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A great many former coffee drinkers now use INSTANT POSTUM because their improved health shows the change has helped them.

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If you suspect coffee hurts you, try INSTANT POSTUM in its place for ten days  
The Test Tells—

“There’s a Reason

One of the latest improvements in hospital equipment is the invention of a shadowless light for the operating table. This has been secured by a fixture containing eight electric lights placed so that their rays meet at an angle of 45 degrees. This makes better vision possible in the examination of wounds, and also eliminates the possibility of a delicate operation being hindered by the shadows of a surgeon's hands, as is frequently the case with lights ordinarily placed. It is claimed that the shadowless light might lessen the number of accidents in many industrial establishments.

The railways of the United States are growing safer. A report from the interstate commerce commission indicates that during July, August and September of last year—the latest quarter for which complete figures are available—fewer people lost their lives on American railroads than in any similar period since the commission was created.

Apropos of the reported shifting of the Gulf stream, Julius Chambers remarks in the Brooklyn Eagle that when Professor Tyndall was in this country, he made the prediction that children then born would live to see a tropical climate upon the ocean side of Long Island, owing to the near approach of the Gulf stream.

The Russians have captured Gumbakhanch, and the correspondents, remembering the orthographical tragedy of Przemysl, are lifting up their voices in bitter lamentation of what is before them.

A sentimental story is told of an old woman who sold the family parrot because its voice reminded her of a son killed on the battlefield. Not very complimentary to the son.

The American business man who complains that business is bad—and some of them do—should cheer up. Suppose he owned a hotel at a European spa?

The department of agriculture is instructing the farmer how to get rid of stumps. The politician's way would be to plow around 'em.

“Summer reading” is distinguished for the enormous number of articles about the war that the reader will skip.

## STATISTICAL NOTES

German railroads employ 2,900 women.

Buffalo in June recorded 105 cases of dog-bite.

Pennsylvania yearly records 6,000 cancer deaths.

Americans own nearly all Cuban sugar cane.

San Francisco pays telephone girls \$30 a month.

Forty states last year passed special labor legislation.

Mexico's national library contains 225,000 volumes.

American investments in Mexico exceed \$500,000,000.

St. Paul and Minneapolis last year ate 12,000,000 frog legs.

Powdered sulphur quenches fire more rapidly than water.

Chicago university will add military science to its curriculum.

San Francisco teamsters' union has more than 3,000 members.

New York city has 10,537 saloons, or one to each 515 population.

Forty-one of the states have state geologists or similar officials.

Kingston, Ireland, will build 274 model houses for workmen.

Canada has a herd of 2,077 buffalo, owned by the Dominion government.

This year's strawberry crop of the United States was worth \$20,000,000.

Oregon will open 1,000,000 acres of agricultural land to settlement this fall.

Infectious diseases are unknown in Greenland on account of the dry, cold atmosphere.

New York in recent days has granted 8,000 licenses to citizens anxious to carry pistols.

More than 700,000 United States workers have this year received wage increases.

More than 14,000 English women have replaced men as farm laborers since the war began.

### WOULD THE “CROOKS OF 1912” LET HUGHES KEEP PLEDGES?

Candidate Hughes is running on a platform of promises. The safest—the only trustworthy—method of judging the future is by assessing the past. Candidate Hughes' promises should be weighed in the light of his past performances as an executive. Here are some of his promises made when he was a candidate for Governor of New York and set opposite them are his performances to correspond with them:

**CANDIDATE HUGHES SAID:** “I believe in labor legislation and the great benefits that have flowed from the wise conduct of labor organizations.”

“I want to see fair justice done to everybody who works.”

“Every practical measure for the real benefit of labor will have my support.”

“I promise the enforcement of the law with equal severity and in equal justice to all—corporations and individuals.”

“The conditions of transportation in New York City are a shame and I purpose to find out the proper method of procedure and whether legislation or administrative action is necessary.”

“I shall devote myself with renewed zeal to the people's service. My administration shall be an unbossed administration.”

Mr. Hughes is not the Republican party. He would be no more able to make good his promises as President than he was as Governor of New York. If he were elected President he could deliver only so much as the Republican bosses—the “Crooks” denounced by Roosevelt in 1912—would permit him to deliver.

**GOVERNOR HUGHES DID:** Refused to appoint a practical railroad man to the State Public Service Commission, although urged to do so by organized labor.

Vetted the bill, giving women schoolteachers equal pay with men for equal work.

Vetted the full-crew railroad bill.

Vetted bills urged by State Tax Commission to compel corporations to pay their franchise taxes promptly and to authorize the Tax Board to equalize special franchise tax valuations.

Vetted Coney Island five-cent fare bill which would have saved the people of New York city \$1,500,000 a year. Accomplished nothing to correct street-car overcrowding.

Blocked in his efforts by the bosses of his party, Gov. Hughes resigned in his second term to accept appointment to the United States Supreme Court.

## STORK VISITS COST MORE

British War Baby Adds \$100 to Parents' Expenses Above the Figures of 1914.

London.—It is estimated that the all-around expenditure on a baby born this year is probably from \$100 to \$125 higher than in 1914.

Food alone adds about \$15 to the year's cost of the war baby. Milk has gone up four cents a quart and it is said that the average baby consumes from 400 to 450 pints a year. Baby

foods are up about 10 per cent. Feeding bottles cost a third more, and the methylated spirit for heating the night's feed has advanced from 10 cents to 25 cents a pint.

Baby garments cost more also. Everything made of wool has risen 33 per cent in price; all the cotton and wool mixture materials and garments are 25 per cent higher, the wholly cotton ones, owing to the rise in raw materials and labor, must be paid for at the rate of about 15 per cent more. Nearly all medicines cost much more. Perambulators are about one-fourth dearer.

### Business Women as Wives

By LAURA JEAN LIBBEY

To smile at someone in the clutch  
Of black despair and greet  
A lonely heart—it isn't much,  
But, oh, it makes life sweet.

(Copyright, 1918.)

When a poor young man proposes marriage to a young woman employed and earning a good salary, the first serious problem they discuss is whether the girl should continue in her position or drop money making after she has assumed the business of wifehood.

It is usually a great temptation to the girl to help all the family coffers and she coaxes so hard she wins her husband over to her view of a matter which seems susceptible to solution.

Still retaining her position though a bride seems actually to have a tinge of romance connected with her ambition. She quite believes that hubby and she lead ideal lives. Of course she gets the breakfast—cereals, eggs, baker's rolls, coffee. Then both hurry on their wraps, with an eye on the clock, turn the key in the door and hurry off, chattering and laughing together to catch their different cars. They generally arrive home at the same hour at night, he having to stop to buy the meats and such articles, while she buys the lighter articles from the corner grocery.

The rooms do smell a trifle musty after being closed all day, but they don't mind that. He reads the evening paper to her while she hustles around to get the supper. If she has had a hard day at her place of business this added toil seems a bit irksome, but she is careful not to let hubby surmise that. It is sure to be past

Temptation will arouse a lazy man quicker than opportunity.

Even a man with flat feet may be patriotic.

seven when they sit down to the table and fully eight ere they are finished. Hubby proposes that they shall go to a show, but, dearly as she would like to accept, duty forbids.

“You can take an hour's walk. I have something to do which prevents me from accompanying you,” she says. It is a relief to her to see him out of the way for a little while. He never realizes the herculean tasks she accomplishes in that short hour. Those four rooms are swept and dusted. The bed (which they were obliged to leave just as it was in the morning through want of time) is made. Her white waist, collars and cuffs are washed and ironed, the rent in her dress is mended, the hole in his vest pocket is darned, to say nothing of the washing of dishes, pots and pans and tidying the range.

One cannot work all day and all night too. Housework soon becomes a drag. In reckless desperation, she chooses between two courses—boarding of patronizing the delicatessen store.

Hubby does not thrive well on delicatessen dinners. He loses ambition. They give up housekeeping and try boarding with results far from satisfying.

During the month's vacation without pay which the young wife is obliged to take, she tries the experiment of again starting housekeeping and using her days in having the housework all done and a smoking hot, tempting homemade meal ready for him to sit down to when he enters the house; in short, attending strictly to a wife's business, building up her husband's strength and health to meet the exacting daily labors he must go through. She has plenty of time to do the marketing and she is surprised how far she can make a dollar go.

They both conclude a wife's best place is in the home. The amount she could earn outside of it does not compensate for haphazard living, extra night work and loss of health and strength for both husband and wife.

When embarrassment causes a girl to blush she thinks it a burning shame.

A model wife is one who lets her husband think he is having her own way.