OF PHANTOM SOUNDS

Many Mysteries of Nature to Clear Up.

TOLLING OF CHURCH BELLS

And the Like Heard, but From No Found Out Cause.

One of the minor mysteries of Nature, which modern science has yet to clear up is the origin and cause of the strange and unexplained sounds heard at different times, and stated places, in almost all parts of the world. There is scarcely a country in either hemisphere where, in some special locality or another, phantom sounds are not known to be heard from time to time, and to account for which local lerion or fanciful theory alone is forthcoming.

Of such a nature, for example, are the "demon knockers" of which the miners speak; curious tapping noises heard in mines, and coming, apparently, from the bowels of the earth. In certain countries gnomes and goblins, working in subterranean treasure vaults, are credited with the knockings. In Cornwall it is the spirits of the old Jew captives who worked the tin mines in the days of Phoenicians. In not a few instances, again, the phantom sounds more nearly resemble the discharge of heavy guns at a great distance. The most famous known example of this special phenomenon is heard in India, in the neighborhood of Barisal, in the Delta of the Ganges, where the sounds have become so familiar as to acquire the name of the "Barisal guns."

The reports, which are described as a dull, muffled booming, are heard at irregular intervals, sometimes singly, some times in quick succession. Various theories have been advanced in explanation, one of which attributes the sound of the bursting of bamboo or other hollow canes in jungle fires; but careful observation has failed to substantiate this suggestion, or to discover any inadequate cause in the whole neighborhood, which is far removed from any but the humblest habitations. Nor is Barisal the only place in India where like disturbances are remarked. Quite a number of districts there are famous for reason of this very phenomenon, notably the country lying between the Brahmaputra and the Garo Hills, in Assam, where, more particularly in fair seasons, far-off boomings are heard.

In the same region, on the river's bank a heavy cannonade has been remarked, apparently coming from the river itself; and the native boatmen, who are perfectly familiar with the sounds, attribute them to the gods, celebrating the marriage of the Ganges with the Brahmaputra. Half the Globe away, in the United States, is a mountainous district in north Georgia, is a rocky peak, where for half a century, at least, at all times and in all kinds of weather, have been heard sounds, always mysterious and alarming, detection, but invariably described as resembling the discharge of distant cannon. Trustworthy witnesses who have visited the mountain by day and night expressly for the purpose of making careful investigation have come to the conclusion that the sounds appear to issue from the ground itself. There are several other places in the United States where similar noises are heard At Franklin, N. Y., reports as of solid rock being blasted have frequently seemed to come from the center of a certain hill. Nearer home, lookout men at Guthrie have heard, usually towards evening, dull and distant noises, apparently subterranean; while on the Dartmoor, in England, and in not a few parts of Scotland, circumstantial evidence of a precisely similar character is forthcoming, and has, before now, been collected and commented on in some of the leading scientific journals.

Even more frequently, however, the phantom sounds haunting certain localities have been described as resembling the pealing or tolling of distant bells. One of the most remarkable instances of this occurs in the peninsula of Sinai, where is a mountain which has always been known as "Jebel Nagus"—the mountain of the bell. Here, from time immemorial, have been heard sounds as of a subterranean bell tolling within the heart of the hill. This is borne out by the local legend, according to which a monastery which once stood near the summit was, by supernatural agency, withdrawn within the rock, and the sounds heard are those of the hidden bell calling the monks to prayer. Burckhardt, in his "Travels," published 1822, attributes this sound to masses of fine sand which occasionally rush down the mountain-side, and in so doing give rise to a strange bell-like note.

Professor Palmer, who closely examined the whole neighborhood, was able to make careful observation of the sliding of the sand, which, it is said, is readily set in motion, when it rolls down with a sluggish, viscious movement, and the sound begins as a moan, swelling to a roar, and then gradually dying away. We need not go so far afield, however, to find many other instances of phantom bells, and where the theory of the falling sand is not admissible. At least half-a-dozen examples may be mentioned within our own isles. The fishermen at Dunwich the Seaport town on the Suffolk coast, where the encroaching sea has overwhelmed a once large and populous town, are known to declare that the bells of the lost churches can still be heard pealing under the waves. At Bosham in Sussex, old bells of the parish church, sacrilegiously cast in olden times, but lost in the bay, yet toll occasionally, so they say, beneath the sea.

So, again, at Boscastle, in Cornwall, Bells for churches in Guernsey, tradition relates, which were being conveyed to France for mercenary purposes, sank in deep water in St. Ouens Bay, and these, too, are said to ring before a storm. A like tale, again, is told of the lost bell of St. David's Pembrokeshire. Other reported instances of the same legend or phenomenon may be met with almost without limit, and has been suggested that the cause may be found in the noises emitted by certain fish which produce sounds under water often curious and hard to locate.

It cannot be admitted that this explanation is a very satisfying one and moreover, it is powerless to account for the instances, noted one Sunbury, where the bell has been heard under the ground. At St. Levan's churchyard, Cornwall, a bell is said to ring the half hour bells of a child's buried in the grave of an old sailor who died at sea. In the neighborhood of Tunstall, in Norfolk, where the oldest now living were children, it used to be firmly believed that bells could be heard, in evidence of a local legend, ringing under a certain spot in the neighborhood known as Bell Hole. Nearly Kirby Lonsdale also, and again at Raleigh, in Nottinghamshire, the tale appears again. These underground bells are by no means so easy to account for as in the bell-like note that occasionally echoes through the primeval forests of Guiana, which can be referred to the call of a particular bird, known as the bell bird.

This, according to Watterson, is possessed of a bore shaped organ, with which it emits a low mooing tolling like the sound of a dozen bells, audible at a distance of three miles. Its nests, necklaces, may be attributed a long shrill whistle heard in the same locality on moonlight nights, when, however, no bird or insect capable of producing such a noise can be found in the forest. Tropical forests, especially at night, are notoriously the source of weird phantom notes, due, no doubt, in large part, to the living denizens of the jungle. Yet occasionally attributable to the strange moanings and groanings of heights and twigs in a fair breeze.

The flight of birds at a great height again may be held to answer for some acoustic mysteries, or even, through very occasionally, the fall or bursting of meteorites. Major Abbott, in the narrative of a journey to Khiva, describes a melancholy music that is to be heard at night in that part of Asia. To the initiated it would be wholly unintelligible, but it is really due to a particular form of paper kite which the natives are in the habit of leaving floating in the air. The crossstick of the kite is bent and strung like a bow, and the tightened string vibrates in the breeze with the wild notes of an Aeolian harp. For the rest it is clear that certain kinds of subterranean bells, same or other sounds may be satisfactorily traced to earth tremors at a great depth, due, maybap, to the fracture of some rock stratum far down under stress of the superincumbent.

Crumjacker and the South.

The people of the south to once discerned the crafty purpose that lurked behind the Crumpacker resolution. They are rightly convinced that the radicals responsible for the contemplated "investigation," are dyed-in-the-wool Southhaters, and that their object is to reduce the southern representation in Congress and to establish the machinery with which to control or distort the result of southern elections. They find the confirmations for this belief even in the news columns of Radical Republican organs. They are doubly confirmed by the utterances of conservative Republicans protesting against his Crumpacker resolution as certain to revive the spirit of sectional hatred.

As for the Democratic members of Congress, their duty in the premises is plain. They must fight the Crumpacker resolution with the same grim determination of the earlier habits against the earlier force bills. They must, as in those instances, solicit the conscientious cooperation of decent Republicans who believe in fair, manly fair fighting. They will be striving, not for the welfare and safety of the south alone, but for the welfare and safety of the entire Union. If Congress is permitted to violate the Constitutional rights of southern states, as is proposed in the Crumpacker resolution, a precedent is established for the wrongdoing of any state in the Union or states. The Crumpacker resolution must be defeated in the interest of all the people.—[St. Louis Republic (Dem.).

Stories of Prominent Men.

This story of Gene Ware is told by a Kansas City correspondent of the Chicago Tribune.

Eugene Ware, the poet and lawyer who is to succeed H. Clay Evans as commissioner of pensions, once played a game of poker for a seat in congress, it is said. The game was played in the Copeland hotel in the early '80s, during a session of the Kansas legislature.

A bill to redistrict the state into congressional districts was to be framed and passed. In the senate were a number of members who aspired to congressional honors. Included in the list of would-be congressmen was every one of the senators forming the committee whose duty it was to frame the bill, each member striving to secure a measure that would forward his ambition to congressional honors. The session was drawing to a close, and there seemed no chance of an agreement.

Finally it was agreed to play a game of "freeze out," the winner to report a bill satisfactory to all. Present were E. H. Funston, father of General Funston, W. J. (Billy) Buchan, W. H. Hackney, "Gene" Ware, and one or two members of the committee sat down to a table in an upstairs room of the Copeland hotel.

The stakes was worth playing for, and it was hours before the game seemed near an end. One by one the players dropped out, until Buchan and Ware were the only ones in the game. Finally Ware won all the chips. He reported a bill forming the second congressional district practically as it exists today. But following the death of Dudley C. Haskell, the congressman from the Second district, Funston entered the race for the nomination and was elected.

The game was a positive argument to let the winner go to congress. Funston would not stand for the bill and had it amended so the Second district included his own county. In this way he was elected.

The Earl of Kimberly, Liberal leader in the British House of Lords, and former Foreign Secretary, who has been ill for some time, suffered a serious relapse last week.

Charlemagne Tower, United States Ambassador to Russia, will start from St. Petersburg for Lausanne, Switzerland, tomorrow, and later will leave for the United States, expectant a fresh Washington early in May.

The Rev. John D. Twing, a well known member of the Episcopalian ministry of the Diocese of Vermont, has resigned his parish in the east, and after several months study has become a convert to the Catholic faith.

Vice-Admiral Sir Harry Holdsworth Rawson, formerly in command of the English Channel Squadron, and Lady Rawson and Sir Richard Meadows and Lady Meadows will be among the passengers on the white Star Line Steamer Teutonic, which sailed from Liverpool for New York on Wednesday.

Rear-Admiral Robley D. Evans has arrived at San Francisco from Washington and will leave on Tuesday for the Oolooli, to be the senior operating commander-in-chief of the Alaska Station, when Admiral Rodgers retires six months hence.

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Eagle Table and Kitchen

Suggestions What to Eat And How to Prepare Food.

These articles on the necessarily absorbing topic of food are carefully prepared and based on knowledge of chemistry as applied to cooking and practical information derived from actual experience.

First Volume—Conducted by Lida Ames Willis, Marquette Building, Chicago, to whom all inquiries should be addressed.

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The Leaves We Eat.

When studying the common chemistry of our daily food we must not overlook that very important part played by the product of the vegetable kingdom, which we are apt to consider "nothing but leaves," which serve only a subsidiary purpose in connection with our diet.

We recognize that the natural herbage is ornamental to our landscape and necessary to animal life, but do we understand how these plants feed us, or that they are as essential in our dietary as any other forms of food? The main object of every plant, as well as every other subservient thing, is to serve man in some way. To understand just what relation each class of vegetable foods have to the needs of man and of what chemical substances these different forms are composed; why we choose to mix these forms of vegetable foods we consume, leads to a host of chemical inquiries.

THE SALAD PLANTS.

These comprise a group which may be arranged under the head of acetarious plants. Some have long been known as common vegetables and cooked and served as such, while others have been regarded simply as weeds, by most of the native Americans.

The salad plants contain no appreciable amount of nutrient, and are not esteemed for this reason by those who recognize their value and deem their crispness and cooling properties an indispensable part of the ideal dinner. The nature of their component parts, along with the oil, acids and condiments used to dress them make them most useful aids to the digestion.

The custom of serving the green, fresh leaves of plants with oil and vinegar is a very old one. The "bitter herbs" of the Paschal feast of the early Jews was a combination salad of lettuce, dandelion, parsy, mint, commnile, etc. A great many green herbs, or so-called weeds, which were once used for salads have gone out of use and been fogotten. Some of these might again be introduced with advantage.

The chief value and advantage of salad plants is derived from their saline matters. In these they are comparatively rich, especially in potash salts. Cooking generally extracts these from vegetables and consequently such vegetables as can be eaten in an uncooked state, present these unchanged and in most agreeable form in the crisp, cool and succulent leaves, which also serve to introduce a large amount of water into the system.

The law of the early Romans, which compelled the people to make free use of green vegetables and combine them with their meats, taught them to use the salad plants extensively.

THE SOOTHING LEAVES OF THE LETTUCE.

Chief of the salad leaves is the lettuce. There are two varieties, the head or cabbage shaped and the curly, broad-leaved variety known as cos lettuce.

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Of all the salad plants, this leaf is the most prized for its delicacy, beauty and dainty freshness of color.

The mineral salts contained in lettuce, its refreshing, cooling properties and its easy digestion make it a most wholesome addition to the more solid foods. The ancients used this plant at the end of the meal, believing that its cooling properties would counteract the heating effects of the wine, which they imbibed in so freely. To this day we follow the custom of serving the crisp salad of lettuce without perhaps a thought as to his original purpose.

THE PUNGENT CRESSES.

Of these we have two varieties. The watercresses grows freely in wet places, especially in shallow streams, near springs and always under water, is one of our most common as well as popular salad greens. It belongs to the mustard family and owes its biting, pungent oil to an essential oil, like the mustard.

The dietetic value of course is not dependent on the proportion or amount of organic nutrients present, but mainly upon the aromatic oil, sulphur and other mineral matters present. The cultivated cress usually found in our markets is larger and more tender than the wild, while it contains all the aromatic pungency of the latter.

The garden variety known as pepper grass, possesses an even greater pungency of flavor. Cress is used more for garnishing than in salads.

INDIAN CRESS.

This excellent salad plant which is erroneously known as nasturtium and cultivated in this country for decorative purposes on account of its brilliant flowers, imparts a pungent and appetizing flavor to salads, bread, stews, soups and meat may all be given, the latter generally being salted and pickled first.

ENDIVE.

This belongs to the dandelion family, as does the lettuce proper; endive is known to mature as the winter lettuce. Its leaves are blanched before it is sent to market, thus rendering them tender, white and crisp. They have a decidedly bitter flavor like the endive and dandelion, to which they are closely allied. It is excellent for use in salads in the winter and spring.

CORN SALAD.

This, like chicory and endive, is an excellent substitute for the lettuce salad in winter and early spring. This plant is also known as fetticle or lamb's lettuce.

According to an old English custom it is proper to serve a dish of corn salad with a cushet of bacon or smoked herring at Easter.

SPINACH OR SPANISH PLANT.

This plant derived its name from the Spanish monks, who first served it during fast days. It belongs to the beet family and is generally served as a vegetable, although it makes a very delicate and appetizing salad. In the spring, when mint is fresh and green, a few leaves added to the spinach will improve the flavor whether it is served as a vegetable or a salad.

The day of salad plants is so varied can cannot fail to find some available green, leafed vegetable at any time of year. When all others fail we have the common cabbage, which, when delicately sliced, tender and crisp and dressed with oil and salad of mayonnaise, is fair to look upon and good to eat, and makes an especially nice salad to serve with fish.

CRESS SALAD.

Put a generous of some cress, half a teaspoonful of sea salt and a few grains of pepper in a bowl, add to taste, then add two tablespoonfuls of olive oil, of vinegar and juice to taste. Toss to mix well, washed and dried water cress, slice fine with some young dandelion leaves and enough garden cress, pepper grass, to fill the bowl. Toss all together and turn out into a large dish. Decorate with nasturtium leaves and flowers arranged as a border and slices of hardboiled eggs. Serve as soon as mixed before the freshness disappears.

SORREL SALAD.

Sorrel makes a tasty salad when mixed with other salad plants, but leaves are too sour to eat alone, ash the sorrel thoroughly and drain. Break the leaves in half if very large. Place the leaves in a bowl with equal quantity of other salad greens which the in season and cover with a salad dressing made without vinegar or other acid, the acid in the sorrel being sufficient.

Sorrel may be mixed with tender leaves of dandelion and dressed simply with bacon cut in little strips, fried and added with the bacon fat.

WHITE CABBAGE SALAD.

Take a small head of tender white cabbage, remove stalks and ribs and cut the leaves in narrow strips; cut thin slices of bacon into small squares and fry them until they begin to color; move the pan to the side of the range, pour in a suppful of vinegar and one of water, celery salt and sugar. Place over the fire and stir until it comes to boiling point. Heap the cabbage lightly in a salad bowl or dish, pour the dressing over it and toss lightly before serving.

SPANISH SALAD.

Take the blanched leaves of endive and arrange in a mound in the middle of a dish. Peel some solid, round tomatoes and cut into quarters and arrange around the edge of the endive. Boil some eggs very hard; then remove the shells, cut the eggs in half lngthwise, remove the yolks in a mortar or a bowl; add a few shrimps or lobster meat and pound or rub to a paste, season with salt, cayenne and little mustard; fill the whites with the mixture and arrange them around the tomatoes. Chop some shallot and sweet green pepper and strew over the endive and dress with a French dressing. Serve as soon as mixed.

Menus for Every Day in the Week.

SUNDAY.

BREAKFAST.
Cereal, Fruit, Cream.
Shad Roe, Dressed Cucumbers.
Corn Bread, Coffee.

DINNER.
Clear Soup.
Roast Sirloin, Yorkshire Pudding,
Bermuda Potatoes, Buttered Beets,
String Beans, Mayonnaise,
Strawberry Short Cake (sweet), Coffee

SUPPER.
Creamed Lobster, in Chafing Dish,
Tomato and Celery Salad,
Spiced Fruit, Cake,
Cocoa.

MONDAY.

BREAKFAST.
Sliced Bananas, amerCr
Sliced Bananas, Cream,
Boiled Salt Mackerel, Parsley Butter,
Entire Wheat Gems, Coffe.

LUNCH.
Thin Slices Roast Beef, Potato Salad.
Peach Kuchen, Tea.

DINNER.
Tomato Bisque.
Breaded Veal Cutlets, Brown Sauce,
Baked Potatoes, Egg Slaw,
Sweet Omlet, Coffee.

TUESDAY.

BREAKFAST.
Cereal, Fruit, Cream.
Fried Smelts, Creamed Potatoes.
Corn Meal Gems. Coffee.

LUNCH.
Macaroni au Gratin, Grilled Tomatoes,
Shrimp Salad,
Cereal Coffee.

DINNER.
Mock Turtle Soup.
Beef Coquettes, Tomato Sauce.
Mashed Potatoes, Scalloped Onion.
Lettuce Salad.
Junket with Stewed Prunes.
Coffee.

WEDNESDAY.

BREAKFAST.
Cereal, Fruit, Cream.
Stewed Kidney, Hashed Potatoes.
Sally Lunns, Coffee.

LUNCH.
Clam Chowder.
Rice Croquettes, Fruit Sauce.
Hot Rolls, Cereal Coffee.

DINNER.
Cream of Corn Soup.
Planked Shad, Mashed Potatoes,
Spinach, Cabbage Salad
Caramel Custards, Coffee.

THURSDAY.

BREAKFAST.
Cereal, Cream.
Frizzled Dried Beef, Stuffed Potatoes.
Waffles, Maple Syrup.
Coffee.

LUNCH.
Egg Croquettes, Cream Sauce.
Escalloped Potatoes,
Fruit Salad,
Tea.

DINNER.
Vegetable Soup.
Boiled Corn Beef, Boiled Potatoes,
Creamed Cabbage, Mashed Turnips,
Beet Salad.
Orange Custard, Meringue, Coffee.

FRIDAY.

BREAKFAST.
Cereal, Fruit, Cream.
Finnan Haddie, in Cream,
German Fried Potatoes.
Milk Buscuit, Coffee.

LUNCH.
Fried Oysters, Combination Salad,
Canned Fruit, Hot, Soft Gingerbread
Cocoa.

DINNER.
Bean Soup.
Baked Fish, Cucumber Sauce,
New Potatoes, Spiced Beets,
Dandelion Salad.
Banana Fritters, Coffee.

SATURDAY.

BREAKFAST.
Fruit,
Broiled Chops, French Fried Potatoes,
Hot Rolls, Coffee.

LUNCH.
Deviled Crabs, Egg Slaw.
Raisin Brown Bread, Cocoa.

DINNER.
Cream of Asparagus Soup.
Fricassee of Lamb, Mashed Potatoes,
Green Peas, Cucumber Salad,
Banana Whip, Coffee.

INQUIRIES ANSWERED.

R. M. Z. writes: Will you kindly give the address of the publishers of the Restaurant Cook Book, and can you, at some nearday, republish that recipe for German honey cake, which was published per Christmas of this last year.

GERMAN HONEY CAKES.

These are probably the cakes you have reference to: Put a pound of honey, two and a third cups of brown sugar and quarter of a cup of water on to boil in a saucepan. When it boils add three quarters of a pound of almonds, blanched and half an ounce of cinnamon, a pinch each of cloves, nutmeg and mace, the grated rind of a lemon, quarter of a pound of citron, candied orange peel or preserved watermelon rind and an ounce of candied ginger root chopped fine. Then add one and one-half pounds of flour or enough to make quite a stiff batter. Let stand over night, then make into cakes and bake in a moderate oven. Make rather a thick syrup of sugar and water and brush the tops of the cakes as soon as they come from the oven with this and sprinkle the top with chopped, grilled almonds.

Your inquiry in regard to book was forwarded to publishers. They will send you desired information.

M. R. D. writes: Please publish directions for making foamy sauce to serve with pudding.

Cream quarter of a pound of butter with half a pound of granulated sugar until very light colored and light. Flavor with a teaspoonful of vanilla or three tablespoonfuls of sherry and beat again until blended. When ready to serve, stand over hot water and stir in quarter of a cup of boiling water and the white of one egg beaten to a froth. Whip with wire egg beater until foamy and serve at once.

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Places of Worship

Where Services Will Be Held in Wichita Today.

Rev. J. A. Lawrence will speak at the men's meeting this afternoon at 4 o'clock at the rooms of the Young Men's Christian Association, over 213 North Main.

First Unitarian church, Rev. W. S. Vail, pastor; services in Sedgwick Music hall at 11 a. m. In his sermon Mr. Vail will speak directly of the ministers' attack on Eugene Ware for alleged agnosticism. Sunday School at 9:45; Y. P. U. at 7 p. m.

The Church of Christ, Scientist, corner of Lawrence and Second. Services this morning at 11 o'clock. Subject: "Probation After Death." The regular Wednesday evening meeting this week at 8 p. m. The reading room in the church is open each afternoon except Sunday.

Tabernacle Baptist church. Services at 11 a. m. Subject: "The Providence of God." Sunday School at 12:30; B. Y. P. U. at 7 p. m.; evening service at 8 p. m.; subject: "Abraham Rejoices to See the Day of Christ." Mrs. McTurner will sing a solo, Rev. J. E. Flutcher, pastor.

At Plymouth Congregational church Dr. Sargent will preach in the morning on: "Things to be Forgotten and Things to be Remembered." Miss Hawthorne will sing a solo and Mrs. Smyth and Mr. Berry a duett. In the evening Dr. Sargent will preach on: "The Triumph." The male quartette will sing.

St. John's Episcopal church, corner of Third and Topeka, Rev. J. D. Ritchey rector. Holy communion at 7:30 a. m.; Sunday School at 9:45 a. m.; morning prayer and sermon by the rector at 11 a. m. offertory by Mrs. S. W. Shattuck Jr.; evening prayer and sermon by the rector at 8 p. m.; offertory by the choir.

Central Christian church, corner of Market and Second, A. E. Dubber, pastor. Regular morning and evening services, preaching at 10:45 a. m.; subject: "Honoring Christ." At 8 p. m., subject: "The Call to the Feast." Good music at both services. Sunday School at 9:30 a. m.; Junior C. E. at 4 p. m.; Senior C. E. at 7 p. m.

The Universalist church holds regular services at the A. O. U. W. hall, 128 South Main street, Sunday, April 20, at 11 a. m. Subject: "Victory of Kindness" and at 8 p. m. Rev. G. A. King, state superintendent, will preach on the subject: "Christian Ethics, is the Golden Rule Feasible in Politics, in Business and Life in General, or is it an Irrisdescent Dream?" Sunday School at 10 a. m.; P. P. C. U., led by Mrs. Russell, at 7 p. m.

R·I·P·A·N·S

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AT DRUGGISTS.

The Five-Cent Package is enough for an ordinary occasion.
The Family Bottle, sixty cents, contains a supply for a year.

First Baptist church, corner of First and Market streets, W. E. Gibson, pastor. Sunday School at 9:30 a. m., J. P. Blackman, superintendent. Preaching by the pastor at 11 a. m. and at 8 p. m. Morning subject: "Christ's Call to Labor and Sacrifice." Evening subject: "The Gospel's Closing Appeal." Special music by the chorus choir at both services. B. Y. P. U. meets at 7 p. m. Topic: "The Obligation of a Blessing." Leader, Harold Stornberg. A special welcome to strangers and visitors.

Reformed church, corner of South Topeka avenue and Lewis street. Bruce Griffith, pastor. Morning service at 11 o'clock; sermon by the pastor. Organ prelude, response and postlude by Mr. Rice. Mrs. Henri Apgar will sing "Galilee," by Adams, for her offertory, with cello obligato by Mr. Staples. The choir choir will sing Bowley's Jubilate Deo in G. The missionary service postponed a week ago on account of rain will be held at 8 p. m. The address on China will be delivered by Mr. Paul Brown. The Choral Mission Band will sing several selections with Miss Bessie King and Miss Anna Henderson in the solo parts. Sunday school at 10 a. m.

NATURAL FOOD

builds strong bodies and healthy minds.

Disorganized food causes weak bodies and weak minds.

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gives mental as well as physical health because it is a *Naturally Organized Food*; that is, ***Contains all the Properties in Correct Proportion necessary for the Complete Nutrition of the human Body and Mind.*** White flour is a disorganized food because properties in the whole wheat that build strong bodies and minds have been removed from the wheat in making fine white flour.

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