

MORE HOSPITALS ARE NEEDED.
 Situation improved. But Further Work is Needed to Stamp Out Tuberculosis.

Only four states, Mississippi, Nevada, Utah, and Wyoming, have no beds whatever in special hospitals or wards for consumptives. Eight years ago when the National Association for the Study and Prevention of Tuberculosis was organized, there were 28 states in which no hospital or sanatorium provision for consumptives existed, and the entire number of beds in the United States was only 10,000.

While these figures would indicate a remarkable growth in anti-tubercular activity," says Dr. Livingston Pennard, executive secretary of the National Association, in commenting on the subject, "there are still practically ten indigent consumptives for every one of the 30,000 beds, including those for pay patients. In other words, we have from 250,000 to 300,000 consumptives in this country too poor to receive hospital care for themselves.

"Tuberculosis is ever going to be stamped out in the United States, where hospital provision for these folk of infection must be provided."

AN APT SCHOLAR.



Mrs. Beacons Streete—"I'm glad your nose left you some money, but please, Norah, don't call it a legacy. Say 'limbacy.' It is very improper to say leg; always say limb!"

Norah—"Yes, ma'am, an' shall I varram oop that limb o' nuttin for dinner, or will yes hov it coid?"

Would you say money paid for sheet made is invested in rolling stock?

Put it Up to the Cook Book.

"My dear Dolly," said a young husband, "honestly I cannot congratulate you on your success with this pudding. It is simply rank."

"Charley!" exclaimed the little wife, "how absurd! It is all imagination! The cook book says it tastes like ambrosia."

Flattery.

Two men, highly intoxicated, were walking home from their club, arm in arm, one night, when both tumbled simultaneously over some small obstruction on the sidewalk. One rolled to the right and landed in a gutter, while the other fell to the left and slid into a little trench that some workmen had been digging and left unprotected. For some moments after the fall each silence reigned, and then the one on the left cried:

"I say, old chap, can't you give me a bit of a lift?"

And the man on the right called back: "Oh, you fatterer!"

Her Unfortunate Error.

A literary lady at a society dinner was given a seat next to a noted materialist whose views were very materialistic, and at some remark he made on the origin of mankind, the lady found her temper tried beyond all bearing, so that she retorted: "I really don't care what you say. I believe in the Bible, and there we are told that Adam was the father of all things."

"I really think you are mistaken," he said with a smile, and so the subject dropped.

A few days later the lady, writing to a bosom friend, told her of the occurrence and added: "I am too mortified, for I have looked the matter up and it only says that Eve was the mother of all living, and so I don't know whether to write to the professor or not."

GOOD NIGHT'S SLEEP

No Medicine So Beneficial to Brain and Nerves.

Bring awake nights makes it hard to keep awake and do things in day time. To take "tonics and stimulants" under such circumstances is like setting the house on fire to see if you can put it out.

The right kind of food promotes refreshing sleep at night and a wide awake individual during the day.

A lady changed from her old way of eating Grape-Nuts, and says:

"For about three years I had been a great sufferer from indigestion. After trying several kinds of medicine, the doctor would ask me to drop off potatoes, then meat, and so on, but in a few days that craving, gnawing feeling would start up, and I would vomit everything I ate and drank.

"When I started on Grape-Nuts, vomiting stopped, and the bloated feeling which was so distressing disappeared entirely.

"My mother was very much bothered with diarrhoea before commencing the Grape-Nuts, because her stomach was so weak she could not digest her food. Since using Grape-Nuts food she is well, and says she don't think she could do without it.

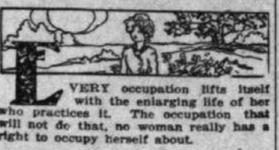
"It is a great brain restorer and nerve builder, for I can sleep as sound and undisturbed after a supper of Grape-Nuts as in the old days when I could not realize what they meant by 'a bad stomach.' There is no medicine so beneficial to nerves and brain as a good night's sleep, such as you can enjoy after eating Grape-Nuts."

Manufactured by Postum Co., Battle Creek, Mich.

Look in pages for the famous little book, "The Road to Wellville."

Ever read the above letter? A new way appears from time to time. They are golden, true, and full of human wisdom.

The KITCHEN CABINET



VERY occupation lifts itself with the enlarging life of her who practices it. The occupation that will not do that, no woman really has a right to occupy herself about.

WHAT TO DO WITH LEFTOVER BITS OF CHEESE.

Cheese is such a valuable food and is so particularly good in combination with starchy foods, and those lacking fats and flavor, that it should be found more often upon our tables.

When buying cheese it is best not to get it in too large quantities, as it dries and molds. To keep it from molding, wrap it in a cloth wrung out of vinegar. Grate all the small pieces before they get too dry and keep them in a jar with a tight cover.

In cooking cheese it is well to remember that overheating it makes it indigestible. When possible, add the cheese to a hot dish only long enough to melt it. A tablespoonful of cheese will flavor a dish, and not even a scrap should be thrown away.

Butter crackers and sprinkle with grated cheese and a dash of cayenne, place in a hot oven and serve when the cheese is melted.

Cheese Shell Filled With Cabbage.

Roll until tender a small head of young cabbage. Drain, chop and season well. There should be about two cups. Put it in an empty omelet or pineapple cheese shell, in alternate layers, with one cup of white sauce. Heat in the oven until the sauce bubbles; this will give the cabbage a delicate cheese flavor. Boiled macaroni or rice may be substituted for the cheese if preferred.

Cheese Macarons.

Spread Macarons together with any tart jelly and press together with a layer of snappy cheese between.

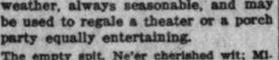
Cream Cheese Crackers.

Take un-sweetened crackers. If not crisp set them in the oven for a few moments. Spread with plum or currant jelly and drop a teaspoonful of cream cheese in the center of each cracker.

Cheese Balls.

Take a dash of tabasco sauce to cream cheese, a pinch of salt, paprika to make it pink, and cream to make a paste. Form into balls and roll in finely chopped black walnuts. Serve on lettuce with French dressing.

Pack cream cheese, well seasoned, into red or green peppers; then serve cut in slices. Very pretty.



"T's as easy now for the heart to be true as the grass to be green and the sky to be blue; 'Tis the natural way of living.

A poem every flower is And every leaf a line.

FOOD FROM THE CHAFING DISH.

The chafing dish is like reasonable weather, always reasonable, and may be used to regale a theater or a porch party equally entertaining.

The empty spit, Ne'er cherished wit; Mi-nerva loves the larder.

For a really enjoyable dish nothing is nicer than frog's legs. Clean and trim a dozen of the hind legs; season with salt, pepper and roll in crumbs; egg, then crumbs again and saute in butter. Cook only a few at a time, as they should be well browned in the hot blazer. Serve with Sauce Tartare. This is mayonnaise dressing with capers, parsley, olives and pickles and a half a small green onion added, all chopped fine.

Scrambled Eggs with Cheese

is a combination easily prepared in the chafing dish. Scramble the eggs and add just before serving four tablespoonfuls of grated cheese.

Spiciolian Omelet.

Beat three eggs slightly, add a teaspoonful of sugar and a pinch of salt. Butter the sides of the blazer, turn in the omelet and cook. Turn on to the platter and serve with Sicilian sauce. Beat half a cup of heavy cream, add a tablespoonful of powdered sugar, and a tablespoonful of melted currant jelly, and one and a half tablespoonfuls of powdered macarons.

Smothered Mushrooms.

Prepare a cup of fresh mushrooms. Melt three tablespoonfuls of butter, add the mushrooms, sprinkle with salt, paprika and cook slowly for ten minutes. Dredge with one and a half tablespoonfuls of flour and add half a cup of chicken stock. As soon as heated add two eggs slightly beaten and a grating of nutmeg. Be sure that the flour is cooked before adding the eggs.

Chicken a la Reine.

Beat two tablespoonfuls of butter and add the yolks of three hard-cooked eggs, rubbed to a paste. Soak one-fourth of a cup of cracker crumbs in the same amount of milk and add the egg mixture. Pour on gradually one cup of chicken stock, then add a cup of finely cut cooked chicken. Season with salt, paprika and celery salt. Serve on toast.

Nellie Maxwell.

Next She'll Be Bride Groom. How far is this sex equality going, anyhow? In an English paper the following ad appeared the other day: "LADY desires post as groom, thoroughly experienced in management and care of horses, riding and driving, also in caravanning and camp life."

Labor Still Supreme.

Science has accomplished a lot of new things with water power and air power, but hasn't improved on man power. Nothing so far, in the history of humanity, has been discovered as an acceptable substitute for honest, steady labor.—Herbert Kaufman.

Symptom Seldom Seen.

A dietary expert declares there is no such thing as brain food. Even if there is such a thing, few show symptoms of being overfed.—Providence Journal.

ONLY NEEDED TURNING OVER

Remedy Frequently Effective With Small Boy Worked Well With Recalcitrant Mule.

A mule drawing a furniture van down Broadway got tired of the job and lay down. Soon a crowd gathered and ventured all manner of advice to the driver, relates the New York Times.

Louis Scheff, an electrician, of 152 Amsterdam avenue, suggested that twisting the mule's ears would force it to rise, and put his idea into practice, but ineffectually, while the crowd shouted "Whisper in its ear."

Scheff next tried pulling the mule's tail. Mrs. Anna Schott of 304 Omstedah avenue, a passenger on a Broadway surface car, who is a member of the Humane society, construed the electrician's efforts as cruelty and had Scheff arrested.

Detective Sharp of the West Sixty-eighth Street station, who comes from the south and knows mules, took one look at the fallen mule and said: "You'll never get that mule up—it's lying on its left side."

"What's that got to do with it?" demanded the driver.

"Everything," replied Sharp. Ropes were tied to the mule's hoofs, and it was turned over on its right side. Sharp gently kicked the animal in the side and it scrambled to its feet.

HIS SYMPATHIES WITH ELK

Somewhat Natural, Since Animal Rescued Engineer From Extremely Awkward Position.

A curious story of adventure comes from Montana. While a freight train was lying over at a small mountain station, the engineer borrowed a shotgun and started out for a short hunt. Finding nothing, he was returning to the train when a cow came running at him, and before he realized his danger, she tossed him in the air.

Getting to his feet as quickly as possible, he dodged behind a tree, and then, to his dismay, found that the gun barrel was bent so as to be useless. The next ten minutes were very lively ones, while the cow chased the engineer round and round the tree. Just when he was about to succumb from fatigue, an angry snort was heard, and a big elk appeared upon the scene, head down and prepared for a fight.

So was the cow, and in another moment the two animals dashed at each other. The engineer watched the combat for a few minutes, until prudence suggested that he should make a retreat as soon as he could. He regained the train in safety, and never knew the outcome of the battle, but he hopes the elk was the victor.

The Dancer.

"His little slanting eyes followed the butterfly movements of Lan-Tin here and there, the free toss of her little head and the graceful abandon of her arms as she flung them over her head, and again brought them down with a sweeping bend to the very ground. Lan-Tin forgot the mandarin and all his regal magnificence. She was playing a pretty little game of make-believe. She was the wind blowing through the plum tree. Tossing and twirling, bending low as did the drooping branches, waving slowly, rushing fiercely like a tiny whirlwind. With flushed cheeks and glowing eyes she was the spirit of the wind.

"Then a funny thing happened. From outside the windows that opened on the perfumed Chinese night came the sound of loud hand-clapping and deep, strange voice shouting 'Brava!'" She dropped down on a cushion, no longer a wind fairy, but a little wilted flower."—From "The Tale of Little Lan-Tin," by Flo Hingier.

Useful Accomplishments.

Every woman wants a cozy corner all her own—be that corner humble or handsome.

Every woman who does not have the home longing is abnormal. Home is made up of little things.

One of the largest of these little things is the ability to cook wholesome food.

Sewing and music are next. A woman might be as homely as can be, but if she can cook a good dinner, make a dress, and let her moods slip out of her finger tips on a piano, that woman will have a chance for a truly happy home a thousand per cent. better than her beautiful neighbor who cannot make even an apron, and who cooks badly for her family.

So I say to mothers, whether you have money or not, teach your daughters all the useful and necessary things in life, so that they will make good, homelike wives and mothers.

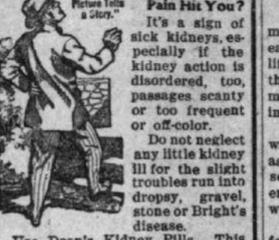
Elephant Most Intelligent.

The elephant is by a long shot the most intelligent animal under man. Some horses know a great deal, some dogs are exceedingly bright, but for real sound sense and all-around long-headedness the elephant heads the list. He is not only bright, he is a deep thinker and profound philosopher, and has been known to do things that apparently required nothing less than human intelligence. Read the books that have to do with animal intelligence, with the wonderful things that our dumb fellow-beings have done, and while you will find much to the credit of the dog, horse and other animals, you will be impressed with the fact that, next to man, the brain-power of the elephant is the greatest among them all.

Puzzling Words.

Speaking of a sanatorium, anybody who has lived in the neighborhood of one will probably remember how the inhabitants are perplexed by two spellings of what appears to be the same word. The dictionary shows that a "sanatorium" may be any health-giving place, while "sanitarium" often means a hospital or retreat for the treatment of disease. But as "sanatorium" may (and generally does) mean the same thing, the task of distinguishing the words becomes nearly hopeless. All that the most zealous respecter of his language can do is to preserve the integrity of both spellings, and not write "sanitarium."—Springfield Republican.

Whenever You Use Your Back



Does a Sharp Pain Hit You? It's a sign of sick kidneys, especially if the kidney action is disordered, too, passages scanty or too frequent or off-color.

Do not neglect any little kidney ail for the slight troubles run into dropsy, gravel, stone or Bright's disease.

Use Doan's Kidney Pills. This good remedy cures bad kidneys.

A TYPICAL CASE—L. C. Warner, 126 N. Garfield Ave., Peotato, Idaho, says: "Kidney complaint often confined me to bed for weeks. I passed kidney stones and the pain was terrible. Morphine was my only relief until I used Doan's Kidney Pills. After taking this remedy the stones dissolved and passed without pain. I am now free from kidney trouble."

Get Doan's at any Drug Store, 50c a Box

DEFIANCE Gold Water Starch

makes laundry work a pleasure. 16 oz. pkg. 10c.

WAGGISH.



Percy—What a sad dog you are. Always short!

Reggy—Well, I'm no dachshund, I'll admit.

Where He Drew the Line.

An English earl, lately deceased, who had no family, was notorious for his hatred of children, and on one occasion he engaged as lodge keeper an army pensioner named McMicken. Some few months later McMicken's wife presented him with a son and heir. On learning of the occurrence his lordship rode down to the lodge in a terrible rage.

"I hear," said he to Mr. McMicken, "that your wife has a son."

"Yes, my lord," said the man proudly.

"Well, now, look here, McMicken; when I put you here, it was to open and shut a gate, but by the Lord Harry, not to propagate."

Your working power depends upon your health. Garfield Tea helps toward keeping it.

And So True, Eoo.

Father was walking to Sunday-school with little Johnny, and endeavoring to improve the time by teaching Johnny his Golden Text, the words of which were: "Whosoever a man soweth, that shall he also reap." Johnny repeated it after his father several times, and seemed to have mastered the correct wording.

As they drew near the Sunday-school the father gave Johnny his last rehearsal. "Now, son," he said, "let's have the Golden Text once more without any help from me."

"This is what he got from Johnny: 'Whosoever a man sews always ripe.'"

Willing to Oblige.

A story comes from a town where firms advertise to sell fish direct to small purchasers. The glowing advertisements asked for the sending of half a dollar with a list of the varieties of fish preferred. One letter read:

"I want two salmon, a dozen whiting, a dozen fresh herring, some flounders, and if you have them you can add a lobster."

The next day the lady received a letter which ran:

"Dear Madam: Please send another dime and we will forward the fisherman."—Dallas News.

Noted Author.

"See that man over there with the black mustache?" said Tompy.

"Yes," said the visitor.

"Well," said Tompy, "he is the author of one of the most popular serials in a hundred years."

"Really?" said the visitor. "Why, he doesn't look like a literary man."

"No," said Tompy. "He isn't—he's the inventor of popped grits, the best selling cereal on the market."—Harper's Weekly.

Strictly Up to Date.

Alice—How oddly some men propose.

Kate—I should say so. A gentleman asked me last week if I felt favorably disposed to a unification of interests.

If come cooks land in heaven they will be awfully annoyed to find that they can't leave.

The candidate for office who "also ran" has to explain to his friends how it happened.

The reason a girl won't let a young man kiss her is because she wants him to.

The woman pugilist knows just how to assert her "rights."

WILLING TO SHARE PENNIES

Generous Act of Street Walf That Gained Him a Friend in Great Novelist.

Charles Dickens, the creator of many delightful child characters, earned a million dollars during his lifetime with his pen, but often walked the streets of London in search of material for his books without a penny in his pocket.

One evening while doing this he was accosted by a small boy who asked him for a penny. Dickens searched his pockets, but they were empty, and so he told the boy, who was shivering in the cold.

"Poor man!" exclaimed the little fellow, "we'll go hunks together!" Dickens stood back in the shadow of the street to see what the outcome would be. The lad continued to beg, and finally gained two pennies. He came dancing to Dickens with a jolly ring in his voice.

"Now," he said, "we'll have two hot buns apiece!"

Such a generous spirit under such trying circumstances struck Dickens so forcibly that he took the lad home with him, and there he lived and clothed, and started on the road to a better life.

TERRIBLE ITCHING ON LIMBS

Glen Wilton, Va.—"Five years ago I was in a terrible state of suffering with blotches on my limbs, of the most intense stinging and itching. I could not rest day or night; the itching was so severe that it waked me out of sleep. I could never get a full night's rest. I actually scrubbed the very flesh so severely that in a short time the affected places were so sore I could scarcely walk with any ease of comfort. The places were a solid raised up mass. I would scratch the parts until they would bleed. I tried home remedies but got no good; the itching just kept on getting worse. I used some salve which simply was no good at all.

"I happened to see the Cuticura Soap and Ointment advertisement and wrote for a free sample. Almost like magic I commenced getting relief. I bought a 50c box of Cuticura Soap and I was entirely cured from a torment that would be hard to describe." (Signed) W. P. Wood, Mar. 9, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston."

A WELCOME ARRIVAL.



Mr. Collier Down—Intelligence has just reached me.

Mrs. Collier Down—Thank heavens, it has come at last.

Ruling Spirit Still Strong.

Mrs. J. L. Story, who has just published a volume of reminiscences, tells of a lady relative who had all her life been afraid of damp sheets. When she was dying Mrs. Story entered the room, to find the fireplace barricaded with a large assortment of bed linen. She was having her winding sheet warmed.

"I never have lain in damp bedclothes while I was alive," said the old lady in a feeble whisper, "and I'm not going to do it when I'm dead."

Blessed Sympathy.

Sympathy with animals blesses and humanizes men and women. To get into real relation with an animal is a liberal education. It is something to be really interested even in a plant and to observe the working of life in any sphere not our own. How much more when that life is directing a personality which consciously looks up to us and will love us if we will let it!—Christian Register.

With the Lid Off.

"Mother," asked Bob, with a hopeful eye on the peppermint-jar, "have I been a good boy this afternoon?"

"M-m-yes," answered mother, dubiously, recalling a certain little rift within the lute. The four-year-old diplomat looked anxious.

"Please," he begged, "say a wide-open yes!"—Harper's Bazar.

Does It Pay to Rent a House?

Get out your rent receipts for the past five years and add them up yourself—then investigate our plan; \$7.50 per month, with 5 per cent interest on yearly balances pays for a thousand dollar home. We allow the loan to run about ten years, but you can pay it in full at any time, thereby stopping further interest. The Capital Security Co., Dept. K. W., Bank of Commerce Building, Norfolk, Va.

Stern Call of Duty.

Reform is not joyous, but grievous; no single man can reform himself without stern suffering and stern working; how much less can a nation of men!—Carlyle.

Why be constipated when you can get Garfield Tea at any drug store? It will quickly relieve and its benefits will be realized.

The way some women talk is enough to make a bachelor feel bald headed.

The germ of suspicion is often fatal to the microbe of love.

TERRIBLE, INDEED.



Hoyle—A woman is said to be as old as she looks.

Mrs. Hoyle—It would be terrible if she were as old as other women think she looks.

Hardly the Sunday School Brand.

The young hopeful had secreted some bright buttons in his pocket, which came from the motor car show. When Sunday school was well under way, he took one out and pinned it on his coat, feeling it an ornament. Unfortunately, when the minister came round to speak to the dear children, his near sighted eyes were caught by the color.

"Well, Richard, I see you are wearing some motto, my boy. What does it say?"

"You read it, sir," replied Richard, hanging his head.

"But I cannot see. I haven't my glasses, son. Read it so we can all hear you."

Richard blushed. "It says, sir, 'Aln't it to be poor?'"—Metropolitan Magazine.

Singing and the Lungs.

It is well known that singing, like whistling, is a fine exercise for the lungs, and some doctors advise those who fear consumption to go in for singing for this reason.

At the same time, they, of course, do not advance the claim that singing alone will save anyone from cure consumption. Acquire the habit of taking the big deep breath, which is a primary requisite of any kind of singing, bad or good, and the physical joy derived from it will never allow you to relapse into lazy breathing.

Lumbago, Rheumatism and Chills

There is nothing that gives so quick benefit as Hunt's Lightning Oil. The very minute it is rubbed on the improvement is noticed. For over thirty years this Liniment has been acknowledged to be the best for these troubles. Every druggist will recommend it. Price 25c and 50c per Bottle.

Hope Eternal.

Every new day and night of joy or sorrow is a new ground, a new consecration, for the love that is nourished by memories as well as hopes.—George Elliot.

To keep artificial teeth and bridge-work antiseptically clean and free from odors and disease germs, Paxline Antiseptic is unequalled.

At drug stores, 25c a box or sent postpaid on receipt of price by The Paxton Toilet Co., Boston, Mass.

British South African Empire.

The South African possessions of England require 100,000,000 postage stamps per annum.

Smile on wash day. That's when you use Red Cross Ball Blue.

Clothes whiter than snow. All groceries.

Fair Young Thing—What is her name who is running home?

Fan—He is going home to mother.

The man who falls out of an airship probably feels as badly hurt as the one who is thrown out of the political band wagon.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

One always thinks there is a lot of money to be made in any kind of business that he isn't in.

Diekey's Old Reliable Eye-water cures sore or weak eyes. Don't hurt. Feels good.

A girl expects a man to think her hair is naturally curly even when she knows that he knows it isn't.

Important! It is that the blood be kept pure. Garfield Tea is big enough for the job.

Helminthics and sulmates are not always synonymous.

SEVEN YEARS OF MISERY

How Mrs. Bethune was Restored