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Des Moines, Ia., August, 1918.
I had nervous headache since 1 year. The first one-half bottle of Father Koenig's Nerve relieved the headache and produced quiet sleep and ease to the nerves in general, therefore recommended it to Mr. Elchert, for nervousness. After he had taken but one bottle of the Nerve he was able to be out of bed and a few days later to attend to his regular work, whenever he sees me he thanks for the Nerve, which helped him more than his doctor could. Rev. Jos. Steiger.

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In the Arena of Sports

Robertson of the Giants
Among John McGraw's galaxy of ball tossers none is considered more highly by him and the public than Davy Robertson, outfielder. Robertson has been with McGraw since 1914, but it was not until last year he developed into a star. Last year he made more



Photo by American Press Association.
DAVID ROBERTSON.

single base hits—142—than any other player in the circuit. It was Robertson's eagerness to beat everything out that helped largely in securing for him this honor. His batting average last season was .307. His record shows that he received fourteen bases on balls, struck out fifty-six times and made twelve home runs. Robertson's fielding average was .960.

Fabrique Looks Good.
Wilbert Robinson evidently has found the right man to play shortstop for the champion Brooklynites. The newcomer is Laverne Fabrique, a French Canadian, who was secured from the Providence International league club last year. Fabrique is twenty-seven years old and has been well seasoned in minor league company. In the opinion of competent judges he will be a sensation in the National League.

Chicks Need Exercise To Develop Properly

Exercise is essential in the proper development of the chick, points out N. L. Harris, superintendent of the Kansas State Agricultural college poultry farm. When chicks are hatched late in the season they will receive all the exercise necessary for healthy growth by scratching for bugs, worms and small green shoots. When they are hatched in cold weather it is impossible to allow them to run outdoors. For this reason some means must be provided whereby the chicks will have the necessary exercise. All grain should be scattered in a shallow litter of chaff or alfalfa leaves. This will induce scratching. Another method which has proved highly satisfactory is the use of "onion worms." An onion is sliced crosswise. If the slices are thin enough long pieces of onion somewhat resembling worms will result. The tussle over this improvised angleworm will furnish the much needed exercise, and the onion will also serve as an appetizer.

To Polish Old Jewelry.
In cleaning old jewelry make a lather of warm soapsuds and add to it half a teaspoonful of sal volatile, brush the jewelry in this, afterward polishing with an old silk handkerchief or piece of wash leather.

LITTLE THINGS.

Life is made up not of great sacrifices or duties, but of little things, in which smiles and kindness and small obligations given habitually are what win and preserve the heart and secure comfort.—Sir Humphry Davy.

How to Do Things

A slice of lemon or a dash of vinegar added when boiling meat or fish improves the flavor.

Mix the stove polish with left over coffee (it should be rather strong), and you can black the stove while it is hot. In case of an emergency ground ginger is just as good for plasters as mustard; better, for it "draws" as well and never blisters.

If furs are soiled around the neck they can be cleaned thus: Before putting them away heat some clean fine sand or coarsely ground cornmeal as hot as you can bear your hand in it. Rub it well into the soiled places, then shake it out and beat and brush the furs till clean.

A few bits of charcoal put among the contents of a box of clothing that is not to be opened for some time will keep away the musty smell they are apt to acquire. Silver which is not in constant use should be put away in bags or cases made of outing or cotton flannel and a lump of gum camphor placed with it.

Daily Food Needs of a Man at Muscular Work

According to a recent bulletin of the United States department of agriculture, the following combinations indicate the daily food requirements for a man doing muscular work:

One and one-quarter pounds of bread, having about the same food value as a pound of such cereal preparations as wheat or rye flour, oatmeal, cornmeal, rice, etc.

Two ounces, or one-quarter cupful, of butter, oil, meat drippings or other fat; two ounces, or one-quarter cupful, of sugar or one-third cupful of honey or sirup or an equivalent amount of other sweet.

One and one-quarter pounds of food from the following: Fresh fruits and fresh or root vegetables.

Twelve ounces of food from a class which may be called "meats and meat substitutes"—that is, moderately fat meats, poultry, fish, eggs, cheese, dried legumes (beans, soy beans, peas, lentils, cowpeas and peanuts). Milk also belongs among these foods, but because of the large amount of water it contains half a glass, or four ounces, of it would be required to equal an ounce of any one of the others.

A man who works hard out of doors all day probably would need more food than this, and one who sits all day at his desk would need less.

Agri-graphs

One way to cut the cost of living is to make use of dandelion greens this spring.

Denmark is known as "a little land full of happy people." It is also the country where agricultural co-operation has reached its highest development.

The older folks belong to lodges, clubs, societies and unions, but often fail to help the youngsters in club work. Fairness demands that they encourage the boys and girls in their home and club projects.

Light as Chaff

An Easy Job.
Colonel Pepper, requiring a manservant, inserted an advertisement in the local weekly. It was specified that applicants must be above military age, and, as a matter of fact, the only individual to come after the job was an Irishman of nearly seventy.

"What I want," explained the colonel, "is a useful man—one who can cook, drive a motor, look after a pair of horses, clean boots and windows, feed poultry, milk the cow and do a little painting and paperhanging."

"Excuse me, sir," said the applicant, "but what kind of soil have ye here?"

"Soll" snapped the colonel. "What's that to do with it?"

"Well, I thought if it was clay I might make bricks in me spare time."

Caught the Lady.
When the present war was in its infancy English "hangers back" found themselves continually taken to task.

A grocer's traveler, calling for the usual order, was scornfully asked why he was not answering his country's call. Thinking he could see a good customer slipping away, an excuse was desperately urgent.

Fortunately an incoming customer relieved the position, and a happy idea came his way.

"Madam," he continued, "perhaps if I told you I've not all my toes on one foot you would scarcely believe it."

This aroused the sympathy of the shopkeeper, whereupon he got an increased order. When she told her husband of the young man's misfortune he coolly replied, "Well, have you?"

"The feelings of the good lady can be better imagined than described."

What Women Like to Know

Spring Motorcoat

The smart motorcoat for spring wear here pictured is of tan broadcloth dashingy tailored, with a strap-



Photo by American Press Association.
TAN BROADCLOTH COAT.

ped front and demilbait. Much starchery, two large white pearl buttons, brown velvet collar and cuffs and square patch pockets are all of interest just now.

Laundrying White Goods.
If boiling is considered necessary for the white cottons and linens (never boil the other clothes)—it should follow the rubbing. The boiler should be started with cold water and soap. This is a good chance to use up odds and ends of soap cakes. Have sufficient water in the boiler to allow the clothes to float free from the bottom and to give each piece plenty of room. This will prevent scorching and allow free circulation of the soapy water.

For ordinary clothes, boil five minutes after the boiling point has been reached. If very soiled they should be boiled ten minutes. Do not put washing soda into the boiler.

Care of Tablecloths.
Let the tablecloths be spotlessly white, and it pays in washing and ironing to put a little starch in them. Iron them in small folds to a high polish and press them hard. Iron the napkins in folds to stiffen your cloth. Turn the folds back and forth like the leaves of a book, and when the cloth is finished lay it in a drawer, and on the cloth lay a clean board with a weight on it.

Moth Preventers.
Borax and red pepper may be freely sprinkled over clothes which are to be stored for the summer. Moths, like other insects and animals, dislike pepper and borax and do their best to keep away from them.

Do Not Give Pain to Others.
Put stones in their shoes for a pilgrim who walks over thorny paths to "make merit," but many of us have days when we walk our life road in much the same way and with no such worthy end in view. We translate the careless speech into intentional offense, the little neglect into deliberate unkindness, the common duty into hardship and press them in upon our hearts until the whole spirit is sore and bruised.

Genius.
Men give me some credit for genius. All the genius I have lies in this: When I have a subject in hand I study it profoundly. Day and night it is before me. I explore it in all its bearings. My mind becomes pervaded with it. Then the effort which I make the people are pleased to call the fruit of genius. It is the fruit of labor and thought.—Alexander Hamilton.

The Crochet Needle.
In using a fine crochet needle run it through a small cork and adjust the cork at the most convenient distance from the point. This saves cramped fingers and also helps make even stitches.

REASON.
Reason is an aggregate of the experiences and observations of the mind—the sum of the education of man, which the pupil ultimately finishes in himself, as an extraneous artist, after certain extraneous models.—Johann Herder.

Inspiration Miscellany

Value of System

Working or thinking without system enfeeblies the mind and leaves the mental faculties in a clogged condition, so that they do not work sharply. The mind must be kept clear and clean for the present problem, so that it may seize and grasp with all its might the thing it is attempting to accomplish.

There is only one best way to learn how to act. That way is the way of system. Systematize your thoughts, your energies, your abilities. Learn early in life to do this, and it will prove the master habit that wins success.

Systemless men are always surprised that the heads of great enterprises can find so much time for social life, for hobbies, for travel. They cannot understand it at all. They do not realize that a man of great organizing ability with a splendid system, can do more effective business in a single hour at his office than a systemless man can accomplish in twelve. It is not the number of hours, but the effectiveness of the system, that tells.

One of the advantages of a college course is that it trains the mind to work by system. Whether he likes to or not, the student is forced to concentrate his mind when the time comes, no matter what his mood or how he feels. Four years of training in this should put the mind into working order. It should tune the intellect so that all the strings will be in harmony. A good college education should train the mind to think concisely, deeply, effectively at will.—O. S. Marden.

Contentment.
This fair tree that shadows us from the sun hath grown many years in its place without more unhappiness than the loss of its leaves in winter, which the succeeding season doth generously repair, and shall we be less contented in the place where God has planted us? Or shall there go less time to the making of a man than to the growth of a tree? This stream floweth dimpling and laughing down to the great sea which it knoweth not, yet it doth not fret because the future is hidden, and it were doubtless wise in us to accept the mysteries of life as cheerfully and go forward with a merry heart, considering that we know enough to make us happy and keep us honest for today. A man should be well content if he can see so far ahead of him as the next bend in the stream. What lies beyond let him trust in the hand of God.—Henry van Dyke.

THE SERVANT PROBLEM.
Definite hours for the worker and permission to live outside the house where she works, with social opportunity and recreation of her own choosing, were given in "Some Ways Out of the Servant Problem," by Mrs. Christine Frederick of New York, author and lecturer on housekeeping, in an address before the Women's City club.

"It is not a servant problem that we have today, but a mistress problem," the speaker said. "Under the present conditions it is a wonder that household work appeals to anybody but a race of orphans. It is a shame to the mistress that only those incapable of other work become servants, and the mistress is the one responsible.

"The servant should have her own life outside the house where she works and should not be asked where she goes or what she does. It is a mistake to try to make a 'home' for your servant; only she can do that. If the hours of work for the servant were standardized you would soon find a higher class of women taking up the work."—Boston Globe.

Do Nothing.
"Do nothing" was the only reply. "If he continues to blame you, show indifference."

By this time Mabel had caught the spirit of the treatment she had been giving under her teacher's instructions and began to act upon her own judgment.

A man prefers his comfort with a woman in whom he is interested, and it was not long before the one Mabel was endeavoring to bring to terms put aside his dissatisfaction, or at least all evidence of it. Mabel put a finishing stroke upon him by announcing that she was going abroad for a couple of years. This proposed separation, coming after several spats and reconciliations, was too much for Mr. Weakley, and he succumbed. Mabel thanked her preceptors, who declared that playing a man was one of the simplest games in the world. Nevertheless she admitted that gaining the man's initial attention was the most difficult part of the business. And without some help from the little god she considered a landing usually impossible.

MISS ABERCROMBIE. said Mabel Blakeman, "why is it that you have so many proposals and I can't get one?"
Tom Weakley has been so friendly toward me for more than a year, but he gets no further. He is an excellent match, and both mother and father wish me to marry him. Mother asks me every now and again if he has proposed. This troubles me, for I am quite sure that he has no less of a proposal. He says he considers me one of his most valued friends. While I am making no headway whatever with him, you are turning down lovers every day."

"My dear child, don't trouble yourself about the matter. It shows that you are more worthy to be loved than I."

"How so?"
"Men don't choose the most valuable girls. They prefer a weak little thing to contrast with their own opinion of themselves."

"But you are not a weak little thing."
"I understand their weakness." "I wish I did."

"You must break up this friendly feeling Mr. Weakley has for you and replace it with something different."
"Go on."

"When he calls I presume he takes a chair not in very close proximity to you. Doesn't he?"
"Yes, and remains in it all the evening."

"Well, the next time he calls have a book of pictures ready to show him—something that you must explain. This will necessitate his sitting close beside you—on a sofa perhaps. Your hands will necessarily be close together. This will make a beginning."

"Go on."
"Occasionally, in order to see more clearly what you are both looking at, your heads may come so close that a few loose strands of your hair will graze his cheek. When you have shown him the last picture you needn't resume the relative position you have usually held with regard to him. Remain where you are. He will not change his seat."

"I see. I will put this first lesson into practice, and if I need more I will come to you again."

At the end of a week Miss Blakeman came back for a second lesson. She reported that she had given the first trial without definite result.

"Since he has not responded to this mild treatment, he must have a stronger dose. The next time you must bring on the street cut him dead."

"Great heavens! What shall I do that for?"
"Counter-irritant. He must be got out of his sluggish condition. He must be awakened to the fact that you are to him more than an acquaintance. I don't see the word friend. No I do not believe in friendship between men and women. It is either indifference or love."

"Well, after I have cut him?"
"He will imagine, either that he has done something dreadful or that you have supposed he has done something dreadful. In either case he will be much disgruntled, and quite likely he will begin to realize what a break with you would mean to him. At any rate, he will come to you to learn what has occasioned your action."

"But I shall have no reason that I can give him."
"If you are too truthful to invent one, tell him that you have done him a great injustice and are very sorry for your action. You need not explain. If he presses you to do so, tell him that he gives you pain; you wish to forget a matter in which you have made a grave mistake. This will show him that his good opinion of you is of great moment and at the same time leave him in an irritating doubt. That's what we want—something for him to worry over."

Miss Blakeman tried the second lesson given by Miss Abercrombie. It worked very well up to a certain point. The subject was much rattled when she came for an explanation and intensely relieved when he found that the lady regretted what she had done; but being a man of sense, he was not satisfied at not getting a reason for so drastic a proceeding. He had given Mabel credit for more sense. His alarm was replaced by an expression of dissatisfaction and disappointment. The pupil applied to her mentor for instructions.

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LESSONS IN LOVE

By ETHEL HOLMES

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