repeat from (\*) to end of round.

27th round: (\*) Knit 2, purl 2, repeat

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Repeat

ext. two chain from (\*) to end of round. Repeat the 27th round of ribbing for the band or waist for 25 rounds; then repeat the 26th round of eyelets for the

Now 1 row of the ribbing, knit 2, purl 2, and cast off.

At the top of the band and bottom of the ankle part, work a row of crocheted picots thus: 1 double crochet in first stitch, (\*) 4 chain, 1 double crochet in first of 4 chain for picot, miss 1 stitch, 1 double crochet in next stitch; repeat from (\*).

#### Wide Lace

Fifty stitches. 1st Row-K 7, o n, o n, k 2, o n, o n, k 1, o n five times, k 7, o n, o n, k 2, o n, on, k 2, o 2 n, k 1.

k 3, o n four times, k 7, o n, o n, k 2, o n, o n, rest plain.

4th Row—Plain, plain.

5th Row—K 5, o n, o n, k 2, o n, o n, k 3, o n five times, k 5, o n, o n, k 2, o n, o n, k 4, o 2, k 1, o 2 n, k 1.

6th Row—P 1, k 2, p 1, rest plain.

7th Row—K 4, o n, o n, k 2, o n, o n, k 5, o n four times, k 5, o n, o n, k 2

o n, o n, rest plain. 8th Row-Plain, plain. 9th Row-K 3, o n, o n, k 2, o n, o n,

k 5, o n five times, k 3, o n, o n, k 2, o n, o n, k 6, o 2 n, o 2 n, o 2 n, o 2 n, k 1.

10th Row—K 3, p 1, k 2, p 1, k 2, p 1,

rest plain.

11th Row—K 2, o n, o n, k 2, o n, o n, k 7, o n four times, k 3, o n, o n, k 2, o n, o n, rest plain.

12th Row—Plain, plain.
13th Row—K 3, o n, o n, k 2, o n, o n, k 5, o n five times, k 3, o n, o n, k 2, o n, o n, k 6, 2 n four times, n. 14th Row—K 3, p 1, k 2, p 1, k 2, p 1,

k 2, p 1, rest plain. 15th Row—K 4, o n, o n, k 2, o n, o n k 5, o n four times, k 5, o n, o n, k 2, o n,

k 5, o n four times, k 5, o n, o n, k 2, o n, o n, rest plain.

16th Row—Plain, plain.

17th Row—K 5, o n, o n, k 2, o n, o n, k 3, R n five times, k 5, o n, o n, k 2, o n, o n, k 4, o 2 n five times, k 3 tog.

18th Row—K 3, p 1, k 2, p

o n, rest plain. 20th Row-Bind off 18, rest plain.

#### How Running Noses and Decayed

Teeth May Cause Blindness By Dr. Leonard Keene Hirschberg, A.B., M.A., M.D. (John Hopkins University).

It is not generally understood even by doctors that inflammations and "colds" in less, inasmuch as the rapidity of the the nose in the form of infections of the cure was especially marked after their nasal "ethmoid" bone or ethmoiditis removal. can cause severe grades of eye troubles, even blindness, yet such is the case. No less an authority than the distinguished Professor G. E. De Schweinitz, of Philadelphia, announces that patients not only with ethmoiditis but also with abscesses of the teeth may lose their eyesight.

Dr. De Schweinitz calls attention to the fact that, in recent years various types of partial blindness—called by pundits amblyopia and scotoma—have been observed as due to neglected discharges from the nostrils, often wrongly called

Many miscalled "rheumatisms" are now known to be traceable to distant places full of pus and matter. Pus in the roots of teeth, in the nose, in the tonsils, or lungs are at the basis of these points and joint deformities.

A focus of infection in the mouth, teeth, tonsils, and elsewhere may even cause ulcers of the eyeball. Dr. De Schweinitz, however, reports especially a patient nearly blind from such seemingly distant causes.

A man, aged 45, an engineer on a seagoing steamship, came to him for treatment on the sixteenth of March, last year. His eyesight had begun to de-A month before he had noticed sharp, knife-like shooting pains over his left eye which spread to the ear and

scalp. His attention soon fell upon the fact that when he looked at objects some vay off, the periphery or edges would Lord."

26th round: (\*) Knit 2, over, narrow, be blotted out. He incidentally told about a lot of teeth and nose trouble.

An examination of his vision by Dr. De Schweinitz revealed a definite absence and constriction of his sight. The oculist decided that he must have an X-ray examination of his jaw, teeth and nasal bones. Dr. Weider, his family physician, and Dr. Pfahler, the X-ray man, found that there were large abscesses and cavities at the apieces of the roots of the teeth on both sides. There was nothing else that could have been responsible for the beginning blindness.

Dr. Praul, a dentist, was then summoned and his examination shows that the original infection and the source of the other trouble is caused by the crowning of the upper right central incisor without treatment of the corresponding root canal. The operator used a gold shell as an abutment, to replace the left tooth, the central incisor, which had been 2nd Row—K 3, p 1, rest plain.

3rd Row—K 6, o n, o n, k 2, o n, o n, west Indies a good many years ago. Dr. k 3, o n four times, k 7, o n, o n, k 2, o Praul further states that he warned the patient of the 15th on March, 1914, that the root of the tooth should be treated, and a different type of fixture should be used, but at that time he could not obtain permission to make the change. Later, when the plates were made of the upper and lower jaw, Dr. Praul reported that they showed four large abscess cavities about the upper anterior roots. The involved teeth were extracted and the sockets drained. Dr. Wieder continued the treatment of the ethmoidal lesion, iodide of potassium was adminis-

> Shortly after this visit he was ordered to sea, and about three or four months later a letter from him came to Dr. De Schweinitz in which he said: "My eyes continue to improve, and I have no difficulty in writing and very little trouble in reading. Indeed, the eyes seem to be entirely correct, except that at times I still have a faint blindness to the right side while I am reading. The blind spot seems to come over the last word on the line, and I do not see it until I start the following line, when I find that I have missed this last word, and go back to the line above and find the word. Occasionally I have a slight pain in the top of my head and just back of both temples. It is not severe and lasts only a very short time. I am feeling very well and am gaining in weight."

> In the present instance there is a partial blindness, which almost disappeared within ten days after the treatment of the ethmoid and the abscess cavities at the roots of the incisor teeth had been drained. Which of these two local areas of infection was the more potent it is difficult to state, but it would seem that the teeth cannot be held entirely blame-

> The cover or sheath of the optic nerves of each eye run perilously close to the ethmoid bones in the nose. There is always danger of the germ laden moisture of the nose penetrating this outer band and poisoning it. If it continues unchecked permanent blindness by damage to the optic nerve is probable.

> This new discovery of nasal and teeth infections as a source of possible blindness may now clear up those mysterious and sudden visitations of blindness some of which equally suddenly heal up with restoration of perfect vision.

> An old maid had a parrot whose favorite expression was, "I wish the old woman was dead."

> This worried her a great deal, and one day when the minister called, she spoke to him about it. He said he had a parrot which only said religious things, and that he would bring it over some time and see if it would not break her bird from saying its favorite expression. So one night they were going to have a meeting at her house, and he gathered up his parrot and took it with him. When he went in he hung his cage up near where the old maid's was hanging. The meeting was being opened with prayer, and all of a sudden her parrot

> "I wish the old woman was dead." The minister's parrot cocked his head, and, looking at the other parrot, in a solemn voice said:

"We beseech Thee to hear us, good



# The Hours We Don't Forget

The Same Good-Nights, for a Hundred Years, Will be Said Over Dishes of Puffed Grains

The little ones, in countless homes, will to-night float Puffed Grains in their bowls of milk.

In times to come, their children's children will do the same, no doubt. For no man can ever make from wheat or rice a better food than these.

#### The Pinnacle Foods Forever

Hundreds of foods have been made from these grains. But Puffed Grains mark the apex. They can never be excelled.

Prof. Anderson's process takes whole wheat or rice, and makes every atom digestible. Every food cell is exploded. Every granule is fitted to feed. No one can ever go further.

These grains are sealed in guns. For an hour they are rolled in 550 degrees of heat. The moisture in each food cell is changed to steam. The guns are shot and that steam explodes.

There occur in each grain a hundred million explosions—one for every food cell. The grains are puffed to eight times normal size. They come out airy, flaky bubbles, as you see.

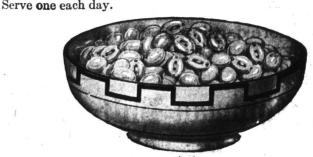
No other cooking process breaks more than half of the food cells. None can ever break more. So these must forever remain the sovereign foods produced from wheat or rice.

### **Puffed** Wheat

Puffed Rice

Each 15c., Except in Far West

These are not mere morning dainties. They are all-day foods. Folks them like nuts in candy making, or as garnish for ice cream. They use them like nuts in candy making, or as garnish for ice cream. serve them as wafers in soup. Between meals they eat them dry. And no other morsels are so ideal for serving in bowls of milk.



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