

It Pays to Trade in Youngstown

The Geo. L. Fordyce Co.

Mail Orders Promptly Filled

RELIABLE ADVERTISING

27-31 W. Federal St

October 7, 1915

Youngstown, Ohio

Dresses for the High School Girls

It is exceedingly gratifying to be able to announce today the most attractive College dresses in the history of this store.

Showing the Newest Ideas of Women's Neckwear for Fall

Surpasses in beauty and quality any that have been shown for many seasons. The style range is so varied that you may choose from any of the following with the assurance that either have been deemed proper by dame fashion.

Stock Collars

In white or flesh or Organdie, Net and Georgette Crepe Edges finished with lace, picot or hemstitching from 50c to \$2.50.

Vestees

In plain or lace trimmed effects with small, neat pearl button trimmings, in Georgette Crepe, Organdie or Net; priced from 50c to \$3.50.

Fichus

Have come back again with increased popularity and justly so when one considers how much they enhance the beauty of a plain gown.

Flat Collars and Collar and Cuff Sets

In a variety of styles of plain or lace trimmed Organdie or Georgette Crepes; Collars from 25c to \$1.50. Collar and Cuff Sets from 50c to \$2.00.

MEN

Worsted Sweater Coats

Oxford, maroon, navy and black; V neck or shawl collar, for each \$1.50.

Wool Sweater Coats

V neck or shawl collar, Oxford, maroon, and navy, \$2.50 and \$3.00.

Men's Two Thread Black Cashmere Half Hose, special for pair 25c. Grey Flannel Shirts

Made with sport collars or can be buttoned close to the neck; long sleeves; special for each \$1.15.

Medium Weight Underwear

In shirts and drawers of the right weight and texture for between seasons; merino, camel-hair color; for the garment, 50c. Natural wool, the garment, \$1.00.

COMING AND GOING

G. N. Boughton had business in Youngstown Wednesday. Mrs. Homer Strock visited relatives in Newton Falls Sunday.

Mrs. Mary York is confined to her room by sickness.

O. B. Pales of Salem spent Thursday with Canfield relatives and friends.

Bert Powers is packing his household goods preparatory to removing to Alliance.

Miss Elizabeth Tate of Niles visited here Sunday with her mother, Mrs. Ella Tate.

Mrs. George Hull, who was stricken with paralysis ten days since, shows some improvement.

S. O. Manchester and family of Niles spent last Sunday here with J. I. Manchester and family.

Mrs. Zenas Turner and daughter Artie of Boardman township were in the village Thursday afternoon.

Mrs. C. C. Neff and Mrs. Herbert Delfs and little daughter were Youngstown visitors Thursday.

Mrs. M. J. Moore of East Liverpool is here visiting her daughter, Mrs. I. E. Christman, and children.

Mr. and Mrs. Henry Wick and Mr. and Mrs. W. J. Sampson of Youngstown were in Canfield Thursday.

Harry Donaldson and family have moved from South Broad street to Roy Dickson's residence on Court street.

A. W. Bush of Greenford was in Canfield Thursday calling on old friends and favored the Dispatch office with a visit.

GREENFORD

Oct. 7.—The annual grange fair will be held in their hall Saturday evening, Oct. 16. Everybody invited to attend and take their best corn, pumpkins and other farm products.

Charles Gee spent several days the past week in Cleveland with his brother Frank and other relatives.

Mrs. Addie Black of Conneaut returned home last Friday after visiting here with her father, P. A. Beardsley.

Mrs. Susan Kernohan has returned to her home in this place after spending a month with her son in Pittsburgh.

Mr. and Mrs. Bert Smith of Youngstown were guests last Sunday of James Williams and family on West Main street.

Mr. and Mrs. R. E. Flick of North Jackson and son Jay of Youngstown spent last Sunday here with Mr. and Mrs. J. A. Plick.

Frank Williams of Chicago, on his way to New York, spent a few hours here last Sunday with his father, James Williams.

W. Jarvis Smith of Pittsburgh spent several days here this week looking after the business of the Alto Culture Co.

Mr. and Mrs. William Robinson have been spending the past two weeks with relatives at their old home in Pennsylvania.

Dr. and Mrs. L. D. Coy and Mr. and Mrs. J. B. Hartman attended the reunion of the Sixth Ohio Cavalry in Warren on Tuesday.

C. C. Neff and wife took an automobile trip to Stark, Summit and Portage counties the latter part of last week, covering about two hundred miles.

Almon Eastman and James Park went to Warren Thursday and attended the annual reunion of their old regiment, the 106th Ohio Volunteer Infantry.

Dr. and Mrs. J. M. Kendig returned home last Saturday evening from Akron where they spent two weeks with their daughter, Mrs. Hillish, and other relatives and friends.

Mr. and Mrs. A. J. Bingham of La Mesa, Cal., visited here this week with Mr. and Mrs. John Plick. They will visit in North Jackson, Niles and Warren before returning home.

Charles Cronk, who suered a stroke of paralysis last week, was in a serious condition last Saturday and Sunday, when he had convulsions, but he is now somewhat improved.

Mr. and Mrs. Philo Beardsley left Monday afternoon for Mesa, Arizona, to visit E. H. Beardsley and family. Before returning home they will probably visit the Pacific coast country.

Grant Gressel of Cleveland was here several days this week looking after the picking of his apple crop which is larger this year than ever, due to giving the trees proper attention.

Mrs. William Dresler of Akron is the guest of Miss Hattie Bond on West Main street. Mrs. Dresler is a daughter of the late Rev. Charles Zwissler, and years ago resided in Canfield.

Isaac W. Hewitt of Warren visited old Canfield friends the latter part of last week. Years ago Mr. Hewitt was a resident of Canfield and still feels a lively interest in the village and its people.

Mr. and Mrs. G. W. Powers and little son of Rosemont visited here the latter part of last week with W. J. Dickson and family. Mr. Powers before returning home purchased an automobile.

Mrs. L. E. Wetmore, who resides south of the village, is slowly recovering from a stroke of paralysis. She is now able to talk and move her right arm a little but her right limb is still paralyzed.

Mrs. Albert Bingham of La Mesa, California, Mrs. Edward Bendell of Burg Hill and Leon Kennedy and family of Youngstown spent Wednesday with Mr. and Mrs. R. H. Byerly and E. Y. Kirk, west of the village.

H. P. Elias, who recently sold his automobile supply business to P. H. W. and family, who has been all joined shortly by Bert Powers. They have leased a large building and will open a garage and automobile repair shop.

Judge J. Calvin Ewing of Youngstown was in the village Tuesday. He will leave for California where he will act as judge at a fancy cattle show and afterwards visit the exhibitions which are attracting many Ohio people to the Pacific coast.

Jonas Rhodes of Rome, Ashtabula county, spent Tuesday with Canfield relatives and friends. Mr. Rhodes reported excitement to be running high in his neighborhood on account of the striking of several paying oil wells and a rush of capitalists to lease farms. He said he had refused to lease his farm of 30 acres but was willing to part with it for a thousand dollars an acre.

KNAUFVILLE

Oct. 6.—Mr. and Mrs. R. A. Manchester of Canfield spent Sunday with C. Manchester and family.

Mr. and Mrs. Herbert Knauf, Nicholas Knauf and daughter Ethel were in Youngstown Wednesday.

Mr. and Mrs. John Unger called at Frank Knauf's Sunday afternoon. Mrs. Monroe Hull, who has been sick for several weeks, is slowly improving.

Mr. and Mrs. Herbert Knauf and daughter Grace spent Sunday with Mr. and Mrs. Albert Goodman near Paines.

Miss Nellie Knauf spent Monday and Tuesday with friends in Alliance.

Mrs. Fred Meyer, who has been all for some time, is not so well, she being bedfast and under the care of a trained nurse.

LOVE'S YEAR.

When quickening buds begin to peep, Awaking from their winter sleep, When birds in spry, coo and brabe Dear partners for their nesting sake, Then, love, I think of love's sweet spring, When life's joys all were burgeoning.

When summer's pencil paints with flowers The border trim the woodland lowers, When wilding rose and gladiolus, Sweet flowers tender, for the nesting lake, Then, love, I think of love's high noon, Of wedded summer, gone too soon.

When autumn's alchemy to gold The leafage turns of sale and wail, And lingering flowers of loveliness, The corners of my garden, bless, Then, love, I think of love's content, That silent, still, calm sacrament.

When icy winds blow o'er the plain, Inaugurating winter's reign, And far and near, beneath the skies His glistening snow-white vestiture lies, Then, love, I think of love that dare Make its own Eden anywhere! —Alfred B. Cooper.

IF There is anything you want to buy, sell, rent, trade or exchange or if you have lost or found anything The Dispatch Want Columns is the place to make the fact known. For quick action call TELEPHONE 48 25c Two insertions 25 words or less 25c

For Sale—Large safe, 3 show cases, Bowers oil pump, and large office clock. H. J. Dickson, Canfield. Phone 7. 9-1f

For Sale—Two registered and three grade heifer calves. R. E. Frederick, Poland R. D. 2. Phone 1263-4 rings. 28-b

For Sale—Buggies and spring wagons at reduced prices for the next three weeks. W. W. Johnston, Canfield. O. Phone 81. 26

Wanted—Calves and chickens. Will pay highest market cash prices. G. L. and C. F. Bush, Greenford, O. Canfield phone 41-9. 12-1f

For Rent—What is known as the Cunningham property on Lisbon street. Has furnace and natural gas. F. J. Church, Canfield. 26-1f

Wanted—Your orders for job printing. All orders, large or small, receive the same careful attention. Dispatch Office. Telephone 48. 26-1f

For Sale—Brood sow and ten pigs. Also fresh Jersey cow, Extra good stock. W. W. Schaefer, Ellsworth, O. Berlin phone 43-3 rings. 27-b

For Sale—Cow due to calve Oct. 16. Brood sow and 10 pigs; one 6 weeks old pig. W. A. Chubb, Canfield, R. 2. Phone 6 on 88. 27-b

For Sale—Several pieces of shafting, hangers and pulleys. All sizes. Bargains for someone who can use above. Call telephone 48. 26-1f

For Sale—An account of sickness must sell team of young horses. Will give easy terms on good security. F. S. Holmes, Mineral Ridge, R. D. 26-4

Lost—About midway on the public highway between North Jackson and Ellsworth, bunch of keys. Finder please notify Dispatch office. Phone 48. 28-1f

For Sale—Boy's sled, nursery chair, 3 chairs, 2 shovels, 6-gallon crock, 2 jugs, gas heater, coal heater, nickel lamp, parlor lamp. Mrs. Lena Clapp, Canfield. 28-b

For Sale—Select thoroughbred Barred Plymouth Rock Cockerels. Also Red-jant Home heating stove displaced by Mrs. Geo. W. Wilson, Canfield. Phone 79. 26

For Sale or Exchange—New corn barvester, never hitched to. Will sell or exchange for any kind of live stock except horses. W. W. Hendricks, R. 1, Canfield. Phone 69-5. 25-b

For Sale—Cheap, registered bull 2 years old. Grandson of Noble of Oakland, dam, Golden Fern's Lad. Breeding 45-pound milkers. Chas. Moore, Jackson; R. D. 2, Warren, 28-b

For Sale—Small paper baler in good condition, suitable for small store or office. Makes 30 to 40 pound bale. Reason for selling, has not sufficient capacity for present needs. Inquire Dispatch Office, Phone 48. 23-1f

For Sale—The Greenford Flour & Feed Mill, with one-half acre of land. Situated in Greenford, Ohio. Price \$1200 cash. Further particulars on request. M. C. Callahan, agent, Greenford, Ohio. Phone 44-6 rings, Canfield exchange. 2-1f

For Sale—No reasonable offer refused if sold at once. All of the following articles are like new. House and property for sale or rent. Library table, davenport, 2 fine rockers, 2 brass beds, complete, wash stand, parlor table, round dining table, coat with mattress, kitchen table, 4 kitchen chairs, perfection of stove and oven, coal range, set of china dishes and toilet china set. H. P. Elias, Canfield. Phone 64. 27-b

For Sale—Farm of 98 acres located 1 1/2 miles east of Calla on main road. Fin 8-room house; large bank barn and other outbuildings in good condition; good water, quantity of good fruit, consisting of apples, pears, peaches, plums and cherries. Also about 10 or 12 acres fine timber. Anybody wishing a fine farm cannot miss it on this one. Call and see it. W. Rothgeb, Calla, Ohio. Canfield Phone 39-3 rings. 26-d

Real Estate—M. H. Himele, for 1/2 years engaged in the dry goods business in Youngstown, is now in the insurance and real estate business in room 604, Dollar Bank Building. A specialty is made of farm property. Sell or exchange city lots or residence properties. Personal attention given every transaction. His rule is satisfied patrons. If you want to buy, sell or exchange real estate or insure your property consult your own interest by conferring with Himele.

A profitable investment—I have on my list of properties in Youngstown city many places that should prove attractive investments for people who seek to place their money where it will be perfectly safe, yield good returns in the way of rentals, and at the same time steadily increase in value. The latter feature alone is well worth considering. My list includes business and residence properties as well as vacant lots in nearly every quarter of rapidly growing Youngstown. Will be pleased to hear from interested parties. M. Himele, 604 Dollar Bank Building, Youngstown, O. Both phones.

For Sale—Six room house; also summer kitchen and barn; located upon one and one-fourth acres of garden land, in Calla, Ohio. House in first class condition; newly painted; cemented cellar, well drained; first class two story barn; all buildings covered with slate roof; one acre of land used for garden purposes; berries and fruit trees in abundance. The buildings on this property cost \$3100 to build; the ground is worth at least \$400. On account of having purchased this property at sheriff's sale, being the only bidder present, I can offer the same for \$1800; \$600 cash, balance on easy payments. John A. Fithian, 302 Mahoning Bank Bldg., Youngstown, Ohio. Bell 3536. New 349. 26-1f

For Sale—Pears for canning. Large Bartlett style. Call phone 169. 28-1f

Wanted—Your orders for all kinds of correct engraved stationery. Dispatch office. Phone 48.

Wanted—Horses to winter. Terms reasonable. For particulars write or phone at once, John R. Manchester, Berlin Center, O. Phone 7 on 69. 28-b

For Sale—Good residence property, situated on macadam road 1/2 mile east of Greenford. Consists of about 3 acres of land, eight room house, small barn and other out buildings, peach orchard of 150 trees, also quantity of other fruit. Good well and spring. Price \$1100. Terms and further particulars on request. M. C. Callahan, Greenford, Ohio. Phone 44-6 rings, Canfield exchange. 2-1f

The Mahoning Dispatch and Cincinnati Weekly Enquirer BOTH ONE YEAR FOR ONLY \$1.40 Send all orders to The Mahoning Dispatch, Canfield, Ohio.

Buy, Safe, Profitable Securities-- Tax Free in Ohio

Here are four plans that we have worked out after years of experience in helping our customers make wise, profitable investments. Four plans for obtaining the most profitable securities available in Ohio.

FOUR INVESTMENT PLANS

- 1. Compound Investment Plan—by which you can acquire a 7 per cent security by making partial payments at your own convenience, and secure 4 per cent on your money while paying for the same.
2. Guarantee Certificates Plan—by which we assume all the responsibility for the safety of your investment, which pays 5 1/2 per cent or more.
3. Investment Endowment Plan—by which you can acquire five or more units of income for life, for small monthly payments. Yields 6 1/2 per cent or more per annum on money actually paid in.
4. Outright Purchase Plan—"Pure Gold" seasoned securities yielding 7 per cent to 7 per cent per annum.

Write us for Complete Details of each plan and the great advantages. We can aid you in securing the most remunerative safe investment of your money.

THE REALTY GUARANTEE & TRUST CO. Capital and Surplus over \$400,000.00 Youngstown, Ohio

CLAY PRODUCTS VALUED AT \$164,986,983 IN 1914.

In a report on the clay-working industries of the United States in 1914 by Jefferson Middleton, issued by the United States Geological Survey, the value of the clay products of this country in 1914 are given as \$164,986,983—brick and tile \$129,583,822 and pottery \$35,398,161. This was a considerable decrease compared with 1913, but as compared with the value for the last 20 years it shows a great growth in the industries. Compared with 1908 there was an increase of \$31,789,221. In only four years—1909, 1910, 1912, and 1913—the total value of clay products exceeded that of 1914. Considered by the average for five-year periods, which is perhaps the fairest comparison, as unusual conditions may occur in a single year, the average annual value of the clay products of the United States was: 1890-1899, \$7,233,056; 1900-1904, \$11,135,826; 1905-1909, \$15,938,231; and 1910-1914, \$170,287,909. It will be seen that the value of the clay products of the country has considerably more than doubled in the last 20 years. With the revival of business, which is clearly indicated in the great clay-working industries with their inherent superiority of their products for many uses, are bound to come into their own, the halt of 1914 being but a temporary setback which will be more than overcome in the near future. The wide publicity given to the brick industries by the "build with brick" and "pave with brick" movements started in 1914 can not but prove of inestimable benefit in the extension of the use of brick.

Clay products are made in every state. Of the territories, Alaska and Hawaii reported none. The value of clay products ranged in 1914 from \$5,974 in Porto Rico to \$7,168,768 in Ohio. Ohio reported over one-fifth of the value of clay products in 1914 and has been the leading state since figures on this subject were first compiled by the Geological Survey in 1894. It is likely to maintain this position, as its output has always greatly exceeded that of the second state, Pennsylvania, and in 1914 this excess was \$15,319,772, or over 70 per cent. Pennsylvania's output in 1914 was valued at \$21,846,996, or over one-eighth of the total for the United States. New Jersey ranked third in 1914, with products valued at \$16,844,652. Illinois was fourth, with products valued at \$13,318,953, and New York with fifth, with products valued at \$9,078,933. Indiana was sixth; Iowa was seventh, exchanging places with Missouri, which was eighth; West Virginia was ninth, exchanging places with California, which was tenth. The first ten states reported wares valued at \$128,253,688, or 77.74 per cent of the total. The first five states reported wares valued at \$97,896,302, or nearly 60 per cent of the total.

THE ANSWER OF BUSINESS

Another answer to those critics of the administration who, refusing to recognize the evidence to the contrary all about them, persist in saying that business has no confidence in it and will not expand until the G. O. P. is again in power. It is found in the organization of the Midvale Steel Company on a broad basis and the preparations in the industry generally for greater trade. New corporations are forming constantly, new manufacturing plants are appearing and others being enlarged. From the attitude of business, it has no lack of confidence in the administration.

WAYS OF MAKING LEMONADE

Variations of Usually Accepted Methods of Preparing the Thirst Quenching Beverage.

Egg lemonade is both nutritious and refreshing. It is made by beating an egg until almost thick and then adding sugar and beating it again. To this the lemon juice is added, and there is more beating. Add now ice-cold milk, beat again and pour the mixture into a glass having a little cracked ice in the bottom. Grate nutmeg on the top and serve immediately. If one prefers only the white of the egg may be used.

In Italy they make a lemonade that is especially palatable. For a gallon of it pare two dozen lemons thinly, and press out the juice, which is then poured over the peels and allowed to remain for about twelve hours. Add to this two pounds of granulated sugar, three quarts of boiling water, a quart of white wine and later a quart of boiling milk. Strain the whole through cheesecloth or a jelly bag, cool, and when serving pour in tumblers having a bit of shaved ice in the bottom.

English Lemonade.—Like the Italian, goes to prove that foreigners take trouble in preparing their beverages, and is made by paring two oranges and six lemons thinly and steeping them in a quart of hot water for four hours. Boil one and one-quarter pounds of granulated sugar in three pints of water and add to these two lemons and the juice of six oranges and lemons and stir well. Strain through a jelly bag and serve cold. Lemonade to which has been added grape juice is a change from the ordinary lemonade and is very good indeed.

For sea foam mix the pieces of one pineapple and one lemon with four spoonfuls of mint leaves; cut into bits and add half a cupful of sugar. Beat the whites of four eggs stiff, and gradually whip in the fruit juices. Add four cupfuls of carbonated water and serve.

CHEAP SAVORY MEAT DISHES

Effective Substitutes for the Higher Priced Cuts Are at the Command of All.

Stewed Lamb's Tongue.—Four lamb's tongues, one-half pint of young onions and one large onion cut fine, one bunch of young carrots scraped, one pint of stock or water, one bay leaf, a bunch of sweet herbs and celery, two tablespoonfuls each of butter and flour; salt and pepper. Boil the tongues in clear water for 1 1/2 hours. Throw them into cold water. Remove the skins. Put the sliced onion into a saucpan with the butter. Add flour and stir until brown, then add stock or water to cover and the seasoning. Add the skinned tongues and simmer very gently, covered, for two hours. Have the young carrots and onions ready boiled separately (any leftover fresh vegetables may be used). Put the tongues on a hot platter. Strain the gravy, bring it again to the boiling point, heat the vegetables in it, place them around the tongues and pour the gravy over the meat. This is a delicious dish.

If lamb's tongues are not available the lamb stew may be substituted or a curry of lamb. Some other cheap and savory meat dishes to use instead of sirloin and porterhouse steak and lamb chops are fried brains and panned tomatoes, served with hominy au gratin, lettuce, French dressing; sponge cake and coffee for dessert; or minced beef cakes with fried bananas, potato hash, lettuce and cream cheese balls, crisp wafers, a custard or whipped cream and coffee for the finish.

Looked That Way. "See here, girl. I bring you flowers and candy while that fellow does practically nothing for you."

"He digs bait for me." "Bah! So he wants to worm his way into your affections."—Pittsburg Post.

How Weather Makes Us Work

The ideal climate is said to be found in many parts of the world, but no one knows exactly what it is. The whole matter depends on our definition of "ideal." If we are looking simply for rest and pleasure a warm and sunny climate is probably the best.

If we want to go fishing something different is preferable. The most essential fact in the lives of the majority of mankind is work. Therefore the climate which is best for work is ideal from that point of view.

If we take efficiency in the daily work of our life as our standard it is possible to measure what people actually do under different climatic conditions, and thus to form an estimate of the best kind of climate. From the work of about five hundred factory operatives in southern Connecticut and of about eighteen hundred students at West Point and Annapolis I have prepared curves showing the relative efficiency under different conditions of temperature, humidity and storminess. These curves, based on investigations among a large number of individuals, agree with similar curves prepared on the basis of a smaller number of people by two Danish psychologists—Lehmann and Pedersen, in Copenhagen.

The two sets of data show that the physical activity of the races of western Europe is greatest when the average temperature is about 60 degrees—that is, on days when the thermometer goes down to perhaps 50 or 55 degrees at night and rises to about 65 or 70 degrees by day. Mental activity, on the other hand, is greatest when the average is a little below 40 degrees—that is, on days which may have a frost at night.

Since life consists of both mental and physical activity, and each is essential to success, the most favorable conditions would seem to be those where the temperature never falls far below the most propitious point for mental work or rises above the optimum for physical work. In other words, if the mean temperature were the only thing to be considered, the best climate would be one where the average in winter is about 40 and the average in summer about 60 degrees. Only a few parts of the world are blessed with such conditions.

The most important of these, both in area and in population, is England. Next comes the northern Pacific coast of the United States, from Oregon to the southern part of British Columbia. Here, unfortunately, the mountains rise above the sea, and so prevent the favorable conditions from penetrating far inland. A third highly favored area is found in New Zealand, especially the southern island. This, like its two predecessors, is recognized as one of the highly advanced parts of the earth. The fourth and last of the places where the mean temperature is particularly favorable is not generally so recognized. It lies in Patagonia and the corresponding part of Chili between latitudes 45° and 50° S. Few people live here, and we are apt to think of it as of relatively slight value. It differs from the other three regions in having a deficient rainfall except in the western part, which is extremely mountainous.

From what has just been said it must not be inferred that the climates of England, the northern Pacific coast of the United States, New Zealand and Patagonia are necessarily ideal. Mean temperature is by no means the only important condition. In the first place, not only a deficiency of moisture, as in a large part of Patagonia, but an excess, as in the mountains of southern Chili or in Ireland, which otherwise is almost as favored as England, may hamper a country. Such conditions produce not only an adverse economic effect by making agriculture difficult, but also a direct effect upon people's capacity for work. A moderate degree of dampness—that is, a relative humidity of from 65 per cent in summer to 90 per cent in winter—is favorable, but when the summers are wet and the winters very dry people do not work so well.—Ellsworth Huntington, in Harper's Magazine.

THE ADRENAL GLANDS.

In states of strong excitement due to fear, anger, the lust of chase or battle, there is an overwhelming sense of power that sweeps in like a sudden tide and lifts a man to a new level of ability. Firemen, policemen, escaped prisoners, wrecked sailors, soldiers and football players have borne testimony to the energizing influence of the emotions that enabled them to perform prodigies of strength.

A Harvard professor of physiology, Walter B. Cannon, after a lengthy study of these phenomena (assisted by 10 collaborators) has written a book entitled "Bodily Changes in Pain, Hunger, Fear and Rage" (Appleton), which is an important contribution to the new science of medicine. He finds the explanation of the energizing power of the emotions in the actions of those small bodies lying interior to each kidney—the adrenal glands. The adrenals are glands of internal secretion, like the thyroid, parathyroid and pituitary glands. They give into the blood the material which they elaborate. From the medulla of the adrenal gland can be extracted a substance variously called suprarenin, adrenin, epinephrin and adrenalin; the latter is a proprietary name and Dr. Cannon prefers adrenin. Injections of adrenin into a vein of a patient produce heightened blood pressure, an added sense of strength and lessen the effects of fatigue. These are effects which are produced by heightened emotion and which the author's experiments show are caused by the liberation into the blood of increased quantities of the secretion of the adrenals.

"Certain remarkable effects of injection adrenin into the blood have for many years been more or less recognized," says Dr. Cannon. "For example, when injected it causes liberation of sugar from the liver into the blood stream. Some old experiments indicate that it acts as an antidote for fatigue . . . and there is some evidence that it renders more rapid the coagulation of the blood.

"Sugar is the form in which carbohydrate material is transported in organisms; starch is the storage form. In the bodies of animals that have been well fed the liver contains an abundance of glycogen, or 'animal starch,' which may be called upon in time of need; at such time the glycogen is changed and set free in the blood as sugar."

An excess of sugar in an eliminating fluid of the body, known as glycosuria, is a prominent symptom of diabetes; yet great exertion, high excitement, pain, grief and anxiety will produce pronounced glycosuria. This symptom of a dangerous disease has been found in football players immediately after a game and even in spectators of the game; but all trace of it had disappeared the next day.

Dr. Cannon, in experiments on cats, produced glycosuria through rage, fear and pain. His experiments have been verified by other investigators and the positive connection has been established between the emotion, the freeing of the adrenal secretion in larger quantity and the consequent increase of sugar from the liver into the kidneys.

Sugar is a source of energy, and adrenin, by causing its release into the blood, overcomes fatigue; but "adrenin has also another action, a very remarkable action, that of restoring to a muscle its original ability to respond to stimulation after that has been largely lost by continued activity for a long period. What rest will do after an hour or more, adrenin will do in five minutes or less."

Our Jitney Offer.—This and 5c. Don't miss this. Cut out this slip, enclose with five cents to Foley & Co., Chicago, Ill., writing your name and address clearly. You will receive in return a trial package containing Foley's Honey and Tar Compound, for coughs, colds and croup, Foley Kidney Pills, and Foley Cathartic Tablets. F. A. Morris.—Adv.