

The Worker's Lunch Box

BY CAROLINE COE

I sometimes wonder if the woman who says that she gets tired of putting up the same lunches every day ever thinks that the man who has to eat them must get very tired of the same, too.

There is nothing more appetizing than a variety and change. Toothsome morsels that one does not expect, tucked away in a bright dinner pail will make a bright spot in the long hard day.

At most shops today when workmen must take their dinners, there are places where coffee or other food can be kept warm, consequently during the winter there should be at least one dish that can be warmed beside the coffee.

For the man who has to work overtime and who must eat two lunches you should have these put up as two separate meals.

Make one for the noon meal of slices of plain boiled beef with a little horseradish between the slices and white bread buttered.

For the dish that can be heated try macaroni and cheese, this is made by putting plain boiled macaroni in the pan that you intend to put in the pail. Cover each layer of macaroni with a layer of cheese making the cheese the last layer. Pour over a little milk and bake lightly; this can be put on a heater at the shop and kept

warm. Be sure that this little pan has a cover so that the flying dust may not spoil it while on the heater. With this dinner put in a small pie.

For supper make brown bread sandwiches with very thin sliced onion between, two hard boiled eggs, a dill pickle and a piece of plain cake.

Everyone who is obliged to carry a daily lunch should have two lunch boxes and coffee bottles, using them alternately and allowing the one not in use to be exposed to the air after scalding out with hot soda water.

Paper cups may be sent with the lunch. It is not healthful to drink milk from the bottle.

Hamburg steak, balls of pieces of cold cooked round steak are nice to have with a bowl of peas well seasoned, with not much liquid left on them. These can be put in the covered dish that you use for the macaroni and it can be heated in the same way.

With this cut graham bread and butter it well. A carrot peeled and cut lengthwise in slices with a little salt is often very much appreciated, with this lunch and if you add an individual apple pie the man who eats it will rise up and call you blessed.

Another dish of onion soup can be put in the covered dish so that



better with this kind of soup than plain bread.

Lettuce sandwiches, onions or radishes with a little salt make a nice appetizer in the lunch basket. Be sure and put in a little fruit occasionally.

Boston baked beans in the covered dish with a spoonful of tomato catsup on the top can be eaten hot or cold. When you have baked beans be sure and have brown bread and a generous slice of cheese. For dessert on this day put in two big apples.

Salt pork fried crisp after being dipped in egg and bread crumbs makes a delicious sandwich and when you make these fill your little covered dish with potato salad. In the fall when tomatoes are cheap, a raw tomato goes fine with this lunch and a rice pudding.

FOUR MONTHS FOR WINGARD

W. W. Wingard, private detective, convicted recently of tampering with a state's witness, was sentenced last evening at a special session to serve four months in the county jail and pay a fine of \$500. Browder Brown, his attorney, had his bond continued and said he would appeal the case to the supreme court.

Judge Ronald of Seattle, before passing judgment, disallowed all motions for a new trial and declared the affidavits filed by Brown, declaring the jury unworn, were untrue as he distinctly remembered it was sworn.

It can be warmed. A little paper of grated cheese can be put in with this as it is a very appetizing "frill" to put over the soup after it is heated. Onion soup is made by frying the onions in a little beef suet and then adding the pieces of meat and allowing it to simmer for three hours and last adding the potatoes and cooking until the potatoes are cooked to a mush.

If you make tomato soup be sure that you send along enough zwieback or twice baked bread to eat with it as zwieback is much

"WHY IS MY STOMACH GOING BAD? WHAT CAN I DO ABOUT IT?"

A FEW TIMELY HINTS ON WHAT TO DO WHEN YOUR STOMACH FLIES SIGNALS OF DISTRESS. CAN YOU EAT WHAT YOU WANT WHEN YOU WANT IT?

CHEMISTS FIND SAFE, SIMPLE HOME TREATMENT FOR OVERCOMING PAINS OF INDIGESTION AND DYSPEPSIA.

"Why is my stomach going bad?"—and then you sit and wonder why—when the wonder is that it has kept the pace so long. For the rush of modern life falls so heavily on a man's digestive system.

Ever so many men and women have put just this question to themselves—when they are clutching at every straw trying to ward off the dismal consequences of over-eating, over-drinking, and over-indulgence of every kind.

Very few people seem to know that one of the first warning signals of stomach trouble comes from the great pneumogastric nerve, or Solar Plexus, as it is commonly called. This nerve connects the brain with the digestive system and is nature's signal station to warn you when your stomach is ready to go on strike. This is the nerve that supplies the motor force that helps your stomach churn the food which you send down to it. It is the nerve that first feels the stress and shouts the warning. And when this happens—when the pneumogastric nerve is on the ragged edge—your health becomes seriously impaired and your stomach announces as plain as speech that it is time something was done.

Simple, Inexpensive Home Treatment.

A quick-acting, inexpensive and pleasant-to-take home treatment that is recommended and endorsed by hundreds of reliable druggist distributors throughout the country is called Mi-o-na.

Mi-o-na is designed to go straight to the cause of all the trouble and when its correcting effect on the stomach is felt by the pneumogastric nerve you will be able to safely eat a full square meal as often as you like without a fear of the after distress which you now dread so much.

How It Works.

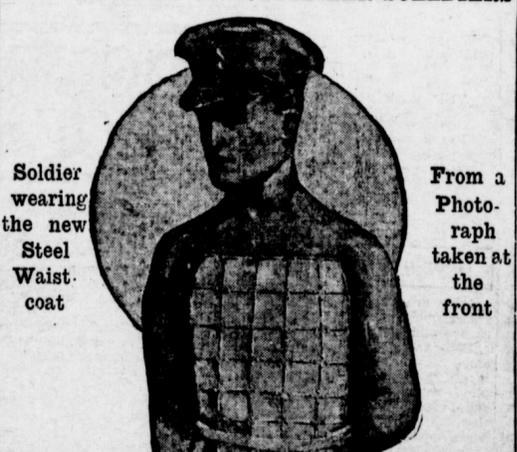
And it is in giving this welcome help to the overworked and played-out stomach and its motor nerves that Mi-o-na has won so much praise wherever tried. When after weeks, months, yes, even years of overwork and neglect the weakening stomach and its motor nerves fly signals of distress, no help is more welcome than the restorative aid that Mi-o-na gives. For Mi-o-na brings in concentrated form, nutrient agents that are eagerly, EASILY taken up by the famished gastric motor cells, and there used to revitalize and embue them with new and energetic health. And as Mi-o-na helps rebuild the stomach's wasted energies, strengthening the cells and recalling the appetite, it gathers up a new store of vigor to do the work nature intended for it.

How To Secure Mi-o-na.

What is best of all, you take absolutely no risk in using this wonderful stomach remedy as it is sold under a positive guarantee to give satisfactory relief, no matter how severe the case, or money back. Crown Drug Company and hundreds of other reliable druggists throughout the country are now engaged in distributing Mi-o-na on this plan.

Don't suffer another minute without making this sample trial. Get a package of Mi-o-na now, for your stomach's sake. Say now that you will. Learn what it means to be able to sit down at the table and tuck away a big hearty meal of all the things you like best without the least fear or anticipation of suffering afterwards.

HOW A NATION PROTECTS HER SOLDIERS



Soldier wearing the new Steel Waist-coat

From a Photograph taken at the front

The warring European nations recognize that the pneumogastric region is the most vulnerable of all their soldiers' anatomy. The above photograph shows the new steel waistcoat designed to protect the soldiers' vitals from bits of flying shrapnel.

This can be taken as another illustration of the old saying that "an army fights on its stomach."

YOU ARE PROTECTED—

by a steel clad guarantee when you purchase Mi-o-na, the great stomach revitalizer, from Crown Drug Company or any of the hundreds of reliable druggists throughout the country who handle it.

If it doesn't do everything that is claimed for it you get your money back without a question. What then can be the excuse for any dyspeptic suffering another minute if complete and a happy relief is within his grasp for the trying?

Be sure you get Mi-o-na, for we know of no other stomach treatment sold under the above conditions. Insist on the name and don't accept a substitute.

Take it until you are sure you can eat what you like, wherever you like, and forget you ever had a stomach.

CROWN DRUG COMPANY

WANTS TARIFF BOARD

Lewis K. Brown, field secretary of the Tariff Commission league, is visiting Tacoma in the interest of the movement for which his organization stands.

In 30 years of tariff tinkering, he says, there have been five revisions and two attempts at revision. The results were that business was periodically upset, much money was lost, millions of workers distressed and nobody satisfied.

As a remedy he urges a permanent, non-partisan tariff commission and scientific, gradual adjustment.

The advisory committee of his league is composed of persons otherwise as unlike-minded as Thomas A. Edison, E. P. Ripley, John Mitchell, Mrs. Percy V. Penneyacker, Warren S. Stone, James J. Hill, A. P. Grout, J. M. Studebaker and Jane Adams.

Senator Pofhdexter has been urging action along the same line.

WILL WASH LIBERTY

NEW YORK, Nov. 11.—Liberty, who has not washed her face nor doiled up in any way since she walked down here into the water to enlighten the world, is being prepared by Uncle Sam's boys for a renewal of her youth.

Her arms need a ton of soapsuds. Her complexion is awful—very bilious and all that. Her toga, or pepus, or whatever the classics call her nightgown, needs a scrubbing brush, much.

From a distance, Lib looks rather well in her green outfit. The art sharks call it "precious avatar of the antique" and object to its being disturbed. But Uncle Sam thinks she ought to have a coat of glaring new gold paint. Lib has no choice between art and governmental orders. She'll get the paint.

DROP BANK CHARGE

Unable to find any evidence to bear out their suspicions of bank robbery, the police yesterday afternoon dropped the bank charges and appeared in police court to accuse Cecil and Earl Jordan, residents of Thomas, of burglary.

The young men were charged with having entered the home of their uncle, Charles W. Roberts, 4801 North Visscher street. It was said that they had broken into his home at night, intending to punish him for having testified against Cecil when he was sent to the penitentiary some years ago.

Police Judge Evans bound the men over for trial in the superior court and set their bonds at \$1,000.

HINTS AT INSOLVENCY

LONDON, Nov. 11.—The British government, while calling on its subjects to practice economy during war times, is not setting an example, according to Lord Peel, who spoke heatedly during a debate on governmental finances last night. Lord Peel argued that governmental expenses had been only slightly reduced. "We cannot go on indefinitely and maintain our financial solvency," he declared.

FOR U. S. SHIPPING

SAN FRANCISCO, Nov. 11.—Resolutions fathered by Andrew Furuseth supporting the construction of an American merchant marine were adopted yesterday at the close of the third day of the 25th annual session of the American Federation of Labor meeting in this city.

The earlier part of the day was taken up with speeches by foreign and local fraternal leaders, including B. Suzuki, labor leader of Japan.

JUNKING FLAGSHIP

NORFOLK, Va., Nov. 11.—Laborers today began to make junk of Admiral Farragut's old flagship Franklin, in which he made his memorable voyage to Europe immediately after the Civil war. The Franklin was the first ship from whose mast was unfurled the four-starred flag of an admiral of the U. S. navy. The Franklin carried Boss Tweed back to the U. S. when he ran away in 1878.

LOSSES ENORMOUS

SOUTH BETHLEHEM, Pa., Nov. 11.—Rough estimates were made today at nearly \$4,000,000 as the losses sustained by the destruction of machine shop No. 4 of the Bethlehem Steel works yesterday by fire. About 800 guns and a number of steel carriages were destroyed by the flames.

HERE AND ELSEWHERE

STELLA'S BARGAIN COUNTER to leave Richmond, Cal., for New York every 24 hours with 750,000 gallons of gasoline to fill war orders.

Lincoln Fuel & Transfer Co., operating at 34th and So. G. Furniture and pianos moved. Wood and coal. Main 1307. adv.

Committee of American bankers appointed in New York to handle establishment of English bank credits in U. S.

Dr. Robinson, Dentist, National Realty building. adv.

May A. Arkwright, first woman delegate to sit in a democratic national convention, leaves \$5,000 to Spokane labor temple.

American society meeting in N. Y. denounces hyphenated political organizations.

Masons from southwestern Washington meet in Olympia.

U. S. timber cruisers complete work for year in Washington.

British cabinet taking steps to stop emigration to evade military service.

Charles A. Fleming to be next mayor and public safety commissioner of Spokane.

Italian steamer Liviette, a fire off Galveston, Tex., coast, believed to be doomed.

State supreme court hold fish code does not discriminate in favor of purse netters and against gill net fishermen.

Trial test of new Milwaukee electric locomotives, exhibited here, to be made Saturday on tracks of Butte, Anaconda & Pacific railway.

German protected cruiser Fraunloeb reported torpedoed off

SOMETHING NEW EVERY DAY

THE PEOPLES STORE

THE BUSY STORE ON PACIFIC AVE.

The Best Boys' Suits

\$3.95, \$4.95, \$6.50, \$7.50 and \$8.50

At any price you choose to pay, we will give you assurance of the best value at the price. Every Suit has two pairs of Pants. All materials are selected from wear-test fabrics, and we see to it that each Suit is made under healthy sanitary conditions to protect the health of your boy. The pants to these Suits are full lined and reinforced seams; the patterns and models are correct to the smallest details. A careful study of the needs of growing boys, and a strict adherence to our rule that every boy's Suit we sell must give satisfactory service (which we guarantee) has made our Boys' Clothing Department the most successful in Tacoma. Come in tomorrow and inspect these Suits. Bring the boy with you Friday or Saturday. All sizes 6 to 18 years.

Boys' Blue Serge Suits

with two pairs of pants, sizes 7 to 18 years; special for Friday and Saturday at..... \$4.95

Juvenile Overcoats

Made from the very latest models, sizes 2 1/2 to 8 years, and very reasonably priced— \$3.95 to \$6.50

Raincoats

Tan rubberized double texture cloths, sizes 8 to 18 years, priced at... \$2.95

Boys Wool Faced Rubber Lined Rain Coats, raglan sleeve, sizes 8 to 16 years; priced at..... \$4.95

Boys' Caps, 29c and 50c

Boys' Shirts, all colors and sizes..... 50c

Boys' Blouses, 6 to 15 years, 29c and 50c

—2nd Floor.

PANTAGES BILL

Bothwell Browne and company appear at the Pantages this week in one of the most elaborately staged and costumed comedy and dancing acts ever seen on the circuit. Joe Whitehead is the comedy hit in his monologue. The Three Chums have a novel and entertaining offering. Gertrude Van Dyke, with lovely gowns and a good voice is a feature. Others on the bill are Johnathan, talking cartoonist, and the Swain-Ostman trio of acrobats. "The Gun Runners" is the seventh chapter of "Neal of the Navy" now being shown.

"TWIN BEDS"

Selwyn and company's laugh festival, "Twin Beds," by Salisbury Field and Margaret Mayo, on the bill for fifty-two weeks in New York during the most exultant season in the history of the theater, will come to the Tacoma theater next Monday and Tuesday.

"Twin Beds" was popular because of its clean, wholesome story, its constant flash of new slang and its swiftly moving action.

TACOMA WOMEN MIGHT TELL HAIR SECRET

A great many Tacoma women, who have an abundance of beautiful hair, know about a remarkable hair formula which every woman ought to know about. For a number of years Tacoma druggists have been continually called upon to mix this formula. Undoubtedly the secret of this formula is largely the secret of the hair of very many Tacoma women—and men too. The formula consists of six ounces of bay rum, two ounces lavender de compose, and one-half drachm of menthol crystals. Some people add a teaspoonful of perfume. A New York physician and a New York chemist were recently consulted regarding the efficacy of this mixture and they both say they know of nothing better to destroy dandruff, stimulate hair growth, cleanse and invigorate the scalp, stop falling hair, and to make the hair fluffy and give it lustre. Any druggist can furnish you the ingredients which you can mix at home or will mix them for you. Apply to the scalp night and morning and rub in with the finger tips.

Perfect Diamond Rings from \$5 to \$150. Pfaff, Jeweler, 1147 Broadway.

Kings of Roumania, Greece and Bulgaria to meet in Bucharest, is report.

Fifty I. W. W.'s go to Spokane to take part in free speech fight.

Six hurt in Portland when street car runs wild and crashes into two other cars.

STANLEY BELL PRINTING CO., "adv."

Once again, Congressman Humphrey to speak on "Preparedness" tonight.

Cut flowers and floral work. Hinz, florist, So. 7th and K. adv.

Sugar prices advance 15 cents again for second time in week.

McLean the contract mover. Main 1850. "adv."

Dauntless lodge, I. O. G. T., installs officers.

Firemen put out blaze in big cedar tree, South End treasure.

Mayor Albrecht of Morton, formerly of Tacoma, quits position.

Cuba recognizes Carranza.

Coldest day of season yesterday; temperature, 32.5 degrees; frost.

Marriage Licenses. Fred J. Bock and Irene Wellman, both of Thomas; Thos. L. Fox and Ruby Gest, both of Tacoma; Tony Jossies of Tacoma and Onan Poci; Tony Lucich of Tacoma and Dinka Petrich of

FREE SAMPLE COUPON

PYRAMID DRUG COMPANY, 531 Pyramid Bldg., Marshall, Mich.

Kindly send me a Free sample of Pyramid Pile Treatment, in plain wrapper.

Name

Street

City

State