

SUNSHINE SMILES

Department for Seattle Shut-Ins and Their Friends, Appearing Every Friday in The Seattle Star

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CHEERFUL INVALID DIRECTS MILLION DOLLAR BUSINESS FROM "BED OFFICE"

Editor's Note: Here's a word of cheer and inspiration for Seattle shut-ins. The Star has always marveled at the cheerfulness of its shut-in editor, Dr. Frank R. Loope, and his ability to get things done under handicaps that would floor the ordinary individual. Almost completely paralyzed, he lies in bed, and with the aid of a telephone keeps a whole city of shut-ins happy and contented. Recently The Star heard of another remarkable shut-in who directs a great business from his bed. We asked our Pasadena correspondent to send us a story about him, believing that not only Seattle shut-ins, but others who think they are "down on their luck" would profit by reading it. Here's the story:

BY LINTON WELLS
PASADENA, Cal., Oct. 7.—For three years M. E. Layne, business genius, has directed the destinies of a million-dollar concern from an invalid's bed in his home here.

Undaunted by the fate that spells finish for most men, he has conserved, guided and developed the units of a big enterprise thousands of miles from his strange office.

It is a story of remarkable optimism, will and achievement. Layne is president and general manager of the Layne and Bowler companies of Los Angeles, Houston and Memphis, manufacturing pumping equipment and water and oil well supplies, employing about a thousand men.

PRACTICAL ENGINEER, ALWAYS ON THE JOB
A practical engineer and inventor, Layne was a man always on the go, rain or shine, eating when and where he could, doing three men's work.

When his "Day of Judgment" arrived, he weighed 250 pounds. Today he tips the scale at 145. The nervous breakdown he suffered three years ago is responsible.

The doctors told him to go to bed and die. "Take the rest cure" was their advice. And Layne went to bed three years ago—and has remained there.

Realizing the utter impossibility of remaining inactive—mentally—Layne had installed in his bedroom, a sleeping porch on the second floor of his palatial Pasadena residence, local and long distance telephones, desks and office equipment, secretaries and stenographers.

HALF A NATION AT HIS FEET
By telephone he is always in personal contact with every project his concern is interested in, every hour during every day, almost pronouncing judgment on some project in Pennsylvania, instructing a foreman in North Dakota, answering an important question from his son in Memphis, or hiring or firing some one in Texas.

Beside him on the bed is what he calls his "thought trap." Whenever he happens to think of something that might be turned into an invention, or something that might lead to increase the efficiency of his concern, he jots it all down in this "trap," making a detailed sketch of his potential "invention."

WIND IT UP
He then calls in one of his executives for discussion, and has the sketches and notes copied in detail, investigated and filed.

Layne isn't a pessimist. Being physically incapacitated doesn't worry him a bit.

"To be happy one doesn't have to be physically active," he says. "I know from experience that so long as one is mentally and spiritually active he is the happiest man alive. A physically perfect man with his mental and spiritual lives dead or dormant is nothing more than an animal."



M. E. Layne and sketch of his bed-office

DO YOU LET MISFORTUNE GET YOU DOWN AND OUT? READ LAYNE'S MESSAGE OF TRIUMPH OVER "FATE"
"When the doctors told me to take the 'rest cure' it seemed impossible that I could bring myself to the point where I could enjoy life without physical activity. But I learned after a while how properly to relax and get lazy. Then I began to appreciate the benefit of the rest cure. Now that I've become physically lazy, I'm wondering whether I'll ever get over the habit."

"They tell me that probably in six months' time I'll be able to be up and around. It's funny, but the idea of getting around doesn't really appeal to me any more."

"Here in bed, I really have more time to think. Soap judgment has been replaced by the inclination to consider weightier problems in connection with the work. And so long as I am doing something to advance my work, I am happy, for my work is my life."

"There are those who will say that I'm out of the running, but I'm not; not by a long shot. I'm a live wire, an optimist, and I'm above all, I'm happy. What more could any man ask?"

NEWS OF THE SHUT-INS

—AS REPORTED BY DR. LOOPE.

You should see our champion optimist, Wm. Murray. Although suffering from a broken back and just having had another major operation at Providence Hospital, he was found industriously making socks and filling punch boards the next morning after the operation. He is expecting to return to his home this week.

Mrs. Maria Phelps, one of our good sunshine workers, returned from California the fore part of last week.

Mrs. Burns, 224 Yale Bldg., made a fine donation of quilt pieces to the Guild last week.

Mrs. Andrew Lindahl arrived safely at Portland, Friday; no bad results from her ride so far. After a 24-hour rest she resumed her journey to California.

Mr. Cubbins, of Cubbins and Talbert garage, Ballard, carried Teddy McClean to the Orthopedic Hospital for further adjustment of his braces. Tuesday, Teddy is very much improved over two weeks ago. Mrs. Ratell accompanied him.

A visit to the County Hospital. Through the courtesy of Butterworth Sons' an ambulance was placed at my service and my good friends, John Polson and William Lampham, I and J. I and J. at the County Hospital, was a wonderful treat for me. From there we toured West Seattle, picking up Roland Jennings on the way, winding up with a trip through beautiful Volunteer park. Sunday, the same boys took me through Woodland park, my first trip to this part of the city.

Mr. and Mrs. Tettebaum donated their auto to take the Society Five orchestra out to the County Hospital last week.

Treat for the County Folks.
Cake, coffee, fruit and candy were served by the ladies of the Sunshine Guild to the ladies of Ward H at the County Hospital, Friday. The ladies taking part were Mrs. Fanny Van Alstine, Mrs. Jennie Tite, Mrs. Robt. W. Gray, Mrs. Louise Fechter, Mrs. Elizabeth Hill, Mrs. Mary I. Hill and Mrs. A. H. Zeigen.

Many Shut-Ins Taken Out.
Sunday was a very happy day for between 10 and 20 shut-ins, who were taken out for a drive by kind autoists from all parts of the city. Will those wishing to take out a shut-in call me early in the day so

Better Glasses for Less
Our examination is as perfect as a skill, scientific and years of experience can devise.
All Lenses Ground in our own Optometrist Factory.
GLASSES \$5.00 Complete
FREE EXAMINATION
GLOBE OPTICAL CO.
1514 Westlake Ave. Between Pike and Pine Sts.

Shut-In Passes Thriftly.
One of our oldest shut-in members of the Sunshine Guild, Mrs. Daisy Dawell, endearingly called "Cheerful Daisy" by her friends, passed thru the city Thursday on her way to her home in Port Townsend. In some way her wheel chair missed connections and she was compelled to spend several hours in the N. P. station.

Expresses Gratitude.
If you have ever prayed, longed and hoped for friends and raised your voice to God in thanksgiving and then suddenly found them everywhere, you know something of

EASY TO KILL
RATS MICE
STEARNS' ELECTRIC PASTE
Ready for Use—Better Than Traps
Directions in 15 languages in every box.
Kills Mice, Cockroaches, Ants and Waterbugs
Destroys food and property and saves articles of clothing. Stearns' Electric Paste forms insect pests to run from the building for water and fresh air. It and S.B. "Money loan if it fails."
U. S. Government buys it.

the shut-in can be prepared. Phone Cap. 2267.

Hannah J. Evans Party.
A most delightful card party was given in the Masonic Temple under the auspices of the Myrtle Social Club, of which Mrs. Robt. Williams is president. A small fee was charged and the proceeds given our very worthy Hannah J. Evans, and netted a tidy sum for that dear little shut-in.

Helena Keller says, "To be happy is living."

For Tired, Aching Feet—Quick Relief
New method keeps feet in perfect condition
JUST plunge those tender, aching feet into a bowl of warm water. Work up a thick lather with Blue-jay Foot Soap. How soothing!

Blue-jay
Foot Treatment
Keeps feet feeling fine
a Bauer & Black product

Washing Won't Rid Head of Dandruff
The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the fingers.

Yeast Vitamon Tablets Put On Firm Flesh

Our Energy, Banish Skin Eruptions and Beautify the Complexion—Easy and Economical to Take—Results Quick.

Thin or run-down folks will find this simple test well worth trying: First weigh yourself and measure yourself. Next take Mastin's VITAMON—two tablets with every meal. Then weigh and measure yourself again each week and continue taking Mastin's VITAMON regularly until you are satisfied with your gain in weight and energy. Mastin's VITAMON tablets contain a proper dose of highly concentrated yeast-vitamins as well as the two other still more important vitamins (Fat soluble A and Water Soluble C) all of which Science says you must have to be strong, well and fully developed. They are now being used by thousands who appreciate their convenience, economy and quick results. By increasing the nourishing power of what you eat, Mastin's VITAMON supplies just what your body needs to feed the shrunken tissues, strengthen internal organs, clear the skin and renew shattered nerve force without upsetting the stomach or causing gas. Pimples, boils and skin eruptions seem to vanish as if by magic and the complexion becomes radiantly clear and beautiful. But it is not only a question of how much better you look and feel, or what your friends say and think—the scales and tape measure will tell their own story. A two weeks' test will surprise you.

IMPORTANT: While the amazing health-building value of Mastin's VITAMON tablets has been clearly and positively demonstrated in cases of lack of energy, nervous trouble, anaemia, indigestion, constipation, skin eruptions, poor complexion and a generally weakened physical and mental condition, they should not be used by anyone who OBJECTS to having their weight increased to normal. Be sure to remember the name Mastin's VITAMON—the original and genuine yeast-vitamine tablet—there is nothing else like it, so do not accept imitations or substitutes. You can get Mastin's VITAMON Tablets at all good druggists, such as:

MASTIN'S VITAMON TABLETS
THE ORIGINAL AND GENUINE
ARE POSITIVELY GUARANTEED TO Put on Firm Flesh, Clear the Skin and Increase Energy When Taken With Every Meal, or Money Back.

RAISINS needed or needless... Pkg. 22c
Del Monte Raisins... 20c
Schoolboy Raisins... 20c
Butter, 1-lb. can... 19c
Campbell's Soups... 9c
Solar Brand Sliced Pineapple... 15c
No. 2 can... 15c
No. 2 1/2 can... 19c
Mazola Oil... 50c
Plums... 57c
Quart... 57c
Gallon... 82.00

Northern Tissue Toilet Paper... 75c
Searchlight Matches... 65c
Crisco... 1-lb. can... 22c
1 1/2-lb. can... 25c
3-lb. can... 32c
6-lb. can... 51.19
9-lb. can... 61.73
Morton's Shaker Salt... 11c

Olympic Pancake Flour, Pkg. 23c
Rex Flour, strictly Hard Wheat, 48-lb. sack... \$2.23
Shredded Wheat Flakes, 12 1/2-lb. can... 25c
Sunbrite Cleaner, can... 45c
Albers Oats, large pkg... 45c
Ghirardelli's Ground Chocolate... 35c
1-lb. can... 35c
2-lb. can... 35c
Knox Gelatin, pkg... 20c

WE have been very successful in selling M. J. B. COFFEE in our stores and are buying this popular coffee in straight carload lots. M. J. B. COFFEE is the one QUALITY COFFEE of America that is always uniform, and has a blend of its own that appeals to all lovers of good coffee.



M. J. B. COFFEE

NOW PACKED IN A NEW VACUUM CONTAINER, WITH A SPECIAL RESTRICTION top, that is being received with enthusiasm by our customers, as it solves the problem of keeping the coffee fresh until the can is empty. We feel justified in stating that this new cover is one of the greatest improvements in coffee packing since the vacuum process was perfected.

OUR PROPOSITION TO YOU—Go to any of our stores and buy a can of M. J. B. COFFEE; if you do not find it satisfactory in every way, return the can to us no matter how much you have used, and we will refund the entire purchase price.

1-lb. can 40c
3-lb. can 39c
5-lb. can 37c

Same Good Groceries at Same Low Prices at All Our Stores

PER CAN \$1.17
Teach the children the true idea of economy by sending them to the Grocerteria to shop for you. The simplicity of our methods, with every article marked in plain figures, and confining our lines to the well known advertised brands, makes it possible for the youngsters to shop at our stores with the same benefit as the more experienced grown ups.