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"Castles in the air cost a vast deal to keep

AMERICA FIRST.

"Not merely in matters material, but in things of the spirit. Not merely in science, inventions motors and skyscrapers, but also in ideals, principles, character Not merely in the calm assertion of rights, but in the glad assumption of duties. Not flaunting her strength as a giant, but bending, in helpfulness over a sick and wounded world, like a Good Samaritan. Not in pride, arrogance and disdain of other races and peoples, but in sympathy, love and understanding. Not in treading again the old, worn, bloody pathway which ends inevitably in chaos and disaster, but in blazing a new trail, along which, please God, other nations will follow into the new Jerusalem where wars shall be no more. Some day some nation must make that path-unless we are to lapse once again into utter barbarism-and that honor I covet for my beloved America. And so, in that spirit and with these hopes, I say with all my heart and soul, 'America first.' "

The above inspiring ambition for America was taken from an address Bishop G. A. Oldham delivered in the Portestant Episcopal cathedral in Washington. The Bishop struck a higher note than did Stephen Decatur when he made his famous remark, "Our country! In her intercourse with foreign nations, may she always be in the right; but our country, right or wrong.

WHO SOLD AMERICA?

This country has been "sold" to Europe. What we think and do is news in all Europe. he world watches this republic. The interest in us varies from admiration perhaps to . alousy, from iriendly hope of our support and iriendship to fear of our power Who sold this country to the world? Was it Woodrow Wilson, who contributed so much to the league, that practically all nations have joined? Was it the Red Cross and the American relief service that has spread the manna of their benevolent ministrations over all the earth? Was it the service man, who turned the tide of the World war? Was it the citite, who subscribed to the war loans, the ar: who haned money, or our rich nationwa ry that staked the world?

is country has been sold to the world as nation has ever sold. Was it the ring and Cooldge? Was it the A.: .r.can laborer and 'mer' Is it our deceracy that makes a rld, tending towar l this country? Is it democracy interested because we are making a better success of g vernment than any other nation? Is it beise we have a great rich country, capable | i supporting in wealth much larger popuation than we have?

Not for one, but for many reasons the world the eyes toward America. Our · 'snight all forces compel the attention of the world. Our stuation is unique. But the very uniqueness of un power to draw the attention of the warf a both an advantage and a disadvantage. Can we sustain our position? How ing it is a unique situation continuer. With the section with the working of the steer grown in weaken our relations with the restriction of the H will His Ta' from the contractor

WE HAVE WITH US

1723

We have the e irving "a-c . with other tes man " the law . . se, crime !

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cial enemies and cruticity.

But we have citizers as the social warface is constructed as the social warface is constructed as the social warface is constructed and more always have been present in social ways will be present Such people and the lestructive these enemies has been reduced it in a general has been reduced it in a general and services of relicity present and the lestructive agencies of tellicity present and more and for the lestructive these enemies has been reduced it in a general and general and services of tellicity present and the lestructive agencies of tellicity present and more and more and more always have been present in social ways will be present Such peoples.

conditions would grow worse instead of bet-

Aside from the social interest of the community in its public welfare, there is the intensely, personal and human side of this warfare. Poverty and suffering, disease and without antipathy for mucous colits or m pain, the human tragedies of delinquency that

use of maccurate language. Many a man fails simply because he is self-conscious of his careless habit of speech, or of his mability to use good language. When one has to be conscious of his choice of words and the formation of his sentences, he can not think as well and is handicapped by embarrassment.

Good speech is a desirable attainment. It can not be acquired without effort, especially as we are influenced by hearing careless speech every day. This is the reason why good speech is a social as well as a personal

Good speech is more than a matter of words, grammar and clear thinking. It concerns the right use of the speaking voice, a matter to which the average person gives injections, the latter is by far the worse.

3 Indicestible roughage, such as Angeles 658 feet long.

Ever since the "Americanization" of Herrin began, that town has been a riot.

The Illinois Idea By DR. FRANK CRANE

LLINOIS is in the process of developing a new idea It is to have a new State penitentiary which is to be at Stateville some distance from Jollet. Its purpose is said to be "To provide for delinquents a system of training with a view to cure and ultimate pre vention of crime, and to make them useful citizens." It is an attempt to get away from the old prison plan and design Its object, as stated above, is the ultimate cure of the criminal

Its program aims at the rehabilitation rather than the mere punita- handling or treatment of the criminal.

t It is now generally thought that a prison is only a place where transgressors are sent to be confined for safe keeping. But the Illinois idea is to design a prison to be such a place as shall develop character and alter the prisoner.

It is recognized that confinement within barriers is a necessity, but the rehabilitation of the man and his return to society as an asset is the final objective To attain this objective there must first be healthful living conditions. The second requirement is that of security of confinement. The third is segregation, and

the fourth is the progressive merit system There are five grades of prisoners-A B, C, D E Upon entering the prison all are placed in the C grade It is possible for them to work if to B or A and down into D or E. They do this by their conduct and work manship and also by their general disposition mercal attitude and effort. After bont nued progress toward improvement they come before the Parele Board and are eligible to parole at the appointed time

The cell houses are built upon a new par Each house is circular and has a tower upon it from which the guard can have a clear view of the interior of each cell at all times. There is also at his hand the means of locking and unlocking the cells by hydraulic pressure.

It is of course easy to deny the existence of bovine syphilis but I should like to have your proof that there is no such disease or condition. Perhaps the standard medical books of today contain no information on the subject and therefore in order to understand this disease one must do pressure.

Each prisoner is given a cell by himself and his conditions of life in it are such as to vastly decrease the dryaded disease of this pen'tenuary.

It is located about six and a half miles northwest of the old Joliet Prison. It contains a yard of sixty the content of standard in is disease on must do inderestiand this disease one must

of the old Joliet Prison. It contains a yard of sixtyfour acres surrounded by a smooth concrete wall thirts three feet high. All the buildings are of fireproof construction and have been largely constructed y inmate labor under competent supervision

mrearly impressed with the importance of preserving wind . fe of America's woods

It a tak of wild arimal conservation Mr. Seton it a tak of wild arimal conservation Mr. Seton it a tak of wild arimal conservation Mr. Seton it a takent up he had made from Swan river to Cataron. Mar kina Ali that region used to be for conservation to be for conservation from all the early for the train at this time made are at the early for the train at this time made of the early for the train at this time made for the early for the form the windows for prairie chickens but the form the miserable, blind fools cried and the fools.

a nature of the Euch extremes surely is not true
to only a saignter. There is a mady a change tenter Power's a loss kill sometime. More are arming that there is a negative pleasure in The state of the s

COWS TILIT PAY

The result the Grund's Marshall Cow Testing to moreth of November shows that

PERSONAL HEALTH SERVICE

GREETINGS TO MYXONEU-GREETINGS TO MINONEUROTICS.

Without antipathy for mucous

Without antipathy for mucous

"introduced" I mean it actually goes thru the skin—cise I'm way off. It can be detected in the urine within a few hours and maybe within the

is to show pride in his community and neglects his duty to his less-privileged neighbor.

A BETTER SPEECH WEEK.

From George Washington's birthday until the end of February will be observed as all know a person with auch as all with a was a protect like the devil and had a bag of the meanest trick many special days and weeks that have been dedicated to various causes as many of them are of little importance. But Better Speech week is one that commends itself to so many of us, it should be observed with profit.

We are betrayed daily by our speech. No amount of schooling can overcome careless habits of speech Fven our college and university graduates often resort to slang when they want to be convincing in conversation, or public address. Many of our misundering simply because he is self-conscious of that it is difficult to the contracturate language Many a man fails simply because he is self-conscious of the mans of eagers of sumplements were a charge in simply because he is self-conscious of the mans that we because he is self-conscious of the mans that we have proved and the doctor to whore tender meetes the profit.

If our preceding talks on this subject interface of the contracturate language Many a man fails simply because he is self-conscious of the simply because he is self-conscious of the simply of the simply because he is self-conscious of the simply because he is self-conscious of the simply of the simply because he is self-conscious of the simply attention to schooling with the simply because he is self-conscious of the simply attention to school the simply because he is self-conscious of the simply because he is self-conscious of the simply attention to school the simply because he is self-conscious of the simply attention to school the simply because he is self-conscious of the simply attention to school the simply attention to school the simply attention to school the s

grades or degrees of such disturb.

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ance between the most perfect attainable health and the deprayed Dr. Brady will answer all signed let tainable health and the deprayed state my memorable patient presented to her constant succession of physicians

Working on this basis we shall now proceed to tell what well folk ought to know in relation to intestinal physiology.

I in nearly every instance constitutions are interested as a state of the period of the process of the pr

tin hearly every instance con-stipation is artificially induced by unwarranted and unnatural inter-ference with the persistaltic mechan-iam, which, as we pointed out in a previous talk, is naturally perfectly controlled by the balance automat-ically maintained between the drive

the fibrous material in fruits and vegetables, the seeds of various fruits, the skins of various fruits and vegetables the cellulois of wheat bran, should be a considerable

should have about 'regulating the bowels" is to heed the call of nature. 6. A prolific cause of hemorrhoids (piles) and of colitis (inflammation of the colon) is the habitual use of so called "vegetable" catharttic concoctions which invariably depend for their cathartic effect on crude irritants of the aloes class.

the thresher, though by no means a perfect food is nevertheless a more healthful food than anything derived prepared or manufactured from wheat Eaten raw or cooked, entire or crushed or ground, it is a desir able item in the routine dietary of children and adults.

able item in the routine dietary of children and adults

9 No wholesome food should be omitted from the dietary on the fround that it is "binding" for no food is so though some items are more laxative than others

10. Autointoxication is a far fetched theory which should never worry well folks

QUESTIONS AND ANSWERS. Bovine Idea.

thelogist of standing in the com-

Agricultural Chemist Deserts to the Enemy.

I am joining those who disagree The surcome of this idea will be worth studying from the ; uson standpoint (Copyright 1905 by The McCiure Newspaper Synaptic).

FOOLISH HINTERS.

Ernest Thompson Seton whose grones of wild and of the gold in solution can be introduced by merely soaking the hands, from all the half has long interested both children and claim maders a time nature lover and therefore greatly impressed with the importance of preserving nally "milaner", from the town of Milan, Italy, which preceded Paris as center of style. A milliner was formerly one who dealt in articles for women's wear.

Q. Why do pictures of the recent Chinese uprising show the soldiers carrying umbrellars? C. N. T. dine every day

A. Chinese soldiers all carry umbrellars as an important part of their brellars as an important part of their say;

Soldier every day

Not to repeat what a member may Sent out on an errand, he's quick to require a gentleman knows without He's bright as a dollar, good-natured, warning or hint

There a gentleman knows without He's bright as a dollar, good-natured, polite,

How many dimes made in ture.

Q. Which is the smallest bird in the world? E.T.S.

A. There are two species of humming birds which are practically the same size—they are found in parts of Costa Rica and the West Indes. "Helena's Humming Birds." however, is considered the smaller of the two. It is, found in-Costa Rica.

J. B.

A. The noted French general fective? W J II.

A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Radio Institute who has only one arm is Gen. Paul A. The National Redio Institute who has only one arm is Gen. Paul A. The National Redio Institute who has only one arm is Gen. Paul A. The National Redio Institute who has only one arm

JUST FOLKS

BY EDGAR A. GUEST,

BOY, ARE YOU A "FIND"?

you so merry and glad?"

ers to smile

ers to smile

or sto smile

ers to smile

or sto smile

or sm

I've had dozens of office boys down So here's to that youngster, with at my store,
But never so bright-eyed a young Whose boss is so glac working for him!

general who made a partial tour of this country a few years ago? F J. B.

dry for the plant. To remedy this I unborough, ending in a general put it into a room and set a pan of you after 44 rounds had been fought. Both sides claimed the victory, but atmosphere will absorb the moisture. Of course we assume that the soil is in good condition.

The plant of remedy this I unborough, ending in a general put it into a room and set a pan of row after 44 rounds had been fought.

Both sides claimed the victory, but are presented a chainplonship belt in acknowledgment of his wonderful full fight. Heenan again challenged in a general put it into a room and set a pan of row after 44 rounds had been fought.

Both sides claimed the victory but are presented a chainplonship belt in acknowledgment of his wonderful full fight. Heenan again challenged in a general put Q. Who was the one-arm French Sayers, but the latter declined and general who made a partial tour of retired

Rica.

Q. How long did the fight be tween Hecnan and Sayers last? M. question by writing The Evening Casette tween Hecnan and Sayers last? M. question by writing The Evening Casette tween Hecnan and Sayers last? M. question by writing The Evening Casette information Bufeau, Frederic J. Rasking doors? P. C. H.

A. It is probably due to the fact fought Tom Sayers, champion of that home atmosphere is much too England for international title at being sent directly to each individual.

The

Next Time

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uniformly delicious

taste and the pro-

nounced butter fla-

vor. Nothing but the

best table creamery

butter is used for

shortening.

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Bamby clerk

take your order

and be pleased

Trade Mark

QUESTIONS AND **ANSWERS**

Q. Please give the height of the Woolworth building and Washington monument, and length of Shenandoah and ZR-3 J. E. K.
A. The Woolworth building is 792 Angeles 658 feet long.

Q. How long ago was the Red Cross started? R. M. T A. The Red Cross originated in 1853 after the Battle of Solferino. wheat bran, should be a considerable part of the regular diet of every well person Prejudices against leating these things are due to ignorance.

4. Strictly within normal bounds the frequency of intestinal evacuations may be from three a week to three a day.

5. The only concern an individual should have about 'regulating the should have about 'regulating the rifice for others.

their cathartic effect on crude irritants of the aloes class.

7 If the great army of misguided victims of the physic habit could be forcibly deprived of their favorite artifices and compelled to follow reasonable hygienic habits of life for a few weeks, the majority of them would have to admit that nature is kind.

8. Plain wheat as it comes from the thresher, though by no means of the word.

Q. What is the origin of the word 'milliner"? N C. F
A The word was probably origi-

.ame?



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may be summed up in one phr so EVERY LOT A PARK