

HEART AND HOME TALKS

BY BARBARA BOYD

Scientifically Securing Greater Efficiency in Work.

SCIENCE has come forward with a most efficient help for securing better results, than has been accomplished in the past, from those who work.

No longer need the mistress of the house abjure Bridget to hurry, nor work herself into a state of irritation because of the maid's slowness. Without a word, she can speed her up, until Bridget or Mary or whoever she is will be going at a quickstep and handling her tasks with surprising efficiency. She may wonder herself just what is the matter with her. But she won't be able to stop.

The dressmaker with a workroom full of slow, indifferent girls can in the same silent, scientific fashion spur them on, until needles are flashing, and the girls, in high spirits, are putting forth their very best energies.

The same effect can be secured in an office. In fact, there are few places where this silent aid to efficiency cannot be employed. So far, it has been used only in reference to school children, but now that its ability has been proven, employers will no doubt take advantage of it for getting work out of employees; especially as it is much more certain in its results, and far pleasanter than the usual method of scolding or fault-finding.

For, this new and scientific method is no more or less than electrifying the atmosphere. Experiments have been made upon school children with most gratifying results, and the world at large is now ready to take advantage of what has been demonstrated.

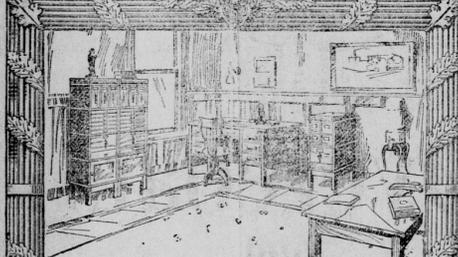
The walls and ceiling of the school-room, where the experiment was tried, were lined with a coil of wires through which a high electric current was passed. The children were thus really in the centre of a magnetized cell. At the end of six months, they showed a most gratifying increase in height and weight and mental proficiency. They worked with unusual alacrity and spirit. The teachers too showed the good effect of working in this electrically charged atmosphere.

So the thing to do now is to conceal electric coils in the kitchen, and so surcharge Bridget that she will sprint around at an amazing gait, and cook with a skill she never before knew. She may say to herself "Shure, it's amazin' queer, the way I feel like work." But she will be unable to resist the spell.

Even the office boy, in an office so charged, will fly about in a way almost to cause heart failure from the shock of it, to those unaware of the cause.

Science is coming to our aid in the solving of perplexing problems in ways undreamed of. In this simple device of coils and currents may lie the solution of the maid question. And it may settle many other problems now disturbing us. At any rate, it shows that help can come from unexpected quarters. And so we can go forward upon the difficult path of life with serene faith, feeling assured that out from the unknown will come messengers with help to assist us over the rough places in the road.

Barbara Boyd.



Spacious Offices in Small Areas

Like the well-furnished home, the modern office should utilize its available space that it never creates the impression of being overcrowded. Congestion always suggests disorder.

Interruptions to important business deals, aggravating delays and clerical mistakes are frequently caused by poorly planned offices, using unstandardized and different makes of filing cabinets that neither match up or harmonize on the outside, nor afford a uniform efficient service on the inside.

As will be noted in both these illustrations, these offices are not larger than those in the average business block, yet they create the impression of ample room for transacting business without interference.

We represent the leading manufacturers of the country on standard lines of

Desks Chairs Tables

Also

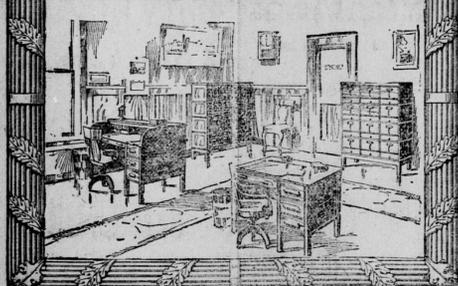
Globe-Wernicke Filing Cabinets

Made in selected grades of choice quartered oak, and real mahogany, also in steel, enameled to match interior trims of oak and mahogany.

We will duplicate from stock, all the office equipments illustrated in the ad inserted in this week's Saturday Evening Post by the Globe-Wernicke Co., or modify it, according to your individual ideas and requirements.

Our office lay-outs economize on both space and money.

The McClure Co.



"TURKEYS TURKEYS"

Give us a chance on Your Turkeys, Chickens, Eggs and all kinds of Produce, we will do the rest.

Phone 578

L. B. BOSSERMAN

22 NORTH CENTRAL AVENUE

Highest prices paid for all kinds of Produce. See us before selling

Young Mothers

No young woman, in the joy of coming motherhood, should neglect to prepare her system for the physical ordeal she is to undergo. The health of both she and her coming child depends largely upon the care she bestows upon herself during the waiting months. Mother's Friend prepares the expectant mother's system for the coming event, and its use makes her comfortable during all the term. It works with and for nature, and by gradually expanding all tissues, muscles and tendons, involved, and keeping the breasts in good condition, brings the woman to the crisis in splendid physical condition. The baby too is more apt to be perfect and strong where the mother has thus prepared herself for nature's supreme function. No better advice could be given a young expectant mother than that she use Mother's Friend; it is a medicine that has proven its value in thousands of cases. Mother's Friend is sold at drug stores.

Mother's Friend

Write for free book which contains much valuable information, and many suggestions of a helpful nature.

BRADFIELD REGULATOR CO., Atlanta, Ga.

J. R. MAY, Auctioneer

Public Sale of Personal Property

On the old Franklin Farrow place situated two miles west of Mt. Sidney.

THURSDAY, NOVEMBER 23, 1911

Horses, cattle and farming implements all in best of condition.

W. D. FARROW, Adm.

11-16-1d

OYSTERS

First of the season. Best at

KYLE'S

Trustee's Sale of Valuable Real Estate

Situated in Augusta and Rockingham Counties, Virginia

Pursuant to the terms of a certain deed of trust executed to me as trustee by J. W. Lam and Nora Lam, his wife, of date December 1, 1910, on record in the clerk's office of Augusta county, in deed book 164, page 247 and of record in the clerk's office of the County of Rockingham to which reference is here made, default having been made in the payment of the bonds therein mentioned and secured and being questioned by the holders of said bonds to do so, I will, on Saturday, the 25th day of November, 1911 at the front door of the county court house, in Harrisonburg, Virginia, at 11 a. m., proceed to sell at public auction for cash to the highest bidder, those three certain tracts or parcels of real estate as follows:

1st that certain house and lot, in New Hope, Va., known as the Shaw-water property, conveyed to the said J. W. Lam, by deed from C. C. Livick and Bettie Livick, his wife, and now on record in the circuit clerk's office of Augusta county, Virginia.

2nd that certain mill site and house and lot belonging to the same and known as the Laurel Hill Mills conveyed to the said J. W. Lam, by deed from Newton Munday, and recorded in the clerk's office of Augusta county and 3rd. A three-fourths interest in that certain mill property in Grottoes, Rockingham county, Virginia, and known as the Blue Ridge milling property, as shown by two deeds, one from J. J. Shaver to the said J. W. Lam for a one-half interest in said milling property and the other from L. N. Grove and wife to the said J. W. Lam for one-fourth interest in said property.

This is the most desirable real estate in Rockingham and Augusta counties, and offers opportunity for those desiring to purchase valuable mill property. It would be well for prospective purchasers to examine it carefully before day of sale.

N. L. SHRECKHISE, Trustee.

N. & W. Norfolk & Western

Schedule in effect June 11, 1911.

Leave Basic, Va.

SOUTHBOUND.

5:48 a. m.—For Buena Vista, Roanoke, East Radford, Bristol, Bluefield, Tazewell, Norton, Pocahontas, Pullman sleepers to Welch W. Va. Cafe car.

12:50 p. m.—For Natural Bridge, Roanoke, Bristol and intermediate stations. Pullman sleeper and Dining Car to Roanoke. Parlor Car (Broiler) to Bristol. Connee at Roanoke for the west. Pullman sleeper to Columbus. Cafe car.

NORTHBOUND.

9:48 p. m.—For Hagerstown, intermediate stations and the North. Pullman sleeper to Philadelphia and New York.

8:26 p. m.—For Front Royal, Berryville, Hagerstown and intermediate stations. Through sleeper via Hagerstown to New York; cafe car to Shenandoah.

Times, schedules and information upon application to agents of the company or W. B. BEVILL, M. F. BRAGO, General Pass. Agt. Trav. Pas. Agt. ROANOKE VA.

DIES OF LOCKJAW; HIS NURSE INFECTED

Harrisonburg, Va., Nov. 23.—John Cookus, eighteen years old, son of Charles Cookus, died Tuesday of lockjaw near Broadway. Several days ago he stepped on a nail which penetrated his foot to the depth of a quarter of an inch. After tetanus developed his sufferings were intense.

His trained nurse, Miss Nansaline Ott, of Harrisonburg, accidentally stuck the needle in her hand just after she had administered the serum of Cookus. Fearing that she might develop tetanus, she left the sick chamber shortly after Cookus died and placed herself under the care of a physician.

The young woman is alarmed, fearing she may be inoculated.

Mr. R. P. Lankford has left for a business trip and will probably go to Detroit before returning.

Diamonds! Diamonds!!

Before you make up your mind to buy a nice diamond be sure you inspect our stock for we carry the most complete line of diamonds in this section of the country. We purchase our diamonds direct from the importer, therefore we are able to give the lowest price. Our line is complete, so if you are in the market for a nice diamond be sure and call on us.

D. L. Switzer

JEWELER

No. 3 E. MAIN STREET

Heaters and Cook Stoves

We have the largest line of heaters we have ever carried and the best collection. We have a stove for every one and a price to suit.

It will be to your interest to see our line of cook stoves and heaters before buying.

Flavin & Watson Company

WE HAVE SOME

Electrical Cooking Appliances and Irons

Which have been used at our exhibitions. These are in good condition. To make way for new stock we will sell them at greatly

REDUCED PRICE

Shenandoah Electric Co., Inc.

BANK OF RIVERHEADS

Greenville, Virginia.

We Want Your Business

For our mutual benefit. Every inducement offered that is consistent with safe banking.

3 per cent. interest paid on certificates of deposit

The KITCHEN CUPBOARD

PIQUANT PEPPERS.

FOREIGNERS understand how to make use of peppers better than we do. The Italians especially are fond of them and have many ways of preparing them for the table. So far as their food value is concerned, peppers are only a stimulant for the stomach.

Stuffed sweet peppers are served with the vegetables. Cut off the tops of six peppers. Remove the seeds and scald out the inside with water. Take boiled rice, hominy or any cereal which can be cooked stiff and add chopped cold meat.

Prepare a nice seasoning of chopped onions and celery and moisten with stewed tomatoes. Use sugar and salt to taste. Dry the peppers and fill the inside with this mixture. Sprinkle the tops of the peppers with cracker crumbs. Place the stuffed peppers in a baking dish with a little water. Bake for about a half hour.

Pepper and Grapefruit.

Pepper and grapefruit salad is thus made: Slice the tops from six peppers, remove the seeds and scald. Then take grapefruit pulp, fine cut celery and English walnut meats and mix with mayonnaise dressing.

Add some fresh sweet cream beaten stiff in the proportion of one-fourth of a cupful of the cream to one and a quarter cupful of the mixture. Fill the green peppers with this. Add as a garnish to the top of each pepper three walnut meats.

Cucumber salad is improved by adding slices of the green pepper from which the seeds have been removed. The shell of the green pepper chopped fine, seasoned with onion juice and served with vinegar and salt and pepper, is also liked by some of the green peppers.

Pepper Salad.

An appetizing green pepper salad is the following: Cut slices from stem ends of several green peppers and remove the seeds.

Fill with fresh, firm grapefruit cut into cubes, the tenderest stalks of celery cut into small pieces and shredded almonds, allowing twice as much grapefruit as celery, and one-third as many nut meats as grapefruit. Arrange in lettuce leaves and serve with mayonnaise dressing.

Light vegetable salads with French or boiled dressing are usually served at dinner, while heavy meat or fish salad with mayonnaise or cream dressing are served for luncheon or supper.

Anna Thompson.

SEVERAL CASES BEFORE POLICE JUSTICE BLASGOW

Marsh Sheets, drunk and disorderly, was fined \$6 in police court yesterday morning.

Henderson Carter and Ernest Henderson were fined \$3.30 each for their affray.

The case of Harry Huff, the young white man who drew a gun on Officer Gochenour Tuesday night when the latter went to arrest him as a fugitive from the chain gang, was postponed until this morning as Huff expressed a desire to employ an attorney.

Miss Margaret Walke has gone to Ridgewood, N. Y., to spend a month with her brother, Mr. Lewis Walke.

NO REASON FOR IT

When Staunton Citizens Show the Way

There can be no just reason why any reader of this will continue to suffer the tortures of an aching back, the annoyance of urinary disorders, the dangers of serious kidney ills when relief is so near at hand and the most positive proof given that these ills can be cured. Read what a Staunton citizen says:

Mrs. J. F. Parrish, 807 W. Main St., Staunton, Va., says: "I suffered for many years from lumbago. I had such severe pains across the small of my back that I could hardly get around and if I were on my feet for any length of time or made a sudden movement, sharp twinges darted through my body. I became tired easily and felt miserable in every way. I finally began taking Doan's Kidney Pills and the contents of several boxes effected a complete cure. At no time since then have I had a return attack of kidney trouble and therefore I am pleased to tell other sufferers of Doan's Kidney Pills."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name—Doan's—and take no other.

SCHENK CHILDREN TO TESTIFY AGAINST HER

Will Tell, Says Father, of Mother Preparing Poisoned Cocoa

Wheeling, W. Va., Nov. 23.—That not only his children, Virginia and Laura, but that he, himself, would take the witness stand when his wife, Laura Farnsworth Schenk, is called to the bar of justice the second time to answer to the charge of poisoning him with arsenic with murderous intent, was the statement of John O. Schenk today.

Schenk dictated the following statement, which he says was made by his children and which he says they will repeat on the witness stand:

"We watched mamma put white powder in papa's cocoa every morning, and when we asked her what it was she told us she would knock our blocks off if we said anything about it, and that we shouldn't dare to touch it."

In his own testimony Schenk said he would tell of how, at Atlantic City last summer, his wife had, in the presence of other witnesses, acknowledged intimacy with other men and pleaded for forgiveness, claiming she "had made a mistake, as all persons do."

Largest Concrete Bridge.

Spokane, Wash., Nov. 23.—Spokane today began a week's celebration in honor of the completion of the great bridge spanning the Spokane river in this city. The bridge is the largest concrete arch structure in the world, the central arch having a length of 281 feet. The total length of the bridge is 791 feet. It was designed by J. C. Ralston and erected at a cost of half a million dollars.

Mrs. J. M. Fitts has returned from a visit to relatives in Norfolk.

BEATTIE BABY HAS NOT BEEN CHRISTENED

Grandparents Fear Greatly He May Learn About Father

Wilmington, Del., Nov. 23.—Mr. and Mrs. R. V. Owen, of Dover, Del., parents of Louise Owen Beattie, for the murder of whom Henry Clay Beattie, Jr., will be electrocuted at Richmond tomorrow did not ask for clemency.

The infant son of the murderer, now six months old, is with the grandparents in Dover, and is reported as doing well. Because of the notoriety of the case, the child has not yet been named. Prior to the murder of its mother it was intended to call it after its father. This, however, will not be done. When the maternal grandfather was asked what he and his wife call the child, he replied, "We merely call the little fellow 'baby.'" He would not say when the christening will take place. The grandfather said:

"We have often discussed the future of the little one, the child of our daughter. The possibility of some one telling him about his father has given us no little concern. However, there is no remedy. My wife is caring for him as only a loving grandmother can, and she will continue to do so, of course."

Apple Show in Spokane.

Spokane, Wash., Nov. 23.—With the promise of eclipsing all previous records in the wealth of exhibits and the accompanying festivities, Spokane's fourth annual National Apple Show opened today, to continue for one week. The exhibits range from carloads of apples down to a single plate of the fruit and represent practically all of the great orchard districts of the Pacific slope and the intermountain country.



CORTRIGHT METAL SHINGLES

THE FIREPROOF ROOF

Never need repairs — Inexpensive — Stormproof — Will last as long as the building.

Roofs put on over twenty years ago are as good as new today. For further detailed information apply to

For Sale by Flavin & Watson, Inc.

Have You a SELF-FILLING Fountain Pen which CANT LEAK?

Onoto Pen

Several fountain pens in the market are self-filling; some others don't leak.

There is only one fountain pen which is a self-filler and absolutely can't leak. Come in and get one.

WILLSON BROS.

--- THE NEW BANK ---

The Planters' Bank, Inc.

South Augusta Street Opposite The Court House

Owned and Operated Exclusively by Citizens of Augusta County and City of Staunton.

OFFICERS

President—John B. Cochran, Atty-at Law, Staunton, Va.
1st Vice-President—Joseph S. Cochran, Late Member County Board of Supervisors for Beverley Manor, Staunton, Va.
2nd Vice-President—John G. Fulton, Member county Board of Supervisors from Middle River, Mt. Meridian, Va.
3rd Vice-President—Rankin A. Todd, Director in Mt. Solon Bank, Mt. Solon, Va.
Cashier—John Crosby, Late of County Clerk's Office and President of City Council, Staunton, Va.
Assistant Cashier—W. A. Haines, Staunton, Va.

DIRECTORS (With Above Officers)

J. Harry Bryan, Merchant, Staunton, Va. John D. Crowl, Jr., Staunton, Va. (of Sprout & Crowl Insurance.) Richard H. Dudley, Farmer, Union Church. Wilson W. Timberlake, Staunton (of Humphreys and Timberlake, Wholesale Merchants). Edward G. Harrison, Staunton, R. F. D. Farmer. Wm. H. East, Churchville, Va., Farmer. Richard A. Fauver, Staunton, Va. Merchant. R. Frank Larew, Greenville, Va., Director in Greenville Bank. Rev. Abraham Early, New Hope. Watson P. Gooch, Staunton, Va. (of Staunton Coöperage Co.) Rodney H. Dudley, Mt. Solon, R. F. D. Farmer.

Will do a general banking business and pay interest on savings deposits. A cordial welcome will be extended to all our friends in city and county at our banking house.

Will be open for business in November.