

Continued from page 3

each got a numbered ticket for our seat. Mine was 62. Each received a nice, clean napkin and a napkin ring. We were instructed to ring our napkin at the close of each meal and put it in one of two canvas bags hung up under the port hole at the end of each table. One bag for napkins of the 'patricians' favored with seats at the 'first table,' the others for 'plebeians' like myself. But alas! We mixed those napkins up and there was the direst confusion. The 'second table' got soiled napkins many times—an indignity not to be endured. Fresh napkins were distributed again with the same direful results. It looked as if war might ensue.

The third day out the 'commissaire' himself went around and placed a clean napkin in each passenger's hand with the grave and solemn injunction to 'hold on to it, for it is the very last one you will get.' Ah! then and there was a chance; for from that day forth each passenger lined up each morning with the rolled napkin in hand and scarcely stirred without it, for, like the poor, we had them with us always. No little girl ever cherished her rag doll more carefully than grey haired men and women cherished their precious 'serviettes.'

The fourth day out the teaspoons began to disappear. The 'ship interpreter' made a beseeching appeal to passengers to 'bring back, Oh, bring back the teaspoons.' They didn't respond, however, and many of us 'took tea' with tablespoons. The food was plentiful, and while much was left to be desired, only the 'too fastidious' and the 'untraveled' really complained. Fruit was abundant and excellent, few left the table without carrying some thing with them, and there was no restriction on the quantity; a variety of fine grapes, pears, peaches, plums, apricots and Italian canned fruit that was simply delicious. The third day out we discovered that the crew had backed potatoes. These were not considered good enough to serve to the passengers, but we immediately raided the bakery and thereafter our baked potato was the choicest item of breakfast. 'Lemons' were handed out on call, but they were good lemons; ice and sugar were plenty, and lemonade flowed like rivers.

## STEWARDS GO TO WAR.

The stewards were all 'raw hands.' Many were young boys, for 'the war' had called away the regular 'service.' Certainly, whatever was lacking in 'efficiency' was made up in cheerful effort and desire to please.

'Somehow the first table began to put on airs' and assumed a certain 'class superiority over the second table.' Then, lo! when the voyage was half over came the dining room announcement (all announcements were made in the dining room) that next day and for the rest of the trip 'second sittings would be first sittings and vice versa!' This was applauded by the 'Plebeians,' but the 'Patricians' were bitterly disgruntled, and agreed with General Sherman 'that war is hell' while more of that bunch felt that they had wasted fifty good American gold dollars by paying \$150 for the privilege of sitting in the 'seat of the mighty' only to lose it when half way across the ocean.

'As for our daily ablutions. One had about the feeling one might experience who made his toilet on Broadway. At intervals along the corridors stood an improvised wash-stand, a pine plank with a tin basin. By each a slop pail and a pail of fresh water; the latter constantly bountifully supplied, and the former faithfully emptied (on our deck) by our loyal Tomasso. Wise ones experienced ones, like our party, had brought their own wash-basins and towels, and were spared much waiting.

'Altogether, a jolly 'picnic spirit' dominated the ship. An entertainment committee provided an excellent program every afternoon at 3 o'clock. Numerous clergymen of various denominations were on board. So Divine Service on Sunday went on at one end of the ship and Solemn Mass at the other end; both services well attended. As for games, there was room for nothing athletic, not even a promenade, and so cards and chess and checkers supplied an incessant pastime; a shawl spread over the players' laps furnished the table. All kinds of 'news' purporting to have come by wireless, but manufactured for fun, was posted about the ship and furnished food for rumors that ran rampant and grew to serious proportions before they expired.

'Literature, there was none; a few numbers of magazines went from hand to hand, and were literally read to pieces. When I went over on 'Germania' on the Fabre Line, I carried quite a library, but that with shawl-

strap and trunk, I left at Marseilles to be brought on by 'Sant Anna' on which I had taken passage from Naples for August 26th. My goods are still in Marseilles, but they are safe. Numbers of passengers lost everything but the clothing on their backs and most will never recover anything.

'Captain, officers and crew were polite but language was a great barrier to social overtures from either side. The ladies smiled at the handsome Captain, who reciprocated, and the two young 'wireless' operators had any number of pretty young 'teachers of English,' between the calls on the wire. One of these young men was in form, face and profile the image of the young Napoleon Buonaparte (as he is painted.) He was amiable greatly admired, and was willing to be taught. One mischievous damsel drilled him in the correct pronunciation of 'Sure Mike,' as a polite substitute for 'yes.' This he got off with great aplomb before he discovered that it wasn't the 'real thing.'

'At Naples, the American Consul gave us strict orders not to spend a cent that was not absolutely necessary for there was no telling when payment might be stopped entirely. Though Italy was not at war, the Great Bank of Naples would allow its depositors to draw only five per cent. of the money they had on deposit, but our good American Express checks never failed to produce gold.

'Some of the passengers were desperately afraid of rats, but so far as I know there were none aboard. There were numerous cats, though, and any woman whose room a cat chose for a sleeping apartment was much envied, but no rats manifested themselves.

'Now I'm home again from a foreign shore, and America is, as it always has been, quite good enough for yours truly.

## THANKS BRYAN.

Miss Allen spent the entire afternoon prior to leaving Hoboken to spend a few days in the country with some friends in expressing her appreciation by letter to the many friends who had worked so energetically on her behalf. To Secretary Bryan she wrote as follows:

'Dear Sir—I arrived this morning from Naples by S. S. San Giovanni, safe and sound and I have not been so happy since I left the United States at the beginning of July as I was when I heard the boy band of Sacred Heart School playing 'America' as our ship docked. I could have wept with joy at being again in my own, my native land, at glorious peace with all the world.

The object of this letter, though, is to thank you and the State Department and our Government for the exquisite care they took of me abroad. Thanks to your personal interest, every possible attention and assistance was rendered me by our courteous and able Consul at Naples, the Hon. Jay White, and his polite and efficient staff, especially the Consulate Secretary, Mr. Guiliamo Garguilio, who took me and two traveling companions to his own house. The Vice-Consul was in Norway, so I did not meet him.

'And my experience was not unique. All the Americans I met, and they were many, had the same story to tell of our Consul and his assistants. I wish I might be permitted to convey to them, through you the appreciative thanks of myself and a host of my fellow countrymen and women.

'Fortunate, indeed, are Americans in having a government that interests itself in the welfare of even, individual citizens, and whose all-seeing eye and long and strong arm protects them in every part of the globe.

'Again thanking you and the gentlemen of your department, I am respectfully,

ELIZABETH A. ALLEN.

P. S.—I must not forget charming, beautiful and gracious Mrs. White, wife of our Neapolitan Consul, who was no less constantly active and resourceful than her husband in assisting her stranded and bewildered fellow-country women and men—strangers in a strange land, unable, in most cases, to speak a word of the language. E. A. A.'

Letters couched in similar terms were addressed to Secretary Tumulty, Congressman Eugene F. Kinkead, James A. Hamill, John J. Eagan and Senator William Hughes.

Miss Allen is the president of the Hoboken Normal and Training School, president of the New Jersey Teachers' Association, secretary of the Board of Trustees of the Teachers' Retirement Fund of the State of New Jersey president of the Hoboken Woman's Club and president of the Equal Franchise Society.—The Jersey Journal.

Miss Allen spent a summer in Woodstock a few years ago.

## TO PREVENT CANCER

Indigestion Frequently Its Forerunner, Therefore do Not Neglect Stomach

Indigestion is one of the most common ills, and because it is so common many of us are apt to regard it as an inevitable result of eating for which medicine can do little good. We either suffer in silence or take a few home remedies, and let it go at that.

This is all wrong. Indigestion, however slight, should receive careful medical attention, for it is often the forerunner of gastric ulcer, and this in turn leads to a surprisingly large number of cases of cancer of the stomach.

Out of 566 consecutive cases of cancer treated at a leading hospital over 60 per cent. began with indigestion, and in nearly all of these this had been followed by chronic ulcer. Figures like these leave no doubt of the importance of giving due attention to even the most trivial derangement of the stomach. Indigestion, dyspepsia and gastric ulcer are the warnings which nature gives us in the order named of the approach of cancer.

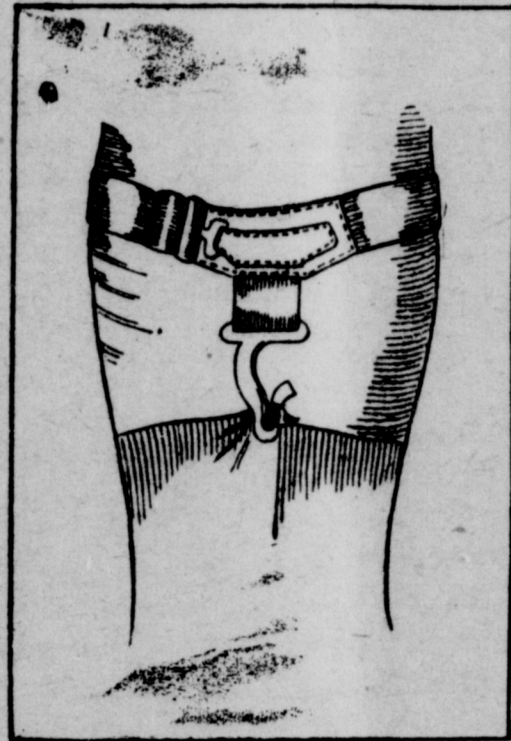
Added support of this idea is found in the fact that cancer is more prevalent in the country districts than in the cities. It is in these districts that the most indigestion is found. In the rural districts over-eating, too much fried food and rich pastry ruin more stomachs than the "high living" of the cities, which is generally supposed to be so harmful.

The length of time during which indigestion is suffered from before cancer of the stomach appears is, on the average, eleven years. One reason why many persons neglect their stomachs and lay themselves open to the danger of cancer is the common belief that cancer is a hereditary disease which can hardly be escaped if it is "in the family." The most reliable authorities at the present time, however, are agreed that there is no proof that heredity plays any part whatever in causing cancer. This conclusion, is of course, liable to modification, for cancer remains one of the diseases about which we have the least definite knowledge.

## A NEW GARTER

Top of Stocking Is Caught in Slot of Metal Hook

Now comes a new type of garter. To the casual observer it would seem to have no particular advantage over several kinds now in use, but, at least, it is different. There is, of course, the usual elastic band to fit around the upper part of the calf of the leg and prevent slipping. From the center of this band depends a metal hook with



VERY SIMPLE TO FASTEN.

an open end and a narrow V-shaped slot formed by this end. The feature of this garter would appear to be its simplicity, for the fastening of the stocking in it is a matter of an instant. A narrow end of the stocking top is gathered up, slipped into the slot of the hook, and there you are. The inventor claims that a stocking fastened in this way will not pull out and will not be damaged in the least.

## DEVELOPING THE OYSTER

The Industry Is Important in Prince Edward Island

The Government of Prince Edward Island leases 30,000 acres, chiefly in Richmond Bay, to oyster culturists. They pay one dollar per acre. The product per acre when in condition is fifty barrels, therefore the normal yield is 1,500,000 barrels, which at \$3 per barrel amounts to millions of dollars.

A great deal of work is required to develop the oyster. The spat has a leg with a gelatinous foot, with which it adheres to solid substances. It will not affix itself to anything slimy; consequently it has been found necessary to take the shells on shore, let them rain and sunshine clean them and replant them before dropping them at.

A lump of sugar saturated with vinegar will cure hiccoughs.

## AN EXTINGUISHED GEYSER

Not Lake at Banff Is Reached by a Tunnel

Few persons ever heard of a defunct geyser, but they are not uncommon. It is said that that beautiful widening of the Mississippi River known as Lake Pepin is really a defunct geyser or perhaps the crater of a volcano, but the most remarkable one on this continent is near Banff, the Canadian summer resort.

Here is a large cave or chamber within a mountain, and in its centre is a small, hot lake. The domelike roof comes to an apex some twenty feet above the water, and in this is an opening, or vent, two feet or so in diameter, which pierces the rock roof six or eight feet until it reaches the outer air. This is thought by scientists to be an extinct geyser, and that the vent in the roof has been caused by the eruption of the waters.

One reaches this hot pool now by means of a tunnel, but formerly it was necessary to descend through the vent, and a story is told of a distinguished Canadian official who, some years ago, tried to make the descent. Half way down the shaft this corpulent person stuck—to the alarm of himself and friends. He remained a fixture for some time, in spite of strong language on his part and various devices used by outsiders for his extraction.

The entrance tunnel was afterwards constructed by the Canadian Government, but the process of squeezing through the hole, leaving some cuticle in the descent, and the knowledge that a slip would mean a ducking in a hot lake below was a novel experience that the tunnel cannot furnish.

## LEARN TO RELAX

If You Are Troubled With Insomnia Rest Your Brain

Sleep is a habit. It is a very natural and beneficial habit, but one that can be easily broken through injudicious living and thinking. Poor sleepers are usually high-strung, nervous people, who have too active bodies or brains, or both, and who are ambitious and inclined to neglect themselves.

Insomnia cannot be cured by drugs. It is always dangerous to use drugs to produce sleep, and they should seldom be resorted to except in serious illness, and then only on the advice of a physician.

If you cannot sleep, and find that your sleeplessness is becoming a habit, begin immediately to go slower. Curb your ambition, leave off all unnecessary work and learn how to rest. Your body and your brain need repose and rest, but the trouble with the people who "cannot sleep" is, they do not know how to rest. They do not stop thinking, planning, worrying, and go to bed with active brains and only partly relaxed bodies and then worry because sleep does not come. Perfect relaxation of the body and mind is the first essential, and relaxation of either one helps to relax the other.

There is one exercise, which, properly practised, will be found beneficial in more ways than one. Stand erect, but without stiffness, arms hanging easily at the sides. Now very gently inhale air through the nostrils, Germs in Salt

We deem salt, of all minerals, to be an essential to health, as well as a vital necessity in the preparation of our food. Yet the pure, white, refined salt consumed by millions of people is alive with germs—mud germs. A famous physiologist states that salt is one of the most germ-ridden foods we consume.

Grey salt is made a delicate tint by the addition of mud that has gone through no refining process whatever, and which contains from 6,000 to 75,000 bacteria per gram. The refined salt is not in a much better condition. It lies in a refinery under a blanket of clay; its refinement consists of a



## COFFEE

Knows No Substitute And

## SEAL BRAND COFFEE

Knows No Superior

CHASE & SANBORN MONTREAL 152

sea-water bath. It is then dried and heated until crystallized. This latter process falls, however, to remove or destroy the 2,000 or 3,000 bacteria per gram that have been imbibed from the clay blanket.

## Hole in Bottom of Sea

It is said that a hole nearly a mile deep was formed in the bottom of the sea off the coast of Panama by Central America earthquakes. As a result of these earthquakes, a submarine cable was broken, and a cable ship was sent out to make repairs. The ends of the cable were found to be buried under enormous masses of material, and, where the Government charts published in 1904 showed a depth of 1,000 feet, soundings made from the cable ship found a depth of 5,000 feet. This remarkable depression is located off Los Santos Province about 15 miles from the mainland, and is about half a mile wide.

## Cat Survives Eight-Inch Pin

After having swallowed an eight-inch hatpin, a three-months' old kitten belonging to Elsie Kinney, of Watertown, N.Y., has been relieved of her trouble.

The pin was swallowed head foremost, the head entering the stomach. The sharp end could be felt under the jaw. A veterinarian cut a small hole in the cat's throat, worked the pin out as far as the head, swung it around, and by bending it slightly, pushed it out head first from the cat's mouth.

## Insurance Bill in Australia

The commonwealth ministry of New South Wales is preparing a national insurance bill on the lines of Lloyd-George's measure. Provision will be made for benefits for funerals, maternity sickness, accidents and unemployment.

## Beer or a Pension

"If a man was to save the price of a pint of beer a day from the time when he is 18 years old, he would have an old-age pension of \$2.40 a week at 70," said Dr. Fraser, of the local government board, at the National Society, London.

## Homemade Cement

Four parts of alabaster plaster and one of finely pulverized gum arabic, mixed with a cold saturated solution of borax into a thick paste, make an effective cement for stone, glass, bone, porcelain and wood.

## Testing Aeroplanes

In a French aeroplane factory wings are tested by turning machines upside down and loading them with sand, evenly distributed, until a weight exceeding the pressure the wings must withstand is reached.

## Preserving Cooked

An Austrian chemist claims to have discovered a liquid coating for smoked meats which soon hardens and preserves them indefinitely without injury.