

AFRO-AMERICAN CULLINGS

Forty Tom Watson watermelons, ranging in weight from 45 to 63 pounds, recently attracted and held my attention in Muskogee, Okla., while I was passing through a splendid agricultural and industrial exhibit, writes William Anthony Aery of the Hampton Institute.

Fred Hawkins, a young, slim, dark-skinned Negro of East Muskogee, who is a share tenant, working a dozen acres of rich Arkansas bottom land, raised these melons. He had caught the idea of growing fine fruit and other farm crops from seeing his white neighbors reap large profits from their few acres.

He had done his best in farming and had won, thereby, both for himself and for his race, the confidence and respect of many white and black business friends. Law-abiding, hard-working, and thrifty, he has not been seriously troubled by any pressing problem of race adjustment. He has solved the problem through advancing the best interests of his own community.

When he was a child he lost his mother and father and was brought up, along with one sister, by his grandparents. Though they were ignorant of book-learning they taught him to work, to save and to be honest.

Hawkins is still a renter and lives in a two-room house on a small plantation, but he is on the road to becoming an independent farmer. He has a kind and foresighted landlord—a man who furnishes his tenant a team of strong mules, good farm implements and a comfortable house. Hawkins is also making hundreds of dollars for himself, as well as for his boss man, from his cotton, corn, sweet potatoes and watermelons.

I have told, in some detail, the story of Hawkins and his success to show that this young Negro is worth helping and worth understanding, that he is really succeeding, and that he is a real asset to the white man. The best Southerners know and believe this.

What Hawkins has done in East Muskogee to cement more friendly race relations through his thrift and good farming, the National Negro Business league has been doing on a large scale, during fourteen years, for the whole nation.

What Negroes in Oklahoma have done to earn bread by the sweat of their brow may be readily repeated by Negroes throughout the United States, provided they are willing to pay the price for the blessings of the open country and make their essential interests harmonize with the interests of the best white people.

Booker T. Washington and other Negro leaders took part in the opening ceremonies for the Paseo Y. M. C. A., which was opened for Negro men November 22. The new building, which is on the Paseo between Eighteenth and Nineteenth streets, represented a total cost of about one hundred thousand dollars, and is thoroughly modern and complete. R. B. DeFrantz, the secretary of the new building, worked out an elaborate opening ceremony that lasted from November 22 to 23.

A playground institute has been organized in Cleveland, O., to train workers for the local playgrounds and recreation centers. Dr. A. E. Patterson, director of the department of hygiene in the public schools, started the work.

Returns from the several American consulates and agencies in Australia show an aggregate export trade to the United States during 1913 to the value of \$13,159,470, compared with \$10,983,747 in 1912; to the Philippine Islands, \$2,759,694, compared with \$3,001,113; to the Hawaiian Islands, \$514,960, compared with \$377,748.

The population of Belfast is slightly under four hundred thousand, and in the entire province, some of the remote parts of which are unsuited to motor cars, there are only about one million seven hundred and fifty thousand people.

As an indication of the initiative, the industry and the capability of Negroes, it is reliably reported that more than ten thousand business enterprises in this country are owned, controlled and operated by Negroes.

In California there are 350,000 acres on which grape vines are growing; 170,000 planted to wine grapes; 11,000 to raisin grapes and 50,000 to table grapes.

It is said that a noted British entomologist recently paid \$1,000 for a rare specimen of flea which is occasionally found in the fur of the sea otter.

The population of New York city was estimated a year ago as 5,335,537, a gain since the regular census of 566,654.

In Stockholm the street-car conductors sell hatpin protectors for a halfpenny apiece to all women who wish to buy.

A man found drunk in Denmark is turned over to the care of a doctor and the bill is sent to the proprietor of the last saloon visited by the man.

The custom has been started in some western cities of printing the maiden name of a woman after that of her husband in the directory.

German buyers are fond of clocks in their automobiles.

The freddie appeals to the older members of the family. Here they gather to talk of the past. Very little planning for the future and only a spare use of books and papers in the past, there is nothing to interest the younger generation of today. The old, unpainted, ill-constructed house called home has ceased to be attractive to the boy or girl who has attended school and learned something of modern living. In most cases his thoughts turn immediately to the city, where his brothers have caught the spirit of modern life, live in better houses and have some of the comforts of modern life. Is it any wonder he leaves the farm for the city? And in proportion as these young Negroes leave the farm and flock to the cities "the problem" grows harder of solution.

General observations show that the majority of the workers are careless and indifferent. The spirit of hope of interest in things living and growing seems to be dormant. A mere existence is all asked for or expected. There is no display of inventive genius, no saving and planning for the future. We again repeat that there are exceptions, but the above criticisms are absolutely true of the majority of our Negro farmers. And if it is true of those who own their farms, what must be the condition of those who rent? What can be said of the tenant farmer? Where depicted by some intelligent owner whom he respects and who has confidence in he does well, but in most cases his condition and that of his large family is pitiable. A mere child in mind, a man in body, he works and works, and yet accomplishes nothing. This condition can be stopped to his advantage and to the advantage of the landlord. Common sense, business and humanity demand a change.

The second annual meeting of the Philadelphia branch of the National Association for the Advancement of Colored People was held at the Friends' Meeting house, Fifteenth and Race streets, Philadelphia. The reports of the work of the association revealed that considerable had been accomplished during the year in behalf of the colored race in that city. It was shown that in several cases discrimination in moving-picture shows, theaters and restaurants efforts to safeguard the Negro had been met with success and in one instance a damage suit had been won against the proprietor of a moving-picture show. The meeting listened to addresses by Miss K. M. Johnson, traveling representative of the National association, and Miss May Childs Nerney, national secretary of New York.

The officers elected for the ensuing year: President, Ellwood Heacock; vice-presidents, Dr. J. Max Barber, Mrs. S. W. Layton; secretary, Isadore Martin; treasurer, R. R. Porter, Bradford; executive committee, Hon. George H. White, R. R. Wright, Mrs. Mary Murdab, James G. Davis, Rabbi Eli Mayer, Bishop J. S. Caldwell, Rev. E. W. Moore, Miss Francis Bartholomew, Mrs. Addie W. Dickerson, Dr. J. Max Barber, Ellwood Heacock, Mrs. S. W. Layton, Isadore Martin.

To solve the problem of disposing of the dead, a famous German architect proposes to erect in the chief cities immense pyramids, each of which would hold the ashes of 1,000,000 cremated bodies.

President Wilson gave strong encouragement to southern colored men who are promoting an exposition in Richmond next year commemorating the fiftieth anniversary of the emancipation of the Negro by accepting an invitation to visit the exposition and make an address.

A large delegation, headed by Giles Jackson of Richmond, president of the exposition, and Judson W. Lyons of Augusta, former register of the treasury, representing the Negro Historical and Industrial association, under whose auspices the exposition is to be held, called on the president and extended the invitation.

In accepting, the president said that he wished the exposition every success. The president was told that the progress of the Negro in the last 50 years would be fittingly celebrated at Richmond, and that this progress was shown in the fact that in the state of Virginia alone the Negroes pay taxes on \$34,000,000 of property, church and school and similar properties not included.

Nine-tenths of the fire loss of this country is caused by carelessness.

The Sarino (Ont.) Canadian says that "Thomas Collins of the first concession of Biddulph township, who is ninety-nine and one-half years old, has just commenced taking music lessons."

In the course of one year more than six thousand persons were identified by their finger prints in the London police court.

American "cowboy" pictures continue to captivate Spanish children, and even the whole public.

A century ago only 300 species of orchids were known, and these very imperfectly. Now the latest authority gives the number of known species as 10,000.

The coal required for one journey between New York and Liverpool by a modern liner would fill 22 trains, each made up of 30 ten-ton cars.

Greater London has more than doubled its population in the last 50 years, the figures in 1861 being 3,272,720, while now they are 7,252,953.

TO GET BEST OUT OF COFFEE

Method of Preparation Has Much to Do With Success in This Important Matter.

There are two points necessary in getting the best out of coffee. One is, of course, to get all that is good. The other is not to get what is bad. The best preparation of coffee extracts the aromatic oils and eliminates coffee-tannin to practically nothing.

In the first place the housewife must see to it that her coffee is finely ground. But, having had it practically pulverized, she must be careful that it is quickly used or confined in air-proof, moisture-proof jars, otherwise the oil will capture into the air and will absorb moisture.

In the actual preparation of the beverage, however, the important thing is to brew the coffee. "Brewed" coffee is not "cooked." In the process of brewing the oils are extracted from the fibrous tissue, whereas when coffee is boiled or "cooked" the fiber is stewed in and the flavor and purity of the liquid is damaged. The water must be boiled; the coffee must be hot. Water at the boiling point should be poured on the coffee, but it should not stand too long, and it should not get chilled.

The elimination of the coffee-tannin is best brought about in the filtration or drip method of preparing coffee. When brewed in this way the coffee contains only 29 of a grain of coffee-tannin per cup, as against 2.90 grains by five minutes steeping in the percolator method.

HOUSEHOLD QUESTIONS

To clean a polished table that has been marred by having had a hot dish placed upon it rub it with camphorated oil.

To clean tinware dampen a cloth, dip it in common soda and rub the ware briskly, after which wipe dry.

To overcome the annoyance of the hands perspiring when doing fine sewing bathe them with strong alum water.

To lengthen the life of a comb wash it in soapy water before using it, and when it is dry rub it with a little olive oil.

To restore their natural color to ivory knife handles that turned yellow rub them with turpentine.

To preserve clothe-lines and clotheslines and keep them flexible and durable boil them a few minutes and then dry them quickly. This should be done twice a month.

White Fruit Cake.
To make an especially delicious cake of the lasting variety cream together one cupful of butter and two cupfuls of sugar and add one cupful of milk. Sift three cupfuls of flour and one teaspoonful of baking powder three times and add to the mixture and stir well. Slice very thin one pound of citron, blanch one pound of almonds and chop fine and grate one medium-sized fresh coconut and add to the mixture with one winglessful of white wine, stirring enough to mix only. Last fold in the beaten whites of eight eggs. Bake in two loaves and cook in a moderate oven.

Dishwashing Wisdom.
While spending the day with a friend on a farm last summer, I noticed a clever little arrangement of hers in washing dishes. The water was piping hot, as it should be, and in the middle of the dishpan she set a small deep pitcher full of hot suds for the silver. This obviated the need of plunging her hand down to the bottom of the dishpan, as I have always done, and also kept the silver from collecting grease.—McCall's Magazine.

Apple Slump.
Pare and slice your apples, sweeten to taste, add cinnamon and a little salt. Prepare a crust as follows: Two cupfuls flour, two level teaspoonfuls baking powder, one teaspoonful salt, sifted together. Mix thoroughly with this two tablespoonfuls shortening, wet with milk or water until a soft dough. Place over apples. Make three or four cuts in top, to allow steam to escape, and bake. Serve with molasses sauce or with sugar and cream.

Stuffed Celery.
Thoroughly clean perfect stalks of celery and cover with ice until crisp. Mix to a cream one-quarter pound of Roquefort cheese, one-half pound of cream cheese, one tablespoonful of butter, one teaspoonful of Worcestershire dressing, one-eighth teaspoonful of paprika and one teaspoonful of finely chopped olives. Stuff celery with this mixture and serve ice cold on lettuce leaves. After the celery is stuffed cut it into two-inch lengths.

Sausages and Tomato.
Take three small pork sausages and dip in cold water for a few minutes. Now slip off the skin and form the meat into flat cakes. Fry in a small pan until nicely browned. Pour off the surplus fat and add one-half cupful of left-over tomatoes, a little chopped peppers and, if mixture is too thin, a little rolled cracker meal may be added. As soon as hot serve on a heated plate and press small toast points around edge.

For Your Bean Pot.
To clean the bean pot thoroughly put two large handfuls of washing soda in it and place in a large covered kettle. Now completely cover it with cold water and allow to boil for almost half an hour. Then wash in the usual way.

Nulla Fruits.
Take one pound of mixed fresh fruits; cut into dice; soak for 15 minutes in sherry; add them to a quart of lemon ice; mix well and freeze.

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

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RADIANT ENERGY AND DISEASE.

So tenaciously do the legends of our forefathers cling to us that even yet it is the common belief that all our ills are of external origin, the result of some malignant power which takes possession of us by capture and can be overcome only by the introduction into our bodies of the appropriate antagonist in quantity sufficient to neutralize and beat down the unhealthy conditions. Every discovery seems to prove that the truth is always simple, but because our powers of observation are poorly trained and our knowledge of the universe is very slight we go blundering along, ever seeking some miracle for the relief of our ills, blind to the fact that health is simply a matter of being in accord with the balance of the universe. The truth of this is proved by the fact that in the final analysis all our diseases are found to originate in some deficiency, because we ignore some simple natural requirement which breaks the normal continuity of the vital chain binding every living unit into a nicely balanced reciprocating machine.

The scientific world has come to believe that the primary sources of natural energy by virtue of which the universe keeps going over immense periods of time are to be found not in the great masses of glowing matter dotting the heavens, nor in any of the relations between energy and matter in bulk, but in the reactions between the individual atoms out of which bulk is made up. Just so, too, our health, happiness and efficiency are the direct products of the natural operation of the individual cells of which we are composed. And anything which disturbs the natural relations between these minute individuals is certain to result in some form of variation which we usually call ill health.

We have noted that variations in plant growth take place under different colored lights because plants have the inherited capacity to develop normally only under white light. But there has been very little research work done along these lines for the purpose of determining why these variations occur. Probably the most significant facts in this connection are to be found in the discoveries of Dr. J. R. Green, who in 1897 showed that light had an appreciable effect on the formation and action of the enzymes in plants and that the red and blue rays favored the formation of the enzymes, while the green, the indigo and the violet, and especially the ultraviolet, rays destroyed them. He also made the striking suggestion that "vegetable structures have a power of absorbing radiant energy which is not connected with the presence and activity of chlorophyll."

We know tuberculosis to be essentially a deficiency disease, the ultimate result of insufficient food and air and light. The only known successful method of controlling the disease consists in supplying the missing factors by a simple substantial diet and living out of doors. Prevention, not cure, is the modern weapon against this scourge, and prevention consists in sufficient food, air and light.

If all living things are subject to the same laws then it would be reasonable to infer that Doctor Green's hint that "vegetable structures have a power of absorbing radiant energy which is not connected with the presence and activity of chlorophyll" may have a parallel in the human body, and perhaps we, too, may have a power of absorbing the presence and activity of hemoglobin, our oxygen carrying substance analogous to chlorophyll in the plant. This appears to be true in a measure, if satisfactory improvements in tubercular conditions secured under direct sun rays are noted.

A method of treatment by means of prolonged exposure of the naked body to solar rays has been found particularly helpful for tuberculosis of the bones, joints and ganglia. The new treatment is called heliotherapy and has been found not only particularly helpful in tubercular diseases, but has also met with marked success in other diseases.

In a general sense the healing virtues of sunlight have been recognized from the dawn of human history and are embodied in a thousand myths and legends, but the facts have been steadfastly ignored, while the whole world

Activities of Women.
All of the post offices in Germany are now being conducted almost exclusively by women.

More unmarried than married women were defendants in the New York criminal courts last year.

The average salary of a chorus girl in a first-class musical show is \$35 per week.

Women in Belgium who earn from five to seven cents an hour consider themselves well paid.

Among the French troops fighting Germany is a young woman laundress who wears a soldier's uniform.

The New York Young Women's Christian association has opened a training school for maids and cooks.

Unique Flag for the Canal.
There is a touch of sentiment that will appeal to all in the proposition to manufacture in Philadelphia the flag that is to fly over the Panama canal on the occasion of the formal opening of the great engineering enterprise. The idea is to have the flag made jointly by the 13 original states, each of which is to contribute the star and

has sought for the fountain of youth. It has remained for our own generation to discover that direct sunlight is not merely beneficial in stimulating the general health and raising the tone of mind and body, but that, as we shall later see, it possesses a therapeutic value in certain ailments which borders on the marvelous and forces us more and more to recognize that disease is the result of social and economic conditions.

SUNLIGHT AND TUBERCULOSIS.

Referring to certain worms and jelly-fish which contain chlorophyll, seek sunlight and give off oxygen in the light, but soon die if kept in the dark, Bunge writes: "It follows that a complete antithesis between interchange of force and matter in animals and plants does not exist; and it will be henceforth impossible to separate the physiological chemistry of the vegetable from that of the animal world. The more our knowledge of each section of science advances the more the two become fused together." There is a fundamental law that prevails throughout all departments of nature that nothing can come into being that is not demanded by the conditions at the time. There is, in other words, a reason for everything, and investigation to the point of understanding invariably proves every phenomenon to be very simple.

Ordinarily the sun is looked on by the average individual with interest only when it is undergoing eclipse, but the botanist who has reduced plant culture to almost a real vital factor in life. The botanist knows by experience that if his plants do not receive sufficient sunlight they become weakened and readily acquire all sorts of fungous diseases. There is no mystery about it at all. Also he knows that if the soil conditions are not normal sunlight alone will not protect his plants from diseases. All the conditions must be in harmony for normal results.

Possibly taking the hint from the botanist, Professor Poncet of Lyons—the first person systematically to employ heliotherapy, a method of treating surgical tuberculosis by means of direct sunlight—began to use the direct sun rays in the treatment of tubercular joint infections in 1892 and not only used the method freely in his personal practice, but impressed the value of solar exposure upon all his pupils. In 1899 the definite statement was made that Professor Poncet believed the beneficial effects from the exposure of tubercular infections to solar rays extended not only to tubercular bones, ganglia and the like, but also to tuberculosis of the internal organs. It is interesting here to note that Dr. Alexis Carrel began his surgical studies as interne under Professor Poncet and it is not unreasonable to infer that the influence of Professor Poncet's initiative may have spurred Doctor Carrel into original work.

Doctor Rollier, a Swiss physician of Leysin, became an ardent advocate of the treatment and secured marvelous results from the use of direct sun rays on tubercular infections in patients among the snow covered peaks of Switzerland.

Doctor Oelsalt of Nice reports the treatment useful in tubercular peritonitis. Doctor Emmett of Philadelphia and Doctor Sniegoff of Moscow report excellent results from sun rays in acute muscular rheumatism. Direct sunlight is declared to be beneficial in infected wounds, and Doctor Aimes of Montpellier reports that the treatment hastens the formation of scar skin on burns, which usually heal very slowly.

Doctor Hinsdale, writing in the Interstate Medical Journal, describes the treatment as follows: "The patient is clothed in linen or white flannel, according to the season; he wears a white hat and is protected from direct sunlight on the face by a screen and wears smoked or yellow glasses. And now comes the peculiar and interesting method of the exposure. It makes no difference where the disease is located, whether in the hip, the spine or the cervical glands, the invariable rule is to begin with the feet. The next day the legs will be exposed; the third day the thighs. On the fourth day the abdomen is exposed; the fifth the thorax. Finally on the sixth or seventh day he exposes the neck and head with careful supervision."

The treatment is reported to be very effective in tubercular hip, joint and knee diseases, especially in the latter, because in such cases not only is the infection destroyed and the wound healed, but the joint remains mobile, a result always lacking where surgical interference is resorted to. Also it is reported effective in tubercular peritonitis, acute muscular rheumatism and trachoma, a very infectious granular inflammation of the mucous lining of the eyelids and the outside of the eye.

But it is not necessary to go to the mountains for treatment, for the sun shines everywhere.

the stripe which is to represent it in the standard. The whole is to be put together in the Betsy Ross house in Philadelphia, and to make a flag that is to be unfurled when President Wilson presides an electric biton in Washington. Colonel Goethals has interested himself in the matter and there will probably be no difficulty in carrying it to a successful conclusion.

A Big Mistake.
"What's the matter?" we asked of the June groom.
"I'm in bad. My wife says her faith in me is hopelessly shattered."
"What terrible thing have you done?"
"It didn't seem so terrible at the start. I broke a dish and tried to blame it on my wife's pet cat."

One Sent.
Mrs. Fadding (who is distributing flowers among the poor)—Is it possible, my dear, that none of your family was sent away by the Fresh Air mission?
Mrs. Slavin—Are them th' bla' guards that caused me husband to be sent away fr' 30 days?—Puck.

BEST DIVING DRESS ST. LOUIS SHIVERS

American Invention Infinitely Superior to All.

New York Man Seems to Have Revolutionized Process of Investigation of Wrecks That Lie Many Fathoms Below Surface.

Several years ago, after a number of distressing accidents, the British admiralty determined to make some scientific tests in the hope of eliminating certain dangers to which the naval divers were exposed in service. Without going into details, but by using double the number of air pumps and adopting several important precautionary measures, they did succeed in sending down two unusually fit men to a depth of 210 feet in the sheltered water of a landlocked bay, points out Robert G. Skerrett in the Scientific American.

Now keep the next fact in mind. In descending, bottom was reached in two minutes, and after a stay of 5% minutes the men were slowly brought back to the surface, the ascent taking 50 minutes! This was required to insure safe decompression and to guard them against any ill effects of their great submergence.

In the American idea, the all-metal armor, the men were lowered to the water bed in a trifle over three minutes, being held when about a hundred feet down to see that the telephone was working properly.

After being on the bottom for ten or more minutes the divers were hoisted up and out upon the deck of the parent steamer in less than a minute and a half.

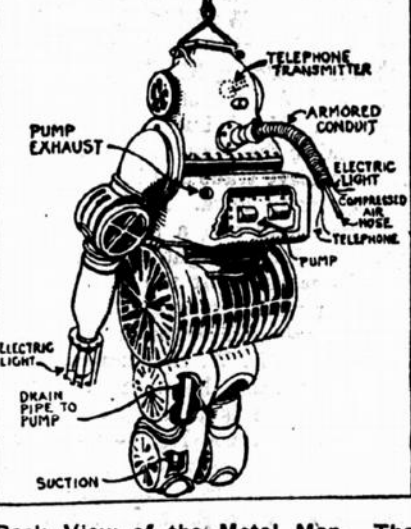
Why was it possible to do this in the latter case and not with the British admiralty divers?

Simply because the American divers were not subjected to the hydrostatic pressure of the enveloping water, and were able to breathe air at atmospheric pressure. Their bodies were not subjected to abnormal stresses, and therefore no period of readjustment was necessary.

This innovation in the art of subaqueous enterprise is the result of some years of gradual evolution, and is the invention of Chester E. MacDuffee of New York city. The suit is made of an aluminum alloy of great strength, and even so weighs a matter of quite 480 pounds.

The articulated sections are clever adaptations of the sleeve or rotating joint, and, while suitably packed to reduce leakage to a reasonable minimum, still, thanks to roller bearings, give the diver ample freedom of action when the weight of the dress is taken up by the surrounding water.

Indeed, a certain amount of leakage is desired, for it serves to lubricate the moving parts and, too, to keep the packing swelled, and therefore more efficient. But how is the leakage disposed of? In a recess back of the main body or trunk of the suit is fastened a powerful little pump with suction intakes located in each foot of



Back View of the Metal Man. The Left Hand Carries the Electric Light, the Right Hand the Two-Fingered Claw.

the dress. The discharge is immediately outboard and, of course, against the water head.

The pump is driven by compressed air, this exhaust is delivered into the suit, and thus meets the breathing needs of the diver. The air is led down through a small tube, together with the electric light and telephone circuits, which, in turn, are carried in a 2 1/2-inch armored rubber hose. The free space remaining in this big tube forms the channel back to the surface of the used air.

The diver has no life-line to bother with, and his telephone permits him to keep in constant communication with his surface attendants.

There ought to be no difficulty in carrying on operations at depths of 300 and more feet. Of course, the operator is entirely sheltered within his armored dress, and an ingenious mechanical hand is relied upon to grip and to make the necessary connections with suitable tackle or chain slings.

The Retort Courteous.
The telephone girls are forbidden to "answer back," no matter how abusive a customer may be. Sometimes they get around these hard conditions in a very clever way. An instance of the retort courteous happened recently in Los Angeles in one of the big exchanges.

After vainly trying for ten minutes to get the number he had asked for, the irate customer shouted: "What the deuce is the matter with you telephone girls, anyhow—are you all crazy?"
The answer came with exasperating sweetness: "I don't know. Ask information."

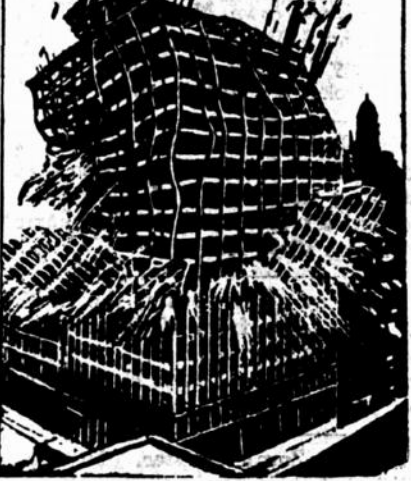
The Boy's Room.
A neutral color of wall paper makes a good choice for a boy's room. Such a tone will harmonize with pennants, posters and varied trophies sure to be collected. Warm, gray buff, tan, dull yellow, are all excellent foundation colors that will not clash, no matter what the color introduced.

Real Meaning of War Brought Home to City.

Just What Would Happen, Suppose Modern Siege Guns Were in Action, is Most Unpleasant Thing to Contemplate.

What would happen to St. Louis if the town were subjected to such a bombardment as reduced the forts at Antwerp would be appalling to contemplate, reflects the Post-Dispatch of that city. According to an officer, the enemy would need only to post such weapons as the great German siege guns on the hills southeast of East St. Louis to reduce the business section of St. Louis to matchwood in a few hours. To protect the city from such a bombardment it would be vitally necessary to hold those hills against all the efforts of the enemy. To hold them would be a dangerous and difficult task for troops in the field, for they were defeated and compelled to fall back they would have the big river behind them and might be terribly punished before they could cross it to the safety of the entrenchments.

According to the army officer, if the enemy fired only shrapnel shells at the big downtown buildings of the city they would be riddled and those of steel construction would not be destroyed.



Shell From a Huge "Brunner" Would Make Short Work of All-Steel Structures.

He thinks, however, that if a shells from a huge "brummer" or "busy Bertha" should hit one of these big buildings at a place where the steel girders joined, it would bring the whole structure tumbling into a mass of ruins. From the East St. Louis hills it would be child's play for an expert gunner to hit the Railway Exchange building, or any of the other big downtown buildings.

An architect and a structural engineer were asked what they thought would be the effect of heavy artillery fire upon the big steel-girder office buildings. Both of them inclined to think that, while the damage would be great, it would take more shots to raze one of the modern buildings than it would a structure of solid masonry.

They pointed out that if a shell were to fall on the roof of the Railway Exchange building it might drop through a floor or two before it exploded. The great power of an explosion is derived from the impact of the cushion of air. The air is thrust outward in every direction. Naturally it would seek the point of least resistance.

The result would be that it would smash out the windows and all the thin partitions adjacent, but would have little effect upon the steel skeleton of the building.

According to the architect and the engineer, between 50 and 100 shells would be required to demolish the Railway Exchange building entirely, and each point on steel column. Looking down from above straight down the building might be conceived as built in sections. Each section would be in the form of a square, with three vertical columns in each side of the square. If a shell struck the column at the exact center of the square, it might cause it to give way. The section of the building embraced within the square would collapse.

Both of the architectural authorities agreed that the damage from a shell exploding within a building of solid walls would be immeasurable. It has been estimated that a thickness of 30 feet of solid concrete is necessary to stop the largest German shells. The explosion would cause a solid wall to bulge outward and the whole house to collapse.

Impressing the Natives.
In a small South American state which had recently undergone a change of administration the new potentate summoned an artist and ordered new designs for all the official uniforms.

"I wish showy costumes—very showy," he said, "for people are impressed by them. I have here some sketches that I myself have made. Look them over and be guided by these ideas as far as possible."

The artist examined the sketches carefully. "This," he said, turning the pages, "is evidently for the navy and this is for the army; but, if you please, what is this—a long plume on a three-cornered hat, yellow dress a coat trimmed with purple, and—"
"That," replied the chief-of-state gravely, "is the secret police."—Everybody's Magazine.

Feminine Finance.
"Now, wifey, for a little lesson in finance. Do you know the value of a dollar?"
"I do not, but I know it takes at least \$40 to buy a presentable hat."

Neglected.
"This cotton advertisement is getting too absorbing. Why not encourage the iron trade, too?"
"Yes, why not start a buy-a-ton movement?"

1913 fire loss was \$3,382,720.

Laura Jean Libbey's Talks on Heart Topics

Disguise so near the truth doth seem to run...

"Lassies' lips were made for kisses." Many a girl has been chary enough of them...

There's the kiss of greeting, when he comes of an evening...

clinging kiss when they find themselves in the parlor alone. To make sure, it is really true that they are actually betrothed...

That's all very well for this one great evening of a girl's life. Even the most affectionate of sweethearts should know that there should be a limit to kisses before marriage.

A lover who does too much hugging and kissing soon finds the divine passion in his breast is cooling, all too soon, with satiety.

It is too much time is given to affection, all too soon bickering and quarrels are apt to arise.

WIVES WHO ARE HEROINES. Full many a gem of purest ray serene...

While the world is lauding the list of heroines working with might and main to relieve the sufferings that mankind is plunged into by the war...

They wed for love, bravely believing that a way out of poverty will be shown them somewhere, somehow.

Although babies may come quickly enough, home comforts and advancements do not. It is usually the kindest-hearted of husbands who fall ill; those who are most eager to work.

Keep Ham Molst. Botted ham is a most useful and popular dish, but it is inclined to get hard and dry when stored.

Female Missionary—I am so rejoiced that your tribe seems to listen to me with attention. I always contented that the tenderness of women could subdue even the savage.

Germany's Gunmakers. Berlin—Krupps, the gunmakers, who build the leviathan howitzers with which Liege and Namur were shelled...

Vienna Judge Acquits Man Who Questioned Truth of Austrian Official News. Vienna.—The courts are being overworked in trying persons who are accused of violating the government's orders which forbid the dissemination of alarming news.

NO CRIME TO DOUBT REPORTS. Vienna Judge Acquits Man Who Questioned Truth of Austrian Official News.

THE TURBAN AND THE HAIR VEIL. The Dry Goods Economist says that in spite of their long run close fitting turbans continue to occupy an exceptionally prominent position in the millinery world.

them before going to her day's work. The husband, who is as helpless as any one of them, comes in for a share of her attention.

But what's the use? She must battle for her loved ones till her last throbs of vitality goes out.

The heroism of women was never more realized than now. Their names should be placed high upon the roll of honor.

TRYING TIME FOR WIVES. To one whose love for me shall last When lighter passions long have passed—

In these days when but one worriment seems to possess the minds of husbands, when they clutch their papers eagerly and read the war news and meditate long and earnestly over it...

She cannot hide the evening paper, for nine men out of ten would rather miss their meat than give up reading the news of the day.

What place can she go to that is not saturated with such news? It keeps her husband depressed and guessing as to what will happen next.

"More in the right! A thousand yards!" The hostile torpedo boat disappears in an aureole of blue, behind fountains of water, very white under the livid electricity.

"Eight hundred yards!" The blows are falling nearer to it. They make a wall of water and iron.

"Cease fire! Searchlights follow to the end!" "We go to look, to pick up the dead and the wounded. Nothing is left—hardly a few splinters of wood."

"We return to our course, to the watch, the silence, the obscurity. The men who serve the guns lie down. The gunners stand and wait.

ON OUTPOST DUTY. Skirmisher of the French army in action during outpost engagement near Dixmude.

Dog Knew a Good Home. Joseph E. Boudwin of this city could not lose his collie dog by taking it five miles diagonally across the Delaware river and returning alone in a fast motor boat.

Dog Gets Help for Master. Paris—A fox terrier belonging to a French reservist called to the front followed its owner to the fighting line and remained with him till he fell wounded in the battle of the Marne.

Germany's Gunmakers. Berlin—Krupps, the gunmakers, who build the leviathan howitzers with which Liege and Namur were shelled, employ in normal times of peace 20,000 work people, make of peace 20,000,000 profit per annum, and spend about \$1,750,000 a year on their work-people's pension, holiday and Christmas funds.

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WAR DRAMA AT SEA

Remarkable Letter From a French Naval Officer.

Pictures a Night of Tense Watching in the Dark—Is Broken by the Discovery and Destruction of a Torpedo Boat.

Paris—There has come to me, writes Paul Scott Mower in the Chicago News, a remarkable letter from a naval officer, who is cruising with the French fleet in the Adriatic, hunting the Austrian foe.

"It is a black night. The wind is terrible, the swell monstrous. All lights are out. Darker than the night, without a single noise aboard, the ships, one behind the other, watch upon the sea that nothing may pass.

"Our lookouts at bow and stern, lost in shadow, are rolling and pitching like phantoms, while not a single sound breaks the incomprehensible silence. But the cannon are ready. There is a man behind each loaded piece, his finger on the trigger, never closing his eyes from the moment he goes on duty to the moment of his relief.

"For an instant in the unreal distance, great paint brushes of light appear. They grope across the sky and sea, stop suddenly, and the wind brings the sound of a storm of shells. Then no more. Lights and cannon cease. The night, the swell, the silence. But the heart beats faster. Out there, they are roving. Perhaps presently it will be my turn. I want to smash the lenses of the glass and illuminate the whole stretch of ocean.

"On guard! Fifteen hundred yards! Eighty degrees to starboard! Light searchlights! More to the left! Leeway fifty-eight! Fire!

"All the crouching shadows leap asunder. In the bright sheaf of light is a pallid specter with three or four smokestacks which plunges like a greyhound out of the foam. Fifteen cannon at once are spitting ceaselessly. Our phantom ship has become a volcano.

"The hostile torpedo boat disappears in an aureole of blue, behind fountains of water, very white under the livid electricity. But still on it comes, bringing death.

"The blows are falling nearer to it. They make a wall of water and iron. In the aureole of spray appears something red, black, yellow, like a hit in the eye. A shell has struck the belly of the torpedo boat and it has blown up.

"We go to look, to pick up the dead and the wounded. Nothing is left—hardly a few splinters of wood."

"We return to our course, to the watch, the silence, the obscurity. The men who serve the guns lie down. The gunners stand and wait. The officer of the watch, who has saved a thousand lives, once more stares searchingly into the dangerous darkness. The boat rolls and pitches. It is cold and gloomy. But the sea is a little freer and France better protected."

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AMBULANCE CORPS WORKING AT THE FRONT

French ambulance corps removing the wounded from the battlefield along the Yser during a lull in the terrific fighting.



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PENS VIVID CLASSIC

Unknown Stretcher Bearer Describes Horror of Horrors.

Farmhouse, the Refuge of Wounded and Dying, Is Bombed by Artillery—Ghastly the Scenes That Ensnare.

London.—The Chronicle publishes the following account of the bombardment of a farmhouse, situated between the French and German lines and temporarily a refuge for the wounded.

"We now heard the whizz-zz that those who have once heard can never forget. The shell was coming straight toward us. We fell flat, in the twinkling of an eye, our noses to the ground. Happy he who finds a drain or ditch at such a moment. Yet we had time to ask ourselves whether it would pass over or catch us in this ridiculous position; and I saw the past and the future.

"We got up, muddy and peevish. A faint smell of dynamite filled the air. We passed through the gateway. The yard, surrounded on three sides by the farmhouse and servants' quarters, was quiet and trim.

"We entered the kitchen and three ground floor rooms were full of wounded—French and German. Many of the unfortunate, lying on the blood-marked straw, had horrible wounds. A soldier asks for a drink; as he rises, with hand stretched out for the glass of water, a bullet comes through the window and strikes him full in the heart. The poor fellow sinks without a sigh.

"Most of the wounded are taken away in a lull of the combat. It is three o'clock in the afternoon. Firing recommences, more violent than ever. The shells whistle ceaselessly. An adjutant, terribly wounded, begs to be put into the cart, which seems to him a guaranty that he will be among the next to be removed. Scarcely is he laid there than a shrapnel bursts over the cart, killing him. The firing sounds more clearly.

"A wounded man in the kitchen calls me. Struck by a ball in the chest, the poor fellow pants for breath. He is supporting himself by one arm, which slips on the bloody straw. With the other hand he feels in his overcoat pocket, which is glued up with congealed blood, for a letter which he hands to me, his eyes full of tears. 'My sweetheart,' he murmurs. And I see in his fingers a little lock of black hair, which he presses tenderly to his lips.

"Raising my eyes to the ceiling, I see the plaster break into a huge star, and through a gaping hole the end of a great shell appears. The ceiling sinks funnel-wise; at the same moment the roof cracks and the shell explodes. Then all is dark. Presently I come to myself, half suffocated with dust and the fumes of dynamite.

"The house is riven from top to bottom, and we can see the calm, blue sky through the broken roof. The least seriously wounded men disengage their fellows. Nearly all of us are bleeding. The poor lover is dead, disfigured. Shells have struck the house on two sides.

"They manage to get into the cellar, and here the German wounded, hungry and desperate, burst into our complaints of this war of immeasurable agony into which they have been driven.

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PRETTY, USEFUL BAGS

ALWAYS HANDY, AND QUITE SIMPLE IN CONSTRUCTION.

One Designed to Hold the Duster and the Other for Broom Covers—Illustration Shows Method of Designing.

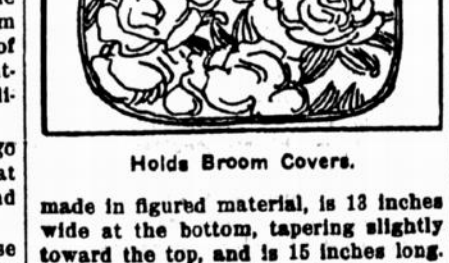
A duster bag that the hand can slip in and out of easily, is the best kind. This one is made in flowered chintz or cretonne, lined with saten and bound with braid or with a bias strip of the saten, having a loop at the top to hang it by. It is twelve inches



Easy to Reach the Dusters.

long, and nine wide at the rounded base. The shaped outside piece is slightly larger around than the back piece, allowing the pocket part to bulge slightly.

The broom bag is not a broom cover itself, but a pretty holder for such covers and holds six of these made in canton flannel. The case is



Holds Broom Covers.

made in figured material, is 13 inches wide at the bottom, tapering slightly toward the top, and is 15 inches long. It has a flap of 6 inches' depth. Three loops of the braid are sewed at the back to hang it by. The broom bags are made very much the same shape, only smaller, to fit the broom; a drawing string is put at the top to draw it up tight around the handle.

VOGUE OF ARTIFICIAL FLOWER

Universally Popular, and Certainly Add Distinction to the Plainest of the Street Frocks.

Probably never before have artificial flowers had such a vogue as they have just now. And a small corsage flower is one of the best means of giving color to a dark street frock or suit.

There are bunches of tiny flowers in brilliant red that are very good. There are bouquets consisting of a rosebud, a few forget-me-nots and a sprig or two of green that are good. Then there are zinnias, nasturtiums, poppies and many other flowers in their own natural, rich coloring.

OF ORGANDIE AND BOBBINET. One of the Smartest Designs in Collars, Copying the Sailor Shape to a Large Extent.

Smarter than the elaborate lace collar is that of plain white organdie and bobbinet. The collar is to be of the laydown variety, and is smartest when shaped like a short but long pointed sailor collar, the points coming well on the shoulders. The collar, which is of organdie, is hemstitched about the edge. The net ruffle should be from one-half to one and one-fourth inches wide, and is double. That is, there is no hem on the net, it being simply a double fold of the material.

IMPORTANCE OF THE GIRDL

In Many Ways It is the Most Distinctive Touch That Gives Garment "Appearance."

Whether it be hidden or whether it forms an important color note of the gown, the girdle must be reckoned with, and to the woman who knows how to make it and adjust it there will be modestic glory.

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the creased end being used as the bottom or edge of the ruffle. The bobbinet ruffle may be simply whipped to the collar, or after this is done a finish of buttonholing in color or plain white thread can be made over the joining of collar and ruffle. These dainty collars buttonholed in old blue, old rose or that gray-green are pretty indeed.

GOWN FOR THE YOUNG LADY

Velvet Dresses Considered Most Appropriate—Changes in the Color of Neckwear.

Velvet dresses for young girls are the smart thing of the afternoon wear. They are made with a long waist and a short skirt, made of two circular flounces; between these is a satin belt or sash. A collar of pique or lace, cut sailor or rounding, is the usual neck finish. The sleeveless overblouses of velvet that are seen on the grown-up dresses are also a feature of those worn by girls of fourteen.

They are rather like a middie blouse in shape, but not so long, and the arm-hole is very much enlarged, so that the foundation dress of serge shows.

Different shaped buttons not only come in plain colors in dark modish shades, brown, plum, blue and fawns, but are also decorated by odd stripes of a contrasting color. Sometimes there is only one stripe across the center, sometimes it is the bottom edge that has pencillike lines of a deeper or lighter color.

The suit coats are made both in the long and in the short lengths. Some of the smart models are of the redingote type, the coat reaching the three-quarter length.

Some of the lace gimpes are of embroidered net of the applique type of lace, and they finish at the top with a round neck that does not come quite up to the base of the throat.

Last summer the lovely touch of white neckwear was in organdie and lawn; now it is of cream net and lace in the finer costumes, and of pique in those dresses that smack of the tailor-made.

HOW TO ATTAIN PLUMPNESS

Simple Routine Will Enable Thin Girl to Secure Results in Three or Four Weeks.

The thin girl is coming into her own these days, but there is such a thing as being too thin. The words of Joseph Cawthorne, "I like 'em plump," set the standard. This plumpness can be obtained by careful effort.

The first step towards this is to avoid nerves, fretting and irritability. Retire early and remain in bed as long as possible.

Drink no tea or coffee, rather milk, cocoa or chocolate. Take mashed potatoes, with butter or cream, oatmeal, fresh bread, honey, eggs, tapioca; in short, all sugary and oily foods. No meat.

Take great care to eat slowly and masticate each morsel thoroughly. A nap either before or after dinner is beneficial.

Exercise must be regular and moderate. Horseback riding, tennis and boating are good. Vocal exercises enlarge the chest.

Small doses of cod liver oil should be taken several times a day. With strict application of these rules an improvement should be noted in three or four weeks.

IMPROVED WORK BAG

Adelaide S. Hemstreet of Indian Head, Canada, has just been granted a patent for a combination crochet work bag and spool holder. The work bag is suspended on a belt. On the belt also is placed a sheet metal bracket with arms for holding the spool. This allows the thread to be easily unwound as it is being used.