Fourd murmured to herself as she stood the most remarkable examples of early watching the noonday crowd pouring Christian sculpture extant. Into the subway. Her gown of gray, In the enriest times, as in Babylon, clinging material, with its wide, child doors swung on sockets instead of Ish collar of delicate, white lace seemed hinges. strangely out of place among the In Roman days wooden doors were mark tailored suits of the working decorated with bronze and inlaid, and girls hurrying past. A gray velvet hat throughout the Middle ages richly with a single ornament of twisted sil- curved doors of wood adorned the ver ribbon fitted closely over her colled churches.

disgusting publicity. hour. Mrs. Talfourd became impatient, into it tricate ornamentation covering furs, and of course they would have to Strange, Francis was late. He had in a large part of the door.

sisted that she should meet him there. The doors of the cathedral of Notre. and that they should go together on Dome in Paris of the Thirteenth cen. munts of the newer furs are built or the subway. How much easier to tury are the finest examples of this have called for him at the office with chass. her little electric!

In spite of herself she began to think about the first time she had seen were among the most beautiful prod-Francis. Then he had been a secre- he's of wood sculpture aters!

She remembered how curiously happy she had been the day he timidly were round headed, while with the invited her to a concert. How proud Thiereenth century, came the doorway she felt, proud of his erget bearing, his with the pointed such and later the driest in shape. energetic manner of speaking and his flattened such. In the case of interior flashing smile. Then, too, the night doors, splendid old polished mahogany she had given up a dance to go to doors were important features in some walk with him, and he had told her old English homes and there were old or less established in character. Ante that he loved her.

Mrs. Taifourd caught her breath has Tilly. She must not think of such Manufacturers' Association. things. One should not think of such things when one was going to a lawmember how impossible it was for them to live happily together. She Hollanders Said to Be Greatest People could not go without 'Le thing's she had always been accustomed to. For two dreadful months she had lived

she was waiting for Francis at the subway entrance. A clock struck one the minimum of type, A tired-looking man separated him Private correspondence as well as worn and his cuffs were frayed.

There had been

Ridiculous !

know."

As they went down into the subway heard in a long time. she began to open her beaded bag. "I Day my wife's fare," he said grimly, ened noticeably.

ment in slience. Mrs. Talfourd looked laden words of a romantic maid. straight before her. Stations flashed by, spots of light and color, nothing more. The crowds ebbed and flowed.

Suddenly the car stopped. There was no station. They must be under pointing southeast while your head the river. Mrs. Talfourd sighed with lies northwest? If you are lying in relief. It was probably waiting for anothis position, you are under the presother car to pass. Then the lights sure of the magnetic meridian. In went out. Mrs. Talfourd had been afrild of the dark ever since she was tension and there is a bad effect on a wee tot, who clung in terror to her governess' hands as they went through the dark ball into the brilliantly light north or south and you'll sleep beted nursery. Now she shivered a little in the darkness and touched Francis' sleeve gently to make sure he was still there.

His voice rang out clearly above the others: "We will be going in a few minutes. The car often stops like

Mrs. Talfourd was reminded of the first month of their marriage, when she cooked for Francis in a four-room than on medical methods. apartment. How happy Francis had been, no matter how disgracefully the dinner turned out! Something startled ther from her thoughts, the low moans of a frightened woman. In the deadly want to know about the weather, stillness that followed there was a low, dripping sound. Mrs. Talfourd in the morning, and is found subseclenched her hands and began to count quently chewing grass on the lawn, the drops in a stupid way. Now there a downpour may be anticipated. Sheep was the sound of running water, no will scatter far and wide over- a hilllonger drops. It was the river. The side during fair and settled weather, car would soon be flooded.

throat was strangely dry.

"Yes, dear," he said softly, and she sheep on the hillside, the finer the Telt his arm close tight about her. weather. Not a ray of light penetrated the dark- If cattle go reluctantly to pasture mess, only that maddening trickling. In the morning, or lie down early in On the other side of the car a man the day, bad weather is imminent, as with turn-back cuffs.

woman was sobbing. "Dear." It was months since she low and look at the sky. had said that word. "Dear," she whispered again, and she felt his breath eters; they squeal and grunt incesagainst ner cheek. In that instant of santly when storms approach. happiness she forgot that she would soon die. In that same moment the car was flooded, not with water, but with dazzling light, and again they since 200 B. C., but it was not until a is topped by a sleeveless blouse. The

Blindly they left the car, Mrs. Tal-duction of the commercial varieties. That the peasant has a decided in Prof. John W. Draper of New York fourd, still clinging to her husband's in 1822 the famous American sea fluence on the mode. Especially is took a photograph of his sister Dorwith sunshine. The crowds surged by years later a Brazillan variety was in- embroideries. The peasant embroi-

apartment and move in tonight?"

## FAMOUS DOORS OF HISTORY

Marvel of Workmanship Seen on Many of Those of Churches of the Old World.

Among the famous doors of history are the carved wooden doors of the church of Santa Sabina, Rome, depict-Thank goodness, the whole thing in relief, scenes from the Old and will be done quietly," Mrs. Francis Tal- New Testaments. These are one of Large and Puffy Hand Warmers o

brown hair. No, there would be no! In the Gothic period, wooden doors were decorated with wrought-iren Somewhere a clock struck the half- hinges which were often elaborated baby lamb. These are the two new

Durling the Renaissance in Germany

and Prance, elaborately carved doors tary in her father's office. She re-membered his straight shoulders and formed of narrow planks placed side thinner ends. At the same house there the peculiar habit he had of becoming by side and in dwelling houses gond is another must made of this same fur

quite red when one looked at him, erally. In the Middle ages the doors but as a variation it has strung across How different from the young men were Small and fairly simple, meant its broader section a strip of bright who flitted about the fushionable hos for strictly practicable purposes and golden braid, with jet fringes that tels and drove long, low-seated road- of control of cover one another. At Madeleine et defense,

nati doors of wonderful beauty, esperooms - From the National Lumber

#### yer's to get a - She must re SAMPLE OF DUTCH THRIFT? If they had no duty to perform in the

in the World to Abbreviate Written Words.

within Francis' salary, denying here The Intch are the greatest people of more stender packethooks but the helf all the expensive luxuries she in the world for abbreviations, says same amount of taste there are lovely hood, when there was revealed the The lungs bear an important relation loved so much. Then her father had the Detcoit News. It seems to be a copies of these older head weavings fringe of a lace collar, died and she had slowly drifted back mar, out trait of the Hollander, and and newer ones designed after workedquarrels, rather bad quarrels, and now abbreviated so as to permit of the retain any reputation for being conmaximum amount of expression with noisseurs in their own particular art

self from the crowd and came hastly hastness correspondence in Holland is WOOL EMBROIDERY IS USED toward, her. His well-fitting suit was a network of abbreviation, so much so Ithat a Hollander who has not been in "Sorry, Blanche," he said briskly, his native land for a good many years, "There was a little extra work that but still retains a knowledge of his bad to be finished. However, this is mother tongue, is likely to fall by the the last time I'll keep you waiting, you wayside in reading a letter from an old friend from whom he has not

The Dutch lover is quite accustomed to be told in a letter by his sweetheart j and the lines about his mouth hard how much she loves him in abbreviations that suggest more a Russian They entered the car and found a stock ticker news Item than the love-

Which Way Do You Sleep?

Do you sleep with your body lying from east to west or are your toes other words, you are sleeping under a the blood pressure and the pulse rate. "Change your bed with the head

These are some of the theories propounded by Dr. W. W. Balley of Davemport, In, secretary of the Central Society of Physical Therapeutics. made up of licensed doctors of the styles in blouses. Middle West who rely more on physical methods of curing diseases

Pigs Squeal for Squalls. Animals will often tell us all we

Watch your dog. If he refuses food but prefer to huddle together under "Francis," she whispered, Her shelter when a storm approaches. Some people say that the higher the

was praying in a husky voice and a it is when the morning's milk supply is scanty, or the beasts themselves

Pigs, of course, are infallible barom-

Egypt Grew Cotton in 200 B. C. French engineer, suggested the intro- ed by a modest little round neck.

productive cottons in the world.

## BAGS "GALLERY GODS" HAD POWER

Dress Accessories That Are Important to Women.

Baby Lamb Are in Vogue This Season,

One of the best poses that a Pari sian woman takes is with her mult in hand, and to suit each individuality muffs are in various styles. Besides the classical muff of fine fur, which does not change a great deal with the sensons, there are, this senson, notea Paris fashion writer, the rather

large and puffy muffs of "mongolle" or be made up into muffs or there would be no point to their popularity. These gathered lengths of chiffon, which ados. The gallery was built to get to their luxuriousness and loveliness.

At Jenny's a big muff, matching the coat that it is designed to accompany a is made of strips of "mongolie," swolthinner ends. At the same house there great respect for this gallery, never-The doors of the Norman period are trimmed with shaped flounces, at monorony by being long and cylin

In handbags one finds much more variation than one does among the muffs, the shapes of which are more ciatty when found in onk-paneled making pocketbooks and hundbags, They have mountings and handles of tortoisis shell that are lovely to see and so delicately wrought that they world.

Bags of antique beadwork are carsmartly dressed women who wish to of dressing in unquestionable taste.



This charming overblouse of invinciwhich held its convention in Chicago ble crepe with wool embroidery has a short time ago. The convention was the long sleeves typical of the fall

#### DAME FASHION SAYS-

That many of the smartest new

suits have extremely long coats. That Paris shows a décided liking for simple sults of homespun cheviot. That crepe de chine is smarter than ver. Crepe de chine gowns are trimmed with jet bends and delicately

fouched with embroideries in wool. That chiffons and georgette crepes are no longer beaded and embroidered. but depend upon fragile laces for the small amount of trimining which they

low waistlines which appear on many frocks and in the long, tight sleeves Magazine.

That there is no trace left of the white embroidery upon dark fabrics: which was so popular during the past season. There is virtually every other concelvable combination of colors, however.

a new dinner gown of black char-face. meuse which depends only upon its Cotton has been grown in Egypt cut for the trimming. A petaled skirt were rattling noisily through the tun- hundred years ago that Jumel, a effect of sleevelessness is counteract-

troduced. The two strains were min-deries from Roumania, Poland, Greece, Trancis," she murmured, flushing in gled and from them came the famous Czecho-Slovakia, Syria and Arabia chfusion. "Do you suppose if we "Ashmouni" plant and the still finer quite outdistance the more aristodursted we could find a four-room "Mutam," which is one of the most cratic embroideries from China and

Actors Respected Those Who Sat Among the Clouds in Old Drury Lane Theater, London,

Nearly every American has at some time in his career, generally the ear-Her part of it, been a "gallery god." That is to say, he has seated himself; high in the topmost gallery of a theater, to follow with tenseness the adeventures of the heroine and hero. How he obtained his title of "gallery" god" is a matter that goes back a great many years, to the old English

Drury Lane theater in London. The theater was decorated in a somewhat glddy manner, with cupids and cherubs scattered about in careless confusion. To carry on the motif of airy summer days peopled with the decorators painted the ceiling a sent the sky, with the smirking faces very Supple foundations, lined with of wee angels and fairles peering out.

money, and not to give any particular comfort to those who paid their penny of the gallery sitters were in reality nmong the clouds. The actors had a theless, for its displeasure was manifested by booing in no uncertain tones. and the combination of painted sky, and the desire for the approval of the gallery provided the phrase "gal-

#### each end. At Lauvin's they break the PAINTED OVER COURT FINERY

Ruse by Which Nuns Had Queen Depicted as a Member of Their Religious Order.

are works of art in themselves, even Queen Isabella of Spain, the first wife the circulation. During its course in restored in London.

spend on acquiring them. But for those secret was first guessed at owing to other parts to supply energy and force the paint peeling away from the nun's to the activities of the body.

court dress and the lace handkerchief local or general morbid growths. n her left hand, and to present her in | In the hygiene of nutrition one must

Excellence Need Fear No Rival. the New Success.

#### In Algerian Bazaars.

ter of Algeria, and once the traveler blood, noes drifting outward.

Sandals of leather, laced and filled only twelve years old, but married; mine the nervous system. That medieval Italy has a hand in and they sit on carpets, twittering.

First Girl Ever Photographed.

While France claims to have inventxl photography through the genius of Daguerre, the painter, America is

This was in 1839, and a year later eaten. ground with the help of the sun's own negligence.

It took an hour to take the photo-

# How to

Live Common Sense Comments on Health, Happiness and Longevity

By GEORGE F. BUTLER.

A. M., M. D.

Copyright, 1920, by International Proce Bureau NUTRITION IN ITS RELATION TO HEALTH.

Ordinarily when we speak of a person being well nourished we merely lightsome creatures of fairy gardens, think of one or two important factors n the workings of the organism. One bright blue, and then placed puffy may think that the digestive process white clouds here and there to repre as pertaining to the stomach must be in good condition, or perhaps he may become experienced enough to consider that perfection of the whole digestive: system, of which the stofmach is only a part, is requisite to the best nutrition or so to sit there, so that the heads of the body. It is barely possible, however, that one might only consider the food supply of the body as the all-important element in the end to be obtained. Hence the oft-repeated queslion, "What shall I eat?" or, "If I could only get my stomuch to work I would become strong."

I do not say that these special queries are not important, for indeed they are. The only trouble is that they are only a limited part of the process. The study of nutrition is not merely the study of what we shall eat or how the stomach will handle it, but rather the study of the whole organism, and the making of it. The Through a chance discovery in the study of nutrition begins with the prepgarret of a ducal palace in Madrid, a aration of food for the body and the three-hundred year-old romance of a partaking of it. Next the work of the wonderful Velasquez has been reddigestive organs, as they reduce it to vealed. Hidden for three centuries as that condition so that the nutritive elea picture of a nun, this portruit of ment can be absorbed and taken into of King Philip IV, has recently been the blood channels some of the vital organs, especially the liver, produce In the disguised picture practically certain changes in the newly formed ried only with afternoon gowns and nothing but the face and hands of the products, which prepare some portions by those who have much money to original was left uncovered, and the of it for the tissues' assimilation, and

to the same work, as they supply ma-Princess Isabella of Bourbon was terial which is of equal importance to Into the old way. Why should she not not only ate the missives between Nev- out patterns. Bags of brilliant bits of married to Philip in 1615, and in 1624 the building and repairing process. spend her father's money? He had ronw and her daughter and Mynheer silk and hags that are made of collect was staying in the convent of the nuns The final and all-important step is the worked all his life that his only daught and his son liberally sprinkled with thous of little silk flowers are very belonging to the order of the Descal. actual assimilation by each tissue of ter might have everything. Yet Franche shortening of Dutch as she is charmingly done in Paris, though zos. As a mark of the kindness she the element appropriate for its own cis wanted her to live upon his salary spake, but the advertisements in the these are not carried by the really there received she presented the nuns use. It is success in all these steps with this Veinsquez portrait of her. that furnishes the members of the body with tissue and force; and a weak Later Isabella wished to enter the place at any point will interfere with convent, but the pope would not con- the work and cause mainutrition, sent. The inmates of the convent which may mean the loss of strength called in a painter, and secretly in. and tiesh, or it may mean the deposit He left you something, I suppose?" structed him to paint out the queen's of an abnormal amount of fat, or other

> the complete garb of a professed nun. Istudy all these functions. In the preparation of food simplicity and taste are points to be emphasized. The more Multitudes of employees constantly simple the diet of nutritive food the better it can be adapted to the uses of live in terror of some one who, they the body. The cooking of food is only rear, is after their place. They are suspicious of office politics, suspicious that somebody working close behind them is trying to crowd them out. What is the result? This fear and suswork. Care should be taken, however. picion interferes with their advancement to the place above them. Instead of looking back and thinking of the men after their place they should, foods have been properly prepared and instead, look about to the man above them and be prepared for an advance when there is a vacancy. Perfect yourself in your line of work and you relative to the stomach is non-interferneed never have any fear of others ence. Give it is proper share of the rivairy. There is always room at the nerve force—that is not actively using top for the man or woman who has the nerve force of the body in other stamped the trademark of individual-ity, superiority and distinctiveness upon his or her work. Such a one need have no fear of the usurpation of his rights by others. His position is care of its own work, provided its work assured.—Orison Swett Marden in be not in excess of the needs of body.

The other part of the digestive apparatus is alike faithful and capable. For the best action of the liver and the lungs a good circulation is essential. Cobbled steps mark the ways of the The latter should not be impeded by Moors in the Kashah, the native quar- clothing that prevents the free flow of

leaves the streets where street cars Overwork or underwork will interclang and Europeans walk, he must fere with the trophic nerves, and preclimb. Pepperpods and onlons hang in vent their properly regulating tissue rosaries beside hazaars. Mosques are nutrition. Mental worry or constant hidden here and there in nests of overstrain by excessive work will exhouses, and cufes are open to the haust nervous vitality and force and street with the guttural gossip of the incapacitate the nerves to preside over Arab drinkers and the click of dom- the function of nutrition or any other function of the body.

Of course, it is not necessary to say with golden threads, are made by that all dissipating habits, as the use black-eyed Arab girls with long, soft of liquor and tobacco and all other like days I get none."-Yonkers Stateseyelashes. Some of these girls are poisons, come first in power to under-

From these suggestions we conclude the mode. Its influence is felt in the through their vells at passersby, mean-that for the best nutrition strict regard while embroidering deftly the things should be paid to the laws of hygiene what is meant by the saying: "All men they have to sell for gold.—Century of the nervous system, the circulation are created equal?" We all know that with its vital organ, and also the digestive system, and last but not least, the many other advantages not shared by hygiene of the diet. HEARN HOW TO all.

Do not clog the system by an overproud of the fact that it was one of supply of food. Never eat unless hun-That a prominent designer has made her sons who photographed the first gry. Never force yourself to eat a food because it has been recommended After years of patient labor Da. as a health food. Eat only such food guerre succeeded in taking sunlight as is relished. Be temperate in eating pictures of scenery on a sensitive and there will be little cause for worry as to the effect of what you have

Most of the evils that befall us in arm, found herself in the street filled island cotton was the first sown. Five this seen in the vogue for elaborate othy, the first person to have her like this world, including premature old age ness reproduced on a prepared back, and early death, are solely due to our

> Don't expect physics and tonics to graph, and the picture may still be keep you well if you neglect the laws of bealth and hygiene.

### SELECTED SMILES

The Acme.

Kulcker-is Jones insignificant? Bocker-So obscure he can change his party without anybody caring.

A Simple Method.

"I'm getting rich now." "Making more money?" "No-spending less."

The Author's Advantage. "Girlie, I'm going to put you in a story." "As the heroine?" "Depends on how you treat me."

Setting Him Right. He-"Darling, I dream of you as my own." She But dreams, you

Fruit of Questioning.

"Date?" "Peach !"

(ence."

know, go by contraries."

"Ah! a pair."

Corresponding Clue. "The police seemed to know the felow by his gait." "Why shouldn't they?

Literal Depression,

"Are his spirits low?" "Well, he has the deepest cellar I ever saw a private stock put in."

Most Are.

"May I ask, madam, what is your husband's income?" "Certainly, sir. It is mostly outgo."

Naturally. "What a gushing style the new author has." "Probably because he uses a fountain pen."

Well Fitted.

"That boat is nothing but an old

tub." "Isn't it all the better fitted

for the wash of the sea?" Quite So. "They say now that shoes are com-

ing down." "That is a very good movement to be on foot."

Paradoxical. "Her face was fairly blazing." "Yes, and it was blazing because

she was put out."

A Roast. He-I always say what I think. She-I notice that you are extremely reticent.—Boston Transcript.

Heard in a Theater. "We all have our ups and downs."

"Yes, especially when we sit in a eat next the alsle."

"I hear that your rich uncle is dead. "Yes, penniless."

Its Chief Point,

"The wild goose is neither beautiful nor graceful."

"But It's game." Up in the Air. "He hung upon her words." "I see; she kept him in suspense."-

Boston Transcript.

Martyrs. "Does your husband still suffer with neuralgia?" "Yes, but not nearly 💌 much as the rest of us."

Odd Result. "They say poetry don't go now."

"That's queer, considering it in nade up of feet.' Paradoxical indorsement.

"People like an optimistic doctor."

"Yet a doctor is by his very profes-

sion a man of ill omen."

Naturally. She-"Dear, I want to get a new carpet this winter." He-"That is a

proposition I put my foot down on."

Extremes. "Come downstairs, sis, and get some of these sweets." "I will as soon as

have taken my bitters."

Variety the Spice of Meals. "A man shouldn't always eat the same food; he should vary his meals," said the man making conversation. "That's right," answered the seedy

looking chap. "Then you vary your meals, I take

"Sure thing. Some days I get two meals, some days only one, and some

One Thing, Anyhow.

Teacher-Now, who can tell just some of us are born with wealth and

"We are all created with an equal need for clothes," suggested Johnny.

He Might Fill the Bill. Boy-You have a vacancy for a boy,

believe, sir? Employer—Yes; but I tell you at once he must be a boy who never tells a lie, never swears, and never gives a

discourteous answer. Boy-I'll send my cousin, sir. He's deaf and dumb.

Confirmation.

The Professor-A collector, did you say? Did you tell him I was out? . The Factotum—Yes, sir, but he wouldn't believe me.

The Professor—Humph! Then I suppose I'll have to go and tell him my self.--Michigan Gargoyle.