Somnambulists Deep Sleepers.

Sleep walking only occurs in deep sleep. That is the reason somnambulists are unaware of their meanderings about. Here is the proof. A college student formed the habit of getting up in his sleep, dressing, walking down to the ocean, undressing, taking a deliberate and enjoyable swim, dressing, walking back to his room, undressing, and retiring again, only to wake up in the morning without the slightest inkling of remembrance from the escapade of the night.

Banana Cultivation

It is not generally known that the banana is an annual. The fruit comes to maturity about a year after the parent is planted, the trunk of the tree subsequently attaining a height of from 6 to 10 feet and a girth of 30 inches. From the root of the tree several shoots or suckers sprout, each of which in turn becomes a fresh tree. The life of the banana tree, however, is not unusually long for it is killed after the fruit is gathered and sometimes indeed during the operation.

Question for Nature Lovers.

Why does the oak, stateliest of trees, bear but a small acorn while the tender pumpkin vine bears such a weighty fruit? That the latter runs along the ground and the fruit is thereby assured of support is not true, for the vine will climb whenever and wherever opportunity is given and will retain its hanging fruits to maturity even though the latter weigh 100 pounds each.

Lucky and Unlucky Dreams.

In England when one dreams of horses or dogs, it bodes well for the sleeper. That is easy to understand for they are only living up to their characters as man's best friend. But it is not so easy to explain why to dream that you are walking through a field of ripe barley or plucking a flower from a thickly grown hedge should presage sickness and misfortune.

Reward for Right Doing.

It is just as impossible to escape the reward of right-doing as it is to get away from your shadow, or to accept the light of the sunbeam without its warmth. It is true that the reward is not likely to come as it did in the old-fashioned story books, where the girl who returned a lost purse was adopted into the family. Right-doing brings a reward beyond such dreams. It is as inevitable as gravitation.

Special Flooring From Sawdust.

In combination with cement, sawdust of various kinds and colors are used in the construction of special flooring, such as that used in hospitals. Such flooring, made with the material in a plastic state, can be laid out in a single piece, without cracks or joints, and so made germ-proof. It is, furthermore, silent and easier to tread than tile.

Inculcate Fair Dealing.

Every family should have ethics of fair dealing and honorable thinking. Each member of the family should feel his or her responsibility to maintaining the high standard of the family with a view of co-operation. By this means the children will take an interest in the farm, the home and their environment.—Exchange.

Truth Not in Them Then.

"Will you give me some advice?" asked the youthful candidate. "Why, certainly, my boy," answered the veteran campaigner. "The first thing for you to learn is that you can't feel the public pulse by listening to what men say just after the drinks and cigars have been passed around."—Birmingham Age-Herald.

Eskimo Fiddler.

Although the drum is the native musical instrument of the Eskimo he has learned to make a rude imitation of the fiddle. This Eskimo fiddle may be described as the combination of a box with a hole in the top, three strings, a bridge, a tailpiece and a short bow with a strip of whalebone for hair.

Cause for Thankfulness.

Let us thank kind and pitying heaven for failure, for pain, for long stress and disappointment, for sin and shame and sodden days when it forever brings us at last to beauty.—Exchange.

Surely Would Be Missed.

If all the foolishness were suddenly stricken from the world, what would the people have to think about in the future?

Be the First to Smile.

Don't be afraid to "break the ice" with a stranger. It may be so thin that the first smile will cause it to melt.

The "Particular" Man.

Our idea of being particular is when a man straightens his necktie out when he goes to the telephone to talk with a woman.—Portland Press.

For Critics to Remember.

The spots on the sun may be an interesting study but anyhow the sun is not all spots.—Rt. Hon. A. Birrell.

Optimistic Thought.

He that respects others is respected by them.

RETURN TO WAGER OF BATTLE

Warfare of the Future Likely to Be Restricted to Comparatively Few Combatants.

A day, not far removed, may come when the embattled hosts of rival nations will give place to a wager of battle to decide the conflict. The battle will then be confined to the combatants alone without violent interference with the peaceful pursuits of noncombatants or destruction of their property.

First, however, we must evolve great engines of destruction, so perfect that a few skilled heroes will direct each one of them. These war machines will be so costly that only a few great powers will have the resources to construct and maintain them. Wise legislation and skillful systems of taxation will be necessary to organize the whole people for their support. A chosen few picked from the whole nation will man them, men in the full vigor of their strength physically perfect to endure the terrible strain, and powerful of brain to meet and surmount every intricacy of mechanics and every difficulty of strategy.

Above all, these hero supermen must be of such unswerving character that they will, day in and day out, without surcease devote their unflagging zeal to the great task of defending the civilization for which they contend. The evolution and the increasing economic burden of maintenance of this machinery will make war the luxury of the most powerful states and will cause the area of war constantly to recede. Small nations will no longer be able to maintain military establishments, and eventually the millions of men who now battle upon the field of honor will have been replaced by a contest among a few men in control of stupendous machinery.—Ellery C. Stowell in the Century Magazine.

WORRY OVER SMALL THINGS

Unfortunate Habit of Making Mountains Out of Molehills All Too Common With All.

"One of the foolishest things we mortals do," said Mr. Gratebar, "is to make mountains out of molehills.

"Half the worry and distress in the world comes from this unfortunate habit. It breeds distrust, creates hard feeling, breaks up friendships, make discord in families. It makes misery all around, and all this in nine hundred and ninety nine cases out of a thousand for just nothing.

"The commonest form of molehill is the spoken word. Somebody says something to us that we think is mean, or that we think is suspicious, or lacking in appreciation, or twitting or sarcastic, and right away we begin to brood over it, to let it rankle in us, to magnify it, to make a mountain of it.

"It is at least an even chance that the little thing of that sort that distresses us so was never meant that way at all. But suppose it was meant to be sharp. What of it? We are all human, and the best of us are liable to make little slips at times and say little thoughtless things that we ought not to.

"But why should we make mountains of such molehills of things that would have been forgotten the next moment if we did not dwell on them, keep thinking of them and brood over them until finally we magnified them into great grievances?"

Self Education.

Some of the best educated men never went to college. One of the most eminent geologists never went to school. Many college and university graduates think they have acquired the sum of human knowledge and rest on their oars for the rest of their lives, while others with inferior advantages pass them in the pursuit of knowledge. One of the best informed men in the country, who became prominent in business and diplomacy, left school when sixteen years of age to enter the services of a firm of East India merchants in the old days of sailing vessels. He made many voyages round Cape of Good Hope and devoted his time on shipboard to study. He read every word in one of the encyclopedias of that day and learned even or eight languages. In this way he became the best posted man whom the federal government could find in the United States for special diplomatic work. Whenever a subject arose in conversation with which he was unfamiliar he looked it up in some book of reference and he said he never forgot what he read about a matter that interested him at the time. His was a perfect system of self education.—New York Commercial.

Fancies of Children.

The Spectator speaks of that "region into which the 'grownup' has no right of entry, and no key to turn the lock," the mind of the child, and then gives some instantaneous flashes of the child point of view, a point of view disconcertingly aloof and apart from that of "grownups." A child, on a torpedoed ship, when everyone was anxiously hoping that it would keep afloat, was heard to say, in a weary voice: "Oh, when will the ship go down?" A small boy who was being shown the bust of his grandfather, mounted on a little circular stand, asked his mother whether his grandfather had been a very wise man, and then added: "But was that all there was of him?" Perhaps the capping story is that of another little boy who, when told to make no remark on a guest's absent foot, exclaimed: "Oh, no, and when I get to heaven I will say nothing to John the Baptist about his head."

LOYALTY IS OUR ONE GREAT DUTY

Now Is the Time to Stand by Our Traditions.

BLISS CARMAN POINTS WAY

Treachery of Doubt and Pacifism and Germanism Must Be Stamped Out—No Choice Between Striker and Profiteer, Both Are Equally Despicable—National Ideals Must Be Passed on to Unimpaired Posterity.

By BLISS CARMAN
of the Vigilantes.

If the whole duty of man could be told in one word, that word would be loyalty, the duty of standing by. Loyalty to the past, loyalty to the present, loyalty to the future is something that is obligatory on all of us.

Our duty to the country at this time implies a loyalty to all its traditions of freedom and high hearted justice, which were fought for by our forefathers; which have been preserved for us; and which we have been accustomed to enjoy all too thoughtlessly until now. Now is the time to stand by her with every word and deed.

Loyalty Our First Duty.

Our duty to the man in the trenches, and to every other American at home, means loyalty to the demands of the present. In the first place our loyalty to the man in the trenches implies keeping him in good heart. Not only must we send him constant words of cheer, but the damnable treachery of doubt and pacifism and Germanism, which keeps trying to spread itself through the press and by spoken rumor, must be stopped and abolished utterly swamped in patriotic enthusiasm. Whenever you hear a doubting whisper of disloyalty, nail the whisperer as a liar and a criminal, and know you are doing your country a service. Part of our duty to the men in France is to make the profiteer and the striker understand that they are disloyal crooks, and to block their selfish and disgusting game by any means necessary. There is no choice between the man who is willing to profiteer and the man who is willing to strike for more wages in the present crisis. They are equally despicable, the lowest of the low. If shame will not restrain them, they should be drafted and set to work at a decent wage and profit.

Duty to Posterity.

Our duty to American posterity, or our loyalty to the future, must consist in passing on to the coming generations all our national ideals unimpaired, in leaving to them the institutions of freedom which we ourselves have found invaluable. What they may do with those institutions under new conditions is for them to say. But at least we must leave them as good as we found them.

We are fighting now to preserve our national life our civil rights, and our homes and families from devastation and ruin. When we have succeeded in that, I believe we can best serve the world by preserving the United States as a nation, with its laws and institutions and customs and standards unleavened by the ignorance of those millions of refugees who will wish to flee to us after the war.

REGIMENT SPEAKS FRENCH

Camp Greene Claims Most Cosmopolitan Outfit in National Army.

The personnel of the First army headquarters regiment at Camp Greene in North Carolina is perhaps the most diverse that could be found in any regiment in the American army. Its function when it goes abroad is surmised by the fact that it is a headquarters regiment and that nearly all of its members speak French.

The working of the melting pot in America is exemplified in a study of the regiment. Every European nation is represented in its personnel, including peoples with those countries now at war with America and men who are at least descendants of peoples of the central empires.

Among the French speaking members of the regiment are many French Canadians from the border between the United States and Canada and many "cagans" from the French-speaking parishes of Louisiana.

RED CROSS ON TRANSPORTS

Workers Will Look After Comfort of Soldiers.

At every turn the American soldier is finding the Red Cross representative on hand and ready to serve him. The latest development of this service is upon the transports which carry our boys to Europe.

Every transport leaving for England or France is to have aboard a trained Red Cross worker whose special business will be to look after the comfort of the men. These representatives will learn the anxieties of the soldiers as regards their home affairs and will undertake commissions from them to adjust conditions to a satisfactory basis.

What's in a Name?

What's in a name? One block at Evansville, Ind., is a veritable menagerie, housing two cranes, a wolf, a fox, a stork and a crow. But they're humans. Stork is a furniture dealer; Julius Wolf is a butcher; P. H. Crow, Henry M. Crane and another Crane are in business with Fox.

LITTLE SOUNDS THAT DISTURB

Strange How Ordinary Noises of the Night Affect One Who Is Alone in the House.

When you are alone at home and the night comes on, and the noises begin—say, it is a lonesome feeling, isn't it? Uncanny like; ghostly; uncomfortable.

You had not thought much about the family, one way or another, when the family was present. Accepted the family as a matter of course, and went about your way. Sat down after the evening meal and read the newspaper; paid no attention to the swishing of a curtain, nor to the whispering of the wind, nor to the creaking that forever takes place about a house. Nothing disturbed you, when the family was at home, but now, with the family away, everything disturbs you—and startles you.

There is nothing to fear, of course. You are not afraid; it is not that. But as you sit there alone, reading, and a shutter rattles a little, how it startles you, says a writer in the Columbus Dispatch. The furnace clicks, as furnaces will, and you wonder what it is in the basement. A vine scrapes the attic at the back door, and it sounds for all the world like a burglar trying to unlock the door. You know it is not a burglar; you are not afraid, understand. But, some way, every little noise about the house startles and astounds you.

And then you get up to go to bed. You had never before noticed that it made any sound whatever as you walked across the floor when the family was at home; but now, it's different, to say the least, when the family's away.

PET SAVED SOLDIER'S LIFE

Effective "First Aid" Rendered by Cat When Its Owner Was Wounded During Crimean War.

During the Crimean war a French soldier was leaving his native village with his corps, when a little cat came running after him. It would not go back, so he put it on his knapsack and carried it along. Day by day, writes Arthur Broadley in the Evangelical Messenger, she was perched up thus, and every night slept by his side.

One day a great battle was to be fought, so the soldier left pussy behind with a sick comrade. After he had gone about a mile on the way the cat came running up to him, so he took it on his back again. Musket and cannon balls were now flying around. The soldier fell twice, but at last a dreadful wound laid him bleeding on the field.

The cat instead of running away, jumped to the place where the blood was flowing, and began to lick the wound. The army doctor came, and the lad was carried to the hospital tent.

When he recovered consciousness he asked whether he would live or not, and the doctor said: "Yes, thanks to your pussy; she has used her tongue well, and has stopped the flow of blood, otherwise you would have died."

Sponge Is a Germ Carrier.

Along with many other unsanitary toilet articles, the sponge is going out of fashion. But people may be still found who consider it indispensable. They have overlooked the fact that the sponge is porous and that every pore becomes a hiding place for untold colonies of germs. You cannot boil a sponge for any length of time, therefore you cannot insure its absolute hygienic cleanliness. As the germs multiply, a peculiar musty odor becomes noticeable.

When one bathes, many particles of dead skin are thrown from the body. If a sponge is used quantities of these dead particles collect in the pores of the sponge and will remain there even after considerable rinsing. If a sponge were examined under a microscope one would be horrified at the picture it would present.—Marianna Wheeler in the People's Home Journal.

Grasshoppers Fly to Sea.

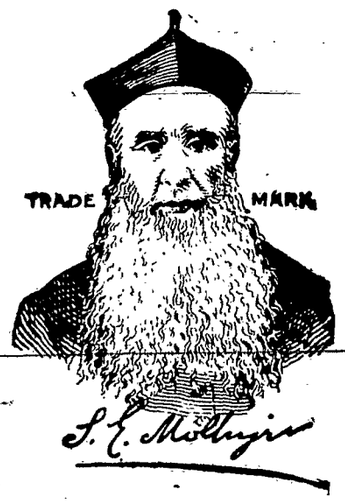
The grasshopper would seem to have nothing in common with the seagull, yet grasshoppers have been picked up in swarms at sea 1,200 miles from the nearest land. The African grasshopper has been known to cross the Red and Mediterranean seas in destructive numbers, and even to fly to the Canary islands. For the most part these grasshoppers are of a migratory species (Schistocera tartarica) noted for its great flights. The bodies are about four inches long and are equipped with large air sacks in addition to the usual breathing tubes. These sacks buoy up the insect so that it is able to stay in the air for days at a time, exerting practically no effort at all. During flight its speed varies from three to twenty miles an hour. When it is tired it rests on the water and is borne along on the waves.—Popular Science Monthly.

Drawings by Mentally Defective.

The drawings of some patients suffering from a moderate form of insanity—"a mild psychosis"—show a curious resemblance to the works of the "primitives" or early "old masters," who worked before the art of draughtsmanship had reached its modern stage of perfection. Both classes of work show the same partial disregard of perspective, the same unnatural but often touching attitudes of the persons, the same air of mystery, romance and solemn sincerity.

In such cases the insane person must be in a childlike mental condition, while possessing some artistic training and genuine artistic talent.

Helped 320,000 Sufferers



Fame of Father Mollinger, Noted Priest and Doctor Was Nation Wide

10,000 CALLED IN ONE DAY

The great demand for Father Mollinger's Famous Herb Tea is the outcome of satisfactory results by thousands of grateful users. Letters pouring in telling of the great virtue of these precious ingredients as proof positive of amazing results.

Composed entirely of wonderful nature ingredients—is of the most precious herbs, roots barks, leaves, flowers, seeds, plants, berries mixed together in correct proportions and treated by the secret process according to the formula as invented and discovered by the priest, all users begin the treatment with faith and new found hope.

They appreciate that the tea recommended in so many thousand cases by Father Mollinger must necessarily have merit and efficiency in as much as he graduated from the leading medical schools of Hungary, Italy and Germany before he was ordained a priest and before he became a missionary in Western Pennsylvania. His church on Troy Hill Pittsburgh, where he ministered to a large flock for many years is a monument to his piety, good works and wonderful powers.

Every thinking man and woman believes in the healing powers of nature. Getting back to nature is a modern tendency. Nature's offerings cannot be substituted or improved upon. Father Mollinger was careful to recommend his tea knowing the healing qualities of his medicine. As a laxative it was his favorite formula. When he prescribed it to be made hot at bed time he knew that BUCHU leaves, uva ursi and juniper provided juices for the health of the kidneys, MANDRAKE is nature's own liver cleanser and regulator. It does the work of calomel without its injurious effect. Sarsaparilla, yellow dock and sassafras purify and revalize the blood. Gentian root is the best stomach healer and regulator known in medicine. In all there are other important ingredients numbering 15, each designed to do a specific thing and all combining to make a masterful tonic, body and blood builder beneficial for all the organs and the entire system.

They carry off the body poisons, giving quick relief to rheumatic victims. Victims of constipation find immediate correction by use of this tea. These wonderful juices without alcohol, drugs, or alloys or artificial stimulation, increase the appetite, produce sound sleep and repair the nervous system. Furthermore there is nothing but pure vegetable matter in the package and NO HABIT FORMING INGREDIENT OF ANY KIND. THIS FRAIS MOTHER EARTH'S OFFERING TO THE SICK AND NATURE'S OWN LEGACY FOR OLD OR YOUNG IN HEALTH OR SICKNESS.

That statement is made because if you are healthy you should take this tea to remain so.

In Europe many of these ingredients are used regularly to prevent sickness. So germs can develop from a healthy internal condition. A steaming cupful of Father Mollinger's Herb Tea taken at night will break up a cold and for such purpose it can be highly recommended.

For old or young Father Mollinger's FAMOUS HERB TEA is essential for health and long life. Clear bright eyes, a clean complexion with rosy cheeks is one of the signs that MOLLINGER'S FAMOUS HERB TEA is performing its full mission. For stomach disorders blood impurities, kidney, liver complaints, sick and nervous headaches, rheumatism, constipation try this famous Herb Tea and you will understand that an internal bath regularly will remove the cause of premature senility and old age. It is as necessary for good health to keep clean inside as it is to bathe externally.

A $1.00 family size package of Father Mollinger's Famous Herb Tea should be in every home. It is a tonic and blood medicine for old and young at every season of the year. It is a blessing to girls and women. We will send it anywhere on receipt of cash, stamps or money order. If you want to test the merits of this tea send your name on a postal card and get a free trial sample.

MOLLINGER—MEDICINE COMPANY,
93 Mollinger Building, 12-14 E. Park Way, N. S. Pittsburgh, Pa.

Right Use of the Flag

It Should Never Be Permitted to Touch the Ground, Nor Draped as a Decoration

In these days when every household should have a flag, and should fly it upon every occasion offered, its correct use should be known to all. The following, from the National Geographic Magazine, tells the proper usage succinctly:

"While there is no federal law in force pertaining to the manner of displaying, hanging, or saluting the United States flag, or prescribing any ceremonies that should be observed, there are many regulations and usages of national force bearing on the subject.

"In raising the flag it should never be rolled up and hoisted to the top of the staff before unfurling. Instead, the fly should be free during the act of hoisting, which should be done quickly. It should be taken in slowly and with dignity. It should not be allowed to touch the ground on shore, nor should it be permitted to trail in the dust. It should not be hung where it can be contaminated or soiled easily, or draped over chairs or benches for seating purposes, and no object or emblem of any kind should be placed upon it or above it.

"A common but regrettable practice at public meetings is to drape the flag like a tablecloth over the speaker's table and then place on the flag a pitcher of ice water, flowers, books, etc.

"The flag should not be festooned over doorways or arches. Always let the flag hang straight. Do not tie it in a bow knot. Where colors are desired for decorative purposes, use red, white and blue bunting.

"The flag should not be hoisted upside down, other than as a signal of distress at sea.

"International usage forbids the display of the flag of one nation above that of any other with which it is at peace. When the flags of two or more nations are displayed, they should be on separate staffs, or on separate halyards of equal size and on the same level.

"The flag should never be raised or lowered by any mechanical appliance.

"When the national colors are passing on parade, or in review, the spectator should, if walking, halt, and if sitting arise and stand at attention and uncover.

"When flags are used in unveiling a statue or monument they should not be allowed to fall to the ground, but should be carried aloft to wave out, forming a distinctive feature during the remainder of the ceremony.

"Where the national flag is displayed with state or other flags, it should be given the place of honor on the right. Its use should be confined as much as possible to its display upon the staff. Where used as a banner, the union should fly to the north in streets running east and west, and to the east in streets running north and south.

"Old, faded, or worn out flags should not be used for banners or other secondary purposes.

"When no longer fit for display, the flag should be destroyed privately, preferably by burning or other methods lacking the suggestion of irreverence or disrespect.

"A flag or an ensign at half-mast is the universal sign of mourning. Before being placed at half-mast the flag must always be raised to the stop of the staff, and before it is lowered from half-mast it must likewise be hoisted to the top."

BRIEF THRIFT ITEMS

By the U. S. Department of Agriculture

Scraps of leftover meat or fish can be combined with cereal or other mild-flavored food, both to give flavor and to add nourishment to the total dish.

Stale bread can be utilized in a variety of ways in combination with vegetables and meats, in preparing cakes, breads and puddings, and in other ways.

Much food is thrown away because so many people do not know how to utilize leftovers or will not take the trouble to keep and prepare them. Leftover cereals can be reheated or combined with fruits, meats, or vegetables into appetizing side dishes. Even a spoonful of cereal is worth saving to thicken soup, gravy, or sauce.

Many persons regard the saving of small amounts of leftover food as unimportant. If they kept accurate account, however, for any period, many families would be astounded by the amount of good food they are throwing out and by the sums that they are paying to the grocer, the butcher, and milkman merely to replace good food being absolutely wasted.

Every bit of fat trimmed from meat before cooking or tried out in boiling, roasting, or broiling can be made use of in cooking. In buying meat it is often the case that after the meat has been weighed and the price for the cut named valuable fat is trimmed off. This fat, which the housewife pays for, if taken home and used, would reduce expenditures for cooking fats.

Skim milk, too widely looked down upon as a food although it contains practically all the nourishing elements of whole milk with the exception of the cream or fat, can be used as a beverage, in cooking cereals, or as a basis for milk soups or sauces. Sour milk, also, so often thrown away, can be used in making hot breads or in the home manufacture of cottage cheese.