WHO WOULDET BE AN ARCTIC EXPIORER IIT THIS


American Cookery and American Character

## By LINDA HULL LaRNED, Prealdent

5the character of a people depends upon its health, then FOOD IS SURELY AT THE BOTTOM OF IT ALL, for there can be no wholesomeness of body without a wise selection of wholesome food. We are apt to wonder why the sturdy characteristics of our pilgrim ancestors have not descended to this generation, but IF WE DO NOT EAT THE SAME KIND OF FOOD OR DO THE SAME KIND OF WORK HOW CAN WE EX. PEOT TO BE THE SAME KIND OF PEOPLE?
Hard work seems to be distasteful to the majority of us, for the only thing that is worth being strenuous about is amusement or ambition, while those who are obiged to be wage earners BECOME LAZY AS THEY BECOME AMERIOANIZED.

A San Francisco houlseholder whose "housemaids" were Chinese boys assured me that so long as they ate rice and mice and slept in boxes they were skillful and industrious, BUT AS SOON AS THEY ADOPTED AMERTOAN FOOD AND AMERTOAN WAYS THEY BECAME ADDICTED TO WHAT IS OATI ED ON THE PACIFIO SLOPE "THE REST OURE HABIT."

If food really does affect the character, it will be interesting to watch the result of the beef trust
abstinence from red meat may take away so much OF OUR ENERGY THAT WE MAY BE FORCED TO FIND A CHEAP GUBSTITUTE, PERHAPS IT IS A BLESSING IN DISGUISE AND
WILL SET OUR HOMEMAKERS AND FOOD PROVIDERS TO thinikina seriously.
Two Kinds of Journalism - ARCHBISHOF ireland

©URNALISM THAT IS HONEST AND HONORABLE IS ONE OF THE NATION'S MOST PRE CLOUS INHERITANCES. That which places notoriety and pelf above truth and virtue and adopts, an its actics of war the stunning sengation rather than the calm statement of facta is one, of the nation's ciregt caiamidea, Nivis in Americe is the journaligm whigh in honest and honorable; here and there is found that which worshipe above all else notoriety
 mindful of that duty,

 Pvices to Compete with EnyoneI
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D. E. EDWFRRDS \& CO.


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NEW JERSEY ROADS manr speenoio miarwavs in the gatden state.


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steamer City ot Topeka. He left
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tofore aceomplished. It was a has
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but he has demonstrated that a land
trip from Paris to New York is not
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nounces that he is prepared to repo
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the eastern and western bemisphere In this age, when engineering skit
balks at nothing and capital is unlim Ited, the profect is not outside the
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decade we may read in the folders o
a great international rallway company a great international raliway company,
"Through vestivuled triins from New
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stralt, Irkutsk, Moscow and Berlin t Paris without change."
Now Zealandrs Plan stin Works Wen
That New Zealand's plan of settling labor disputes by conclluation and ar bitration still works ell
shown by recent reports.

## it appears that repe

It appears that a commission ap-
polnted by the vfetorian parliament Dointed by the Victorlan parliamen
recently returned to Melbourne after spending a long time in taking th
teatimony of all sorts of people in all teatimony of all sorts of people in al the centers of Industry. Only one of
the many witnesses disputed the soundness of the princtple upon which
the new system la based or dealred Che new system is based or desired
return to the old order of thinga, an among thoee consulted were the presl dent of the chlief chamber of com merce, offleers of ratepayers ansoclaIndustrial unlone All agreed that the arbitration court works, well, but the Victorian commisalon, uke preylous in
veettgatore, found that the conclle vestigators, zound that the conclite
tion boards are not equally satiefac tory. These boards take evidence an ean then send on pootsts in dlappte to the arbitration court for fnal decilion
A number of witneises want to havi A number of witnesses want to hav
the boards give thetr recompendations the fore of la l until reyersed by the court One amendment of the arbtration and
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## Centleman

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kifiston, N. C.


The atore which has begn occupted by mo is
now poeitively for rent. In the meartime what stook remains will be sold at any reasonable offer.

