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was created a thing of natural service for exhilarating, refreshing and rejuvenating man's physical and mental faculties,—so too, Eno springs from Nature's bounty.

Eno is unsurpassed for slaking thirst, but it does more—it stimulates digestion and makes for better health, is a natural corrective, purifies the blood, prevents biliousness, headache and the many other ills of constipation.

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You can "Say it with Flowers" anytime, anywhere—through the Florists' Telegraph Delivery Association

BY THE WAY

An American traveler who strayed into a remote village in Japan, so a Western newspaper says, went into a tea-house to get something to eat. He couldn't make the waitress understand what he wanted, so he drew a picture of a fish and an egg on a piece of paper and handed it to her. She laughed, clapped her hands, and ran from the room. Presently the door opened and two attendants staggered in with a portable bath, brimful of hot water, and an oval cake of soap!

In a recently published book on "The Philosophy of Speech" an amusing illustration of an English schoolboy's objection to "bookish" language, and his preference for his own vernacular even if it is ungrammatical, is given:

"Him and me is next," cries the London schoolboy, claiming his turn at the wicket.

"What should you have said instead of that?" exclaims the schoolmaster, standing near.

"He and I are next," replies the boy promptly.

"Why did you not say it, then?"

"Because they'd all laugh at me if I talked like that, sir."

A London art critic writes in almost comical terms about the "depression" among buyers of pictures in that city. This depression, he says, which is perhaps attributable to "the burdens of taxation and a probable capital levy," was responsible for "the failure of Romney's portrait of Sir Christopher and Lady Sykes to reach more than 27,000 guineas [about \$135,000] at Christie's." Yet the artist himself received only about \$700 for the painting!

An airplane was kept continuously in the air, near Paris, on June 4, for 24 hours 19 minutes 7 seconds. The distance traveled during this time was estimated as 1,190 miles. This record, made by Lieutenants Bossoutrot and Bernard, is said to be more than two hours better than the best previous record.

Americans who have forgotten the geography lessons of their school days will be surprised by statements made in an article on Chinese trade published in "Shipping." Manila, it says, which is an American insular possession, is closer to China than is Tokyo, the capital of Japan. The Alaskan coast is within fifty miles of Siberia. Therefore, the article concludes, it would seem that America should be more interested in Asiatic than in European trade.

"The Chinese business man," says the author of the article mentioned above in describing Chinese characteristics, "is a heavy buyer, respects his obligations, is guided by dictates of equity rather than law, is not accustomed to provide letter of credit with order, does his business over the teacup rather than over the telephone, and is particularly friendly toward Americans and things American. We possess a great asset in the good will of the Chinese people."

A sailor tells in the "Sailors' Magazine" about the amusements of the fo'c's'le on the voyage to and from South America. The greatest entertainment came from a pet monkey. Jocko, says the sailor, was a head-liner. "His turns were always fresh and original. Often he created fun by teasing the cats. Now and then he would

secure the coveted possession of some sailor and lead him a merry chase over the entire ship before dropping it. Every Saturday afternoon, however, all hands settled their accounts with Jocko by giving him his weekly bath. To be able to entertain others is by no means the lowest of arts. Jocko was a master in it. Many of the bright spots in a long trip were due to his activities. I take off my hat to Jocko. I am truly glad to have ascended from the likes of him."

A novel course of study is mentioned in "Popular Mechanics." It is conducted at Madison, Wisconsin, and is described as "a short training course in boxing and packing." Tests of materials, nails, etc., and demonstrations of various right and wrong methods comprise the course. It is said that "the astonishing figure of \$500,000 a day is set by authorities as the loss in this country from the use of poor and extravagant packing methods and materials."

Are fat men slow-witted? The San Francisco "Chronicle" asks the question and answers it in the negative. While Shakespeare made Caesar say, "Let me have men about me that are fat," averring that lean men "think too much," the "Chronicle" cites Napoleon, Bismarck, Li Hung-chang, Cromwell, Joffre, Clemenceau, Taft, Dumas, and Victor Hugo as men of brains and also of avoirdupois. Thomas Reed might have been included in the list of quick-witted men of girth, though he objected to being called fat, declaring that "no gentleman weighs over three hundred pounds."

Ice mines, or caves where ice forms in winter and lasts throughout the summer, are described in the Minneapolis "Journal" as existing near Decorah and Edgewood, in Iowa. "Picnic parties at Bixby's Park, near Edgewood," the account says, "may be seen any day freezing ice-cream at the mouth of the ice mine. The ice is chopped in chunks from the cave with an ax."

"Have you 'Lambs' Tales'?" was a question asked of an old bookseller well versed in the jokes of his trade, as reported by a writer in the New York "Evening Post." "Madam," he replied, gravely, "this is a bookshop, not a butcher's." The jest is time-worn and would not be worth repeating except for the fact that the old bookseller went on to make a fresh observation about the book trade. "Don't you know," he went on, "that the real book market is the second-hand bookshop? The new-book stores only introduce books to the public. If they have any merit in them, you must come to us for them once they are launched upon the world. Take your 'Lambs' Tales,' for instance. If it wasn't a good book you wouldn't find it here. It wouldn't have been reprinted in the first place, but having been printed and purchased it would have been thrown away with other rubbish. But 'Lambs' Tales from Shakespeare' is one of the books which will live forever, and you come to us to get it."

From "Nebelspalter," Zurich, Switzerland:

Customer—"What is the cost of this bag?"

Clerk—"The luxury tax is 200 marks, turnover tax 300 marks, exchange value allowance 400 marks; allow 50 marks for the bag itself and take it!"



One third of America underfed

—say high authorities

Rich and poor alike suffer from malnutrition without knowing it

WHY do we hear on all sides complaints of "that tired feeling"? Why do nervous break downs and rest cures multiply?

"It's a great life if you don't weaken," says the man on the streets; and the speed of events seems to quicken all the time.

The truth is our ability to keep pace with events is not what it should be. Our vital reserves too often go below par.

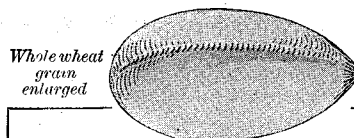
Astonishing facts

Impossible as it seems, America, the world's greatest food-producing nation, is suffering from wide-spread malnutrition.

In spite of increasing food bills the chances are one in three that you or your family are suffering, not from lack of enough food, but from lack of the right kind.

These conclusions are inevitably drawn from statistics of the army draft and from Dr. Wm. Emerson's work among children of all classes.

What we call "lack of vitality," "run down," "not thriving" is now definitely traceable in most cases to an insufficient supply of certain food elements.



Whole wheat grain enlarged

The sixteen vital elements of nutrition

Oxygen	Chlorin	Calcium	Sodium
Nitrogen	Fluorin	Potassium	Sulphur
Hydrogen	Iron	Magnesium	Silicon
Carbon	Phosphorus	Manganese	Iodine

The 16 vital elements

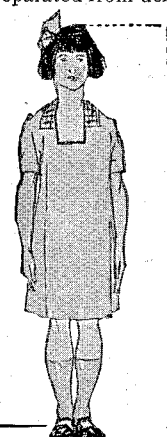
Sixteen natural food elements (listed above) are needed to keep the normal human being strong and well, and filled with that abundant vitality which provides for growth and the energy demands of modern life.

In the wheat grain Nature provides these sixteen vital elements in more nearly the proper proportion than in any other food, save possibly milk.

But several of the most important of these are lost in modern methods of wheat preparation, through removal of the six outer layers of the wheat grain, commonly called the bran. Only in the whole wheat grain can all the needed elements be secured.

From Nature's Larder

In Nature's larder health and energy are not separated from delightful tastes and flavors.



And thousands now draw from this larder these sixteen vital elements in Pettijohn's, a whole wheat breakfast food of rich, gratifying taste.

Its steaming fragrance awakens sluggish appetites in young and old. With cream and sugar it makes a vital energy ration of luscious flavor.

If you have been feeling below your normal in energy and vim—try Pettijohn's.

If you have a child below the average weight for his age (see tables)—try Pettijohn's. The little folks love it.

Are your children under the weight shown by this table? If so they need more of the 16 vital elements food

Boys		Girls		Boys		Girls	
Height	Average wgt. for height	Height	Average wgt. for height	Height	Average wgt. for height	Height	Average wgt. for height
Inches	Pounds	Inches	Pounds	Inches	Pounds	Inches	Pounds
35"	32.0	31.0	49	55.5	55.5		
36"	33.5	32.5	50	59.5	58.5		
37"	34.5	33.5	51	63.0	61.0		
38"	36.0	35.0	52	66.0	64.0		
39"	37.5	36.5	53	69.0	67.5		
40"	39.0	38.0	54	72.5	71.0		
41"	40.5	39.5	55	75.5	75.0		
42"	42.0	41.0	56	79.5	78.5		
43	43.5	43.0	57	83.5	83.0		
44	45.5	44.5	58	87.5	87.0		
45	47.5	46.5	59	91.5	91.5		
46	49.5	48.5	60	95.0	96.5		
47	51.5	51.0	61	99.5	102.5		
48	53.5	53.5	62	105.0	110.5		
			63	109.5	116.0		

*Without clothes

The figures for the younger children are taken from "Holt's Diseases of Infancy and Childhood"; for the ages from six years on, from the studies of Boas, Burk and Smedley. These latter heights and weights are with indoor clothes but without shoes. In all cases the weights have been approximated to the half-pound.

Table of weights reprinted from Woman's Home Companion

If you suffer from congestion of the intestinal tract give this food with its natural bran laxative a chance to set you right as nature has provided.

Your grocer has Pettijohn's—or will gladly get it for you. Make to-morrow's breakfast of this sixteen vital elements food.

Made by the Quaker Oats Co., 1626G Railway Exchange Bldg. Chicago, U. S. A.

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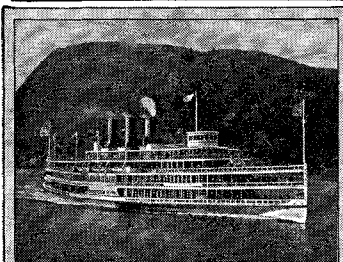
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by Daylight**THE Hudson River trip is one
of the great natural wonders
of America. You will enjoy it
particularly well because of the
excellent Day Line service. Com-
fort and charm surround you on
the wide cool decks of luxu-
rious steamers.Attractive one-day outings.
Steamers run until Oct. 24th.
Service daily including Sunday**Hudson River Day Line**
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Asheville School, Asheville, N. C.
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the best. Booklet on application. M. J. DURIE.**"The Firs" and "Camp Penobscot"**
DEER ISLE, MAINEHotel, Tents, Cottages, Cabins—Woods and
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privileges, supervised sports, and expert
tutoring (if desired) for the boys. Rates mod-
erate. S. B. KNOWLTON, Haverford, Pa.**THE BEECHES, Paris Hill, Me.**
Re-opens July 1, under new and efficient
management. White Mt. scenery, good food,
spring water. Here may be found a home in
the best sense of the word. Friendliness and
good cheer pervade the household.
Mrs. A. M. Bennett, Owner and Manager. Dr.
Charlotte F. Hammond, Resident Physician.**MASSACHUSETTS****HOTEL PURITAN**Commonwealth Ave. Boston
THE DISTINCTIVE BOSTON HOUSE
Globe Trotters call the Puritan one of
the most homelike hotels in the world.
Your inquiries gladly answered
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you cannot find a more comfortable place in
New England than**THE WELDON HOTEL****GREENFIELD, MASSACHUSETTS**It affords all the comforts of
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Private baths. Descriptive booklet.**WHITE HOUSE INN**

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Season July 1 to Sept. 8. Reservations may
be made now. Detailed information upon
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BERKSHIRE HILLS, MASSACHUSETTS**THE GREYLOCK**

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Near the White Mountains. An ideal place
for a restful, homelike vacation. Boating,
bathing, fishing, mountain climbing. Private
cabins. References. Terms \$18 to \$25 per
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Hall**A comfortable Inn on a hilltop. 1,000 feet
elevation. July and August. Weekly rates
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Fishing, boating, bathing, dancing, etc. For
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JOHN HOWLAND, Cranberry Lake, N. Y.**FENTON HOUSE Adirondacks**
Altitude 1,571 ft. A noted place for health
and rest. Write for folder and particulars.
C. FENTON PARKER, Number Four, N. Y.**NEW YORK CITY****HOTEL JUDSON** 53 Washing-
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adjoining Judson Memorial Church. Rooms
with and without bath. Rates \$3.50 per day,
including meals. Special rates for two weeks
or more. Location very central. Convenient
to all elevated and street car lines.

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New YorkCombines every convenience and home
comfort, and commends itself to people of
refinement wishing to live on American Plan
and be within easy reach of social and dra-
matic centers.Rates with Illustrated Booklet gladly sent
upon request. JOHN P. TOLSON.**VERMONT****THE TAVERN**
GRAFTON, VT. Ideal Location,
bracing air, home cooking. Write for booklet.**Health Resorts****Sanford Hall, est. 1841****Private Hospital**

For Mental and Nervous Diseases

Comfortable, homelike surround-
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park, flower and vegetable gardens.
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\$15 to \$20 weekly. City references.
Miss F. H. CHAFFEE, East Lee, Mass.**Real Estate****MASSACHUSETTS****TO RENT** Furnished, for summer, farm-
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improvements. \$75 per month. Photos can
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Attractive stone house, fine condition, all
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Ferry, railroads or trolley. Fifteen minutes'
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\$25,000—to close an estate. Reasonable terms.
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Attractive New Bungalow. Seven
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improvements, spring water; 1/2 hour out, near
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floors, large cozy porch. 25 acres, garden,
small fruit, orchard. 8 buildings, barn, garage.
Station near by; 60 miles New York. Desirable
country home, small farm or poultry plant.
\$10,500. Rent summer, furnished, \$100 month.
Address M. J. Exner, 347 Madison Ave., N. Y. C.**Farms** 33 States—\$10 to \$100
an ACRE. Stock, tools,
crops often included to settle quickly. Write
for big illustrated catalog. STROUT FARM
AGENCY, 150 B. M. Nassau St., New York City.**AGENTS WANTED****INSYDE TIRES**—inner armor for auto-
mobile tires; prevent punctures and blow-
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Details free. American Accessories Co.,
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autowashers one Saturday. Profits \$2.50
each. Square deal. Particulars free. Rusler
Company, Johnstown, Ohio.**BOARD AND ROOMS**THREE sisters would like single rooms and
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on upper West Side below Columbia for the
winter. Excellent references given and re-
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for suitable ideas. Experience unnecessary;
complete outline free. Producers League,
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\$110 to \$200 per month and expenses. Travel
if desired. Unlimited advancement. No age
limit. We train you. Positions furnished under
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Apply letter only, Mrs. Max Goldsmith,
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LONDON'S SUPERFLUOUS CHURCHES

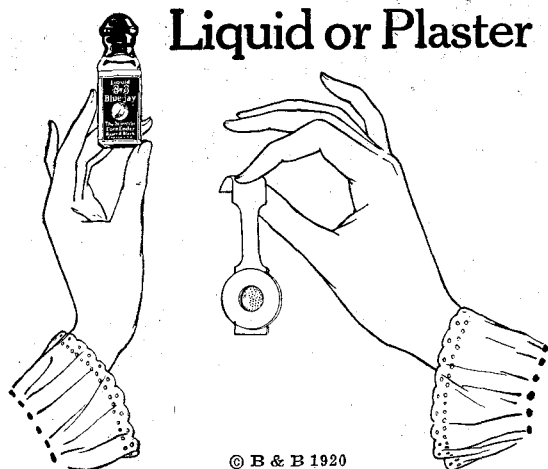
BY H. T. SUDDUTH

A commission appointed by the Bishop of London to consider the whole question of the churches within the square mile of the heart of the City of London has recently made a report recommending the removal and sale of nineteen of the fifty-seven churches within the old city limits. Of these a previous commission had recommended the removal of six—All Hallows, Lombard Street, St. Catherine Coleman, St. Clement, Eastcheap, and St. Mary Woolworth, all in the East City; and two in the West—St. Botolph, Aldergate, and St. Mary, Aldermanbury. In addition to these the latest commission adds six other churches of the East City—All Hallows, London-wall, St. Botolph, Aldgate (except tower), St. Dunstan-in-the-East (except tower), St. Mary-at-Hill, and St. Michael, Cornhill (except tower).

Previous to the Reformation the City of London, to quote Bohn's "Pictorial Handbook," "had become little else than one dense mass of churches and monastic establishments. These buildings occupied two-thirds of the area within the walls, and were not much less abundant in the suburbs; so that, if we add to this the space occupied by the town residences of all the bishops and most of the abbots in England (the former having large gardens and meriting the appellation of palaces), it is really difficult to imagine where the dwellings of the laity could find standing room." Many of these were swept away by the Great Fire and only about half of them were rebuilt.

The London within the walls, in fact, is over-supplied with churches, though when most of them were built the original city limits included six times its present population. London within the walls in modern times, like lower New York, has become almost wholly a place of business, populous by day but at night and on Sundays almost depopulated, with the result that its many churches have but small congregations. This is an attempt to reduce the number of the churches to something more approximate to the religious needs of the metropolis as it exists to-day.

It is not surprising that the recommendation has raised a storm of protest against what is called a wholesale demolition of historic churches. Thirteen of these sacred edifices which it is now proposed to remove are from designs by Sir Christopher Wren, the architect of St. Paul's, while most of the other six have historic, literary, or religious associations which are a part of later London's history.



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They end corns now in this scientific way

People who know—millions of them—now end all corns in this way.

They apply Blue-jay, either in liquid or in plaster form. It means but a touch and it takes but a jiffy.

The corn pain stops. Then the Blue-jay gently undermines the corn so it loosens and comes out.

The modern way

Blue-jay was invented by a chemist who studied corns.

It is made by a laboratory of world-wide repute.

Old-time treatments were

harsh and inefficient. Blue-jay is gentle, quick and sure.

Now all corns are needless. All these pains can be avoided. To let corns remain while you pare and pad them is folly.

You can stop a corn ache the moment it appears. You can end a corn completely before it can develop.

Blue-jay has proved these facts to millions. It will prove them to you—and tonight—if you let it.

Quit the old methods of dealing with corns and see what this new way means. Your druggist sells Blue-jay.

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Plaster or Liquid
The Scientific Corn Ender

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WANTED—Competent housekeeper and housemother for church school in Middle West. Address the Principal, Brownell Hall, Omaha, Neb.

DIETITIANS, superintendents, cafeteria managers, governesses, matrons, housekeepers. Miss Richards, Providence, East Side Box 5, Boston, Fridays, 11 to 1, 16 Jackson Hall, Trinity Court, Address Providence.

WANTED—Young woman of refinement, age 25 to 35, to care for two little girls, ages 4 and 5 years. Summer home in Orange Co., N. Y. Highest references and personal interview required. Salary \$60. 8,594, Outlook.

HOUSEKEEPER, or practical nurse, small seashore cottage, one lady with invalid mother requiring some attention during day. Breen, 100 William St., New York. Phone Beekman 8350.

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WANTED—Competent teachers for public and private schools. Calls coming every day. Send for circulars. Albany Teachers' Agency, Albany, N. Y.

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COLLEGE student desires position as companion or tutor to boy or girl. Experienced, sports, college entrance subjects. Write "R," 104 Warwick St., Brooklyn, N. Y.

TEACHER-librarian desires vacation or permanent position. Experienced housekeeper, traveling companion, secretary, chauffeur, typist. 8,610, Outlook.

TRAVELING COMPANION or nurse.—Gentlewoman, wide experience, chiropractor, hydropath, dietitian, wishes engagement extended trip. French, German, Italian, typewriting. 8,611, Outlook.

WOMAN of culture, several years' successful executive experience, also capable in care of refined home and the sick, seeks opening in camp, school, hotel, or sanitarium in the mountains. Excellent health. Highest references. State full particulars and salary. 8,609, Outlook.

COLLEGE instructor will act as companion to girls on summer educational trip. References given and required. 8,600, Outlook.

MARYLAND young lady, anxious to spend summer in New England, desires light employment during day in exchange for expenses. 8,617, Outlook.

SITUATIONS WANTED

Companions and Domestic Helpers

DOMESTIC science expert wishes position in tea-room or cafeteria this summer, view to investing money later. 8,608, Outlook.

GRADUATE nurse, formerly teacher, wishes position in first-class girls' camp. Highest references. 8,618, Outlook.

MATRON, experienced, wishes position vicinity New York or Philadelphia. 8,615, Outlook.

GENTLEWOMAN of education and refinement wishes position as social secretary or chaperon to young girls. Interviews in New York or Philadelphia. 8,571, Outlook.

Teachers and Governesses

MUSICIAN, conservatory graduate, holding soloist diploma, also ARTIST, graduate School of Industrial Art, Philadelphia, young, attractive, with successful experience in teaching, wants position in wealthy family for summer to teach music or art or both. 8,613, Outlook.

EXPERIENCED college professor desires to chaperon one or several girls in country, to coach them in French. References. 8,600, Outlook.

TUTORING companion, Smith College senior, for summer. Fond of outdoor sports. Would travel. 8,625, Outlook.

SITUATIONS WANTED

Teachers and Governesses

DEAN of women desires change. Nine years' college experience. Master's degree. Education. Psychology. English. 8,618, Outlook.

TEACHER in famous boarding school, A.M. and art school graduate, eight years' teaching experience, widowed 1915, wishes position that will not separate her from little son. Address Box 462, Stuart, Fla.

MISCELLANEOUS

BOARD and care of child. Exceptional opportunity. New York suburb. 8,619, Outlook.

MISS Guthman, New York shopper, will send things on approval. No samples. References. 309 West 99th St.

DOMESTIC SCIENCE correspondence courses. Good positions and home efficiency. Am. School Home Economics, Chicago.

M. W. Wightman & Co. Shopping Agency, established 1895. No charge; prompt delivery. 44 West 22d St., New York.

GOING WEST END OF JULY. Wanted, lady to share drawing-room to Los Angeles. Will pay Pullman accommodations. Mrs. W. B. Power, Mantoloking, N. J.