

KASHMIR MOUNTAIN GARDEN OF INDIA

One of Most Richly Endowed of Beauty Spots.

Washington.—News of the death of the maharajah of Kashmir recently directs attention to one of the wealthiest thrones in India. The country famous as the "land of nightingales and roses" is said to bring an income to its ruler in excess of \$5,000,000 yearly.

"Kashmir's real wealth, however, cannot be measured in terms of money," says a bulletin from the Washington headquarters of the National Geographic society. "Anyone making a list of the ten most richly endowed of nature's beauty spots would have to include, in a representative list, this vale set amidst the towering Himalayas. One traveler asserts 'It is impossible to know what color and depth, and proportion are until one has visited this "Happy Valley" in the Himalayas.'

Complete Circle of Mountains.
"The state of Kashmir in India spreads over an area equal to that of Minnesota, but it is usually the so-called 'Happy Valley' that is associated with the name of Kashmir. Not on the slopes of the Himalayas, but set down deep among them, is the vale that has inspired so many writers of poetry, prose and music, and which, in former years, gave to the world one of the most beautiful and delicate of all fabrics made by human hands—the Kashmir (or cashmere) shawl.

"The Vale of Kashmir, a wide level plain 84 miles long and 20 to 25 miles wide, has been compared to a transplanted, peaceful Thames valley, with a girdle of high, snow-capped mountains. Its charming combinations of lake and mountain scenery, wooden chalets and winding roads, are much like those of Switzerland, except that there is always a white horizon, a complete circle of snowy peaks. On a clear day the mountains glisten in the sunshine like the battlements and towers of some fairy city of purest marble.

"These mountains, the loftiest in the world, have helped to make Kashmir the primitive beauty spot it is today. They are Kashmir's strongest battlements against the encroachments of the white man's civilization—which has so greatly altered the more accessible parts of India.

"With a latitude about that of Damascus, or of the Carolinas in the United States, and a protecting wall of mountains, the Vale of Kashmir has none of those extremes of heat and cold which make the districts to the north and south so uncomfortable at times. Flowers and trees of many varieties grow in profusion. Sometimes a sudden change in temperature nearby will result in a snow-storm on the surrounding mountain peaks, a vivid and interesting spectacle from the valley. In the winter the mercury drops a little below freezing. During the summer the thermometer sometimes shows a temperature of 105 degrees.

"The weaving of shawls used to be the main industry, but those who made them were practically slaves, who were never allowed to leave Kashmir. It has been said that every shawl cost the eyesight of one or more persons. The shawl industry was brought to an end by the Franco-Prussian war in 1870.

"A treaty between the state of Kashmir and the British government, by which six shawls of fine quality must be paid yearly, is said to be the only thing that prevents the knowledge of the art from dying out among the natives. One of the most beautiful designs is the 'cone' pattern; another favorite is the 'ring' shawl, which, though not transparent, is so soft that it can be easily drawn through a finger ring. American whalers and sailing vessels plowing the Pacific 50 years ago invariably made their way into the ports of India to obtain one of these prized light wraps as a gift for the women waiting at home.

"Main Street" a River.
"The main surprise and the delight of this romantic valley today is Srinagar, the capital, 'the Venice of the East'. Through the vale winds the Jhelum river, fed by the icy Himalayan springs, occasionally forming beautiful lakes of sky-blue water. The 'main street' of Srinagar is this river, and facing the river are the palace of the maharajah, the government buildings, and dwellings. On the river, and the numerous canals that intersect it, live 15,000 people in boats. Over the Jhelum are many large bridges of wood, built on piles of crossed horizontal logs. What the little chaletlike houses lack in architectural elegance, they make up in picturesqueness, and in the spring their sod-covered roofs blossom forth with fresh green grass, delicate mauve lilies, and in some cases with gorgeous scarlet Kashmir tulips.

"Near the capital, and gracing the shores of the lakes of the Jhelum, are the beautiful summer gardens of many of the former rulers of the country. Some of them, such as the Shalimar, where the Aryan youth sang of the pale hands he loved, are in ruins, but nature has been kind and even in ruins they possess a dreamy loveliness that puts man's handiwork to shame. On an autumn evening, when the avenues of Chenar trees are tinged with gold and russet, when the lofty mountains behind them take on every shade of blue and purple, and the long lines of fountains sparkle in the rays of the setting sun, it would be difficult to find a match for them elsewhere."

Medicine Cheap and Good
Here's a French physician who advises us to walk on the front of the feet, in order to stimulate the action of our lungs.
"Walk on the front part of the foot," says this Professor Amer, "at the rate of 130 steps a minute, with the head up and the calves stiffened, a quarter of an hour, morning and evening." This medicine, comments an observer, can be taken by anyone, costs nothing and is very beneficial.

MORE ABOUT HOLY CROSS PARISH MEETING

(Continued from page 1.)
Guild, and Mrs. C. P. Burnett for the Auxiliary, read admirable reports of the women's work for the Parish, community and the missionary fields of the Church.

The vestry as elected for the ensuing year is as follows: Hon. F. P. Bacon, senior warden; Dr. Allen J. Jervoy, junior warden; Hume Fraser, clerk; D. S. Blois, treasurer; Dr. Earle Grady, Dr. Marion C. Palmer, Dr. W. W. Gray, J. Foster Searles, O. R. Andrews, Henry Bray, J. N. Jackson, E. W. Frost and G. H. Holmes.

Other officers of the Parish are J. Foster Searles, superintendent of the church school; Mrs. C. P. Burnett, organist and choir director; Mrs. W. E. Kilpin, choir mother; Miss Minerva Avant, president of the Woman's Auxiliary; Mrs. Anna Beach vice president; Mrs. D. S. Blois, secretary, and Mrs. C. P. Burnett, treasurer. The president of the Woman's Guild is Mrs. A. A. Merrick, with Miss Margaret Bennet, vice president; Mrs. Grace Clemens, secretary, and Miss Anne Nash, treasurer.

Refreshments were served by Mrs. R. C. Remick and Mrs. Grady on behalf of the Guild.

Imagine the Shock to Butler's Dignity!

Little Roy, on the occasion of his eighth birthday, received an invitation to his rich aunt's house. As he would stay a few days and had never been before, his mother carefully primed him before hand.

Special reference was made to his conduct at meal times, for in his own home Roy consumed his food in more or less the same way that the lower animals do.

"Now, Roy," said his mother, "be sure you behave nicely, and don't bolt your food. Remember that auntie keeps a butler who will attend to all your wants, but there is no need to be frightened of him."

"Right-ho!" said Roy in the modern child's way, and he departed forthwith. It was at dinner that the tragedy occurred. Seeing the imposing old butler hovering near the table, young Roy flicked his fingers and beckoned in a truly imperial manner.

"What do you want, dear?" asked his aunt, from the top of the table, whilst all eyes were centered on the delighted boy.

"I was going to ask the man," said Roy, indicating the butler with his spoon, "to blow my soup for me—it's too hot!"

Trace Term "Mugwump" to Algonquin Indians

The first general use of the term "mugwump," as applied to a deserter from a political party, was during the Presidential campaign of 1854.

On June 15 of that year a newspaper in New York referred to the independent Republicans who had deserted Blaine as "mugwumps," and the word was immediately taken up all over the United States as a fit appellation for the disaffected Republicans calling themselves "Independents."

The word is supposed to be of Algonquin origin and was used by the Connecticut Indians as a synonym for captain, leader or superior person. In the modern political meaning it is applied satirically to those who consider themselves superior to their former partisan associates.

The word was incorporated into the American language long before it obtained its modern political significance, being often used in New England and the Middle West as a synonym for dude, pharisee, etc.—Chicago Journal.

Historic Islands

Bedloe's Island, on which the Statue of Liberty stands, was ceded to the United States government for the purpose of harbor defense and it was occupied by Fort Wood. We do not find a record of any military prison on the island, though soldiers may have been held in detention there. The neighboring Governor's island has a military prison. It is interesting to note that Bedloe's island or Liberty Island

has lately been transferred to civil status, having heretofore been considered a part of the military post of Fort Wood. By proclamation, in 1924, the statue was made a national monument and its base a national park. The government now makes separate appropriations for the army post on the island and for the upkeep of the statue, most of this being for lighting.—Washington Star.

Playing-Card Figures

The figures of the four suits of playing cards are supposed to have been originally intended for symbolical representations of the four great classes of men and the names attached to these figures in England arose from a misapprehension of the names originally assigned to them. Thus, says one authority, by the hearts are meant the gens de coeur (coeur), the choromen or ecclesiastics, and hence these are called copas, or chalices, by the Spaniards. Their word spada, sword, indicating the nobility and warriors of state, has been corrupted into the English spade. The clubs were originally trefles (trefoil leaves) and denote peasantry; while the citizens and merchants were marked by the diamonds (carreaux, square tiles).

Preserving Eggs

Of the many methods which have been tried for preserving eggs on a small scale none has proved more successful than the use of water glass (sodium silicate). Pure water that has been boiled and then cooled should be used. To each ten quarts of water one quart of water glass should be added. The solution should be prepared, placed in a jar or crock, and the fresh eggs added from time to time until the jar is filled; but be sure that there are two inches of the solution covering the eggs. The eggs must not be washed before packing, for washing injures the keeping quality, probably by dissolving the mucilaginous coating.

Real Estate Bargains

Peter Minutt's bargain lot of real estate—Manhattan island—purchased from the Indians for a value of less than \$24, has a parallel in another colonial real estate transaction brought to the attention of the National Association of Real Estate boards by the board of realtors of the Oranges and Maplewood, N. J. The territory now embraced, in the cities of Orange and East Orange, the town of West Orange, the village of South Orange and the township of Maplewood, estimated to contain the homes of one-tenth of the population of the United States, was bought from the Winackscop and Shenackto Indians in 1678. The consideration, according to David Lawrence Pierson, historian of the locality, was "thirteen kans of run, three coats and two guns."

WHAT PRICE HEALTH



HEALTH

VALUE of health may not be reckoned in dollars and cents. Two thousand years ago there was perhaps some excuse for the gastronome, but today there is none. The way to health lies in a balanced diet. Hippocrates, the father of medicine, figured along the same lines back 450 B. C. He expressed the belief that the science of medicine had its beginning in the efforts of men and women to find better and smoother diets.

Diet in the home today is becoming a matter of premier consideration. Women are taking cognizance of those important food elements known as vitamins. They have learned, also, the benefit to the human body of such minerals as iron, calcium and phosphorus.

This knowledge has resulted in the housewife planning her menus with an eye open to dietary values, which is the big reason why milk has assumed such a large place in the menu of the American family. Milk contains every structural element for body building. It is an almost perfect food. Despite the best refrigeration facilities, milk will keep sweet only a short time. Millions of American housewives have solved this big problem by using evaporated milk, which is simply fresh cow's milk sterilized in cans to achieve keeping qualities and with sixty per cent of the water removed.

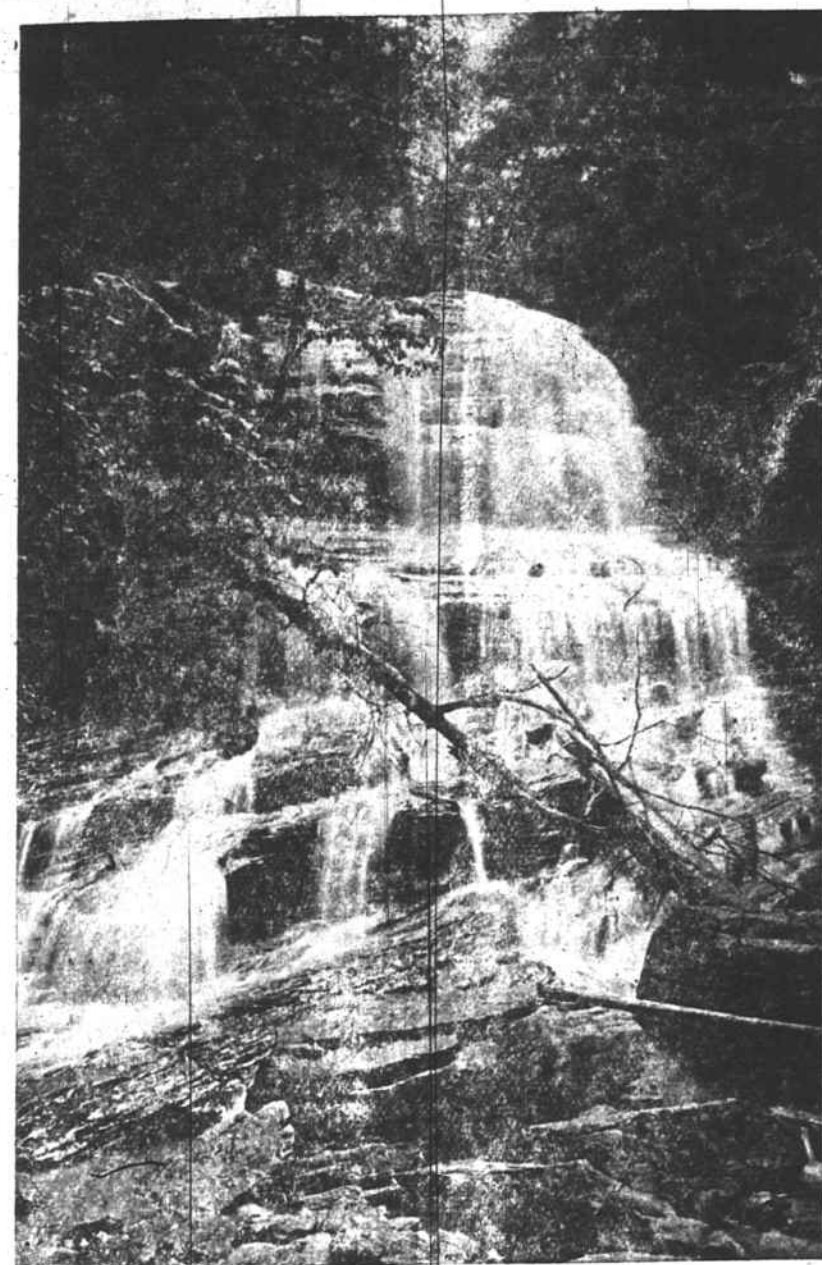
Evaporated milk is not the same as condensed milk, although many persons confuse the two. The condensed product is a combination of milk and sugar cane in a two-fifth cane sugar and three-fifth milk proportion. Evaporated milk has nothing but water taken from it and nothing at all added. Sugar is the preservative used in manufacturing the condensed product, while heat only is the preservative for evaporated milk. For this reason the evaporated product may be used in any way in which market milk is used.

Cause for Rejoicing

That optimists see only the cheerful side of events because it is their nature to do so, and not because they are the beneficiaries of constant good fortune, was illustrated by a mishap that befell a man noted for his buoyant spirits. A friend, calling at his office, found him laughing heartily. At his feet lay the fragments of a mirror, which he explained, he had just broken accidentally. "But why are you so merry about it?" the friend inquired. "Why don't you see," laughed the optimist; "it limits my bad luck to seven years."

Sunlit Minds

Studies by physicians and scientists in England reported at the congress of the Royal Institute of Public Health, held at Brighton, England, indicate that sunlight, "either natural or artificial, when properly administered, may have a definitely beneficial effect on mental activity." It was found that children handicapped in school work by illness, when cured with the aid of sunlight caught up with and even out-distanced their classmates.



PEARSON'S FALLS

All in the Same Boat

An amusing Indian story is translated into English by Pandit Shyama Shankar, an Indian scholar who is also well versed in English. Four Mohammedans were offering prayers at a mosque. One, by chance, said something not belonging to the prayer. The man next to him cried out: "You fool, you have spoken out in the midst of your prayer. Therefore all your prayer goes for nothing." "And yours?" answered the attendant. In silent wonder the youth and his lass sipped their tea and munched their cake. Two hours later, after they had witnessed a performance, the girl whispered, "We must be going. It's past six o'clock." "Not me, lass," he replied. "You can go if you like, but I'm staying to supper."

Hung On to Good Thing

A young Scotsman took his lass to a high-class motion picture theater in London. It was in the afternoon, and presently an attendant came to them with tea and cake on a tray. "How much?" the young man inquired cautiously. "There is no charge," answered the attendant. In silent wonder the youth and his lass sipped their tea and munched their cake. Two hours later, after they had witnessed a performance, the girl whispered, "We must be going. It's past six o'clock." "Not me, lass," he replied. "You can go if you like, but I'm staying to supper."

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