

**FOOD THAT IS FORBIDDEN**

No race possesses so many laws relating to the consumption of food as do the Jews. Shakespeare's words to each say, "I will buy with you, sell with you, walk with you, and so following; but I will not eat with you, drink with you, nor pray with you, and the trait of being very particular as to what food they eat is still characteristic of the present-day Jews.

The large number of these Mosaic laws with regard to the eating of food is somewhat unconventional and disgusting to modern Hebrews, but more than 90 per cent. of the Children of Israel still stringently adhere to all the dietary laws that Moses ever made.

Animals not slain by a ritual slaughterer, called a shochet, must not be eaten by Jews; neither are animals without parted hoofs or cloven feet, or who do not chew the cud, consumed as food by Jews. The pig is not eaten by them because it does not conform with all the above essentials.

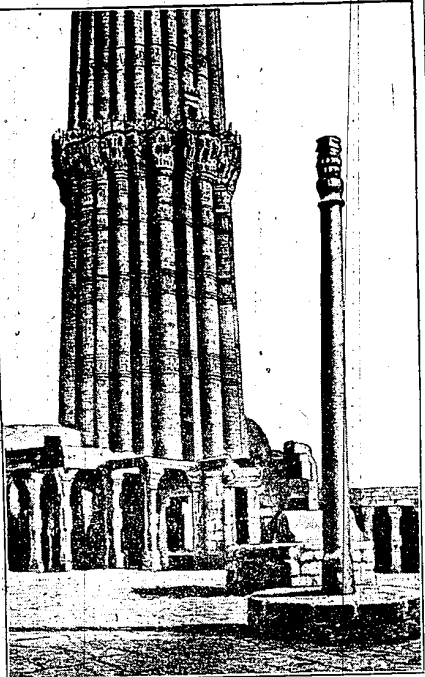
Only fish with scales and fins are permitted to be eaten according to the Law of Moses. Heech oysters, crabs, shrimps and lobsters are not eaten by Jews.

It is very peculiar to note that a Jew must not partake of milk or anything possessing the essence of milk until four hours have elapsed after eating meat or anything connected with meat—i. e., meat pies, sausages, etc. This law, as written in the Old Testament, is very different, for Exodus xxiii, 19, says: "Thou shalt not seethe a kid in its mother's milk," but the Jewish tradition has ordained that the mixing of meat and milk should be prohibited.

Only a very few birds, amongst which is the dove, are allowed for Jewish food.

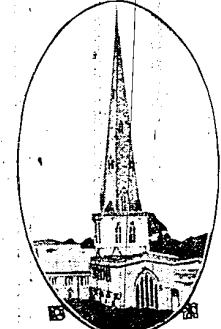
Eminent modern physicians have corroborated the boast of the Jews that they are very healthy because of their dietary laws, but it seems very strange to other people that a whole race should abhor good old bacon and hams.

**Kutab Minar, at Delhi**



Among the architectural wonders of India is the Kutab Minar of Delhi. It is a sandstone tower 238 feet high and was begun by Kutab-ud-din Al-Bak, general and slave of Mohammed of Ghor, as a tower of victory some time after the latter's capture of Delhi in 1193. The Iron Pillar which stands near it is a solid shaft of wrought iron about 24 feet high, dating from 400 A. D. It was brought to Delhi in 1052 by a Rajput chief of the Tomaras.

**BEAUTIFUL CHURCH IN PERIL**



Adbourne church, in Derbyshire, is one of the most beautiful in England, and visited by thousands of tourists every year, after withstanding the wear and tear of centuries, is pronounced by architectural experts to be in danger of collapsing. "The Peak," which has many interesting associations. Boswell and Johnson have worshipped there, the former described it as "one of the largest and most numerous churches that I have seen in any town of the same size." Its tuncful bell inspired Moore to write "Those Evening Bells," and George Eliot made Adbourne "the pretty town within sight of the blue hills," the Oakburne of "Adam Bede," and referred to the church as "the finest mere parish church in the kingdom."

**NATIONALISM AND FEET**

National characteristics are apparently impressed upon every part of the body; even the feet are found to vary with the nationality. The French foot is narrow and long. The Spanish foot is small, and elegantly curved—thanks to its Moorish blood—corresponding to the Castilian's pride in being "high in the instep." The Arab's foot is proverbial for its high arch. The Koran says that a stream of water can run under the true Arab's foot without touching it. The foot of the Scotch is high and thick, says the Family Doctor, that of the Irish flat and square, the English short and fleshy. When Athens was in her zenith the Grecian foot was the most perfectly formed and exactly proportioned of any of the human race. Swedes, Norwegians and Germans have the largest feet, Americans the smallest.

**SHAVING WITHOUT A RAZOR**

In Jamaica, the negroes, some of whom are great dandies in their way, make a soap out of coconuts oil and home-made lye; and a fine soap it is, smooth and fragrant. This coconut-oil soap is used for shaving. When a man wishes to shave in the morning he starts out with his coconut-shell cup and his donkey-tail brush and a bottle. He goes to a convenient pool in the mountain stream, where the water is still, and there he sits down. He breaks his bottle on a stone, and picks out a good sharp piece. Then he lathers his face profusely and begins to scrub away with his piece of glass, which works almost as well as a sharp razor.

**He Guessed He Knew.**  
One of the keepers at the bird-house in Bronx park has a nature story to tell. There came to the park a public school teacher and a class of children. They stood by the great open cage. One of the birds was a goose.  
"Now, children," the teacher asked, "what is the male of the geese called?"  
"After a full half-minute, a boy of Scotch ancestry ventured to answer: 'I think I know, teacher; he's a mongoose.'"—New York Evening Post.

**ITCHING TERRIBLE ON LIMB**

R. F. D. No. 3, Clarkfield, Minn.—"My trouble was of long-standing. It started with some small red and yellow spots about the size of a pin head on my leg and every morning there was a dry scale on top covering the affected part and when these scales were falling off the itching was more than I could stand at times. The first year I did not mind it so much as it was only itching very badly at times, but the second year it advanced all around my leg and the itching was terrible. I had to be very careful to have my clothing around the affected part very loose. At night time I often happened to scratch the sore in, my sleep. Then I had to stand up, get out of bed and walk the floor till the spell was over.  
"I bought lots of salves and tried many different kinds of medicine but without any success. I got a cake of Cuticura Soap and a fifty-cent box of Cuticura Ointment and when I had used them I was nearly over the itching. But I kept on with the Cuticura Soap for six weeks and the cure was complete." (Signed) S. O. Gordon, Nov. 20, 1912.  
Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston."—Adv.

**High Note, Probably.**  
"Don't you think the tenor sings with a great deal of feeling?"  
"Yes, but it seems to be feeling for something he can't reach."

**Important to Mothers.**  
Erases the unfriendly cry-bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. F. Stearns* in Use For Over 30 Years. Children Cry for *Wheeler's Castoria*

**Of Course, the Composer.**  
An Englishman who had been for a tour round the world returned to his native land in a report of his return which appeared in a local paper. This report ended:  
"His numerous friends are surprised that he is unchanged."  
He did not know that the offender was the composer, who, in setting up the report had omitted a letter "c," thus substituting the word "hanged" for "unchanged," which the reporter had written.

**New Name for Bangalore.**  
A carpenter contractor had been figuring on a small house for a prosperous European-American workman in an outlying district. "Come up to my office," he said to the prospective patron, "and we will look over some plans in a book I have." The young man came to the office and spent some time looking over the plans with the contractor, who finally inquired: "Have you thought anything about the kind of place you wish to build?"  
"What do you think of a nice cottage?"  
"I do know," replied the young man, "but I think maybe we like have nice bungalow."—Youngstown Telegram.

**Could Afford It Now.**  
"Why have you put that lady who has just passed? Yesterday you were most cordial towards her."  
"That is my dressmaker, and I paid her bill this morning."

**Its Proper Place.**  
"Where did you get that flame-colored rig?"  
"I got it at a fire sale."  
Some girls are anxious to stay married, but are not so anxious to stay married.

Some spinsters advance step by step until they become stepmothers.



**Just as Easy!**

Preserving is now a pleasure—thanks to Parowax! For fruits, vegetable, jellies, catsup and chow-chow, which sealed with Parowax, indefinitely retain their natural flavor. And their sealing is as simple as can be.



Dip the tops of jars and catsup bottles in melted Parowax. Or pour this pure paraffin directly on top of contents of each jelly glass. Result—a perfect air-tight, mould-proof seal. It is even simpler than it sounds. It is as cheap as it is easy. Not even paper covers need be used.

**Parowax**

is pure, refined paraffin—tasteless and odorless. It has many valuable household uses. In the laundry, for instance, it is invaluable. In the wash boiler, it cleans and whitens clothes. A bit of Parowax in the starch imparts a beautiful finish in the ironing. Parowax cannot injure the most delicate of fabrics or colors.



**Preserve and Jelly Recipes by Mrs. Rorer**

A collection of priced recipes by this celebrated culinary expert cheerfully sent upon request.

Standard Oil Company  
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CHICAGO, ILL.

**His Views.**  
"Do you eat the same kind of grub you feed the summer boarders?"  
"I do," answered Farmer White-tree.

"A farmer's life is a hard one, ain't it?" responded the city man.

**Be thrifty on little things like bluing. Don't accept water for bluing. Ask for Red Cross Blue, the extra good brand blue.**—Adv.

**Changes Her Mind.**  
"I used to think Gus Simpson was a nice young man, but I just hate him now."

"Why, what has he done?"  
"He treated me shamefully."  
"In what way?"

"Why, the other evening at a party I said to him: 'Let's play the old game of "Questions." If I say "Yes" or "No" to your questions, I owe you a box of gloves; and if you say "Yes" or "No," you'll give me a box."  
"Then what?"  
"Well, after the party he took me home, and all the way there he talked as sweetly as could be about love, and that man should not live alone and all that, and when we got to the front gate he said, 'Fannie, will you marry me?' I, of course, answered, 'Yes,' in a suppressed voice."

"And what did he do then?" inquired her listener, eagerly.  
"He just chuckled and said, 'You've lost, Fannie. I take No. 9s. Then laughed with all his might—that's what he did.'"

**Always a Kick.**  
"Had a guest once," remarked the landlord of a summer hotel, "who was satisfied with the meals, the rooms, the rates, the scenery and the temperature."  
"Then he had no complaint to make?"  
"Yes, he had. The sunsets were not up to his expectations."

**Know What to Expect.**  
Husband (at 11 p. m.): Well, good night, you fellows. I am going home to a vegetarian supper.  
"What do you mean by that?" asked one of the company.  
"Well, my wife said that if I was not at home by 10 o'clock she would give me beans."—Stry Stories.

**Not So Stow.**  
"What is your brother's walk in life?"  
"He hasn't any."  
"He hasn't?"  
"No; he's a chauffeur."

**Parcel Post.**  
"Is a bulldog mailbait?"  
"Yes; but not in this mail. Cats and pigs go in this mail."

A woman is unpopular with her neighbors if she never does anything that they can gossip about.

**Save Your Health**

Most sicknesses that impair health have their start in gills ordinary ailments of the organs of digestion or elimination. Stomach, liver, kidneys, and bowels are quickly benefited by the action of

**BEECHAM'S PILLS**

Sold everywhere. In boxes, 10c., 25c.  
W. N. U., DETROIT, NO. 33-1913.

**Summer Clothes.**  
Mildred Lawson, a pretty American dancing girl, made her debut in London last month, and the English critics, while admiring her dances, complained a good deal about the scantiness of her costumes. Miss Lawson sent some of these English criticisms to a New York agent the other day, and in a letter accompanying them she said: "You'll notice that they kick a lot about my dresses. But what's the use, say I—what's the use of making such a fuss about nothing, or at all, most nothing?"

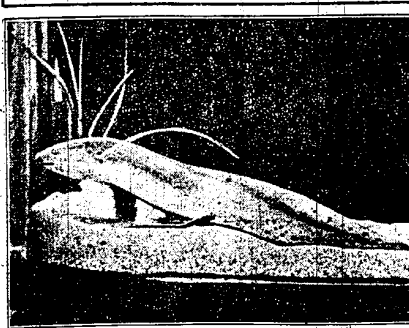
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**Queer African Lung-Fish**



The American Museum of Natural History recently received from the Gambia region of Africa the living lung-fish here pictured. It was found coiled up in a kind of a cocoon, deeply sunken in a large old of earth which months before had been part of the bottom of a dried-up stream. A little tunnel-like opening was left through which the fish secured its supply of oxygen for breathing. Soon after the "cocoon" was placed in liquid water the fish broke its way out. Scientifically speaking, the lung-fish belongs among fishes that lived millions of years ago.

**"Hey, Skinnay, Come on over!"**

Post-Toasties  
Western Cereal Co., Limited