

REAL VETERAN OF THE SOIL

Connecticut Farm Hand Worked Fifty Years for One Family, and Died at Eighty.

According to Hartford Courant, there died in one of the shore towns recently a man in his eightieth year, of whom the newspapers said little, yet in some ways his career was as unique as to demand some consideration.

He saw his employer grow old and go the way of all the earth, but went on with the farm work in the employ of his son, who had taken his father's acres and worked with and for him until the son went from youth to well past middle age and was able to muster for work a good-sized group of grandsons of the original employer.

EASY TO BLAME "OVERWORK"

But According to Physician Few Really Suffer Because They Try to Do Too Much.

A doctor of very wide experience has noted this phenomenon: every day men come to him, broken down in health; and almost invariably they inform him that the cause is "overwork."

Yet, on further questioning, this doctor finds that virtually none of his patients work as hard as he does. Yet he is well and they are sick; he is strong and able to do his work without exhaustion, and they can do little or no work any more.

This is his deduction: that their breakdown was not due to work, but to a terrible load of psychological and physical habits they had been carrying—a load so great that a very little work in addition overtaxed their waning strength.

What are these habits? They vary with the individual, and their aspects are innumerable.

Work—just plain, wholesome hard work, either physical or mental—hurts very little. It hurts healthy people—people who are healthy in mind and body—not at all.

What many people call "overwork" is fretting over their work—worry.

What many other people call "overwork" is loading their system with poison by overeating.—Exchange.

Proper Way to Keep Honey.

In selling honey as a substitute for sugar the retail grocer and his customers may encounter some difficulty through lack of knowledge of storing and handling this product, according to American Food Journal. Housewives usually put their honey in the cellar for safekeeping, probably the worst possible place, as honey absorbs moisture from the atmosphere and will become thin and in time sour.

In a Tiger's Lair.

In the lair of a tiger there are certain terraces, or places under overhanging trees, which are covered with bones, and are evidently spots to which the animal brings its prey to be devoured. On such a terrace one will find the remains of a deer, wild hog, dog, pig, porcupine, pangolin and other animals both domestic and wild.

Ideal Friendship.

Insincerity may fascinate—but it is not lovable. Only honesty and directness of dealing can win a lasting attachment. Artificial folk are desperately afraid of the picturesquely unconventional actions that they think will make them ridiculous.

The KITCHEN GUPBOARD

BALANCED MENU.

THURSDAY—BREAKFAST. Stewed Prunes. Cornmeal Mush. Broiled Liver and Bacon. Buttermilk Biscuits. Coffee. LUNCHEON. Clam Fritters. Colelaw. Brown Bread Sandwiches. Tarts and Tea. DINNER. Fruit Cocktails. Broiled Pork Tenderloin. Apple Jelly. Browned Potato Balls. Asparagus Salad. Coffee Frappe.

A RUN ON ASPARAGUS.

TRIM the bottom portion of the asparagus to a suitable size, discarding the hard, woody part. Peel or scrape each frond from one inch below the tip end. Wash in plenty of cold water to remove sand, which is always present in the tip end. Plunge into boiling water and boil gently until tender. Drain and dish on hot platter and serve with either plain melted butter or any sauce desired.

Asparagus Omelet.—Use the left over asparagus for this omelet. Break three eggs in a dish and beat with a fork until well mixed, then pour in a hot omelet pan in which three tablespoons of melted butter are beginning to brown. When partly set sprinkle over with cold cut asparagus which has been cut in one-half inch pieces. Fold over and turn on hot platter. Garnish with tips of asparagus and serve.

Asparagus Soup.—Prepare ten stalks of asparagus as for boiling. Cut in one inch pieces and cover with cold water. Cook until very tender, then rub as much as possible through a fine sieve. Discard all the hard parts. Measure and add equal portions of milk. Season with salt and paprika. Place in saucepan two tablespoons of butter and two tablespoons of flour. Blend well and then add two cups of asparagus stock. Cook for five minutes, then serve.

Asparagus Salad.—Prepare one bundle of asparagus. Cook and when tender remove from the pan. Place on large platter, draining off all moisture. Season with a French dressing, turning frequently so that the asparagus may be well blended. When ready to serve cut into suitable pieces, place on crisp lettuce leaves and serve with Russian dressing. Asparagus can be used as a garnish for planked steaks, chops, fish or to build log cabin salad.

Asparagus, Royal Hollandaise Sauce.—Cook the asparagus in unsalted water and dispose on a heated dish. In the meantime take two tablespoons of butter, add two tablespoons of flour mixed with one-fourth teaspoonful each of pepper and salt and blend well, then add one cupful of beef stock, one teaspoonful each of chopped parsley and scraped onion and stir and cook until thick. Cream three tablespoons of butter, add the beaten yolks of two eggs, combine with the sauce, cook until the eggs are set, then remove from the fire, add the juice of half a lemon, pour the whole over the asparagus and serve at once.

Miss Vere Menagh returned to her home Sunday from the Meehan hospital, where she underwent an operation for the removal of her tonsils. Miss Menagh is now able to be up for the first time in several months, and her many friends trust that she may have a complete and speedy recovery.

Anna Thompson.

Down and Out Mother Braces Up Surprises Whole Family

She had worked, loved and was happy in doing for her children, and when she started to break down they were frantic, were willing to do almost anything to make her last years happy and free from worry and illness. Nothing they did seemed to help; doctors, medicines or rest gave no results.

Finally, when all were about desperate with worry a neighbor induced them to try Phosphated Iron. It had worked such wonders with her old folks. Ready to grasp at any help they got a supply and the way their mother improved from the start was almost too good to believe. It sure was a happy and reunited family and you can bet they are all boasting Phosphated Iron to the limit.

Doctors the world over will tell you that Phosphate and Iron will build up and store strength and energy against old age and nervous breakdowns. One of our leading physicians says, "The results I have obtained with Phosphated Iron have been great in cases of old people, where it was necessary to build up strength, revive bodily functions, give them life, renewed youth and health."

PETER SOBIESKI



Here is a man who would rather be a brakeman in the United States than a ruler in Europe. Peter Sobieski, a descendant of King John III of Poland, says the wild beast of Berlin offered him a kingdom. Sobieski recently arrived in Oakland, Cal., from Arizona, where he has been working as a brakeman on a railroad. He has made application for enlistment with the United States army as an interpreter. Sobieski's uncle, who lives in Los Angeles, two years ago was offered the throne of Poland under Germany's dominion. He declined, preferring to remain a citizen of the United States. The job was then offered to Peter, who also declined.

Ralph Holmes will return tomorrow to Camp Houston, Texas, after spending three weeks in Denison visiting his mother. Ralph was granted a three weeks' furlough to recuperate his health after a severe illness at the camp.

W. S. S. CAMPAIGN

The public schools are continuing the good work which was commenced last year, in the war savings stamp campaign, and this fall the high school students have taken it up also with renewed interest. At the normal school the seniors and the commercial department have divided in two sections called the Industrials, which includes the commercial and agricultural students, and the Collegiate,

which is composed of the college preparatory and the normal students, and are conducting a contest which is to last for six weeks. A report is given every two weeks as to the progress made, and at the first report given on Friday, the Industrials were in the lead, having purchased \$52.00 worth of stamps, while the Collegiate were close behind them with a total of \$47.75. The interest is very keen and it is hoped that a goodly sum will be raised in this manner which will tend to encourage the spirit of thrift among the students.

SOCIAL NOTES

Miss Fannie Hayes and Miss Sophie Balle entertained informally at tea last Saturday afternoon, the invited guests being the high school teachers. A pleasant afternoon was spent in a social way with knitting and other war work. At the close of the afternoon a dainty lunch was served.

The Woman's club opened their club year with the customary social meeting, which was a luncheon given at the home of Mrs. R. P. Plimpton, who is the club president. A most delicious four course lunch was served at one large and two small tables which were most pleasingly decorated with baskets of pink roses and daisies and appropriate place markers. The subject for the afternoon was "Australia," and Mrs. G. L. Caswell and Mrs. E. W. Pierce gave two most interesting papers on it. A most pleasant time was had by all.

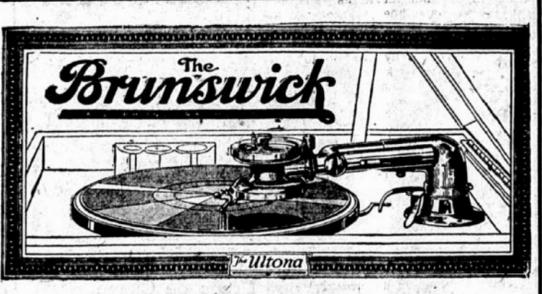
P. E. O. society will meet on Friday, October 4th, at 2 o'clock in the assembly room at the court house. All members are urged to be present and assist with Red Cross sewing after the regular business meeting.

H. H. club will meet on Thursday evening with Miss Lillian Olsen as hostess.

The Masonic and Eastern Star orders had a farewell meeting on Saturday evening for A. F. Boylan, who left Sunday for training in Y. M. C. A. work for the army. The affair was arranged on short notice, and thus the attendance was not very large, but a most enjoyable evening was spent by those present. G. L. Caswell, in behalf of the brother Masons, presented Mr. Boylan with a fine wrist watch, expressing appreciation of the work done by this brother in the interests of the order, and that he would be missed greatly at the meetings as well as in their everyday life. Mrs. Geo. Sprecher voiced the sentiments of the Eastern Star in well chosen words, and presented him with a shaving outfit in a khaki case. Following this Mrs. J. B. Romans also spoke in behalf of the Eastern Star, paying high tribute to the standing of Mr. and Mrs. Boylan in both the Masonic and Eastern Star orders, and that the orders would feel keenly the loss of two such valuable members. Mr. Boylan responded with fitting words and words and tokens of remembrance. The remainder of the evening was spent in a social way, and with music and games, and the company adjourned after wishing Mr. Boylan the best of success and a safe return.

DENISON MERCHANT FINANCIAL WRECK

"I am a financial wreck because of the expense of doctors and medicine for my wife. She has been a chronic sufferer for 10 years. Some pronounced it gall stones, some gastritis and some intestinal inflammation. I happened to read an ad of Mayr's Wonderful Remedy and from the first dose my wife has steadily improved." It is a simple, harmless preparation that removes the catarrhal mucus from the intestinal tract and allays the inflammation which causes practically all stomach, liver and intestinal ailments, including appendicitis. One dose will convince or money refunded. Rudolph Knaut, Druggist.



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Save, Save, Save, was the word given the members of the woman's committee C. N. D. at the meeting held in Des Moines last week. Every housewife is urged to guard the consumption of foodstuffs against over eating, unnecessary eating and all waste. From Burlington headquarters comes this appeal: "We urge that each county organization maintain a continuous and vigorous campaign against the evil, for it is an evil in war times, of what is known as the fourth meal. We urge that this committee work against the continuance of extra meals, extra lunches and similar affairs. Where celebrations, banquets and the like are given they should make one of the three meals of the day and the hours of such services should be arranged to correspond."

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METHODIST CHURCH NOTES

The young ladies of the Philathea class enjoyed their annual business meeting and election of officers on Monday evening at the home of their teacher, Mrs. E. W. Pierce. A very appetizing supper was served at 6:30, after which the business meeting was held. The following officers were elected for the coming year: President, Edna Timm; vice president, Mrs. Earl Heiden; secretary, Alma Murkland; treasurer, Emma Brogden; assistant secretary and treasurer, Hazel Boutel. Plans were discussed for this year's work and a social time followed. The Philathea girls extend a very cordial invitation to all young ladies not affiliated with any other Sunday school to join their ranks and help to make the Philathea class better than it has ever been.

Next Sunday will be observed as Rally day. At 10:30 a. m. the Sunday school will render a fine patriotic program, "A Call to the Colors." Good music with choice readings and recitations. Following the program the pastor will give a short address on "The Heroism of Youth." Promotions and enrollment of new pupils in the Sunday school, together with the lesson will take up the time of the Sunday school hour.

The Epworth League service will

do you good and make you glad if you attend.

Preaching at 8 o'clock. Subject, "Some Great Warriors of the Bible." Prayer meeting Thursday evening at 8 o'clock. You are welcome.

PRESBYTERIAN CHURCH NOTES

Services Sunday morning and evening will both be of an unusual nature. At 10:30 there will be administered the sacraments of Baptism and the Lord's Supper and reception of members into the church. At 8 o'clock the message will be an attempt to define "What Jesus Taught About War."

Sunday school at 12 o'clock with competent teachers for all classes. Christian Endeavor meets at 7 with a live subject for discussion. During the absence of Mrs. McConaughy our choir will be under the able leadership of Miss Pio Caswell.

A ten minute organ recital precedes each of the public services with Miss Lillian Raine presiding. You will be cordially greeted at all these services. You will find it a source of great help if you worship with us.

Robert Karr, Minister.

BAPTIST CHURCH NOTES

The by-laws of the church will come up for another reading at this week's prayer meeting. If you have any news from one or more of those on our honor roll bring that with you to the prayer meeting.

There will be a B. Y. P. U. social at the Fred Helman home Friday evening, October 4th. Be at the church at 7:15 o'clock and autos will be on hand to take you out.

Next Sunday morning the pastor will preach a sermon for laymen especially but all are welcome to the service. In the evening the text of the sermon will be "In the days of thy youth," and the young people are cordially invited to attend.

Our church will send a gospel team to Carroll to take charge of the morning service at the Baptist church on next Sunday.

ARTISTIC SIMPLICITY CHARACTERIZES THE NEW FALL STYLES IN

Suits Coats Dresses

While the inspiration for the new fall and winter fashions come from Paris, full credit for their development is due to American designers. Our own opinion is that this season's styles are more attractive than those of any past season within memory; and our opinion is verified by that of our customers.

There is no scarcity or lack of becoming fashions here. Every favored new style is represented in the extremely interesting display now presented for your approval and which you are urgently requested to inspect.

New Tailored Suits for Fall and Winter



In their very plainness lies their charm. Made of tricotine in elephant grey, navy and midnight blue, black and brown, Poret twills in navy blue and black, men's wear serge in black and blue; all wool poplins in burgundy, blue, taupe, brown, navy and black; broadcloths in black, navy, burgundy, brown and taupe.

Suits range in price from \$19.85 and upwards Extraordinary values in Broadcloth Suits at \$35.00 each

The New Fall Coats Will Delight Every Woman

The loveliest styles, the finest qualities and lowest prices than you expected to pay. There's a wealth of beauty in the new coats. In fabrics, color and trimming—style in every detail—you'll find richness in the highest degree.

Coats of velour du nord at \$39.50, \$55.00, \$65.00 and upwards Plain belted styles and fancy novelty effects, also some trimmed in genuine beaver and sable fox fur.

Plain plush and plutex coats at \$17.50, \$19.50, \$25.00, \$27.50, \$35.00 up

Great Values in Wool Panama Dresses at \$10.75

Women's and Misses' sizes The colors are brown, black, navy and burgundy. Splendid youthful models, trimmed with black military braid. Collars and cuffs of white faille. Would be considered a bargain in normal figures, a matchless value under present conditions.

Splendid values in all wool serge dresses at \$17.50, \$19.50, \$22.50 and \$25.00

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