

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

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

New York.—Mrs. Harriet Chalmers Adams returned recently from a hasty survey of the odd corners of the world. She saw white rajahs, head hunters, tigers, pythons, and all the picturesque items of life on the other side of the globe.

"He was an officer of the Philippine constabulary," said Mrs. Adams, "in charge of a district in Jolo occupied by an un subdued and practical tribe of Moros. We approached Bagak by boat."

Anything may happen, and usually does. In Moroland, the inhabitants are very handy with all sorts of weapons, and have no weak antipathy to blood.

After all, he was just a typical officer of constabulary, Mrs. Adams adds. These youngsters—they range in age from twenty-two to thirty-two—are doing that sort of thing all the time, so that peace has very largely fallen upon the Philippines.

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

With her husband, F. P. Adams, of the Pan-American organization in Washington, Mrs. Adams has crossed South America on muleback, lived for months where no white woman has ever been seen before, and had adventures that would make a lifetime talk for the average sportsman.

"Those wonderful English women in Borneo," said Mrs. Adams in admiration. "They are the finest frontier women in the world. Where their teapots is home. They were preparing to go hundreds of miles by boat to the

rares at Jesselton—the great event of the year. Not one complained of conditions. They did exchange felicitations upon the past season.

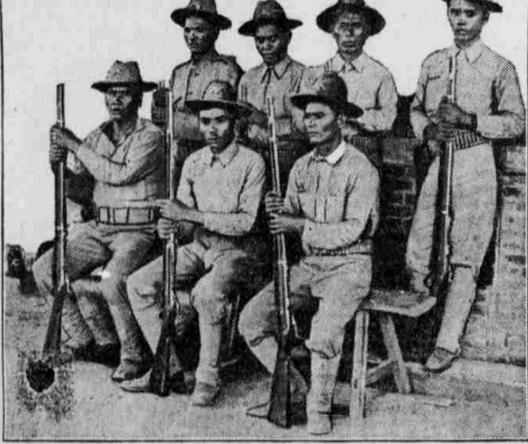
"Hardly any pythons," they said to each other, "have come out of the jungle this year."

In Ecuador she learned that head hunting is at an end, except when representatives of museums encourage the savage—or non-savage eating—natives to acquire a stranger's head and then reduce it to the size of an apple by a secret process of their own.

At Macao she visited the Monte Carlo of the East—a magnificent town of gamblers, where no play is too high. Through an open archway one may enter old China. On the Haiti-Dominican border she had the one experience that occurred to her as an advantage.

"Just a tarantula," said he. "Probably the mate of the one I killed this morning."

Sometimes people die from the bite of a tarantula. No one ever forms the



Filipino Constabulary.

tarantula habit. In Harbin, Manchuria, it was extremely cold at the time of her visit. She remarked upon the heavy and valuable fur coats the public coachmen wear.

"Almost every night," a police officer told her, "some coachman is shot for his skins."

Grasshoppers Invade Movies. Cincinnati, O.—Several hundred men, women and children stampeded from a moving picture alldrome when a swarm of grasshoppers took possession.

WIDOWED BY FATHER'S CRIME



Mrs. Eugene M. Newman (right), the eighteen-year-old daughter of William W. Cleary, town clerk of Haverstraw, N. Y., who was widowed by her father when he killed her husband of six days. Eugene Newman (left) called on his father-in-law to tell him of the secret wedding and ask forgiveness, when he was shot and killed.

GOLD MINE UNDER HIS FEET

Alaska Miner Finds He Had Lived Over Golden Riches for Nine Years. Fairbanks, Alaska.—George Sharp, a miner of Pedro creek, lived over a fortune over nine years before he knew that the fortune existed.

and prospected for gold on the claim at different times ever since. He spent most of his time searching for the yellow stuff on his other holdings, apparently neglectful of the possibilities right under the floor of his cabin.

CURRENT ON BALKY HORSE

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

Philadelphia.—For using a small electric battery to accelerate a balky horse, Walter Lenhart of 2301 South Sixty-seventh street, Philadelphia, and Walter Lenhart, seventeen years old, of Merchantville, were arraigned in the Camden police court on a charge of cruelty to animals.

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

FOUR BABIES WEIGH 1/4 TON

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

New York.—Four babies—total weight, 506 pounds; combined ages, eleven years—wandered starving into the Adams street police station, Brooklyn, recently. They were chaperoned by their parents, tall, thin, sad-looking persons. The mother carried an enormous bundle in her arms, which later proved to be a mite of a child, six months old and weighing only 63 pounds.

The other three youngsters followed—a five-year-old child, tripping the beam at 187 pounds; a three and one-

half-year-old toddler of 173 pounds, and a mere babe of two years, weighing 82 pounds. Sergeant McCormick nearly fell off his chair.

"This is my wife, Mary," he said, adding with a sweep of his arm, "and this is the fat family."

The woman wearily shifted the bundle in her arms and sought to have the sergeant test its weight, but he dodged skillfully. She uncovered the baby, saying its name was Doris and that, although she only weighed 63 pounds now, she had every reason to believe their daughter would grow up to be a healthy woman.

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

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

"KING WOULD BE LOAFER"

Kier Hardie, the Labor Leader, Declares George V Desitute of Ordinary Ability.

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

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

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

Return Captured Flag

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

Pearls in Flounders

Stonington, Conn.—Many small pearls have been found in flounders caught in the bay here. Jewelers pronounced them valuable.

MORE COMFORT IN SMALL HOUSE

Architects Have Learned How to Make the Best Use of Allotted Space.

PLACING DOORS AND WINDOWS

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

By WILLIAM A. RADFORD.

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 1827 Prairie avenue, Chicago, Ill., and only enclose two-cent stamp for reply.

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

Formerly little attention was paid to the spacing of doors and windows in order to admit of placing the furniture conveniently or artistically. Only of late has the possibility of a small house for comfort and convenience been recognized. It requires a space at least 4-1/2 by 6 feet to accommodate a good-sized, comfortable bed; and this space should not be interfered with by placing windows or doors in the way. The advancing price of coal is another strong argument

for a small house. It is easy to be comfortable in the winter in a few well-arranged rooms, with a small furnace under them that will easily consume six or seven tons of coal; and it is quite possible to be very uncomfortable in the winter in a large house with a big furnace that will eat up fifteen or twenty tons. I have had experience in both directions, and I very much prefer the smaller house with its reduced expense and lighter care. The curse of this country has been the desire for show. As soon as a man gets a little money ahead, he wants to demonstrate the fact in some conspicuous manner. The first thing he thinks of is a large, showy house which usually gives him an endless amount of trouble, often worries his wife into an early grave, and leaves a trail of dissatisfaction and disappointment.

The house whose layout and appearance are here illustrated contains



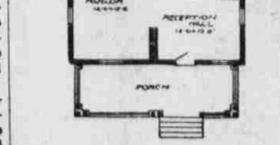
Second Floor Plan.

fulness, and a cheerful disposition in a godsend in any house. In this dining room, connection is made with the pantry—an arrangement that some housekeepers prefer to having a sideboard in the dining room. It provides more room, with an opportunity to get behind the dishes to arrange them on the shelves. This arrangement is for utility, while too many sideboards are designed more for looks than convenience. This arrangement, moreover, looks all right; and it has the additional advantage of not occupying any space in the room. Twelve by seven feet is a good size and a good shape for a dining table without wasting much room at the sides. A square dining room is not so easily arranged to advantage.

Young Kipling as a Mimic.

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

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

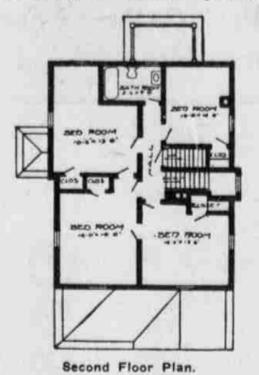


First Floor Plan.

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

There is another advantage in building a house of this shape, and that is the ease with which it may be ventilated. By leaving the door open in the upper story to the attic, there is sure to be a current of air passing up, which will keep the atmosphere in the house in good condition. Pure air in a house induces personal comfort of the time and permanent health afterwards. The atmosphere in many dwelling houses is so loaded with im-

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



Second Floor Plan.

may creep in; but where windows are plentiful, there is an inducement to open one, even in cold weather, and this is a greater blessing than some persons realize. In building a house, the subject of ventilation should be very carefully considered. Another point that is often overlooked is in selecting a plan which admits of placing the living rooms and bedrooms that are used the most, on the south side of the house. The hall, stairway, and some other rooms that are not used so much may just as well face the north. Sunlight is a great purifier. The direct rays of the sun will kill disease germs, and they are the best disinfectant known. Besides this, bright sunshine induces cheer-

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

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WHEAT FLOUR.

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

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

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

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

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

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

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

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

The future field of medicine lies along the lines not of determining how many organs may be removed from mankind without immediate destruction of life, not in discovering the par-

RESEMBLES A CODE SYSTEM

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

It might well seem impossible to send a telegram in a written language that has no alphabet, but is made up of a vast number of characters, no two of which are alike. Not only is the Chinese language composed of several thousand different characters, but there are so many dialects spoken in China that there are more than a hundred ways of pronouncing each character, although the written language is uniform throughout the country. How is it possible to send a telegram in such a land and such a language? The difficulties have been very ingeniously overcome, and it is now easier and less expensive to send a telegram in Chinese than in French.

In every telegraph office in China there is a dictionary, or special code, in which the written characters are listed and numbered. There are places for 9,999 characters, but a number of spaces are at present blank; they can be filled with characters when that becomes necessary.

The sender of the telegram writes his message in the ordinary manner. The operator knows the numbers of most of the characters. If there are any of which he is ignorant, he finds them in the catalogue. Each number is composed of four Morse numerals; for example, 5913,0012,0414 signifies Yuan Shi-Kai, the name of the president of the Chinese republic. It follows, then, that the ten Morse numerals will serve to telegraph 9,999 different Chinese characters!—Youth's Companion.

Why the Boiler Rumbles.

That noisy rumbling and clattering in the kitchen boiler after the gas water heater has been lighted for some time has scared many a woman. The editor of Monthly Gas Chat says it need alarm no one, as it is caused by the expansion of the water as it is heated from the top of the boiler. The colder water below, rushing up to displace the expanded water above, will often cause a concussion.