tanlac Conserves the Health of Railroad Men and Makes Them Fit for Responsible Duties in Most Nerve-Racking Service.

NO calling demands a clearer brain, steadier nerves, a more perfect state of health than that of a railroad engineer. The safety of thousands depends on guarding his health, which is as important to the public as the efficiency of his engine. Every engineer realizes this enormous responsibility, he dares not take chances with so important a matter. That is why so many of them are using Tanlac—it steadies the nerves, clears the brain, corrects indigestion, strengthens the arm, insures the safety of the traveler, and keeps him on his job.

Railroad engineers everywhere endorse Tanlac because they have tried it and know. Read what they say.

W. L. Nabers, Atlanta, Ga., engineer Southern Railway, says: "I had lost appetite—liver and kidneys deranged—since taking Tanlac haven't had a pain—gained 14 pounds."

L. C. Bowers, 910 First avenue, south, Nashville, Tenn., engineer Tennessee Central, says: "Stomach trouble and nervousness overcome—nothing too good I can say about Tanlac—gained 8 pounds."

D. A. Middleton, 1717 Chenoveth Street, Houston, Tex., engineer Southern Pacific, says: "Was in bad shape—couldn't walk—Tanlac built me up like new man—gained 11 pounds."

T. G. Ayers, 107 Raines avenue, Nashville, Tenn., engineer Louisville and Nashville, says: "Kidney trouble, nervousness, poor appetite—Tanlac put me in good shape—gained 7 pounds."

J. T. Toy, Atlanta, Ga., former engineer Seaboard, says: "Nervous indigestion—kidneys in bad shape—pains in back—am satisfied with what Tanlac has done for me."

R. H. Owens, 2700 Avenue G, Birmingham, Ala., engineer, says: "Run-down—indigestion—palpitation of heart—had to give up job—since taking Tanlac eat anything—have gone back to work."

T. G. Burrows, 3915 McKinney avenue, Houston, Texas, engineer St. Louis, Brownsville and Mexico, says: "Catarrh of head and stomach—headaches—nervous—Tanlac is railroad man's friend—feel like new man."

Lynn Sills, 440 North Bellevue avenue, Memphis, Tenn., engineer, Louisville and Nashville, says: "Headaches—pains in back and kidneys—strained every nerve to keep up—Tanlac relieved me entirely."

S. T. Watkins, Birmingham, Ala., engineer Southern, says: "Suffered 27 years—stomach troubles—Tanlac has ended my troubles."

G. G. Geiger, 133 East Linden street, Atlanta, Ga., engineer Georgia Railroad, says: "Tanlac relieved my wife of rheumatism—she gained 25 pounds from using it."

C. J. Weeks, 2139 Lydia street, Jacksonville, Fla., engineer Seaboard, says: "Suffered 20 years from nervous indigestion—Tanlac entirely relieved me—gained 20 pounds."

No Chances.

"So the judge sent your husband to prison for ten years, Mandy?"
"Yes, he did. Dat's a powerful long time to have to get along without a husband, missus."

"It does seem like a long time, but, maybe, he can shorten it by good behavior."

"Good behavior, missus! If my husband's gittin' out of prison depends on good behavior he'll be dere ten years 't de minit."

Druggist's Customers Praise Kidney Medicine

Dr. Kilmer's Swamp-Root is the best seller on the market today in this locality. I believe it is all that is claimed, and during my experience of eight years in handling it as a kidney, liver and bladder remedy I have never heard a single complaint and know that it has produced very beneficial results in many cases, according to the reports of my customers who praise it highly.

Very truly yours,
HERBERT S. MAXWELL,
Druggist,
Plymouth, Mass.

Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Be Adaptable.

"Don't be obstinate."
"Huh?"
"Some men spend their lives trying to make silk purses from sows' ears."
"Well?"
"They might take the same material and get rich manufacturing leather specialties."

Nature of the Place.

"The British forces are fighting now in Champagne."
"Then I don't wonder they are putting so much spirit in it."

After the Movies is Not Tired Eyes.

Red Eyes—Sore Eyes—Itching—Bleeding—Mucous—Discharge—Stinging—Burning—Mucous is a Favorite—Mucous for Eyes that feel dry and smart. Buy Mucous as much of your loving care as you can. Buy Mucous with the same regularity. Buy Mucous. YOU CAN'T BUY BETTER EYES. Buy Mucous at the drug store or by mail. Buy Mucous at the drug store or by mail. Buy Mucous at the drug store or by mail.



Nearly All Greater Boston Put Under the Plow

BOSTON.—Greater Boston has been put to the plow. So, history recounts the conqueror dealt with ill-fated cities in ancient times when they fell in barbaric hands. The phrase plucked from the tedious Latin translation conjures up in the ashes of the capture picture of the plowman rather than the pictures which Greater Boston in wartime have registered on the plates of the camera.



The plow is a mighty weapon of the nation at war, a nation to which has been allotted the tremendous task of feeding a large part of the warring world.

It is not enough that the farmers in the great agricultural lands of the middle West should turn to their work with a determination and skill and care never before necessary in the history of the country in peace or war.

It is not enough that the commonwealth should discuss plans, in response to the president's appeal, for the mobilization of 5,000 boys in their teens to work on the undermanned farms of New England.

It is not enough that the suburban gardener should cultivate his little plot in the rear of the house.

Greater Boston is plowing up its public parks, its golf links, its school grounds and its churchyards, in some instances, and the front lawns of its domiciles in many instances. Rather an ugly duty, it seemed, this tearing up of a spacious lawn, but as one grim-faced suburbanite remarked:

"This is not time for aestheticism."
"Anyway," said the housewife, who was watching the operation from the front piazza, "it will look much better when things begin to come up."

Training Women of New York to Till the Soil

NEW YORK.—To be operated as an extension of the agricultural departments of Columbia university, Barnard college and the public high schools, an agricultural demonstration farm to train college women and high school girls to till the soil has been opened under the auspices of the National League for Woman's Service.

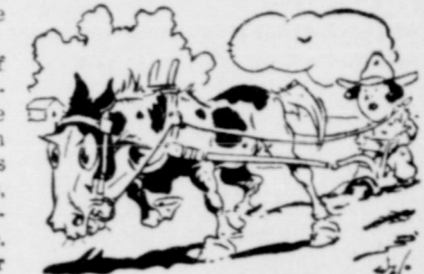
The Crawford estate, a plot of 200 acres at Two Hundred and Twenty-second street, Baychester avenue and the Boston Post road, has been donated by George Crawford for this purpose. Mrs. Mary E. Hamilton, chairman of the agricultural committee of the league, will have charge.

Mrs. August Belmont is the treasurer of the committee, and on the advisory board are Prof. O. S. Morgan of Columbia university, Dean A. R. Mann of Cornell university, Mrs. Annie Nathan Meyer of the Home Economics league, Miss Helen Cameron, city chairman of the league, and Miss Harriet Gardner, field secretary.

The school will be equipped with all modern farming implements, including tractors, harrows and scientific canning apparatus. After a survey of the ground the farmerettes will raise chiefly potatoes, beans, corn and green vegetables, and all the work of plowing and hoeing will be done by the girls. There even will be a machine shop where the students will receive instruction in the repairing of tools and the making of them where it is possible.

A modern canner will be opened and the girls will be taught this phase of farm work as well. In spite of the advance in the price of tin, the league's school will be supplied with cans at a reduced price by tin manufacturers to whom the project has been explained.

Temporary bungalows for the accommodation of students will be built on the ground, and tents set up to be used during the summer, when the farm will be more crowded than at other times. The colleges and the high schools will have Saturday and specified afternoons on the farm, and arrangements can be made by the students for occupying the bungalows at night.



Forced to Dispossess Bees From Attic of Home

SAVANNAH, GA.—E. J. Ward is authority for a story of bees taking possession of the residence of J. H. Hulme and appropriating it to their own use as a monster hive. A swarm of bees "settled" in the second story of the house

four years ago and found a knothole to go in and out. All during the spring and summer they made their honey in long rows of honeycomb which reached from one sill to the other. The first year there were only two swarms, and from these there came two swarms each in the next year, making six swarms in all.

The third year two more swarms from each made a grand total of 18 swarms of bees and the fourth year two more swarms from each made 54 swarms jointly occupying the residence with Hulme and his family. And the bees and the folks did not get along together—especially the children and the bees. The youngsters were inclined to insist on their rights in the house, with the result that they were frequently stung.

Recently Mr. Hulme recognized the fact that either he or the bees must move, and the longer he waited the greater the handicap he would labor under, since the bees were increasing their army rapidly. He called in a number of neighbors and all the negroes working on his farm and, after offering each 50 cents and his share of half the honey captured, started out to exterminate the bees.

Armed with gallons of boiling water they caught the bees all huddled together to keep warm during the cold and soon made short shift. Hundreds of pounds of the finest kind of honey was in the room.

Trainer Left Pets to Fight for Uncle Sam

BALTIMORE.—William T. Meickle, trainer of Lady Alice's rats, one of the many amusing features in Barnum and Bailey's circus, left his pets to join the United States Marine corps. He visited Captain Evans at the Marine corps recruiting station and following a whispered interview, was taken to the back room, there examined and when he emerged was a proud member of the "Soldiers of the Sea."

Not long after Meickle had proudly left the recruiting station another member of the circus came swinging down the street, and when he spied the blue coat of the marine on duty he hurried upstairs to Captain Evans.

"Who are you, sir?" asked the captain of his visitor.

"None other than Frank Patrick Gallagher, Irish from the tip of me head to the soles of me feet," quoth the visitor. "And sure I was born on St. Patrick's day, back in '99 when the Yanks were kicking the Spaniards out of Cuba. Sure, I was too young to fight then, but I'm the right age now, you can bet. Look me over, admiral. And sure, I forgot to tell ye that I've been chummin' for the past five years with the wildest hastes that ever clawed an iron bar inside a cage. Just show me a German—that's all I want. Sure, I'm a very bad man, I am, you bet your sweet life."

About thirty seconds later Gallagher was also a member of the Marine corps. He was an animal trainer.



UGH! CALOMEL MAKES YOU SICK! CLEAN LIVER AND BOWELS MY WAY!

Just Once! Try "Dodson's Liver Tone" When Bilious, Constipated, Headachy—Don't Lose a Day's Work.

Live up your sluggish liver! Feel fine and cheerful; make your work a pleasure; be vigorous and full of ambition. But take no nasty, dangerous calomel, because it makes you sick and you may lose a day's work. Calomel is mercury or quicksilver, which causes necrosis of the bowels. Calomel crashes into your bile like dynamite, breaking it up. That's when you feel that awful nausea and cramping.

Listen to me! If you want to enjoy the nicest, gentlest liver and bowel cleansing you ever experienced just take a spoonful of harmless Dodson's Liver Tone. Your druggist or dealer sells you a 50 cent bottle of Dodson's Liver Tone under my personal money-

back guarantee that each spoonful will clean your sluggish liver more than a dose of nasty calomel and that it won't make you sick.

Dodson's Liver Tone is real medicine. You'll know it next morning, because you will wake up feeling fine, your liver will be working, your headache and dizziness gone, your stomach will be sweet and your bowels regular.

Dodson's Liver Tone is entirely vegetable, therefore harmless and cannot salivate. Give it to your children. Millions of people are taking Dodson's Liver Tone instead of the gerous calomel now. Your druggist will tell you that the sale of calomel is almost stopped entirely here—

CANADA'S IMMIGRATION

Increased by About Sixty Per Cent in Past Six Months.

That Canada is at war is now more fully appreciated on this side of the boundary line, now that the United States has stepped alongside its northern neighbor and linked hands in the great struggle for a freer democracy throughout the civilized world. As a result of this a greater interest than ever is seen in the mutual effort to develop both the United States and Canada. Recently, just before the time that the United States declared its intention to enter the contest and contribute of its resources to the defeat of the autocracy, whose design was to permeate the world, Western Canada made an appeal for farm labor to till the fields and prepare the soil for the crops of grain that were necessary to feed the fighting forces and keep up the requirements necessary for the Allies. The responses were so great that before half the time limit expired, over six thousand laborers were secured. This was not sufficient, but once the United States was declared to be in a condition of war, and farm labor required here to meet any exigency as to short rations that might arise, the sister to the north, withdrew from attempts, which might mean a restriction of the farm labor supply in the United States. But even with this it is thought Canada will now be fairly well supplied.

Apart, however, from the farm labor proposition, it is gratifying from both a United States and Canadian point of view that the immigration of farmers to take up homestead lands and to purchase improved and unimproved land in Canada, has shown such a wonderful increase in the past three months. The great struggle for increasing the food supply has a broader and greater significance than ever. The food must come into existence, whether the rich soils of the United States or those of Canada be the factor.

It is altogether probable that the action of the Canadian Government in taking the duty off wheat going into Canada, thus automatically lifting the duty off that coming into the United States, may not be responsible for an increased immigration to Canada. Canada's reputation for growing larger average yields and a better quality of grain, and on lands, many of which are free, as well as those that range from \$15 to \$35 an acre, is an appeal that is being responded to by farmers who are now renting high-priced lands, is another reason for expecting an increasing number of farmers from the United States.

Mr. W. D. Scott, Superintendent of Immigration at Ottawa, Canada, recently gave out figures concerning immigration from the United States, which shows that the increase in the past three or four months was 60 per cent over the same period last year, and Mr. Scott forecasts that during the calendar year of 1917 there will be over one hundred per cent increase and be much heavier than for many years past. Mr. Scott declares that already this spring more settlers' effects have entered Canada than crossed during the whole of last year, and the movement has just merely started.

The new settlers are coming from numerous states through the ports of Emerson, North Portal and Coutts, as well as from Oregon and Washington, through Kingsgate and Vancouver.

There arrived in Saskatchewan during the year ending December 31, 1916, a total of 8,136 persons as compared with 5,812 during the twelve months previous. At the same time nearly twice as many immigrants passed through the immigration department at Edmonton, Alberta, in the last twelve months as for the same period of the year before.

The number of settlers from Eastern Canada migrating to the west also increased. From January 1 to March 31, 1917, the number of cars of stock that passed through the Winnipeg yards was 750, as compared with 361 last year. A fair estimate of the value of each car would be about \$2,000, which means that the west has secured additional live stock to the value of \$1,500,000 or more, during the first three months of 1917, not taking into account that brought in by immigrants from the United States.—Advertisement.

Hunger is the best sauce.

Their Method.
"I see Indian regiments are to be recruited."
"Yes; when they get on the front and begin scalping the enemy the Germans are going to have some hair-raising experiences."

YES! LIFT A CORN OFF WITHOUT PAIN!

Cincinnati man tells how to dry up a corn or callus so it lifts off with fingers.

You corn-pestered men and women need suffer no longer. Wear the shoe that nearly killed you before, says the Cincinnati authority, because a few drops of freezeone applied directly to tender, aching corn or callus, softens at once and soon the corn or hardened callus loosens so it can be lifted off, root and all, without pain.

A small bottle of freezeone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to taste the surrounding skin.

If your druggist hasn't any freezeone tell him to get a small bottle for you from his wholesale drug house—

Too Much Gratified.
"They say the ex-czar of Russia is very fond of fish."
"Then he ought to be satisfied with the pretty kettle of it he's in just now."

COVETED BY ALL
but possessed by few—a beautiful gray of hair. If yours is streaked with gray, or is harsh and stiff, you can restore it to its former beauty and luster by using "La Creole" Hair Dressing. Price \$1.00.—Adv.

Their Predicament.
"It seems that the people in positions on short rations are not following the usual order."
"What is that?"
"They are whining but not dining!"

The rain which falls upon the United States every year equals in amount the water in ten Mississippi rivers.

How lucky some men would be if they should lose their reputations!

Don't Be Yellow
You want to see your clothes on wash day, a beautiful, clear, dazzling white—not yellow—don't you? Then use

Red + Cross Ball Blue
and watch the result. Don't take chances—get the best bluing—that's Red Cross.

All good Grocers sell it. Large Package 5 cents.

Kill All Flies!

They breed everywhere, they fly either through the air or through the water. They are a nuisance and a pest. Kill them with Delaney Fly Killer. It is a powerful and effective fly killer. It kills all flies, including house flies, stable flies, and mosquitoes. It is safe for use in the home and is available in all drug stores.

SAVE YOUR MONEY.

One box of Tutt's Pills save many dollars worth of doctor's bills. A remedy for diseases of the stomach, liver, and bowels. It is a powerful and effective medicine. It is safe for use in the home and is available in all drug stores.

Tutt's Pills

STOMACH SUFFERERS!
A stomach specialist advises the use of Tutt's Pills. It is a powerful and effective medicine. It is safe for use in the home and is available in all drug stores.


W. N. U., Oklahoma City, No. 21-1916

W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE"

\$3.50 \$4 \$4.50 \$5 \$6 \$7 & \$8 FOR MEN AND WOMEN

Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.



W. L. Douglas name and the retail price stamped on the bottom.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

W. L. Douglas President of W. L. Douglas Shoe Co., 185 Spark St., Brockton, Mass.

Boys' Shoes Best in the World \$3.00 \$2.50 & \$2.00

AS OWN PRISONER, GOES FAR TO JAIL

Through Alaskan Wilderness Anderson Tramps for Thirty-Four Days.

READS LIKE THRILLER

Serves Only Thirty Days for Offense for Which He is Convicted, But That is Easier Than Getting to Prison.

Seward, Alaska.—The clerk of the United States district court at Valdez has received official notice from the United States deputy marshal at Nushagak that Emile Anderson, a resident of the latter settlement, has served his term in jail and has been discharged.

The point to this story is the almost insuperable difficulties Anderson overcame in order to lodge himself in jail. Last October he was convicted by a jury before Judge Brown of assault with a deadly weapon. The testimony showed that Emile had wounded his opponent, who was the aggressor and probably deserved all he got.

Recommended Clemency.

Under the circumstances the jury recommended extreme clemency and Judge Brown sentenced the prisoner to 30 days in jail at Naknek. In October there was no boat running to Bristol Bay points, the summer steamer service having been discontinued, therefore Anderson was released on his own recognizance and directed by Judge Brown to make his way to Naknek the best he could and give himself up to the marshal there and serve his time. He was also appointed as a special messenger to convey the writ of commitment to the marshal.

Possibly if Anderson had failed to comply with his instruction no one would have given the matter a second thought, but seemingly such an idea did not occur to him, or at least did not conform to his idea of the proprieties. He secured passage on a



For Thirty-four Days He Tramped, Waded and Swam.

fishing boat as far as Ilamma, and he started on the long journey overland to Naknek.

Was Trying Trip.

At that time of the year the weather was cold and stormy, and with every convenience such a journey through an almost unknown wilderness is one that would not be lightly undertaken by even the most daring Alaskan prospector.

For 34 days Anderson mushed and waded and swam, sleeping out under the Arctic skies with no protection save the campfires he built, and eating but sparingly of his scanty store of provisions, fearing that it would give out before the long journey was accomplished.

NOT IN BED IN 20 YEARS

Old Man Living in Philadelphia Has Not Slept on Mattress for Long Time.

Philadelphia.—Peter Curry, seventy-two years old, who says that he has not slept on a mattress for twenty years, was arrested in a stable at 2652 Callowhill street recently by Policeman Dermody and Special Policeman Hammond of the Ninth district. He was nearly frozen, and after Doctor Egan had examined him at the police station he was taken to the Philadelphia General hospital.

Policeman Dermody said that the man is a well-known character, and that he arrested him in a half-frozen condition at Twenty-ninth and Callowhill streets just twenty years ago.

Would Serve Man's Sentence.

Chicago.—William Gaughrin, former station agent for the Northwestern, offered to serve Kenyon Peterson's sentence of one year to life for holding up and robbing Gaughrin. He said Peterson's confession had cleared him of suspicion. His offer was not accepted.

Girls! Use Lemons! Make a Bleaching, Beautifying Cream

The juice of two fresh lemons strained into a bottle, containing three ounces of orchard white makes a whole quart pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, smoothen and beautifier.

Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and make up a quart pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It naturally should help to soften, freshen, bleach and bring out the roses and beauty of any skin. It is simply marvelous to smoothen rough, red hands, Adv.

Back to the Soil.

The young k-nut, unfit for general service, volunteered for work on the land. He went down to his father's "place" and began "farming." A friend passing that way spied him in leggings and Norfolk jacket striding across a wide stretch of moorland. He halted him.

"Hallo, Smutty!" he cried as he came up. "What are you doing in this forsaken land?"

"Farming. I've gone back to the land."

"Any good at it?" grinned the friend. "I should think so! See this piece of moorland? Before I came it was going to waste—no use at all; but with a lot of work I've turned it into a rippling golf links."—New York Globe.

WHY HAVE CHILLS AND FEVER?

"Plantation" Chill Tonic is guaranteed and will do the work in a week. Your money cheerfully refunded by dealers if it fails after giving it a proper trial. Price 50c.—Adv.

Her Choice.

"What a fine carriage that man has!"

"Yes. But I'd rather know the man with the millionaire slouch who owns a limousine."

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

No Result.

"Fishin', little feller?"

"Nope; est baitin' and yankin'."—Indianapolis News.

Correct.

"Now, Thomas, tell me what animal is web-footed."

"The spider."

USE ALLEN'S FOOT-EASE

The antiseptic powder to be shaken into shoes and sprinkled into the foot-bath. It relieves painful, swollen, smarting feet and takes the sting out of corns and bunions. The greatest comfort ever discovered for all foot-aches. Sold everywhere. See Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.—Adv.

Bearing part of our neighbors' cares makes our own load lighter.

What to do for lost opportunities: Advertise and get new ones.

A Babylonian Epic.

In the midst of it all, a man in Philadelphia, a professor, is calmly translating a Babylonian epic. He has before him certain tablets which were buried in Mesopotamian ground thousands of years ago, upon which, in the time of Abraham, certain queer cone-shaped characters were inscribed. Not many years ago the key to these characters was discovered, in the form of an inscription in two languages, one of which was known, and the meaning of the queer characters slowly emerged. The Philadelphia professor has discovered that the tablets bear an epic poem. He is translating the epic and finds it to be the story of the way in which a half-barbarous chieftain, named Enkidu, was redeemed from a career of tyranny and violence by the love of a woman. And day after day, while the papers are full of woes and wickedness, and the drums of war beat on the streets, indifferent to all the uproar this patient man goes on translating into good English the poem of Enkidu and his love.

Attending to one's own business gives one a good steady job.

Efficient Service

Must be rendered by the stomach, liver and bowels in order to maintain the highest possible standard of health.

When help is needed—

TRY
**HOSTETTER'S
STOMACH BITTERS**

Women of Middle Age

Many distressing Ailments experienced by them are Alleviated by Lydia E. Pinkham's Vegetable Compound.

Here is Proof by Women who Know.



Lowell, Mass.—"For the last three years I have been troubled with the Change of Life and the bad feelings common at that time. I was in a very nervous condition, with headaches and pain a good deal of the time so I was unfit to do my work. A friend asked me to try Lydia E. Pinkham's Vegetable Compound, which I did, and it has helped me in every way. I am not nearly so nervous, no headache or pain. I must say that Lydia E. Pinkham's Vegetable Compound is the best remedy any sick woman can take."—Mrs. MARGARET QUINN, Rear 259 Worthen St., Lowell, Mass.

She Tells Her Friends to Take Lydia E. Pinkham's Remedies.

North Haven, Conn.—"When I was 45 I had the Change of Life which is a trouble all women have. At first it didn't bother me but after a while I got bearing down pains. I called in doctors who told me to try different things but they did not cure my pains. One day my husband came home and said, 'Why don't you try Lydia E. Pinkham's Vegetable Compound and Sanative Wash?' Well, I got them and took about 10 bottles of Vegetable Compound and could feel myself regaining my health. I also used Lydia E. Pinkham's Sanative Wash and it has done me a great deal of good. Any one coming to my house who suffers from female troubles or Change of Life, I tell them to take the Pinkham remedies. There are about 20 of us here who think of the world of them."—Mrs. FLORENCE ISILLA, Box 197, North Haven, Conn.

You are Invited to Write for Free Advice.

No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass. Such letters are received and answered by women only and held in strict confidence.

WINTERSMITH'S CHILL TONIC

Sold for 47 years. For Malaria, Chills & Fever. Also a Fine General Strengthening Tonic. 50c and \$1.00 at all Drug Stores.

Children Cry For



What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher.

In Use For Over 30 Years
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

Raise High Priced Wheat on Fertile Canadian Soil

Canada extends to you a hearty invitation to settle on her FREE Homestead lands of 160 acres each or secure some of the low priced lands in Manitoba, Saskatchewan and Alberta. This year wheat is higher but Canadian land just as cheap, so the opportunity is more attractive than ever. Canada wants you to help feed the world by tilling some of her fertile soil—land similar to that which during many years has averaged 20 to 45 bushels of wheat to the acre. Think of the money you can make with wheat around \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming in Western Canada is as profitable an industry as grain growing.

The Government this year is asking farmers to put increased acreage into grain. There is a great demand for farm labor to replace the many young men who have volunteered for service. The climate is healthful and agreeable, railway facilities excellent, good schools and churches convenient. Write for literature as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to

G. A. COOK
2012 Main St., Kansas City, Mo.
Canadian Government Agent

160 ACRE FARMS IN WESTERN CANADA FREE

The Texas Special
"Katy" all the way

A train not merely all new and all steel, but each car the finest and latest model.

A schedule shorter, not by minutes but by hours.



St. Louis · Kansas City
Oklahoma · Texas

McLean Hardware Company

We Are Here to Stay

And have one of the most complete lines of

Hardware, Implements, harness

And General shelf stuff

In the Panhandle of Texas. Our price is right and service the very best. Come and look, its no trouble to show you whether you buy or not.

McLean Hardware Company

Let Us Show You The

Mitchell

Massay & Richardson

Amarillo, Texas, June 9 "The people of Northwest Texas have become inoculated with the good roads spirit, centering for the present of the great Ozark Trails," said Ray Wheatley, of this city. Between Amarillo and Oklahoma City I have traversed some of the greatest earth roads I have ever seen. I was astounded at the wonderful amount of work accomplished within the past few months by the people along these proposed trails. The good roads spirit is growing and the credit is due those who have unselfishly given their time to the fostering of the movement."

Amarillo, Texas, June 27 29 Getting ready to take care of Ozark Trails convention visitors is the one big task that this city has set its best men to and right nobly are they doing the job. The stage is being set and no point is being overlooked that may contribute to the comfort and pleasure of the visitors. Each day brings additional confirmation of prediction of W. H. (Coin) Harvey, president of the association, that the coming convention would be the largest in the history of the association, weather conditions being favorable.

While a wide range of entertainment features are being arranged for none of them will be permitted to interfere with the sessions of the convention.

Amarillo, Texas, June 27 29 In his official call for the Amarillo convention, President Harvey of the Ozark Trails Association says: The decision of the judges will be rendered at this convention, fixing the route of the Ozark Trails main line from St. Louis to New Mexico. A president for our association will be elected for the ensuing year, and the following states will announce a vice-president: Arkansas, Missouri, Oklahoma and Texas. Our convention will be a school on the subject of promotion, organization and economy of construction of roads. Future prospective routes will be considered, and a place will be selected for holding the next convention.

For the first ten days of his itinerary Col. Harvey and his judges inspected an average of 200 miles of Trails each day. Starting at Tulsa June 1st, the

party traveled to Las Vegas, New Mexico, and returned as far as Oklahoma City, June 9. Mr. Harvey is delighted with the roads he has thus far seen, with the exception of a few spots in each of the routes, and he has the assurance that they will be quickly remedied. The schedule will be finished June 14th.

H. C. Wells, engineer, representing the highway department of the Department of Agriculture, Washington, on the Ozark Trails inspection trip with Col. Harvey's party, is a big, capable appearing chap. Six foot-two, a strong face set off with a clear blue eye and a square chin, he looks a fit representative of a great department of the President's Cabinet. The report he makes to the Department will be the result of the judgement of one man—Mr. Wells. We are all hoping this report will be a favorable one to the Trails.

From Albuquerque, New Mexico, to Oklahoma City is 676 miles. The Ozark Trails runs all the way. Over this road, using the central route from Amarillo, N. M. Cudebac and H. L. Galles, of that city, made the run in 24 hours, running time. On one stretch of 52 miles the road was so perfect that it was covered in exactly 60 minutes. Both Gentlemen are enthusiastic over the excellence of the roads and the beauty of the country through which it passes.

"Fully one-third of the passenger trains now in service will be discontinued as such and turned to the war Department for the transaction of its immense business," is the statement of high official of one of the leading railroads to the writer a few days since. He went on to state that, in many instances, this will work a hardship on patrons of the railroads and that passenger transportation by motor would grow relatively more rapidly than in the past. This travel will follow good roads that start somewhere and go somewhere. That's why we're strong for the Ozark Trails.

Cultivators

Canton Wiggletail Cultivators

Are light of draft and easy to operate, try one and be convinced

One and two-row Canton Go-devils do the work and do it right.

Yours for business,

C. S. Rice

Hardware and Furniture



There are THREE good reasons why you should build a granary at once!

(1st) You can store your wheat away at threshing time and hold for sale until the HIGHEST price is offered.

(2nd) A granary saves your crops from destruction by the elements.

(3rd) A granary improves your property and adds to its value.

We furnish the right kind of lumber for granaries and will supply you with plans for their erection.

ALSO—Cypress and Oak lumber for your wagons, boxes, grain barges, etc. Let us quote you prices.

WESTERN LUMBER COMPANY

Ozark Trails Convention Amarillo June 27-29



Will You Be There?

Local Happenings

Items of Interest About Town and County

Special invitation to ladies visit the Post Office confectionery.

For Sale—4 head of irules, and six years old, well broke. Also harness and wagon. J. E. Robine. 2p

R. A. Thompson and family and E. R. Eakins visited at Lefors and White Deer Sunday, touching at Lefors andampa enroute.

I want your hydes and proce. Cream accepted Tuesdays and Fridays of each week. Cream now 83 cents per pound. J. J. Keasler.

A. Stanfield and J. M. Noel shipped a car of cattle to the Oklahoma City market the first of the week.

Everything new and fresh at the P. O. confectionery.

Some of the farmers are having to prepare their land for the bird planting this season on account of the continued and unusual high winds.

Porch swings, settees and hammocks. C. S. Rice.

After three days of hot winds were more or less called off Wednesday morning by a brisk norther that wrought havoc with the sandy land crops.

I have the agency for the DeLaval Separator and can get new attachments for your old machine. S. R. Jones.

Paul Risson & Ramsdell was here Saturday.

When in need of groceries call 161—My line is always complete and fresh. G. R. Bellenger.

W. J. Kelly of Eldorado Okla. is here visiting his father A. L. Kelly.

Mrs. H. M. Smith returned Monday from Amarillo.

Fly swatters, screen doors and wire. C. S. Rice.

Orders for suits, the well known A. E. Andersson Tailoring Co., taken at the Post Office Confectionery.

I am ordering clothes from the A. E. Andersson Tailoring Co. Let me show you samples and styles. Vester Cooke.

W. R. Patterson and family were over from the capitol the latter part of last week visiting with Mr. and Mrs. D. B. Veatch. They also motored to Clarendon Sunday for a visit with friends.

Ice cream all the time. P. O. Confectionery.

For rent or sale—My concrete store building with all fixtures ready for use. Will sell reasonable. C. A. Cash. 2c

J. N. Sublett transacted business in Amarillo the latter part of last week.

Emmett LeFors was in Kansas City this week with a string of steers for the market.

Tea season is here and my line is here. I have the best on the market—Tipton and Golden Gate lines. G. R. Bellenger.

A fresh stock of dry cell batteries. C. S. Rice.

Crabtree and Loyd shipped a car of fat hogs to the Oklahoma City market the first of the week.

J. R. Kachell offer was on the Wichita market the first of the week with a string of fat yearlings.

For Sale—Dirt cheap—Good five room house, acre of ground, out buildings and plenty of water. North part of town. If you are going to move to town to send your children to school this winter why not pick up this bargain? Apply at the News Office.

Get your fruit jars, tops and rubbers from C. S. Rice.

For sale—Registered Durock Jersey hogs. R. S. Jordan. 2p

Notice.
All our Prices on blacksmithing will be raised from 15 to 25 per cent after the 15th of June, we have held the prices down as long as we can.—Welch Bros.

Old shoes and boots made new at McLean Shoe Store.

I will preach in McLean next Sunday morning, and at Heald in the afternoon.

We are not equipped to repair your harness, but we want to fix all the old shoes in the country. McLean Shoe Store.

A. B. Gafdenbire made a business trip to Erick, Okla., the first of the week.

Hereford bull for service. Weight 2100 lb. In pasture one mile south and 1 mile west of the townsite. Terms \$2 00. W. W. Wilson. 2c

J. O. Kirby and a party of assistants from Jericho and Alanreed were here Monday getting signers to a petition asking the Rock Island to allow them to use a portion of their right-of-way in straightening out the Ozark Trail in the vicinity of Jericho. The petition was numerously signed here.

The McLean News would be a better local paper if each reader would phone us news items.

C. B. Hedrick and wife of Alanreed were shopping in the city Tuesday.

F. R. McCracken of Alanreed transacted business in the city Monday.

Born on the 4th inst., to Roman Peugh and wife, a boy.

J. N. Woods of Clarendon was here the first of the week looking after business matters.

W. A. Hedrick was a business visitor to Amarillo the first of the week.

For Sale—Ford car. See J. Cuoine, phone 663. 2p

Siler Faulkner, Henry and Charlie Thut and Cal Dickey were visitors here from LeFors the first of the week.

When you get ready for your fruit jars call 161.

Local ball players journeyed to Claude Monday and engaged the team of that place in a return game, which resulted in a victory for our boys by a score of ten and eleven.

Don't look over your fruit jar order and wait until they are all gone and then call. Just unloaded a lot—get them while on hand. G. R. Bellenger.

Canned goods are awful high as we all know, but when in need of any my line is complete and fresh not water packed. Do you catch it? G. R. Bellenger.

Mrs. A. G. Richardson is in Galveston this week attending the Texas Press Association. She will visit relatives at Houston and Liberty before returning home.

To get the most out of your cream, you should use the Iowa cream separator for sale by C. S. Rice.

Born to Mr. and Mrs. C. C. Bogan, on the 9th instant, a baby boy.

Mrs. W. A. Hedrick is enjoying a visit this week from her mother, Mrs. Warner, of Oklahoma City.

Byron Kibler has gone to Plainview to accept a position with the Southwestern Telephone Company during his school vacation.

A good show at the Pastime Theatre Saturday night.

Thos. Bodine has accepted a position at Pampa in the Garage there.

Good show every Saturday night at the Pastime.

For Sale.
One Bible Self-playing piano, practically new. A \$600 piano at a greatly reduced price. For particulars call or address O. P. Homel, Alanreed, Texas.

Misses Vella and Gaynelle Wilson returned Wednesday from a visit to their old home at Midlothian.

Lost—Ladies coat, really new mustard colored. Lost between Alanreed and Jericho last Thursday afternoon. Finder return to Mrs. L. C. Parker or News office and get reward.

A crowd of Ozark Trail boosters from McLean attended a banquet at Elk City last night and participated in a general meeting of delegates from all along the Northern Route, which was intended to organize and get in shape to present the claims of this route to the locating committee at the Amarillo meeting on the 27th, 28th and 29th instant.

Frank Haynes made a business trip to Amarillo Monday.

Miss Mary Everett of Amarillo, was here Sunday visiting relatives and friends.

Mrs. H. N. Roach left Wednesday afternoon for Geary, Okla., where she goes for medical treatment.

O. E. S. Install.
At a called meeting of the local chapter of the Eastern Star on last Thursday afternoon the following were installed, who will serve to order for the ensuing year:
Mrs. D. B. Veatch, W. M.
Mrs. W. L. Caldwell, A. M.
J. M. Noel, W. P.
Mrs. John B. Vannoy, Secretary.
Scott Johnston, Treasurer.
Mrs. A. G. Richardson, Conductress.
Mrs. Scott Johnston, Associate Conductress.
Mrs. W. C. Cheney, Warder.
Mrs. Nellie Roach, Marshall.
Mrs. S. E. Boyett, Organist.
A. G. Richardson, Sentinel.
Mrs. J. L. Crabtree, Esther.
Mrs. S. E. Boyett, Ada.
Miss Ruby Cook, Electa.
Mrs. J. M. Noel, Ruth.
Mrs. Luther McCombs, Martha.

Thrown From Car.
J. F. Watkins was quite seriously cut about the head and face Monday afternoon as a result of being thrown through the windshield of car in which he with his brother, Everett Watkins, was riding from White Deer. In passing over a stock gay on the Parker ranch the car missed it footing and plunged into the pit, throwing both occupants forward but Everett clung to the steering wheel and was not injured.
The car suffered a bent axle and other minor injuries.

The tent city, established for the housing of the delegates to the Ozark Trails convention at Amarillo, will be equipped with water lights, telephone and telegraph service. It will be ruled over by a governor and staff of policemen, and a "resident" doctor will be within call.

Those with authority to appoint delegates to the Ozark Trails good roads convention at Amarillo, Texas, June 27 8 9, are governors, mayors, commercial clubs, county commissioners, good roads associations, rotary clubs, automobile clubs and all other industrial and civil organizations interested in the promotion of better highways.

The McLean Shoe Store is raring for your shoe repairing.

Fly time will soon be here, I have screen doors and wire. C. S. Rice.

Just A Word

I am prepared to take care of your grocery bill. Good, clean fresh stock.

Old Dobbin

is still on the job with quick delivery


G. R. Bellenger
Phone 25

Notice

The U. S. Government need Battleships Ammunition, etc., we need your scrap Iron will pay \$5.00 per ton for all kinds of iron free from sheet iron and tin.

Clean up your premises and have healthy surroundings.

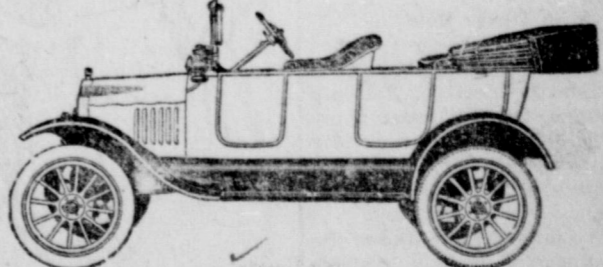
Welch Bros, Blacksmith Shop
McLean Texas



THE UNIVERSAL CAR

There's nothing of guessing or speculation in regard to Ford cars. Their practical value is being daily demonstrated by more than 1,750,000 Ford owners representing every base of human activity. Better buy your Ford today—you want it and it will serve you every day, winter or summer. Touring Car \$360, Runabout \$345—f. o. b. Detroit. We solicit your order.

Luther McCombs



D. N. Massay
Dealer in Real Estate and Rental Property
A List of Your Property Solicited
McLean Texas

Read The News

SERVICE

STANDING shoulder to shoulder with every good enterprise.

ENDEAVORING to give our customers practical service.

Remember all our claims are reasonable and that we do protect our customers interests.

Vigorously putting forth every effort to keep this institution abreast of the times.

Incessantly striving to make it as good as the best, we are constantly reminded that community interest and pride join us together in a business unit and that each and every business is dependent one upon the other and that the prosperity of one determines the prosperity of the other therefore, you give us your business and we'll give you our service

The American National Bank
McLean, Texas
Member Federal Reserve

YES WE DO OUR OPS

ANY

9

notice of said election, and the County Judge is directed to... J. S. More... W. W. More... Bennett...

HEART OF THE SUNSET

By REX BEACH

Author of "The Spoiler," "The Iron Trail," "The Silver Horde," Etc.

Copyright by Harper & Brothers

CHAPTER VIII.—Continued.

"So do I," Law declared quietly. "He treated me like a hobo—sent me to the kitchen for a hand-out. That sticks. If I hadn't tamed down considerably these late years, I'd have—wound him up, right there."

From beneath his drooping lids Ellsworth regarded the Ranger curiously. "You have a bad temper, haven't you?"

"Rotten!"

"I know. You were a violent boy. I've often wondered how you were getting along. How do you feel when you're—that way?"

It was the younger man's turn to hesitate. "Well, I don't feel anything when I'm mad," he confessed. "I'm plumb crazy, I guess. But I feel plenty bad afterwards."

There was a flicker of the judge's eyelids.

Dave went on musingly: "I dare say it's inherited. They tell me my father was the same. He was—a killer."

"Yes. He was all of that."

Dave lifted an abstracted gaze from the Pullman carpet. "I hardly know what I mean, judge. But you've had lunches, haven't you? Didn't you ever know that something you thought was true wasn't true at all? Well, I never felt as if I had had blood in me. My mother was Mexican—"

"Spanish."

"All right. Am I Spanish? Have I any Spanish blood in me?"

"She didn't look Spanish. She was light-complexioned, for one thing. We both know plenty of people with a Latin strain in them who look like Anglo-Saxons. You were educated in the North, and your boyhood was spent at school and college, away from everything Mexican."

"That probably accounts for it," Law agreed; then his face lit with a slow smile. "By the way, don't tell Mrs. Austin that I'm a sort of college person. She thinks I'm a red-neck, and she sends me books."

Ellsworth laughed silently. "Your talk is to blame, Dave. Has she sent you 'The Swiss Family Robinson'?"

"No. Mostly good; sad romances with an uplift—stories full of lances at rest, and Willie-boys in tin sweaters. The good women were always beautiful, too, and the villains never had a redeeming trait. It's a shame how human nature has got mixed up since then. Isn't it?"

"Alaire Austin's romance is sadder than any of those novels."

Dave nodded. "But she doesn't cry about it." Then he asked gravely: "Why didn't she pick a real fellow who'd kneel and kiss the hem of her dress and make a man of himself?"

"What's the matter with you?" queried the judge. "Are you smitten with that girl?"

Dave laughed. "Maybe! Who wouldn't be? Why doesn't she divorce that bum—she could do it easy enough—and then marry a chap who could run Las Palmas for her?"

"A man about six feet three or four," acidly suggested the judge.

"That's the picture I have in mind."

"You think you could run Las Palmas?"

"I wouldn't mind trying."

"You must never marry," firmly declared the older man. "You'd make a bad husband, Dave."

"She ought to know how to get along with a bad husband, by this time." The judge's face broadened in a smile. "Thank heaven 'Young Ed' has the insides of a steel range, and so my pet client is safe from your mercenary schemes for some years."

CHAPTER IX.

Longorio Makes Bold.

At La Feria Alaire discovered that the federal depredations had been even greater than she had feared. Not only had the soldiers taken a great many head of cattle, but they had practically cleared the ranch of horses, leaving scarcely enough with which to carry on the work.

Life in the roomy, fortresslike adobe house was pleasant enough. Alaire welcomed the change in her daily life. Everything about La Feria was restful un-American, from the house itself, with its bare walls and floors, its brilliantly flowering patio, and its primitive kitchen arrangements, to the black-shawled, barefooted Indian women and their naked children rolling in the dust. Even the timberless mountains that rose sheer from the westward plain into a tumbling purple-shadowed rampart were Mexican. La Feria was several miles from the railroad; therefore it could not have been more foreign had it lain in the very heart of Mexico rather than near the northern boundary.

In such surroundings, and in spite of faint misgivings, it was not strange after a few days, Alaire's unhelpful assumed a vaguely impersonal quality that her life, for the moment, was not to be her own. Even the thought of her husband, Ed Austin,

DAVE LAW ADMITS THAT HE IS SMITTEN WITH THE MISTRESS OF LAS PALMAS—MRS. AUSTIN HAS A STRANGE EXPERIENCE.

Synopsis.—Mrs. Alaire Austin, handsome young mistress of Las Palmas ranch, lost in the Texas desert, wanders into the little camp of David Law, state ranger, lying in ambush for a Mexican murderer. She is forced to stay for 24 hours, until Law captures his man, kills another and escorts her home. "Young Ed" Austin, drunken wastrel, berates his wife and makes insulting insinuations about the ranger. Austin is secretly in league with Mexican rebels and horse thieves. Mrs. Austin encounters Gen. Luis Longorio, Mexican federal, when she goes to La Feria, her ranch in Mexico, to collect war damages, and Longorio, a bad man, falls in love with her. Dave Law kills a cattle thief and suspects Ed Austin of criminal connections.

became indistinct and unreal. Then all too soon she realized that the purpose of her visit was accomplished, and that she had no excuse for remaining longer. She was now armed with sufficient facts to make a definite demand upon the federal government.

The homeward journey was a repetition of the journey out. Jose, as before, was newsgatherer. Hour after hour they crept toward the border, until at last they were again laid out on a siding for an indefinite wait.

The occasion for this was made plain when an engine drawing a single caboose appeared. Even before it had come to a pause, a tall figure in spotless uniform leaped to the ground and strode to the waiting coaches. It was Luis Longorio. He waved a signal to the conductor, then swung aboard the north-bound train.

The general was all smiles as he came down the aisle, and bowed low over Alaire's hand.

Dolores gasped and stiffened in her seat like a woman of stone.

"Heaven be praised! You are safe and well!" said the newcomer. "I have blamed myself for allowing you to take this abominable journey! I have been in torment lest something befall you. Every night I have prayed that you might be spared all harm. When I received word that you were coming, I made all speed to meet you."

"Dolores and I are greatly in your debt," Alaire told him.

"But you stayed so long!"

"There was more work than I thought. General, you have ruined me."

Longorio was pained; his face became ineffably sad. "Please! I beg of you," he entreated. "I have arranged for reparation of that miserable mistake. I shall see that you receive justice. If the government will not pay, I will. All I possess would be too little to buy your happiness."

"You embarrass me. I'm afraid you don't realize what you say." Alaire remained cool under the man's protestations. "I have lost more than a thousand head of cattle."

"We shall say two, three thousand, and the government will pay," Longorio asserted brazenly. "I will vouch for your figures, and no one will question them, for I am a man of honor."

"No! All I want—"

"It is done. Let us say no more about the affair. Senora, I have thought of you every hour; the duties that held me in Nuevo Pueblo were like irksome chains. I was in madness. I would have flown to La Feria, but—I could not."

"My husband will thank you for your great courtesy to me," Alaire managed to say.

But the mention of husbands was not agreeable to one of Longorio's sensitiveness, and his face betrayed a hint of impatience.

"Yes, yes," he agreed carelessly. "Senor Austin and I must know each other better and become friends."

"That is hardly possible at present. When the war is over—"

"Bah! This war is nothing. I go where I please. You would be surprised to greet me at Las Palmas some day."

"I wouldn't mind trying."

"You must never marry," firmly declared the older man. "You'd make a bad husband, Dave."

"She ought to know how to get along with a bad husband, by this time." The judge's face broadened in a smile. "Thank heaven 'Young Ed' has the insides of a steel range, and so my pet client is safe from your mercenary schemes for some years."

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"We entertain very few guests at Las Palmas," she murmured, uncomfortably.

"I know. I know a great deal." "It would scarcely be safe for you to call; the country is full of Candelistas—"

"Cattle!" said the officer, with a careless shrug. "Did not that great poet Byron swim across an ocean to see a lovely lady? Well, I, too, am a poet. I have beautiful fancies—songs of love run through my mind. Those Englishmen know nothing of passion. Your American men are cold. Only a Mexican can love. We have fire in our veins, senora."

To these perverted protestations Dolores listened with growing fright; her eyes were wide, and they were fixed hypnotically upon the speaker; she presented much the appearance of a rabbit charmed by a serpent. But to Longorio she did not exist; she was a chattel, a servant, and therefore devoid of soul or intelligence, or use beyond that of serving her mistress.

Thinking to put an end to these blandishments, Alaire undertook to return the general's ring, with the pretense that she considered it no more than a trinket loaned her for the time being. But it was a task to make Longorio accept it. He was shocked, offended, hurt; he declared the ring to be of no value; it was no more than a trifling evidence of his esteem. But Alaire was firm.

It was an odd, unreal ride, through the blazing heat of the long afternoon. Longorio cast off all pretense and openly laid siege to the red-haired woman's heart—all without offering her the smallest chance to rebuff him, the slightest ground for open resentment, so respectful and guarded were his advances. When the train arrived at its destination, his victim was well-nigh exhausted from the struggle. After a good night's rest, however, she was able to smile at yesterday's adventure. Longorio did not bulk so large now; even these few hours had greatly diminished his importance, so that he appeared merely as an impulsive foreigner who had allowed a woman to turn his head.

Once back across the river she discovered that there were obstacles to a prompt adjustment of her claim. The red tape of her own government was as nothing to that of Mexico. There were a thousand formalities, a myriad of maddening details to be observed, and they called for the services of an advocate, a notary, a jefe politico, a jefe de armas—officials without end. All of these worthies were patient and polite, but they displayed a malarial indifference to delay, and responsibility seemed to rest nowhere. During the day Alaire became bewildered, almost lost in the mazes of official procedure, and was half minded to telegraph to Judge Ellsworth.

Longorio by no means shared her disappointment. On the contrary, he assured her they were making splendid progress, and he was delighted with her grasp of detail and her knowledge of business essentials. At his word all Nuevo Pueblo bowed and scraped to her; he arranged for her an elaborate luncheon in his quarters.

"You can never know what these two days have been for me," the general said as he and Alaire lingered over their meal. "They will afford me something to think about all my life. It is a delicious comfort to know that you trust me, that you do not dislike me. And you do not dislike me, eh?"

"Why, of course not. I have a great deal for which to thank you."

General Longorio fingered his wine-glass and stared into it. "I am not like other men. I am a man of iron—yes, an invincible soldier—yet I have a heart, and a woman could rule me." "You say you have a heart," Alaire studied her vis-a-vis curiously as he met her eyes with his mournful gaze. "How is it that I hear such strange stories about you, general?"

"Lies, all of them!" Longorio asserted.

"For instance, they tell me that you shoot your prisoners?"

"Of course!" Then, at her shocked exclamation, he explained: "It is a necessity of war. Listen, senora! We have twelve million Indians in Mexico, and a few selfish men who incite them to revolt. To permit the lower classes to rise would result in chaos, black anarchy, indescribable outrages against life and property. There is but one way to pacify such people—exterminate them! Mexico is a civilized nation; there is no greater in the world; but she must be ruled with an iron hand. We shall drive all the traitors into the sea, and Mexico shall have peace. But I am not a bloodthirsty man. No, I am a poet and a lover at heart. As great a patriot as I am, I could be faithful to my country for one smile from the woman I adore."

Alaire did not color under the ardent glance that went with this declaration. She deliberately changed the subject.

"This morning while we were in the

office of the jefe de armas," she said. "I saw a poor woman with a baby—she was scarcely more than a child herself—whose husband is in prison. Every day she comes to plead with the jefe de armas for her husband's life. But he will not see her, and the soldiers only laugh at her tears."

"A common story! These women and their babies are very annoying," observed the general.

"She says that her husband is to be shot."

"Very likely! Our prisons are full. Doubtless he is a bad man."

"Can't you do something?"

"Eh?" Longorio lifted his brows in the frankest inquiry.

"That poor girl with her little, bare, brown-eyed baby was pitiful." Alaire leaned forward with an earnest appeal in her face, and her host smiled.

"So? That is how it is, eh? What is her name?"

"Inez Garcia. The husband's name is Juan."

"Of course. These peladors are all Juans. You would like to appear as an angel of mercy, eh? Your heart is touched?"

"Deeply."

"Bastante! There is no more to be said." Longorio rose and went into the next room, where were certain members of his staff. After a time he returned with a paper in his hand, and this he laid before Alaire. It was an

"We Promise!" Eagerly Cried the Pair.

order for the release of Juan Garcia. "The salvo conducto which will permit Juan and his Inez and their Juanito to return to their farm is being made out," he explained. "Are you satisfied?"

Alaire looked up wonderingly. "I am deeply grateful. You overwhelm me. You are—a strange man."

"Dear lady, I live to serve you. Your wish is my law. How can I prove it further?"

The strained, throbbing silence that followed Longorio's last words did more to frighten the woman than had his most ardent advances. He would have lingered indefinitely over the table, but Alaire soon rose to go, explaining:

"I must finish my disagreeable task now, so that I can go home tomorrow."

"Tomorrow!" her host cried in dismay. "No, no! You must wait—"

"My husband is expecting me."

"This statement was a blow; it seemed to crush Longorio, who could only look his keen distress.

As they stepped out into the street, in the gutter stood Inez Garcia with her baby in her arms, and beside her the ragged figure of a young man, evidently her Juan. The fellow was emaciated, his face was gaunt and worn and frightened, his feet were bare even of sandals, the huge peaked straw hat which he clutched over his breast was tattered, and yet in his eye there was a light.

They had waited patiently, these Garcias, heedful of Longorio's orders, and now they burst into a torrent of thanks. They flung themselves to their knees and kissed the edge of Alaire's dress. General Longorio enjoyed this scene tremendously, and his beaming eyes expressed the hope that Alaire was fully satisfied with the moment.

"They look very poor," said Alaire, and opened her purse; but Longorio would not permit her to give. Extracting a large roll of paper money from his own pocket, he tossed it, without counting, to Juan, and then when the onlookers applauded, he loudly called to one of his officers, saying:

"Oiga! Give these good friends of mine two horses, and see that they are well cared for. Now, Juan," he addressed the dazed countryman, "I have one order for you: Every night of your life you and your pretty wife must say a prayer for the safety and happiness of this beautiful lady who has induced me to spare you. Do you promise?"

"We promise!" eagerly cried the pair.

"Good! See that you keep your word. On the day that you forget for the first time Luis Longorio will come to see you. And then what!" He scowled at them fiercely.

"We will not forget," the Garcias chorused.

The next installment covers further exciting and extremely distasteful advances on the part of General Longorio. Alaire begins to fear the Mexican.

(TO BE CONTINUED.)

BUNGALOW WIDELY USED HOUSE TYPE

Everyone Likes Coziness That Is Easily Expressed in This Structure.

DISTINCTIVE MODEL SHOWN

Exterior Attracts Attention With Arrangement of Gable Roof—The Interior Plan Also Unusually Convenient.

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. 187 Prairie Avenue, Chicago, Ill., and only enclose two-cent stamp for reply.

By WILLIAM A. RADFORD.

There can be no denying the fact that the bungalow occupies an important place among the several types of buildings now being used for residence purposes. The number of homes which have been built after this type is a sufficient indication of its usefulness. Here we give the word, bungalow, a liberal meaning, since in its literal sense it would hardly apply to a modern American home, no matter how simple. If we take the word to mean a one-story house, modern in its design and appointments and so constructed that it will appear "close to the ground," the foregoing statement stands correct.

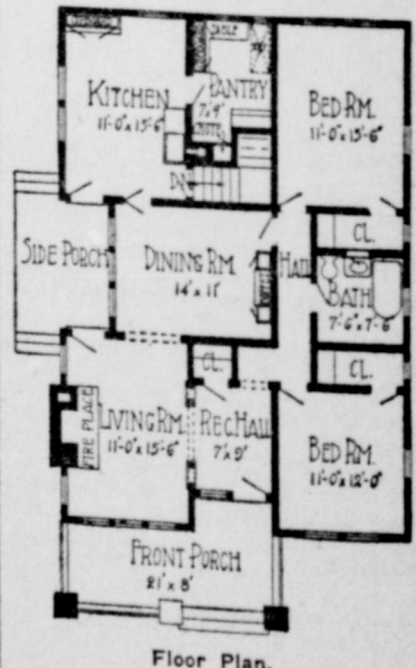
The bungalow, as we have broadly defined it, is perhaps the most widely used building type, with respect to the varying density of population, of all building types. The bungalow is found in the smallest of villages as well as in the outlying parts of the largest cities. Its appeal is universal because it is a type which may be made thoroughly expressive of a popular idea. Everyone likes the coziness which is best expressed in this style. Everyone likes the homelike atmosphere which is in the house itself even before the decorating is done. It is easy to make a home out of a bungalow.

The bungalow which is shown in the accompanying illustrations represents a novel treatment of exterior details and at the same time will serve to il-



lustrate several desirable features in interior arrangement. This little building is 31 feet by 44 feet in size, not including the porch projection. It contains five generous sized rooms, a reception hall, pantry and bath.

The exterior of the bungalow attracts attention because of the distinctive way in which the gable roof is arranged. There are two gables projecting toward the front of the house. The perspective view shows the method of finishing the gable ends, leaving the rough timbers exposed. This will be recognized as a decidedly artistic



Floor Plan.

method of handling one of the favorite features of the bungalow type. The porch is built under the main roof of the house, which has a wide overhang to cover it. The construction of the brick and concrete porch pillars is decidedly unusual. The attention which has been paid all of the various details such as these is plainly evident and the effect which has been brought about is altogether pleasing.

The walls are constructed of siding that is laid in alternate wide and narrow courses. Plain rough siding is used, which gives a rustic appearance to the bungalow. This siding can be stained dark, which adds still further to the rustic idea. The window casings are made in the same color and

the sashes are white, which provides a pleasant contrast.

The entrance is into a reception hall that opens through a reception hall to the living room and also into the bedrooms and the bath. This plan provides an arrangement that makes the rooms readily accessible from all parts of the other rooms. Convenience is the object of this arrangement together with privacy between the different parts of the house.

The bedrooms are placed at the front and back corners of the house. This enables these rooms to have windows facing in two directions and assures a plentiful supply of air in the sleeping rooms. Such an arrangement makes these rooms almost as desirable for sleeping purposes as a sleeping porch and it also provides an abundance of freshening sunshine during the daytime. Each bedroom is furnished with ample closet space, which is always a good feature to incorporate in the house. These closets are especially desirable because of the windows.

The bath is placed between the two bedrooms, an ideal arrangement made possible by the back hall. It is so arranged that the arrangement of this part of the house can be worked out in a more desirable manner than that which is shown here.

The living room is a bright, cheerful room, due to the arrangement of windows. There are three wide windows facing the porch and two more on the side—one on each side of the fireplace. The living room can be reached either through the reception hall or through a door opening from a side porch. It is connected to the dining room by a wide cased opening.

A double acting door leads from the dining room to the kitchen. This room is fitted with all of the latest improvements for making convenient the dominating characteristic. Attention should be called to the pantry. A work table is placed directly under the larger of the two windows in this room. The refrigerator may be placed on one side of this table and the cupboard is built in on the other side. In a little recess in the opposite wall, the opening to the clothes chute is placed. This feature will save space usually required for soiled linen and makes it possible to do so without tedious steps up and downstairs.

There is sometimes doubt as to just how the surroundings should be arranged around a house of this kind. Of course, one of the fundamental requirements is that the house appear true to the bungalow type, close to the ground. The lines of the roof have been specially designed so that this ap-



pearance will be inherent in the house. It would, therefore, defeat the purpose of the design to build such a house on land considerably higher than the surrounding ground. On the other extreme, no house, not even a bungalow, looks well when it is given a squat appearance by its surroundings. Aside from the appearance, there is also the danger of poor drainage when the ground upon which the house is built has no slope whatever.

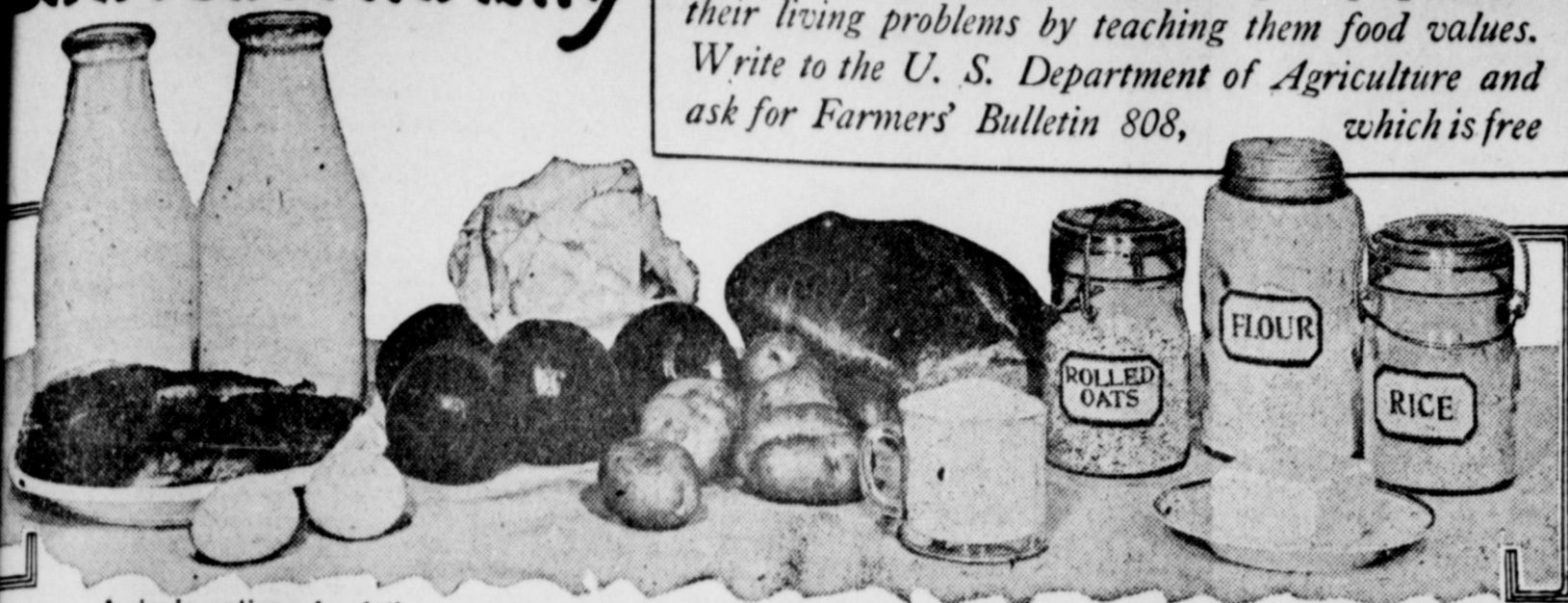
The house under consideration, then, when built upon the average 50-foot lot, should have grade at the house established not more than two feet above the street sidewalk level, if the lawn is to be sloped down from the house to the sidewalk. By the use of a terraced lawn it is possible to obtain the desired appearance when the house grade is considerably above this distance with respect to the street sidewalk. The bungalow does not look well too near the street. The nearer the back of the lot the better, unless the houses already built on the street make this location undesirable.

Boy Locked Cop Up.

In the outlying districts of New York there are little block houses connected by telephone to summon the policeman stationed there. When protection is needed the cop will go to those who call him as fast as his motorcycle will take him, and frequently the officer is commended for his speed, valor, common sense and kindness. Under the circumstances it is but natural that he came to regard himself as one of the best cops that ever wore the uniform. Pride, it will be recalled, cometh just previous to the fall. There is a husp lock on the door of the police blockhouse, and as the policeman stood within champing at the delay between calls, a boy of four walked along and locked the door on him. The windows of the block house are about a foot in diameter, and as the policeman called frantically after the little desperado he saw him disappear with all the speed his legs could muster. For two hours the mighty one waited in the deserted section for the call that would spoil his wonderful record of efficiency. It did not come, fortunately, until a little girl had wandered along, caught the policeman's keys and released him. He did not speak frankly until his young savior was well out of sight.

How to Select Foods and Live Economically

The federal government wants to help the people solve their living problems by teaching them food values. Write to the U. S. Department of Agriculture and ask for Farmers' Bulletin 808, which is free



A day's rations for father, mother, and three children aged between three and twelve years—one and a half pound bread, one-fourth pound rolled oats; one-half pound rice; one heaping cupful sugar; one pound flour for use in cooking; two quarts milk; one pound beef; two eggs; four apples; four potatoes; one-third pound butter; good-sized head of lettuce.

HOW can the housekeeper tell whether or not she is providing the food which her family needs and is getting the best possible returns for the money she spends? Unfortunately, the price she pays for food is no test of the nourishment it yields to the body. Neither can hunger and its satisfaction always be relied on.

The Day's Food.

A man who does fairly hard muscular work would be likely to get the food which his body needs if supplied daily with such a combination of foods as the following:

- 1 1/2 pounds of bread, having about the same food value as 1 pound of such cereal preparations as wheat or rye flour, oatmeal, cornmeal, rice, etc.
- 2 ounces, or 1/4 cup, of butter, oil, meat drippings, or other fat.
- 3 ounces, or 1/4 cup, of sugar; or 1-3 cup of honey or syrup or an equivalent amount of other sweet.
- 1 1/2 pounds of food from the following: Fresh fruits and green or root vegetables.
- 12 ounces of food from a class which may be called "meats and meat substitutes," that is, moderately fat meats, poultry, fish, eggs, cheese, dried legumes (beans, peas, lentils, cowpeas, and peanuts). Milk also belongs among these foods, but because of the large amount of water it contains half a glass, or 4 ounces of it would be required to equal an ounce of any one of the others.

A man who works hard out of doors all day probably would need more food than this, and one who sits all day at his desk would need less. The amounts given are suitable for a man who, like a salesman in a store, walks about more or less and does more or less of such work as lifting. A family consisting of a man and a woman who do moderately hard muscular work, and three children—say, between three and twelve years of age—would get the food they require if supplied daily with:

- 1 1/2 pounds of bread, having the same food value as 1 1/2 pounds of wheat or rye flour, oatmeal, cornmeal or hominy, or rice; or about 2 1/2 pounds of cereals and 8 or 6 medium-sized potatoes.
- 1/2 cup of fat (butter or butter with oil, beef drippings, or other fat)—a weekly allowance of 2 1/2 to 3 pounds.
- A little more than 1 cup of sugar, or a weekly allowance of 4 pounds; or an equivalent amount of some other sweet.
- 4 pounds in all of fresh fruits and fresh or root vegetables.
- One of the two following, the choice depending on the age of the children:
 - 3 quarts of milk and 1 pound of other foods taken from the meat and meat-substitute group.
 - 2 quarts of milk and 1 1/2 pounds of other foods taken from the meat and meat-substitute group.

In the combinations of food materials here described, bread and other preparations of cereals are used as freely as they can conveniently be without making the ration one sided or unattractive. Such cereal foods form a very wholesome and economical basis for the diet, whether the cereal is used as a breakfast dish, as flour or meal in bread and cakes, or in other ways. A diet equally nourishing and wholesome might be planned with less cereal, but this would make it necessary to increase the amount of the more costly foods, such as meat, fruits, vegetables, and sweets. When cereals are used as largely as in the diet just described it is most important that they be made as attractive as possible. This means good bread, well-cooked and carefully salted breakfast cereals, and inexpensive but well-made and seasoned cakes and puddings. Rice, macaroni, and hominy can often be made more appetizing and nutritious by combining with them small amounts of materials which are not so cheap and have more distinctive flavors. Among these are meat and cheese, and onion, tomato, and other seasoning vegetables. Examples of such combinations are rice and meat, meat pie, or meat with dumplings; macaroni and cheese; tomatoes cooked with bread crumbs or rice; and cereal and fruit puddings, or cereal and milk puddings.

Food materials such as those shown in the pictures may be combined into three meals in many ways. The following meals are given, not because they are recommended above many others that might be used, but simply to show that such foods can be combined into dishes such as are commonly used in American homes.

SAMPLE MEALS FOR A FAMILY.
(Man, woman, and three small children.)
BREAKFAST.
Fruit, 1 1/2 pounds of fresh fruit (equivalent to 3 medium-sized oranges, 5 small apples, or a quart box of strawberries), or 2 or 4 ounces of dried fruits (equivalent to 10 or 12 dates or 4 or 5 figs.)
Cereal breakfast food, 4 ounces before being cooked. (Equivalent to 1 1/2 pints after it is cooked. The equivalent in food value in puffed or flaked, ready-to-eat cereals would be 5 or 6 cups.)
Milk on cereals, 1/2 cup for each person.
Sugar on fruit, on cereal, or in coffee, 2 1/2 level tablespoons or 1/4 ounces.
Bread, 8 slices, or 8 ounces.
Butter, 1 1/4 ounces, or 2 1/2 cubic inches.
An egg or 2 ounces of meat, fish, or poultry for each older person, and a glass of milk for each young child.
DINNER.
Meat, or fish, 1/4 pound per grown person; or, for each child, an egg or a glass of milk.
Potatoes (5 medium sized), 1 1/2 pounds.

Another vegetable (turnips, spinach, corn, cauliflower, or other), 1 pound.
Bread, 8 slices, or 8 ounces.
Butter, 1 1/4 ounces, or 2 1/2 cubic inches.
Steamed apple (or other fruit) pudding. (Ingredients: Two cups flour, 2 tablespoons butter, 1/4 cup milk, 4 apples, 1 tablespoon sugar.)
Sauce. (Ingredients: One-half cup sugar, 1 1/2 tablespoons flour, 2 teaspoons butter, 1/4 cup water, flavoring.)

SUPPER.

A gravy made out of 1 pint of skim milk, 1/4 cup flour, 2 level teaspoons butter, and 4 ounces salt or smoked fish (just enough for flavor). To this can be added the egg yolk left from the frosting of the cake. (See below.)
Rice, 8 ounces, or 1 cup, measured before being cooked.
Bread, 8 slices, or 8 ounces.
Butter, 1 1/4 ounces, or 2 1/2 cubic inches.
One-half of a cake. (Ingredients for whole cake: One-fourth cup butter, 1/2 cup sugar, 1 egg, 1/2 cup milk, 1 1/2 cups flour, 2 1/2 teaspoons baking powder.)
Frosting made with 1 egg white and 1/4 cup sugar.

Flavorings and Condiments.—They are not absolutely needed by the body, but may be very useful in making an otherwise unattractive diet taste good.

Grouping Foods to Show Their Uses.

Perhaps as easy a way as any to select the right foods is to group the different kinds according to their uses in the body and then to make sure that all the groups are represented regularly in the meals. Fortunately no more than five groups need be considered: (1) Fruits and vegetables; (2) meats and other protein-rich foods; (3) cereals and other starchy foods; (4) sweets, and (5) fatty foods. The materials under each of these heads have their special uses. It will be helpful, therefore, for the housekeeper to form the habit of thinking of the many different kinds of food which she handles as grouped in some such way as the following:

Group 1.—Fruits and vegetables, such as apples, bananas, berries, citrus fruits, spinach and other greens, turnips, tomatoes, melons, cabbage, green beans, green peas, green corn, and many other vegetables and fruits. Without these the food would be lacking in mineral substances needed for building the body and keeping it in good working condition; in acids which give flavor, prevent constipation, and serve other useful purposes; and in minute quantities of other substances needed for health. By giving bulk to the diet they make it more satisfying to the appetite.

Group 2.—Meat and meat substitutes, or protein-rich foods: Moderately fat meats, milk, poultry, fish, cheese, eggs, dried legumes (beans, peas, lentils, cowpeas, peanuts), and some of the nuts. These are sources of an important body-building material, protein. In the case of children part of the protein, food should always be whole milk.

Group 3.—Foods rich in starch: Cereals (wheat, rice, rye, barley, oats, and corn) and potatoes (white and sweet). Cereals come near to being complete foods, and in most diets they supply more of the nourishment than any other kind of food. It is not safe, however, to live on cereals. The grains may be simply cleaned and partially husked before cooking, as in cracked wheat and Scotch oatmeal; they may be ground into flour and used as the basis of breads, cakes, pastry, etc.; or they may be partially cooked at the factory, as in many breakfast preparations; or they may be prepared in the form of such pastes as macaroni, noodles, etc. In all these forms they furnish the body with the same general materials, though in different proportions.

Group 4.—Sugar (granulated, pulverized, brown, and maple), honey, molasses, sirup and other sweets. Unless some of the fuel is in this form the diet is likely to be lacking in flavor.

Group 5.—Foods very rich in fat: Bacon, salt pork, butter, oil, suet, lard, cream, etc. These are important sources of body fuel. Without a little of them the food would not be rich enough to taste good.

Some food materials really belong to more than one group. Cereals, for example, supply protein as well as starch; potatoes supply starch as well as the mineral matters, acids, cellulose, and body-regulating substances, for which they are especially valuable; and most meat supplies fat as well as protein. For the sake of simplicity, however, each material is here grouped according to the nutrient for which it is usually considered most valuable.

The lists given below show some of the common food material arranged in these five groups. If the housekeeper will consult them in planning meals until she has learned where each kind of food belongs, she will have taken the first step toward providing a diet which will supply all the food needs of her family. It will be only one step, but it should prevent two mistakes—that of serving meals that have not sufficient variety, and that of cutting down in the wrong places when economy either of time or money is needed:

- GROUP 1.—Foods Depended on for Mineral Matters, Vegetable Acids, and Body-Regulating Substances.**
 - Fruits: Apples, pears, etc.
 - Bananas
 - Berries
 - Melons
 - Oranges, lemons, etc.
 - Etc.
 - Vegetables: Salads—lettuce, celery, etc.
 - Potherbs or "greens"
 - Potatoes and root vegetables
 - Green peas, beans, etc.
 - Tomatoes, squash, etc.
 - Etc.

- Group 2.—Foods Depended on for Protein.**
 - Milk, skim milk, cheese, etc.
 - Fish
 - Dried peas, beans, cow-peas, etc.
 - Eggs
 - Meat
 - Poultry
 - Nuts

- Group 3.—Foods Depended on for Starch.**
 - Cereal grains, meals, flours, etc.
 - Cereal breakfast foods.
 - Bread
 - Crackers
 - Macaroni and other pastes
 - Cakes, cookies, starchy puddings, etc.
 - Potatoes and other starchy vegetables

- Group 4.—Foods Depended on for Sugar.**
 - Sugar
 - Molasses
 - Sirups
 - Honey
 - Candies
 - Fruits preserved in sugar, jellies, and dried fruits
 - Sweet cakes and desserts.

- Group 5.—Foods Depended on for Fat.**
 - Butter and cream
 - Lard, suet, and other cooking fats
 - Salt pork and bacon
 - Table and salad oils

Thinking of foods according to the group to which they belong or according to the nutrient which they supply in largest amount will help the housekeeper to see whether in the meals she plans she has supplied all the different materials needed, especially whether there is the necessary, though small, amount of tissue-building mineral matters and body-regulating materials (group 1), and of tissue-building protein (group 2). When she has made sure that these are present, she may safely build up the bulk of the diet from whatever materials from the other groups that seem economical, wholesome, and appetizing. By means of this grouping she will be reminded that meals consisting only of cereal mush (group 3) served with butter (group 5) and sirup (group 4) would not be a complete ration, and would almost surely be lacking in body-building material, because there are no foods from either group 1, (fruits and vegetables) or group 2 (protein rich). It will become clear, also, that a school lunch of a kind far too frequently served, consisting of bread and cake, is lacking in the same way, and that a glass of milk (group 2) and an apple or an orange (group 1) would make it far more nearly complete. She will learn the wisdom of serving fruit (group 1) rather than a whipped-cream dessert (group 5) or a suet pudding (groups 3 and 5) after a course including a generous portion of fat meat (groups 2 and 5).

This method of planning prevents substituting one food for another which has an entirely different use. It prevents the housekeeper, for example, from trying to give a pleasant variety by using an extra amount of cakes or sweet desserts in the place of fruit and vegetables when the latter seem difficult to obtain. Sugar is nutritious and has a valuable place in the diet, but the nourishment it furnishes is fuel and not the body-building and body-regulating materials which are found in fruits and vegetables, and it is not safe to cut them out, even if the meals can be made attractive without them. Fortunately, they are not always so hard to obtain as it seems, and the wise housekeeper will make every effort to supply them. In general, economy within each group is safer than using an inexpensive food from one group in place of an expensive one from another group.

Thinking in terms of these groups will also help when laying in supplies. Dried peas and beans and dried fish, canned fish, and meat, and some kinds of cheese keep for a long time and can be used in place of fresh meat in an emergency. Fruits and vegetables put up when they are abundant will help to supply this important group in winter.

How to Tell Whether or Not Diet is Adequate.

It is very hard for a housekeeper to know exactly how much of each of the food substances or nutrients her family needs or exactly how much of each she is giving them. The exact amount which each person needs depends upon age, sex, size, and amount of work done with the muscles. An elderly person, or one of quiet habits, needs less food than a vigorous, young one; a large person more than a small one; a man more than a woman; grown persons more than children; and a farmer working in the hayfield, a mechanic, or a football player more than a man who sits at his desk all day.

The health and appearance of the family are a good test of the wholesomeness of their diet. If they are strong, well developed for their ages, free from ailments, and full of energy and ambition, one may safely say their food agrees with them. But if they are listless and ailing, or not as well developed either physically or mentally as they should be, and if a competent physician finds that there is no special disease to account for these bad symptoms, a mother may well ask herself if the food is right, and if not, how she can make it so.

General Suggestions.
Good food habits are an important part of personal hygiene and thrift. Children get such habits by having suitable amounts of suitable foods served to them and then being expected to eat what is set before them.
True economy lies not only in buying wisely, but also in making the fullest possible use of what is bought.

The KITCHEN CABINET

A handful of dust—it is death, it is birth. It is naught—it is all since the first day of earth. It is fame, it is fortune, and laughter and tears. And it looks all the mystery lost in the years, A handful of dust.

GOOD THINGS FOR THE HOME TABLE.

Where there are proper facilities for keeping foods from one day to another, much time and labor may be saved by making a little more than is necessary for the meal for which it is intended. Rice may be served in several ways so that a larger quantity may be cooked at one time.

Stuffed Egg Salad.—Cook four eggs until hard and after shelling cut lengthwise into halves; remove the yolks and beat to a paste; add a tablespoonful of chili sauce, two tablespoonfuls of minced chicken and a teaspoonful of melted butter. When blended fill into the egg whites and arrange on a bed of crisp heart leaves of lettuce, pouring over a thick hollid dressing; garnish with capers and slices of pickled beets.

Palatable Steak Ends.—Crop the tough end of a porterhouse steak rather coarsely; cook it in a little butter with a sprinkling of pepper and salt; add two tablespoonfuls of milk, dredge with browned flour, toss it in a fourth of a cupful of cream and serve with baked potatoes.

Peanut Butter.—Shell and blow off the brown skins from the nuts; rubbing them between two coarse towels will help the process. Dust them with salt and grind at once; pack into glass jars or tumblers, cover and keep in a cool place. Four tablespoonfuls of butter is added to each pound of nuts by some, who consider it an improvement.

Rice Spoon Bread.—Take a cupful of corn, two tablespoonfuls of butter, a cupful of boiled rice and two-thirds of a cupful of boiled water, a cupful of milk, two beaten eggs, one and a fourth teaspoonfuls of salt, and a teaspoonful of baking powder. Beat well and bake in hot custard cups well greased.

Hermits.—Soak a cupful of seedless raisins overnight, then drain. Beat half a cupful of butter to a cream and add gradually one cupful of brown sugar, one teaspoonful of milk, one tablespoonful of molasses, two eggs beaten light, the raisins and two cupfuls of flour, a teaspoonful of cinnamon, half a teaspoonful of mace, two and a half teaspoonfuls of baking powder, all well sifted. Drop from a spoon and bake in a moderate oven. More flour should be added if the cakes spread in baking.

The man who drops into a ruck
And makes a sorry mess of life,
If he's unmarried blames his luck,
And if he's married blames his wife.

SUGGESTIONS FOR HOUSEWIFE.

Every spot of ground available should be put into things for the table this year, as we are constantly told to conserve every resource in these times of stress and high prices. The weekly news letter published by the United States department of agriculture has an article by D. F. Houston the secretary of agriculture in which he says: "Both for economic and patriotic reasons the American farmer should strive this year for the highest standard of efficiency in the production and conservation of food. But production accomplished by wasteful methods does not make for efficiency, and careful thought therefore should be given to the steps that need to be taken.

Every vegetable not used for the table should be canned for winter use, so that nothing be wasted. Even on city lots a small hotbed may raise a large quantity of table vegetables, and a bed four feet square will raise herbs enough to supply the market with sage, mint, and various savory herbs, for some time. Vacant lots all over our cities are lying unused which should be put to work raising food for future needs. Different soils grow different crops successfully. The soy bean is a crop which is easily grown on poor soil and the bean is a most nutritious one, which at much less cost takes the place of the navy bean. It seems to need a little longer soaking and parboiling to soften the coat, but otherwise it is cooked and served as the navy bean. Our food experts tell us that the nourishment is equally as good as that of the navy bean.

Skim milk has lost very little of its protein and may be used in the place of whole milk in numberless dishes at a great saving in cost. For the use in bread biscuits cakes, milk toast, cream soups, vegetable chowders and various other dishes which will occur to the thinking housewife, skim milk may take the place of whole milk.

When one is making a fruit or spice cake stewed prune juice may be used for the wetting and some of the fruit with a few nuts, making a most daintily flavored cake.

Nellie Maxwell

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A Suggestion.

"The English used to name their gunboats after birds. Now they ought to use those names for their airships." "Of course. It is much more fitting for the latter to have names so suggestive of flights."

Explosion Averted.

"I hear you have been a very sick man," said the manager of the garage. "Yessur," replied Mr. Erastus Pinkley. "Dey mos' despaired of my recovery. But I never had no doubt about it myself. I jes' had to get well."

Patents for Poets.

"You are a spring poet, I believe!" began the intruder. "I am," sadly responded the gentleman of the third-floor back; "although I must confess—"

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