

IOWA STATE BYSTANDER.

VOL. XXI NO. 32

DES MOINES IOWA, FRIDAY, FEBRUARY 4, 1915,

Price Five Cents

CITY NEWS.

Mr. A. White is reported quite sick at his home, 909 17th street.

Atty. Geo. H. Woodson of Buxton is a visitor in our city Wednesday.

Attorneys J. B. Rush and S. Joe Brown attended a birthday party on Mr. John A. Spencer at Grinnell.

Mrs. Bessie Rhodes Jackson left Sunday for Detroit, Mich., for a two weeks' visit with her friends.

Mr. John A. Spence of Grinnell was in our city on business Wednesday.

Mrs. McNeil of Mt. Pleasant, Iowa, called to the bedside of her grandchild, Guy Miller, this week.

Mr. Turner W. Bell of Leavenworth, Mo., was called here last week to the bedside of his aged father, Mr. Turner Bell, who is very sick.

Miss Pearl White, formerly of this city, but now of Chicago, Ill., was called here this week at the bedside of her sister's child, Mr. Guy Miller.

Mr. Frank P. Johnson, our popular carrier, is quite sick at his home, W. Thirteenth street. He has been confined to his bed for two weeks.

Mrs. J. C. Williams of 1441 Fremont street and Rev. Ford at six o'clock Wednesday.

Mr. and Mrs. John Walker gave a dinner in honor of A. McClellan of San Francisco, Cal., who is here visiting with R. J. Johnson at 314 S. E. 2nd.

Mrs. Clara James was operated on Wednesday morning for a tumor at the Methodist hospital. She is doing well at this writing.

Attorney T. W. Bell, who was called here from Leavenworth, Mo., to his father's bedside, took suddenly sick himself, but is able to sit up this morning as we go to press.

Rev. M. D. Gorum of Detroit, Mich., in our city for a fortnight stay, the guest of Rev. H. G. Darden, who conducted revivals.

The Callahan club met with Mrs. R. Hyde Wednesday and had a very pleasant meeting. The 5th chapter of Mark was the lesson discussed. Will meet with Mrs. Thornton Adams at 17th.

Mrs. Gertrude Harris and daughter, Bertha of High Point, N. C., arrived in the city Thursday morning, called by the serious illness of her father, Peter Bell.

Mr. and Mrs. James Bowles of Ft. Leavenworth arrived in our city Monday morning, called here by the serious illness of their father, Mr. Peter Bell.

Atty. T. W. Bell of Leavenworth, Mo., is in the city called here by the illness of his father, Mr. Peter Bell.

Hon. F. W. Bell of Leavenworth, Mo., who was called here owing to the illness of his father, has been quite sick but is able to be up and about the house.

The Wednesday Night Bridge club was entertained at the home of Mrs. Carrie Stone. The usual game was played after which refreshments were served. The club will meet next Wednesday with Mrs. Edith Strawthers.

The Woman's Law and Political Study club will meet Thursday p. m., Feb. 11th with Mrs. Vern Simmons. Subject for study, Contracts. All members are urged to be present.

The Triple H club met Tuesday Feb. 3rd with Mrs. A. M. White, 909 17th street. Music by Mrs. H. E. Jacobs; talk on Fancy Work by members of club. One hour was spent in crocheting. The club adjourned to meet Feb. 9th with Mrs. John Wilson, 909 W. 17th street.

The Aetna Tabernacle, No. 472, extends an invitation to all knights and daughters of Tabor to attend the sixtieth anniversary on March 9, 1915. Dr. Mattie Brooks, C. P.; Dr. Judith Cook, V. C. R.

At the annual church conference of St. Paul's A. M. E. church last Wednesday evening the following were elected trustees for the ensuing year: S. Joe Brown, Adam Dixon, E. T. Banks, W. H. Hubbard, J. A. Jefferson, John Jackson, C. C. Buckner, and Graves and C. C. Johnson.

A club of young people was organized last Tuesday at Union Congregational church to promote the literary, musical and art among our people to make special arrangements to have a large crowd out to hear Miss

Helen E. Hagen, the great pianist, March 8th.

The local Negro Business Men's League will meet next Monday evening at the Union Congregational church in regular monthly meeting. They will hold their annual election of all the officers and hear reports from all the officers next Monday evening. All members are urged to be present.

calendar for 1915 from Green's cafe of Davenport. Mr. E. Green operates one of the nicest cafes in Iowa at 114 East Fifth street. See his adv. elsewhere. We also received a calendar from V. L. Jones, our popular undertaker. It has the picture of his only child, a beautiful little girl, which adorns the calendar. Also one from Dr. E. W. Thompson of St. Joseph, Mo., and the Douglass Improvement Co. of Washington, D. C.

Mr. Jeff Logan met with a bad accident, a very narrow escape from being killed by the street car last Sunday afternoon. He was crossing the street in front of the Thompson hotel on Ninth and Park when he slipped back on the street car track. The car struck him and injured him. He was carried into the McGee drug store, where Dr. Booker and another doctor dressed his wound, and he was taken home.

Corinthian Baptist church, Sunday, February 7-10:30, covenant meeting. 12 m. baptismal service. 12:30, Sunday school. 6:30, B. Y. P. U. 7:30, sermon by Rev. James Bowles of Ft. Madison, and the Lord's Supper. T. L. Griffith, minister.

The Y. W. P. A. met last Sunday with Miss Lillian Neal, 774 Tenth street. A very splendid program was rendered, also refreshments, after which they adjourned to meet next Sunday, January 7th, with Emma McDowell, 909 Eighth street.

The Mary Church Terrell club met Monday evening with Mrs. Pearl Thompson. A very interesting program was rendered. Mrs. Gibbs L. Johnson was a club guest and Mrs. Audra Winrow was admitted to membership. The club will meet next Monday with Mrs. Audra Alexander with the following program: Gettysburg speech, Miss Marie Bell; Life of Wm. Lloyd Garrison, led by Miss Fabitha Mash; Review of February Crisis, by Miss Gertrude Hyde.

The Union Congregational Sunday school seems to be starting out this year with renewed interest. They are planning to inaugurate an orchestra of five or six pieces on Sunday, February 14, at the regular Sunday school hour at 12 o'clock. T. Williams will be organist; John Rhoades will play the piano; while Raymond Dysart will play the trap drum. L. J. Shelton, the pianist, will play the violin. Everybody is invited, especially the children.

Rev. and Mrs. H. G. Darden, who represent Christ Sanctified Holy church, have just returned last Saturday from Booneville, Mo. where they have been conducting a two weeks' series of revival meetings in the A. M. E. church there. Mr. L. Redman and daughter, Mayrie, of this city, who formerly lived there, also accompanied them, also Miss Davis. They report a successful meeting. They have just now started in upon a two weeks' revival here at their church on West Thirteenth and Park streets.

THE LYCEUM.
At the meeting of the Des Moines Negro Lyceum association at the A. M. E. parsonage Tuesday evening Mrs. Mattie Warricks lead the general discussion of the Thomas "Minimum Wage" bill now pending in the state legislature. The meeting next week will be at the residence of Prof. W. H. Warricks at 1006 West Thirteenth street, at which Mrs. S. Joe Brown will give the review of the February "Crisis."

N. A. A. C. P.
The first public meeting to be held under the auspices of the newly organized Des Moines branch of the National Association for the Advancement of Colored People will be the Lincoln-Douglass anniversary at St. Paul's A. M. E. church Friday, February 12th, at which time the principal address, an eulogy on Frederick Douglass, will be delivered by Atty. Geo. H. Woodson of Buxton, who is personally acquainted with Mr. Douglass, and an eulogy on Abraham Lincoln by Mr. J. H. Fellingham, general secretary of the Des Moines Y. M. C. A., and a member of the Des Moines branch of the N. A. A. C. P.

The public are cordially invited to attend, as there will be no admission fee charged and no collection taken. By order of Mrs. S. Joe Brown, Chairman Meetings Committee.

Reasons Enthusiased.
Because meats are so tasty they are consumed in great excess. This leads to stomach troubles, biliousness and constipation. Revise your diet, let reason and not a ravenous appetite control, then take a few doses of Chamberlain's Tablets and you will soon be well again. Try it. For sale by all dealers.

MANY NEGRO STUDENTS AT UNIVERSITY OF IOWA.

(By S. Joe Brown, Liberal Arts Class of '98, Law Class of '01.)
To those who are advised of the fact that there are less than fifteen thousand Negroes in the confines of the entire state of Iowa, and more especially to one who like the writer knows that prior to the year 1898 there had been but two Negroes to receive degrees from our state university and that during a greater portion of the time between 1894 and 1898 there was but one Negro student in the entire institution, it is a source of inspiration as well as surprise to know that there are today January 1, 1915, twenty-four Negroes, seven young women and seventeen young men, taking regular courses in our state university, their addresses and classification being as follows:
In the graduate college—
Blyden Yates, A. B., Kansas City, Mo.
In the College of Liberal Arts—
Alexander Belfon (unclassified), Sauter, British East Indies.
Lafayette Campbell (class of '18), Union, West Virginia.
Milton F. Fields (class of '17), St. Louis, Mo.
Alphonso A. Keene (class of '17), Iowa City, Iowa.
Philip Hilton (unclassified), Farmington, Va.
Hubert H. London (class of '16), Buxton, Iowa.
Douglass Miller, Jr., (class of '18), Des Moines, Iowa.
Miss Minerva Graves (class of '16), Moulton, Iowa.
Miss Iva J. McClain (class of '16), Des Moines, Iowa.
Miss Vaeletta London (class of '16), Buxton, Iowa.
Miss Ruth Southall (class of '17), Buxton, Iowa.
Miss Mabel Morgan (class of '17), Sioux City, Iowa.
Miss Muriel Fields (class of '18), Cedar Rapids, Iowa.
In the College of Medicine—
W. B. Duke (class of '17), Laplace, La.
J. N. Willis (class of '17), Georgetown, British Guiana.
In the College of Dentistry—
Vernon J. Brown (class of '16), Salina, Kan.
Clarence E. Cheeks (class of '16), Abington, Va.
E. J. Cobb (class of '16), Denver, Colo.
E. E. Graves (unclassified), Lincoln, Neb.
W. H. Lowrey (class of '15), Institute, West Va.
In the College of Applied Science—
Solomon S. Finlayson (class of '17), New Providence, Bahamas.
In the College of Fine Arts—
Miss Mary E. Perkins (class of '18), Des Moines, Iowa.
Miss Hermoine Jones (class of '18), Leadville, Colo.

QUINCY ITEMS.

Mr. Chas. Anderson is on the sick list.

Quite a number of the members of Bethel A. M. E. church were called together and a league, known as The Cross and Crown League of Bethel A. M. E. church was organized. The membership list stands open.

The Dickinson musical given at Loyal Legion hall on last Wednesday night, under the auspices of the Social Settlement, was a grand success both numerically and financially.

Revival services were in progress at Bethel this week.

Mrs. J. W. Tutt is indisposed this week.

Mr. and Mrs. W. W. Fields spent Tuesday in Keokuk, Iowa.

CLINTON, IOWA.

The trustee helpers gave a supper on Wednesday evening at 6 o'clock. Notwithstanding the inclement weather a fair sized crowd was out, who spent an enjoyable time.

Rev. A. Boyd of Moline was in Clinton in attendance at the funeral of the late J. M. Mitchell. By request he preached the sermon, which was thoroughly enjoyed by everyone. The Rev. has not lost any of his old-time vigor, but is advancing steadily in his profession.

Mrs. Scott Robinson and son, General, arrived home from a three weeks' visit with her son, Henry, in Sioux City. The latter has been sick, but is much improved.

Mrs. Holland Williams was the chairman of a committee which gave a most enjoyable supper on Saturday evening at the A. M. E. church. A good crowd was in attendance. At 8:30 a juvenile minstrel performance was given by Robinson's Honey Boy Minstrels, under the direction of Mr. Geo. Robinson. The entertainment was good.

Mrs. Chas. Thompson and daughter, Isabelle, left last week for Ottumwa, called there on account of the serious illness of her sister.

B. F. Cooper, wife and son of Buxton visited in Clinton last week with relatives.

Invitations have been received in Clinton to a reception to be given by the Wicket Reading club on February 17th.

MASON CITY, IOWA.

Master Johnnie Bradford, who has been on the sick list, is able to be out again.

A few of the younger people took a surprise party out to the home of Miss Ruby Williams on East State street Thursday past, as it was her 16th birthday. Light refreshments

were served and the evening was spent in playing games.

Mrs. Fred Wright, who has been real sick for several weeks, is somewhat better at this writing, but not able to be up yet.

The younger boys of Mason City have united themselves and organized a club, called Rose club, and will entertain their friends at Woodmen hall Tuesday evening.

Mrs. L. Banning has been somewhat indisposed since her long stay in Indiana.

Mrs. Walter Davis is reported on the sick list this week.

Mrs. Virgil Warren has returned home, after spending several weeks in St. Louis and Chicago, reporting a pleasant visit with friends and relatives.

Rev. C. E. Murley (white) was present Sunday to fill the pulpit in the absence of the pastor, Rev. F. D. Woodford, but owing to the disagreeable weather the older people were unable to get out and the entire evening was given to the Epworth League members.

Miss Nora Williams will lead the Epworth League lesson next Sunday. Subject, "The Promise of Forgiveness." Everyone is invited to attend the meeting at 8:30 o'clock Sunday evening.

One of the unique as well as interesting banquets was witnessed last Friday evening, given by the Ladies' Aid society at the Union Memorial church. The guests were all seated at 8:30 o'clock and partook of a two-course banquet supper prepared by the ladies and served by the gentlemen in a very pleasing way. The program was pleasantly carried out. Mrs. J. D. Reeler, toastmistress.

About forty people sat down to the beautiful table, which extended across the dining room and was decorated with ferns and carnations of pink and white. All who enjoyed the banquet said it was about the swellest affair they have witnessed.

News has been received here of the sickness of Mr. John R. Beverly's family of Mason City, now in Fort Dodge, Iowa.

Miss Ardella Carr made a flying trip to Mason City last Sunday. Her appearance was so sudden that it shocked "Bell" of the table at the Snow White lunch room. Now the "Bell" don't ring so often in this direction. Come again, Miss Carr. You are welcome.

Mr. and Mrs. Fred Mitchell of Warren street entertained Mr. Perry Mitchell on Sunday for dinner.

The Foreign Missionary society will meet Monday, February 8th, at the residence of Mrs. Henry Cabbell on East Ninth street.

MONMOUTH, ILL.

The Ladies' Aid society of the A. M. E. church gave an interesting program last Thursday evening. A neat sum was realized and an enjoyable social time was spent.

The Sewing Circle of the A. M. E. church will meet this week with Mrs. Jennie Hardin.

Mrs. Belle Jones and Mrs. Laura Maupin are on the sick list.

Mr. George Neil, who was hurt by the falling of a cake of ice, is some better.

Mr. George Rielly, who was shot in the arm last week, is not so well, and it is feared that the member must be amputated.

Rev. P. H. Lewis was in Davenport last week. He also preached Sunday afternoon in Galesburg.

Rev. A. D. Williams of Chicago is visiting in the city.

Mr. and Mrs. David Ford are the proud parents of a baby girl.

Rev. Kerr filled the pulpit at the Calvary Baptist church Sunday past.

THIS FLAG FREE

A Flag for Every Home

The Flag of Washington and of Lincoln; the Flag of Our Country—

The Flag of Peace

To every person opening a savings account with \$25.00 or more we will give FREE an AMERICAN FLAG, size four feet by six feet, sewed stripes, fast colors, and an eight-foot flag pole with rope halyard and iron holder complete as illustrated. The pole can be taken apart—has a metal joint—and the flag, pole, rope, ball and holder are neatly packed in a strong metal edge box which can be carried under the arm.

On savings accounts this bank pays interest at the rate of 4 per cent and compounds the interest twice a year—May 1 and Nov. 1.

There is nothing quite so fine as an American Flag. We have one waiting for YOU.

"Tis the star-spangled banner:
Oh, long may it wave
O'er the land of the free
And the home of the brave."

The Des Moines Savings Bank

A Strong Bank, with the Advice, Counsel and Financial Backing of Strong Men

SECOND FLOOR, FLEMING BLDG.

WASHINGTON, IOWA, NOTES.

The Dr. Booker hints of last week are worthy of mention and should be read by every Afro-American that can get hold of them.

Frank Walker has added another chair to his barber shop and it is being "manned" by Mr. Howard, a tonorial artist from Kansas City.

The revival meetings which were on for four weeks at the A. M. E. church closed Sunday night. Rev. Boyd, the pastor, conducted the meetings, with the assistance of the members, and much good was accomplished.

Your correspondent is in receipt of two very strong speeches to congress from the mouth of Congressman M. B. Madden from Illinois against that section in the immigration bill relative to the African or African descent. He speaks in scathing terms to the "perpetrators of the crime of framing such a bill," and denounces all form of legislation jeopardizing the rights of the colored American citizen. He also touches on the intermarriage law and segregation acts in various places. We should rally to the man that is strong in his convictions to so demonstrate publicly and before the "greatest body of representatives of the people," a la Dr. Spingarn. Would that we had a few more such and in a few years the race problem would be nil.

Mr. and Mrs. Harry Sims, who came here last summer from Council Bluffs, have returned.

Mrs. Daniel Haines, who went to an Iowa City hospital for the removal of a cataract from her eye, is home and can see without the aid of "specs." She is so glad of it, too, as before she went she was almost blind.

The Misses Helen Motta, Marie Whaley and Nettie Campbell and Messrs. Samuel Hall, Jr., and Philip Rushing composed the jolly crowd that was entertained at dinner last Sunday by Miss Luba Gwinn in celebrating her birthday. A merry time is reported by all. A five-course dinner was served.

The second quarterly meeting of the A. M. E. church will be held Sunday, Rev. Daniels will be present and preach in the morning and evening, and Rev. Birt of Galesburg will preach in the afternoon.

Rev. E. L. Scruggs and daughter, Bernice, are moving to Jacksonville, where the Rev. is pastor of the Mt. Emory Baptist church.

Miss Essie Niel entertained a few friends at her home on South Eighth street in honor of a friend, Miss Braxton, of Chicago.

A NEW BOOK OF POEMS.

A very nice little book of poems has just been issued by William Nauns Ricks of San Francisco, Cal., a young man who formerly lived in Virginia, but is now holding a very responsible position in California. His poems show poetical rhythm and sweetness. Below we publish one:

The Evening Star.

I saw the evening star
At the very point in the sky
Where the rose turned to blue;
A few scattered clouds to the right
And left

And a great black mass of cloud below;
Opal, shading into blue, filled the sky above,
And the star, a great diamond of wondrous luster,
Stood supreme. A symbol for jewelers

To forever hold, as a perfect ideal.
No other light was seen, it stood alone,
And its brilliant beauty brought me thoughts of you.

I stood in the gloaming;
The beauty sank into my soul;
Filled me, calmed me, gave me joy.
Standing thus entranced, years slipped away;
And the old victor's song filled my heart.

Then night came on, slowly like music repeated.
In softer strain, before ceasing.
So sank my star in that hour when you left me;
Sank into the mist of eternity,
But left its radiance and glory with me.

April 6, 1914.
Vandever, A.
Melton, Rev. R. C.
Clutter, Mrs. R.
325 S. Union St.
Owens, Chas.
Coldwell St., R. R. No. 5
Crump, Dr. J. W.
2811 Welton Ave.
Bundy, Mrs. L. B.
1009 W. Walnut
Mays, Louis
593 7th St.
Pratt, Mrs. T. P.
1206 Cherry St.
Brown, Mrs. L. H.
121b 15th and Court
Davis, Miss Della
314 S. E. 2nd St.

Recognized Advantages.

You will find that Chamberlain's Cough Remedy has recognized advantages over most medicines in use for coughs and colds. It does not suppress a cough, but loosens and relieves it. It aids expectoration and opens the secretions, which enables the system to throw off a cold. It counteracts any tendency of a cold to result in pneumonia. It contains no opium or other narcotic, and may be given to a child as confidently as to an adult. For sale by all dealers.

WASHINGTON, IOWA, NOTES.

Mr. Dick Johnson attended the Masonic meeting, also business while in the city.

Those who were sick and improved are Miss Sallie Able, Aunt Jane Jackson, Aunt Nancy Campbell, little Virginia Pemberton and Golda Nowling.

Mrs. Martha Lewis continues very ill.

Mr. George Jones of Oskaloosa attended the K. P. installation and visited relatives also.

The colored Masons have changed their hall and are now nicely located on the north side of the street, and Keystone, No. 33, may be proud of their location.

Mrs. Georgia Hogans of Kansas City, Mo., is visiting Mr. C. Farrier.

Quarterly meeting will be February 7th at the A. M. E. church. Rev. D. W. Brown will go to Bedford and hold quarterly meeting Wednesday.

Rev. S. B. Moore, P. E., will be here and hold meetings from Friday till Sunday evening.

Mrs. C. Farrier left for Norwich, Iowa, where she catered a day.

Rev. Wm. Mitchell, Sr., preached two able sermons Sunday, with a good spiritual meeting.

"The Best Laxative I Know Of."

"I have sold Chamberlain's Tablets for several years. People who have used them will take nothing else. I can recommend them to my customers as the best laxative and cure for constipation that I know of," writes Frank Strasser, Fruiland, Iowa. For sale by all dealers.

Mrs. L. F. Phillips is improving slowly.

Walter Williams was confined to the house a couple of days last week on account of sickness.

Word from Mrs. F. D. Motta, who is visiting her sister, Mrs. Z. Badgett at La Junta, Colo., is to the effect she is enjoying the best of health and having a good time.

ALBIA NEWS.

Mrs. Andrew Smith entertained at 3 o'clock dinner on Sunday afternoon a company of friends.

Mrs. Wm. Hawkins of Ottumwa and her sister of Kansas City visited over Sunday in Albia at the home of Mrs. Johnson and other friends.

Mrs. Williams has been ill the past week but is improving.

Mrs. M. Ward is ill at present writing.

On Thursday evening all the different organs of the A. M. E. church met and gave Rev. Morgan a birthday surprise.

Some few strangers in town.

ST. PAUL BUDGETARIAN.

We are just about getting thawed out from the last cold spell, which was the coldest here in 11 years. The thermometer registered 31.1 degree below zero.

The Jacob Mite Missionary society held a very interesting meeting last Thursday at the residence of Mrs. Mamie Graves of Louis street. The corresponding secretary, Mrs. Mary Black writes some new letters to the Voice of Mission telling of their good work under the leadership of Madam L. A. Porter.

The King Daughters Charity club met Monday afternoon with Mrs. Shedd Lawrence of Central Ave.

Mr. Q. Hicks has opened what is known as the Enterprise Cafe at the corner of Rice and St. Peter streets. Meals served at all hours.

Mrs. Florence Duckett was taken suddenly ill last week but is convalescent at this writing.

The many friends of Mr. G. L. Terry an old and respected resident of St. Paul, were pained to learn of his demise, which occurred at St. Peter. Minn. Sanitarium where he had been confined about four months. His remains were brought home and his funeral occurred Wednesday afternoon from St. James A. M. E. church. Rev. H. P. Jones officiating assisted by Rev. Strong. He leaves to mourn their loss a wife, one sister and other relatives beside a host of friends.

Mrs. Mary Gamble, 295 Thomas st. is ill with the la grippe.

Mrs. M. A. Johnson and mother Mrs. Virginia Taylor will leave on the 15th inst. for New Orleans to visit relatives and attend the Mardi Gras. They expect to be gone a month.

Mr. John H. Jenkins is confined to the University hospital, very sick.

Mrs. W. T. Franklin had the misfortune to fall in getting off the street car, breaking her ribs and sustaining other injuries which has caused her to be confined to her bed ever since.

Mrs. Joseph Adams of 411 Charles street was confined to her bed and home last week by illness, but is recovering.

CLARINDA, IOWA.

Mr. Allen Jones of Omaha, Neb., member of the grand lodge of K. P., appointed grand chancellor, installed the following at Castle hall, Golden Eagle, No. 6, K. P.'s: Re-elected, Noah Pemberton, Jr., C. C.; George Jones, M. of W.; Lewis Arnett, V. C.; Howard Moss, prelate; Joe Beard, K. and S.; L. W. Williams, M. of F.; Ed Pemberton, M. of F. Exchq.; Frank Matthews, M. of A.; Sam Fagens, I. G.; James Arnett, O. G. A supper was given in connection with the installation.

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AFRO-AMERICAN CULLINGS

In the article of Mr. James Croghan, in the Sunday Star, it is stated that "one hundred years ago the first colored troops who ever served in the army of the United States won the commendation of General Jackson in the battles in and around New Orleans." This statement as to when the first colored troops served in the army of the United States is incorrect, writes Albert N. Selp in a communication to the Washington Star. Bancroft's History, volume five, pages 152, 153, says: "On the first of January, 1776, the tricolored American banner, not yet spangled with stars, but showing 13 stripes of alternate red and white in the field, and the united red and white crosses of Saint George and Saint Andrew on a blue ground in the corner, was unfurled over the new continental army around Boston, which, at that moment of its greatest weakness, consisted of but 9,650 men. On that day, free Negroes stood in the ranks by the side of white men. In the beginning of the war they had entered the provincial army; the first general order which was issued by General Ward had required a return, among other things, of 'the complexion' of the soldiers; and black men, like others, were retained in the service after the troops were adopted by the continent."

We have seen Edward Rutledge defeated in his attempt to compel their discharge. In October, the conference at the camp, with Franklin, Harrison and Lynch, thought it proper to exclude them from the new enlistment; but Washington, at the crisis of his distress, finding that they were very much dissatisfied at being discarded, reversed the decision and asked the approval of congress. That body appointed Wythe, Samuel Adams and Wilson to deliberate on the question; and, on the report of their able committee, they voted "that the free Negroes who had served faithfully in the army at Cambridge might be re-enlisted therein, but no others." The right of free Negroes to take part in the defense of the country having thus been partially admitted by the highest power, the limitation was lost sight of, and they served in the ranks of the American armies during every period of the war.

When in 1778 the army was reduced to its lowest point in numbers, Bancroft states, in volume six, page 48, that "Varnum, a brigadier of Rhode Island, proposed the emancipation of slaves in that state, on condition of their enlisting in the army for the war. The scheme, approved by Washington, and by him referred to Cooke, the governor of the state, was accepted. Every able-bodied slave in Rhode Island received full liberty to enlist in the army for the war. On passing muster he became free and entitled to all the wages and encouragements given by congress to any soldier. The state made some compensation to their masters."

As the object of this communication is simply to correct the error of Mr. Croghan as to when the first colored troops served in the army of the United States, it is not necessary to refer to the well-known fact that Negroes fought at the battle of Bunker Hill, taking part in common with the white yeomanry of Massachusetts and other states. Their services in the Union army during the Civil war are well known.

Kansas City has 130 miles of boulevards.

Houston has a Negro population of probably thirty thousand, and we believe it can be said without exaggeration that there is not a city in the country where the Negroes are making better progress. We do not mean to say that there is not room for improvement or that everything that might be done to aid them is being done, but year by year the white people are coming to know that their interest in everything that improves conditions among the Negroes is one of vital importance. It is no longer difficult to enlist the cooperation of the white people in any movement having for its object the welfare of the Negro people, and we think nearly all of the southern cities can say as much.—Houston (Texas) Post.

One of the objects of an Australian Antarctic expedition will be the establishment of a meteorological station to give warnings by wireless of the severe storms which sweep for southern seas.

Peruvian oil fields are rapidly being developed.

The Illinois River was so termed from the Illini, a tribe of Indians on its banks. Another derivation is suggested in the name Niles, island of Niles, several derivatives more or less fanciful are suggested by the etymologists and geographers.

One of the strangest cargoes ever carried on the sea was a shipload of blue sent from Holland to the Isle of Wight. England, where the native blue was threatened with extinction by the Scotch. The cargo consisted of 500 barrels, valued at \$25,000.

The average export of shoes from the United States in 1914 was \$2,000,000.

For every 100,000 persons in Louisiana there are 45 places of amusements and 100 theaters.

Stoneware first came into use in the seventh century, before which it was commonly to create the fact in the pottery.

Japan produces 15,000 tons of ammonia every year.

PROPERLY BAKED HAM

SOMEWHAT LENGTHY PROCESS, BUT WORTH WHILE.

Expert Gives Explicit Directions for Preparation of Dainty—May Be Served in Glaze or Cider, as is Preferred.

An old ham is best, but any thoroughly smoked, sound ham will do, writes Martha McCulloch Williams. Scrape it all over with a blunt-edged knife, then sprinkle well with a good washing powder and scrub in tepid water with a coarse cloth. Wring the cloth dry and wipe the ham, then rinse it in clear cold water and put it to soak overnight. The next morning scrape it afresh if any superfluous matter has been loosened, rinse, and put it, skin side down, to cook in cold water, having a rack or plate in the bottom of the boiler to prevent scorching. Bring the ham to a brisk boil, then throw in a pint of cold water and let it stand two or three minutes; skim off the scum, then throw into the pot a dozen whole cloves, as many allspice and black peppercorns, a small pod of red pepper, salt lengthwise, and a blade of mace. Watch closely, and when boiling begins lessen the heat so that there will be bare simmering. The water must stand two inches above the meat—fill the boiler up as it wastes away. Keep on the lid, but loosely, and let the ham simmer until it is very tender—the time depends upon the age, weight and hardness of the ham. When the haunch bone shows a little through the meat the ham is likely to be done. Let it cool in the water in which it was boiled, take it out, drain well and trim off the rusty fat from the edges, and a little of the smoke darkened flesh underneath. (The hock had better be sawed off before boiling, but if that has not been done, loose the projecting bones and cut to a neat end.) Skin carefully. Then stick all over the fat portion whole cloves in a lozenge pattern, after which dust thickly with black pepper and paprika, sprinkle lightly with soft sugar, and set the ham into a deep agate or earthenware vessel. Pour in sound claret or sweet cider, and let it soak six hours. Then put on a low rack in an agate pan, pour the soaking liquor around and bake very slowly from one to two hours, according to size. Baste with the liquor in the pan two or three times each half hour; as the liquor evaporates add either cold water or more wine or cider. If the ham is very fat cool the pan after taking it up, and remove most of the grease on top; then add a dash of boiling water, a light seasoning of herbs and ten drops of onion juice; cook for three minutes, stirring constantly, and then pour into your gravy boat. Pass with the ham; else use the savory stews and minces.

It is, perhaps, worth while to add that in judging a ham, dry, black-green mold upon the flesh side is ranked by epicures the hallmark of excellence, highly desirable.

To approximate fairly the famous French concoction, jambon au mader, you should pour the boiling water over the ham while it is still hot, after the ham is done, then let it simmer for an hour in enough of either claret or cider to float it, turning the ham from time to time and letting it cool in the liquor.

Some Oyster Hints. All styles of oysters, creamed or stewed oysters should be cooked over an open fire or live steam, because they should start to cook the moment the heat strikes the pan or chafing dish and continue at a forced rate until finished.

The cooking of oysters can be greatly improved by the use of the chafing dish instead of the saucepan in connection with the recipes where the latter is mentioned.

Oysters most easily secured and mostly desired are Saddle Rocks, Rocks, Rockaways, Lynn Haven Bays, Shrewsbury, Blue Points, Cotuit, Lynnhaven, Cape Cod, Buzzards Bay, Norfolk, Cape May Salts, Cherry Stones, Chicoteagues and Oak Creeks.

Chocolate Pancakes. This makes a delicious dessert for luncheon and one that is quickly prepared: Mix together two eggs, yolks and whites, with two heaping tablespoons of sweetened chocolate that has been grated (if unsweetened brand is used, then the mixture must be sweetened to taste), half cupful of milk, half cupful of flour. Beat all together well. Fry like ordinary pancakes, brown on both sides and roll them, lay on a hot platter, sprinkle with powdered sugar and serve immediately.

Chocolate Souffle. Soak half a cupful of breadcrumbs in milk and wring them dry in a clean cloth. Put them into a bowl and add half a cupful of melted butter and half a cupful of sugar. Beat until light and then add the well-beaten yolks of four eggs, vanilla to taste and three squares of chocolate grated. Beat light again and then add the stiff whites of four eggs and pour into a buttered dish. Bake in a moderate oven and serve immediately.

Tagging the Plover Bag. Here is a sensible way of tagging the contents of a place bag: On the outside of the bag fasten the largest possible safety pin. When drawing it is over attach samples to this pin of every remnant that goes into the bag. A great amount of time and expense is saved by this simple device, for one can see at a glance how the bag has been used.—Racine Journal.

Clamming Pigeons. If you have no steamer, you can catch your pigeons in a colander in a pan of boiling water. Clean wash, flour and treat it as directed above. It will take about three-quarters of an hour to cook, and should be served with white sauce and slip on a few drops of oil.

Stewed Pigeons. A Japanese wife can now become head of the house, a direct contrast to the laws which were in vogue in olden times in that country.

New York city has a special woman sleuth, whose duty it is to assist in reported cases of girls who have run away from home.

In Japan a woman has no particular job; but must look to her husband as her lord and must serve him with all worship and reverence.

The birds of England are

Dr. Marden's Uplift Talks

By ORISON SWETT MARDEN.

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"PERFECTION TO THE FINISH" A GOOD MOTTO.

The problem of the unemployed is one that usually confronts the whole country during the winter months. The thousands demanding shelter and food in the large cities of the country would seem to indicate great distress among the laboring classes.

A Chicago official gave as the chief reason for the large "army of unemployed" in that city the refusal of the men to accept work when offered them. Out of 347 men assigned to work one day, according to a report made to Mayor Harrison by the superintendent of the municipal employment bureau, 199 failed to report, and 100 of these had been provided with street car tickets. According to the superintendent there were 2,555 jobs available, but it is daily becoming more difficult to find men who will take these places offered them.

"We want work," says one young man in New York, "but we're not going to work for starvation wages. Offer us \$3 a day jobs and we'll go to work, otherwise we won't. What's the use of working and starving as well? It's easier to starve loafing."

If a man is a capable, careful worker and can give service worth \$3 a day it would seem only fair that he should be able to get it, but how often, if the characters of the great army of unemployed and sidetracked people were analyzed, it would be found that most of these people have been accustomed to half do things. It is seldom that a person who does whatever he undertakes to do as well as it can be done is out of a situation, unless he possesses some other serious character defects. It is a fact that, although there are hundreds of thousands out of employment, almost every great concern in the country is constantly on the lookout for better employees, better clerks, better bookkeepers, better stenographers, better service everywhere. With a raised standard of service salaries would naturally increase.

I should advise a youth starting out in the world to take as his motto, "Perfection to the finish," for its adoption early in life may mean all the difference between success and failure.

"Oh, that is good enough!" has been the unsafe stone in the foundation of many a life which has caused the building to topple. A habit of incompleteness formed when young is the secret of innumerable failures.

The world is full of people who bemoan their hard luck and are constantly pitying themselves because fate is against them, because they cannot succeed as others do. The real cause of their failure generally lies in themselves. They do not throw their whole souls into their work. They only touch their employment with the tips of their fingers. They are half-hearted, absent-minded and lack energy, push, perseverance; they have no ambition-fires to melt the obstacles in their pathways, to weld together in one continuous chain the links of their efforts.

The world wants your best, and you should resolve early in life never to give anything but the best of which you are capable. But your best thought, your best work, your best energy into everything you do. Make up your mind that you will never do anything by halves, no matter what others may do. Your life is worth too much to be thrown away in half doing things, or botching anything you undertake. It is not enough to do a thing pretty well; it should be done as well as it can be done.

POISON OF FATIGUE—ITS TRAGEDIES.

Nerve specialists say that a great many suicides are the direct result of exhausted brain cells.

Not long ago a boy in New York was driven to suicide from overtaxing his brain in an effort to pass difficult examinations in school. The boy was ambitious and was obliged to do errands before and after school in order to buy his clothing, and then he would sit up and study half the night. When the examinations came around he was in no physical condition to take them. His mentality was utterly depleted. The boy became despondent, melancholy, and several times tried to blow out his brains with a revolver; a last desperate attempt succeeded.

Hundreds of cases of this kind might be cited when boys and girls all over the country are driven to suicide, or permanently injure their health by overstudy, excessive brain stimulation.

Who can estimate the tragedies which have resulted from exhausted brain and nerve cells—from the poison of fatigue?

How often we pick up a newspaper and read of horrible accidents due most frequently to overtaxed nerves and overworked faculties. Quite recently a terrible railroad disaster, in which many precious lives were lost, was traced to the fact that the engineer had been compelled to work continuously for some thirty-six hours under a most terrific tension. This man had previously earned a high reputation for carelessness and strict attention to duty, and yet, on this occasion,

Activities of Women. A Japanese wife can now become head of the house, a direct contrast to the laws which were in vogue in olden times in that country.

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caslon the poison of fatigue had no demoralized his faculties, thus causing the loss of many precious lives.

We all know that our ability deteriorates, that our efficiency is cut down when we are mentally exhausted. Our courage, our faith, our perceptions, our power of fine discrimination and appreciation, as well as our observation and our hearing are impaired, because the blood and other secretions are loaded with poison, which benumbs the faculties.

No man can do his best when he is obliged to spur on his faded faculties; when he feels his mentality lagging and is compelled to force it to yield by pressure. There must be spontaneity in the thought or there will be no vividness of imagination, no certainty of memory.

I know a business man who has tremendous brain power, but much of his work is exceedingly ordinary and tame, because he does it when his brain is faded and lagged. He is constantly working under a great strain. The result is that his judgment, which is very remarkable when he is rested, is much of the time poor, and he is frequently irritated because he makes foolish, unaccountable blunders.

We cannot cheat nature without paying the penalty. We may force the brain to do a little extra work one day, but we get the protest in the next day. The brain will always do its maximum of work during the year if it is only required to give out each day the force which is generated in that day without drawing upon the reserve. Who overdraws from this daily supply faces mental bankruptcy.

When overfatigued many people make the mistake of sleeping just nine hours—when, as a matter of fact, they should sleep until they feel absolutely refreshed, renewed. It is only then that the debris, the broken-down tissues, all the poisons from the previous day's run, have been eliminated.

We have all had the experience of retreating at night completely discouraged over something we were trying to accomplish, and waking in the morning with an entirely changed mental attitude—new hope and a new resolve. This is due to the fact that the poisons have been eliminated during our sleep, which has also increased the resisting power of the body and filled the blood with new building material, new courage, new energy, new life. In fact, after a refreshing sleep we wake into a new world, a world of hope and expectation. This is why we should make it a life rule not to decide important things at night when tired and discouraged. We are apt to do things then which we will regret in the morning, after the poisons have been burned out of the system and we are made over into new creatures.

Sleep, rest, complete relaxation, is simply the antidote for brain poison.

Bismarck on Russian.

Although Bismarck knew Russian well, he declined to take any notice of dispatches addressed to the German foreign office in that language. "My predecessor," he once related, "wrote to all the diplomats in German, and they replied each in his own language—Russian, Spanish, Swedish and what not. I decided that all communications received in languages other than German, French, English and Italian should be left unnoticed. Bismarck, the Russian ambassador in Berlin, wrote me screeed after screeed always in Russian. No answer was returned, and at last he came to ask the reason for my silence. 'There is a great pile of documents in Russian downstairs,' I told him; 'you are probably among them. We have no one who understands Russian, and I have given instructions for all documents written in a language we do not understand to be put away in the archives.' It was then arranged that Bismarck should write to us in French."

A Boy's Work.

As a general rule, the man that is worth anything to his country and the world is he who, when a boy, had learned to work. The only channel of reform lies in the direction of a boy's life. The only worth, the only truth, the only happiness is in doing. This does not mean idleness. It is the employment of one's thought or one's hands in the accomplishment of something of value to life. There is no value in mere learning. A man may know all mathematics and all classics and then be no more than a mere figurehead. And this disposition to work cannot be talked into a boy. It comes the same way a flower does—out from under some gentle influence. What that influence is is the greatest problem of life.—Columbus Ohio State Journal.

Quite Simple.

During a school tea a kindly lady sat regarding one of the young guests with evident alarm. Undismayed by the lady's glances, the young hopeful demolished plate after plate of bread and butter and cake. At last the lady could stand it no longer. Going up to the urchin she said:

"My boy, have you never read any book which would tell you what to eat, what to drink, and what to avoid?"

"Why, bless yer, ma'am," replied the young gentleman, with his mouth full of cake, "I don't want no book. It's very simple. I eats all I can, I drinks all I can, an' I avoids bustin'."

Has Only Excuse.

"Did you hear about Mrs. Midly's heat?" She actually kissed her husband good-bye at the railway station.

The simple old dear. She's hopelessly old-fashioned.

proving to be of much value to the government since they are making quilts for the soldiers at the front.

Nellie Bly, who made quite a reputation by her 80-day trip around the world, is now acting as a war correspondent in northern France.

Game in California.

California is one of the richest states of the Union in game. The varieties include deer, elk, moose, antelope, caribou, wild turkey, pheasant, duck, quail, brant, plover, snipe and rail.

GUN IS IN HANDLE DEADLY BARB WIRE

Suit Case for the Use of Bank Messengers.

Two Devices Which Do Away With the Necessity for Reaching Into the Pocket for Weapon When Threatened.

A newly patented satchel or suit case, loaded so that it would fire a pistol and ring a bell the instant it was snatched from the carrier's hand, was described a few weeks ago. Now comes Benjamin Goldstein of New York with a handle that can be attached to any bag or suit case, and

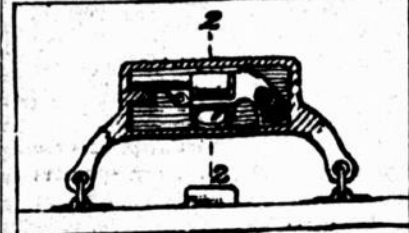


Diagram of Bag Handle Made to Hold a Revolver.

that contains a revolver which can be fired at its bearer's will.

The accompanying diagrams are from Mr. Goldstein's patent papers. The handle looks like the ordinary handle of a suit case, only deeper in the middle. It contains a hollow chamber into which a hammerless revolver fits tightly, its muzzle being flush with the outer edge of a round hole at the forward end. On the side of the handle is a door, hinged and locked, through which the revolver is put in, taken out, cocked and uncocked. In the lower part of the door are two apertures through which the bearer can, without releasing his grip, insert his fingers to fire the pistol.



Sections of Bag Handle Through Line 2-2, A, Trigger of Pistol; B, Opening Through Which It Is Fired.

The handle is intended especially for the use of bank messengers and clerks who have to carry large sums of money for pay rolls.

In another model, instead of the apertures through which to insert the fingers to fire the pistol, the trigger projects through a slot in the lower part of the handle and is held between the second and third fingers. It cannot be fired by any wrenching and jostling, but the man carrying it can shift his fingers and fire it at will.

The whole apparatus is so simple that it does not seem possible that it could get out of order.

Pauper Had \$320 in Shoe.

Although she had been a public charge as an inmate of the Orange City home at Livingston since last August, it was brought to light that since that time Mrs. Margaret Mulligan, seventy years old, had been carrying in her shoe \$320 in bills.

A bill of \$38.10 for her board since the admission to the home was promptly presented. She agreed to pay it and to reimburse St. Mary's hospital, Orange, for care and treatment received last summer. Then she made arrangements to be taken into the Home of Divine Providence at Ridgewood, where she will pay to be taken care of the remainder of her life.—Orange (N. J.) Dispatch to New York Times.

Says Sparrow Does Good.

"People are prejudiced against the sparrow," declares one Ohio bird student. "These birds are actually worth their weight in gold, as they destroy enough weed seed in one month to pay for all the damage they may do in other directions in a whole year. We must give the despised little birds credit for the actual good they are doing."

During July, August, September and October, throughout the Eastern and Central states, the sparrows are constantly gathering seeds from ragweeds, lambsquarters, sorrel and a number of obnoxious grasses, such as the foxtail grass, which the gardener and farmer dread so much on account of its persistence in resisting all their efforts to rid the country of it.

It Is a Question.

A Boston dispatch says that children of the tenements who search dump heaps, freightyards, markets and ash barrels for food, fuel and clothes are the subject of a report just issued by the Massachusetts child labor committee, which recommends legislation to exclude these "child scavengers" from the dumps. We wonder if the labor committee recommended any legislation that would help to make it unnecessary for these starving children of the tenements to "scavenge" in order to get food sufficient to live on?—Houston Post.

Second Crop of Oranges in Paraguay.

Owing to the unusually warm weather during the months of July, August and September, there is a general second crop of oranges in Paraguay. The regular orange season ends in September, but the markets are now supplied by the second crop. Considerable quantities of these oranges are being exported to Argentina, and command there a much higher price than is paid during the season.—Consul Samuel Hamilton Wiley, Asuncion, November 25.

And the Chain Shot.

In former wars we were accustomed to hear much about "grape and canister." No mention made of them nowadays. They have gone to 'em the crossbow and the javelin.—Haverhill Evening Gazette.

European Nations Have Chosen American Design.

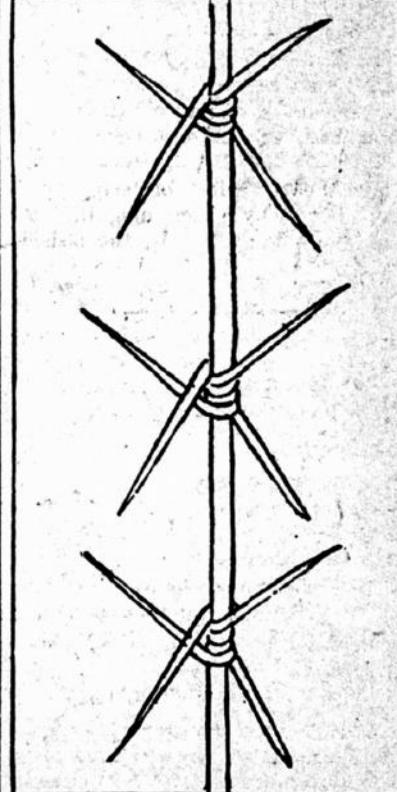
Indiana Firm Expects to Turn Out Enormous Quantities of Its Product for Use Before the Conflict Is Ended.

It has remained for an American to devise the most murderous form of fortification that can be used in the present European war.

Since the latest inventions in big siege guns have made ordnance fortifications not only useless but death traps to their garrisons barbed wire entanglements have come into general use to hold the enemy at bay.

But where was the kind of barbed wire necessary for this work to be found? A Kokomo (Ind.) manufacturer has answered the question to the satisfaction of some of the nations at least.

A plant at Kokomo manufacturing wire has just completed special machinery for turning out a murderous type of barbed wire for use in the European conflict. The drawing shows the wire in its actual size. This special wire has barbs more than an inch long, wound on a one-eighth-inch steel rod. The barbs are placed in sets of four at one-inch intervals along the steel core, the points standing out at right angles. The barbs are sharp-



Here is a Sample of the Deadly Barb Wire Being Made in America for European Use.

er than those on the usual barbed wire and are capable of inflicting severe injury to a horse or man.

In spite of the size of the core rod the wire is flexible to a remarkable degree and is wound on ordinary reels for shipment. The local company expects to turn out immense quantities of this special wire in the near future.

Just Wouldn't Be German.

A German appeared in the naturalization bureau for his second papers admitting him to citizenship yesterday. A comely woman came with him as his witness.

"I am his wife," she said to John Hein, who is in charge of the bureau. "You won't do," she was told, "because only a citizen can be a witness."

The woman bridled and said: "I would have you know that I am a citizen; I was born in New Jersey."

"But when you married a German you became a German yourself."

"But I positively will not be a German," she declared, "and I defy anybody to force me to be one."

"Well, well," said Mr. Hein soothingly, "you will be an American again as soon as your husband gets his papers."

"And I want to tell you," said the woman, turning to her husband, "that you had better be quick about it. Why, that's the most ridiculous thing I ever heard of. It makes me feel like an orphan."—New York Times.

Cordite and Tobacco.

William Cook of Clewer was dragged before a London justice. His offense was that he was wont for the past few weeks to light his pipe with cordite, which he obtained from suspicious sources. Though the explosive was originally intended for a high-power gun, Cook stated that the charge flared up, when touched to fire, and lighted his pipe in an instant. He stated that he had found his little girl rolling a piece of it about on the ground, had taken it away, and placed it in the stove, where he was able to watch it burn.

Fortunately he did not try to pound his cordite with a hammer, for, under those circumstances, he would have appeared before justice only in irregular sections.

Found Husband on Film.

During a moving picture show at Liverpool, a Belgian woman refugee recognized her husband in a film depicting scenes in the Belgian trenches. The husband appeared in the picture to be in the best of health and spirits. As they had been separated early in the war, and the address of each was unknown to the other, the woman tried frantically to obtain information from the theater, and even wrote to the film agent. But the name of the place where the husband was seen had been deleted by the censor. The film company, however, promised to try to trace the matter through the camera operator.

Trades for Prisoners.

"Every able-bodied inmate," according to the Joliet Prison Post, "upon leaving a penal institution, should be skilled in some trade and be capable of his own support and of those dependent upon him." That marks the difference between "ought to be" and "is."

Laura Jean Libbey's Talks on Heart Topics

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WHEN ARE WOMEN PAST THE
MARRYING AGE?

Love is not to be reason'd down or lost
In high ambition or a thirst of greatness.
'Tis second life; it grows into the soul,
Warms every vein, and beats in every
pulse.

Bachelor girls look about them and
see slips of girls of sweet sixteen car-
rying off matrimonial prizes—at-
tracting sensible
men of mature
ages. This causes
them to wonder if
they are consid-
ered passe in the
eyes of such men.
With that thought
comes the con-
jecture in their
minds, "when are
women considered
past the marrying
age?"

Let us reason
the subject out a
bit. If all men
were of the same
mind and inclined

to be frivolous, the girls in their early
twenties would be the only ones who
could hope to be led to the altar. But
this is not often the case. I am glad
to say. The majority of men by the
time they have reached thirty have
learned by experience, through hav-
ing been brought in contact with
young women of different ages, that
extreme youth in a wife is a doubtful
blessing. He knows that the girl of
sixteen is not capable of the grand
passion which will endure. Her likes
and loves are imaginary. What she
is infatuated with today she is tired
of tomorrow. Her thoughts are on
pretty dresses, good-looking young fel-
lows, the latest dances, parties, frolics
and fads.

When a girl has reached twenty-
five she has safely passed through the
silly age. She is not attracted to a
man because he has a love of a curl-
ing mustache, brown, wavy hair,
wears fancy clothes and a number
four shoe. On the contrary, the plain-
er the young man the more in favor
he stands with her. She understands
him better; is much more companion-
able. She realizes the solemnity of
the marriage bond; that her entire
future will be made or marred by her
choice of a husband.

When she is five and thirty she is
at the height of womanhood's bloom,
in the perfect rose, with all her beauty
unfaded. Her charms are at their
best. Her kindness and sympathetic
nature appeal to men whose hearts
could not be touched by any other
kind of woman. Much depends on the
woman whether she is a prize in the
matrimonial market after this age. If
her heart still retains the qualities of
youth, and her lips smile, her eyes
are cordial, it is an easy matter, if she
only knew it, to win the heart of many
a crusty bachelor or widower. They
are not looking for the frivolity of
youth, or the young woman who ex-
pects to wed and raise a family.
Neither are they attracted to the wom-
an of thirty-five, whose ambition is
at its height, who would scorn a quiet
life and taking it easy. In fact, in all
truth it may be said that women of
lovable dispositions find there is no
age limit which bars them from at-
tracting a congenial mate and wed-
lock. Let no single woman despair.
"While there's life there's hope." Who
knows what a day will bring forth? At
the time when a woman feels the most
discouraged, sunshine may be break-
ing through the clouds and a golden
day dawning for her.

DANCE, EAT, AND DANCE AGAIN.

Music arose with its voluptuous swell,
Soft eyes looked love to eyes which
spoke again.
And all went merry as a marriage bell.

There's a new fad, and the girls
want to know all about it. You may
be sure it has something to do with
dancing, for the pretty creatures seem
to be dance mad. Everyone is trying
to get up a new innovation that will
keep the girls still twirling the light
fantastic and be a magnet to draw
young men to the dance, as well.

A happy thought struck some one
between dances to dine. New York
was the first to adopt it; to see whether
it would become a fashionable craze
or turn out to be a fad. The one
who introduced the novel fad of dan-
cing between the dinner courses was
crazy, remembering the old adage,
"The way to a man's heart is through
his stomach." He may grow weary of
dancing, but of dining, with his best
girl seated by him at the table—
never!—well, hardly ever.

This is the way it is conducted: A
party at the first table sits down to
dine at 7:30 in the evening. While
they are enjoying the first course,
dancing begins promptly for the rest.
After one or two dances the manager
in charge blows the whistle. Those
at the table, having disposed of the
course, arise, giving their seats at
table to others, taking their place to
dance. The second whistle bids the
party who first sat to partake of
the second course at table No. 2; and so on until they have reached the
fifth, sixth or seventh table, which
represents the number of courses to
be served.

The small tables are placed at the
side walls, and accommodate two at
each table. Twenty tables are the re-
quired number for forty couples. While
one half of the guests are dining the
other half are dancing. It takes the
entire evening to dine, dance and
dine again. After all have dined to
the strains of enchanting music all
join in dancing. Everyone is happy,
therefore jolly. They've had a splen-
did dinner, there's been a chance for
the men to make love to their pretty
companions and to the merry

strains of the "Kiss" waltz, "Blue
Danube," as well as to the newer mel-
odies, to their heart's content. There
isn't a couple that doesn't vote the
dinner and dance a huge success, and
wish they could attend one six nights
in the week. Girls do not get fagged
out and look tired despite their youth
and vivacity.

Dinner courses between the dances
are a wonderful beauty preserver. The
wonder is that it was not thought of
before. Pink lemonade was very de-
lightful, but the dinner from con-
sommé to nuts, leaves nothing more to
be desired. Very often a girl takes a
precious souvenir home—the heart of
the young man who accompanied her
to the delightful affair. The progres-
sive dinner and dance is a reality
which fills a long-felt want. The girls
have an opportunity to have an in-
terrupted chat with different part-
ners. The newest dance craze has
much to its credit for lovers to be
thankful for.

IS JEALOUSY LOVE'S PROOF?

All thoughts, all passions, all delights,
Whatever stirs the mortal frame,
All are but ministers of love
And feed his sacred flame.

There are men who do not know
what to make of it when they get a
sweetheart who does not object to
seeing them talk and laugh with pret-
ty girls. The average man is used to
the ways of most girls. Quite as soon
as he begins paying attention to one
she gets the notion that he belongs to
her and should not look at any one
else. She would build a wall around
him, if she could, to keep others from
admiring him. He has only to men-
tion that this girl has fine eyes, or
that one a fine form, to arouse her ire
and to betray her jealousy.

By this token he is sure of her. He
settles it in his mind that she is ready
to accept him quite as soon as he pops
the question. Manlike, being sure of
her, he is in no hurry to declare him-
self. If they have a misunderstanding
and part, he finds the next girl whom
he begins to beau about fashioned
after the same pattern. So on down
the long list of girls.

When he meets a young woman who
is totally different from all the rest he
cannot understand her. He woos her,
with ardor, but does not seem able to
melt her icy reserve. He who has
been used to throwing his arms
around other girls without asking "by
your leave" is seized with a fit of
timidity at the impulse which comes
to him to take the icy maiden's hand
in his. When he makes his plea of
love, she is one of the sort who do not
fall into his arms whispering: "My
heart is yours. I have loved you all
along! When is the marriage to take
place?" Instead, the reserved maiden
looks at him sweetly, murmuring: "I
must take time to think it over."

Even after she has given her con-
sent that he may ask her father and
mother and has gained their approval,
he often finds himself doubting whether
he will be able to win the girl's
heart or not. If he could awaken
even a slight spark of jealousy in the
girl's heart he would be sure of her,
but this he is unable to do. Helingers
in the vestibule, just as he has
lingered with other girls. He does not
dare shock her by offering to caress
her. He who has been an adept at
snatching a kiss on such an occasion
from all-too-willing lips stands
abashed before the maiden who is all
sweetness, yet is clothed with a cer-
tain dignity which raises a barrier
over which familiarity on his part
would not dare attempt to cross.

She is by no means a prude. The
merry, dancing light in her eyes dis-
proves that suspicion at once. She
has no fear of any girl friend cutting
her out. She sensibly declares: "If
he likes any other girl better than he
does me, I would rather help him
than hinder him from getting the one
who can make him happiest." He
marries the reserved sweetheart. He
is one of the men not troubled by a
jealous wife. He lives to learn that
jealousy is no proof of love. Men and
women make the mistake of their
lives by thinking that it is.

Our Teachers.

It may be safely said that many
schools in which morals are never
taught from text-books, or by formal
exercises, furnish a most stimulating
drill in the higher and finer moralities
every day. Many of us know teach-
ers, who, without much preaching, con-
vey, in all their intercourse with their
pupils, the influences and qualities
which purify and invigorate character.
A considerable acquaintance with
teachers impresses me with the belief
that the feeling of their responsibility
for the moral welfare of their pupils,
and their appreciation of the values
of character, are steadily deepening
among them. No profession is so
sacred that shallow and self-seeking
persons do not find a place in it; but
I believe that as much seriousness and
devotion may be found among the
teachers of our common schools as
among any other class of persons—the
clergy not excepted.—Washington
Gladden, in the Atlantic.

Doll as Decoy for Car Seat.
One woman learned recently how to
get a seat on a crowded Kansas City
street car. Whether her maneuver
was made purposely or by accident is
not known, but she obtained a seat
just the same.

The woman carried something
wrapped in a blanket. She watched it
carefully and handled it tenderly as
she entered a Rockhill car at the
Union station.

Several men jumped to their feet.
"Have my seat," said an aged man
with a courteous bow.

The woman accepted.
One corner of the covert fell, and
the passengers saw a gayly painted
wooden doll such as is used by ven-
triloquist instead of the baby they
thought she was carrying.

A few laughed. The courteous old
man grew red in the face. The wom-
an looked out the window until she
reached her corner.

The Morning After.
Visitor:—Are the ladies in?
Butler:—Yes, sir; they are all in.
Visitor:—Oh, I beg your pardon! I'll
call again when they are feeling bet-
ter.—Harvard Lampoon.

Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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DUCTLESS GLANDS.

In a general way what may be said
of any single ductless gland may in a
large measure be said of them all.
Their functions are mainly two. First,
by reason of either individual or co-
operative secretions they govern the
metabolism in the body. Second,
these same secretions build up and
maintain the body's resistance to dis-
ease by cleansing the blood of the
different poisons which it accumu-
lates in its current from time to time.
It is believed that the internal gland
secretions whet the appetite of the
white blood corpuscles, or leucocytes,
the body's germ destroyer, as a step
in this protective plan.

The biochemic salts involved in the
breaking down (katabolic) and the
building up (anabolic) processes of
the body; the 16, and perhaps more,
mineral elements existing in organic
or living form in the universe and re-
quired to maintain the metabolism of
all the cells of the human body, are
governed, regulated and controlled by
the ductless glands. This, of course,
is a reciprocal reaction, because
obviously there must be something to
govern if the glands are to function,
and it is equally obvious that the
glands cannot function in the absence
of these elements or minerals. There
being no ducts leading into these
glands, it is very clear that nothing
can get either into or out of them
except by means of the blood stream.
Hence, the profound physical and men-
tal disturbance following any disar-
rangement in the natural or physiol-
ogical food supply.

The largest of the ductless glands is
the thyroid, situated in the fore part
of the neck, midway between the
"Adam's apple" (thyroid cartilage)
and the top of the breastbone (sternu-
m), a point just behind where the
average man wears his collar button.
The gland comprises two sections, or
lobes, one lying on either side of the
windpipe (larynx), connected by a
neck, or isthmus, the whole forming a
flat, oval body about three inches
long.

Because the general shape suggests
a long, oval, shield, the name "thy-
roid" was taken from the Greek lan-
guage—it means, literally, shieldlike.
The thyroid gland is reddish-brown
in color and has a vascular structure
—that is to say, the interior is honey-
combed with minute sacs like the in-
terior of an orange, each tiny bladder
of which under normal conditions is
filled with a yellow glue-like compound
known as "colloid," a substance dif-
fusing not at all, or very slowly,
through animal membranes. Acces-
sory thyroids, varying in size and num-
ber, may be found along the lower
windpipe (trachea) from the larynx
as far down as the heart. These ac-
cessories possess the same vascular
structure and are supposed to have
a function similar to that of the thy-
roid body.

There are several highly significant
facts in connection with the general
structure and composition of the thy-
roid body that it is advisable to keep
constantly in mind while considering
this subject. Throughout the whole
range of animal and vegetable life the
catalytic enzymes, or ferments, are
constantly busy. They are vitally
and fundamentally concerned with life
in all its phases, so much so that phy-
siology is rapidly resolving itself into
a branch of catalysis. So many cata-
lytic agents are "colloids" and the
colloidal condition is so tangled up
with catalytic action, ferments and en-
zymes, it is practically impossible, in
our present state of knowledge, to
distinguish one from the other. It
should be remembered, too, that all
kinds of metals and compounds of
metals have this powerful catalytic
"presence," the potency of which may
be so high that in many instances the
proportion of but one part to the
thirty-two parts of substance mean-
time, the catalyzing substance itself
being quite unaffected by its remark-
able exertions; it remains as potent
as ever and may be used over and
over again.

No other gland, large or small, re-
ceives proportionally so great and di-
rect a supply of blood as the thyroid.
All these facts considered together
are sufficient to warrant us in accept-
ing the thyroid as a most important
organ and should also prepare us to
expect very grave physical results
from any disturbance of its functions.
Snugly tucked away behind the thy-
roid, two of them on either side of
the larynx and often actually imbed-
ded in the tissue of that gland, are
four small bodies known as the "par-
athyroids."

The adrenal glands take their name
from the kidney; "ad" meaning addi-
tion, or proximity to, and "renal" be-
ing another name for kidney. These
two additional kidney glands are flat,
lima bean shaped bodies, each about
one and one-half inches long, and they
lie in intimate relation with and at
the top of each kidney. It is believed
both the inner (medullary) and the
outer (cortical) parts of the adrenal
glands make contributions to the
blood stream. The absence of this
medullary secretion produces a fall
in blood pressure which is fatal.

Suspended by a short stalk from the
under surface of the brain hangs an-
other of these peslike bodies, or baby
glands. The early students of physiol-
ogy believed this gland prepared phlegm
or mucus for the moistening of
the membrane of the nose, and they
therefore called it the "pituitary,"
which means the phlegm former. The

pituitary body (hypophysis) consists
of two parts, a large anterior lobe
of distinct glandular tissue and a
much smaller posterior lobe of nerv-
ous origin composed chiefly of nerve
cells and fibers. Resting in a little
bony depression in the base of one's
skull, this tiny body prepares and
sends out secretions and nerve im-
pulses profoundly influencing us for
good or evil.

Among all this complicated maze
of action and reaction we are perhaps
best familiar with the action of the
thyroid gland, and no adequate ex-
planation has yet been furnished of
the influence exercised by the thyroid
on the nutrition of the body. We have
indisputable proof that disturbance
in thyroid function induces charac-
teristic symptoms, covering practically
the entire range of human affliction,
and that these disturbances in glandu-
lar functions are gravely influenced
by our choice of food matter. It is
perfectly obvious that this must be
so in view of the facts above set forth,
and equally clear that Funk's state-
ment that the vitamins, those vital
nitrogenous principles in combination
with the organic minerals, are the
mother substance of the ductless gland
internal secretions on which our de-
velopment, life and health depend, and
of which we are largely deprived
through the stupid commercial spirit
of the age.

INTERNAL SECRETIONS.

We find running all through the his-
tory of the development of the theory
of combating disease a slowly evol-
ving chain of ideas revolving around
the primitive belief of the savage that
eating the heart of his victim imparted
to him the courage and vitality of
his enemy.

This idea has given rise from time
to time to various methods of organ-
otherapy, all of which have failed to
be effective, but which have been val-
uable because they have served as steps
toward a conception of the idea that
certain glandular organs give rise to
chemical products which on entering
the circulation influence the activity
of one or more other organs. The term
"internal secretions" is used to de-
signate these products.

Claude Bernard appears to have
been the first to employ this term to
distinguish between the ordinary or
external secretions and these internal
secretions. The belief that the secre-
tory products were given off in this
way had long been held in reference to
the ductless glands, and this belief
was perfectly logical because the ab-
sence of any duct naturally suggested
such a possibility; but there was prac-
tically no interest in the matter of
the internal secretions until reports of
the work of Brown-Sequard upon tes-
ticular extracts were published prior
to 1890. This investigator assumed
that all tissues give off something to
the blood which is characteristic and
is of importance in general nutrition.
The idea was taken up widely and it
led to a strong revival of the old no-
tions regarding the treatment of dis-
eases of the different organs by ex-
tracts of the corresponding tissues, but
no extract was found to be of any
advantage in treating the troubles of
the organs from which they were
made.

Obviously, vital elements can be ex-
pected to flow only from live—that is
to say, from functioning—organisms.
It is not reasonable to expect more
than temporary results from the non-
living. However, while Brown-Se-
quard's idea was not found to be
justified by subsequent work, it led
to investigation and the development
of the methods necessary to demon-
strate that not only the ductless glands
provided with ducts for external secre-
tions give rise also to internal secre-
tions, the pancreas and the liver being
examples in point.

We have in our bodies ten or a
dozen ductless glands which, as in-
vestigations have demonstrated, play
a part of enormous importance in our
general nutrition.
The principal ductless glands are
the thyroid, parathyroid, suprarenal,
thymus, pituitary, pineal, carotid and
coeliac. In some of these the exist-
ence or the non-existence of an in-
ternal secretion is still an open ques-
tion, but it is quite safe to assume
that, inasmuch as nothing can come
into being without a reason and that
nothing can continue to exist without
a reason, a broader and deeper knowl-
edge of the process of digestion and
of our metabolism in general will
demonstrate these supposedly useless
organs to be endowed with some very
important function. The promiscuous
removal of "useless" organs is less
generally than it was and must become
less and less as knowledge increases.

Outside the ductless glands the idea
of internal secretions has recently found
fruitful application in the study of the
digestive secretions, and it has been
clearly demonstrated that the gastric
and the pancreatic "secretions," and
perhaps other secretions from lower
down in the digestive tract, must be
regarded as examples of internal secre-
tions, and that they must be reckoned
with in our efforts to secure an under-
standing of the rapidly increasing mor-
tality resulting from those diseases
due to deranged metabolism.

Chemical products of this kind
which stimulate the activity of spe-
cial organs Sterling has designated as
hormones, from the Greek word which
means "I excite," and he suggests
that these chemical products may be
regarded as the original or primitive
means for co-ordinating the function-
ing of the various parts of a complex
organism. In other words, we are
controlled by what may be called
liquid nerves acting through our blood
circulation as well as by the better
known co-ordination secured through
the medium of the later developed
and wonderfully complex nervous
system which we are able to dissect
out and follow to its point of origin.

This double control, conclusively
demonstrated to be operative in all
mammals, is destined to play a revo-
lutionary part in our ideas of disease
and of our relationship to the balance
of organic creation. It opens the
way to a solution of many of our
vague nervous diseases and is a most
emphatic warning against the use of
unscientific food materials.

BEANS AND BROWN BREAD

Appetizing Combination Not as Easy
to Cook as Most People Seem
to Imagine.

When considering the results, the
bean and the bean pot are most im-
portant. The bean pot must be brown
earthen, with a handle at the side
and a closely fitted cover with a white
glazed lining. The beans must be
peas beans. To a quart allow a pound
of salt pork, a solid chunk, lean and
fat about equally divided. Soak the
beans over night in the bean pot.

In the morning set them on the
range and let the water just come
to a boil, but do not let them cook
at all after that. Drain off the water
and take out about a cupful of the
beans. Pour boiling water over the
bean pot and score the rind with a sharp
knife. Put it into the center of the
bean pot and dispose the beans you
took out around it. On the rind place
a half a teaspoonful of bicarbonate
of soda and three tablespoonfuls of
molasses.

Fill up the pot with boiling water,
cover closely and cook in a very slow
oven all day, filling up with boiling
water from time to time. If you use
a gas oven have the rear burner lit
and turned down to the lowest point
of ignition and the door of the lower
oven open.

There are many recipes for the so-
called Boston brown bread. Some
call for rye meal and some for flour
to be used in combination with the
cornmeal. The following is the recipe
which the writer's family has used for
years, almost in sight of Bunker Hill,
so it deserves the name: One cupful
of cornmeal, one cupful of graham
flour, one cupful of white flour, three-
fourths teaspoonful of soda, one tea-
spoonful of salt, three-fourths tea-
spoonful of molasses and one and three-fourths
cupfuls of sweet milk. Mix the dry in-
gredients, add the milk and molasses,
mix well and put in buttered molds.
Fill the molds about two-thirds full,
leaving space for the bread to rise.
Steam until the bread is done and then
set in a hot oven to brown. To cut
white bread brown, draw a clean, strong,
white thread sharply and firmly across
the loaf, pushing it down equally on
either side. The result will be clean,
smooth slices, free from the sticki-
ness that comes from knife cutting.

MAKES A DELICIOUS PUDDING

Stale Bread Crumbs the Basis, With
Other Ingredients and an Accom-
paniment of Cherry Sauce.

Mix thoroughly two cupfuls of stale
bread crumbs, one cupful of molasses,
one cupful of sweet milk, one-half tea-
spoonful chopped suet, two eggs, one
teaspoonful of cinnamon, one-half tea-
spoonful ground cloves, one-half tea-
spoonful of nutmeg, one cupful of rais-
ins, one cupful chopped nuts (figs
and dates, if desired), one-half cupful
flour, one-quarter teaspoonful soda.
Steam four hours.

Cherry Sauce.—Cream one-half cupful
butter, blend it into two cupfuls
brown sugar. Gradually add six
tablespoonfuls of sweet cream. Melt
over hot water to a smooth sauce.
Add cherries and sirup from a small
bottle of Maraschino cherries and
serve hot.

Combination Salad.

Mix one sliced peeled cucumber with
one peeled and sliced tomato, one finely
sliced onion, one stalk of sliced rad-
ishes, and one bunch of thinly sliced
radishes. Mix and serve with sliced
stuffed olives. For the salad dressing,
mix together in a double boiler one
teaspoonful of salt, one tablespoonful
of four, one teaspoonful of mustard,
one-half cupful of sugar and one beat-
en egg; add one cupful of vinegar,
then cook and stir over the fire until
thick. Cool and add three-fourths cupful
of cream.

Stitch in Time.

If you mean to save your sheets and
pillow slips and towels, you must give
them a glance before they go into the
laundress' hands. Often a stitch set
them will mend a little break that
washing would develop into a hole.
The hem-stitching of a towel which
has begun to break may be caught up
in two minutes now. If you wait un-
til the towel comes home you will find
the hem hanging in a strip which will
require half an hour's work if it is to
be repaired properly.

Preparation of Frying Pan.

The preparation of the frying pan
for heating up or for cooking a great
number of things needs to have little
more butter or dripping used than is
put on the baking tin. If butter is
used, even when partly for seasoning,
as well as for a heating medium, it is
better to take just as little as possible
at the start to prepare the pan, and
then add the part used for seasoning
just as the food is taken from the
stove.—Chicago Tribune.

Graham Biscuits.

Two cupfuls of graham flour, one
cupful of white flour, one cupful of
sour milk, half cupful of water added
to milk, one scant teaspoonful of bak-
ing powder, shortening, lard the size
of an egg, half cupful of brown sugar,
a little salt. Mix lard, sugar, baking
powder, salt and brown sugar to-
gether; then add soda to sour milk and
water. Stir this in the flour. Dough
must be soft. Roll and cut with small
cutter.

Chocolate Squares.

One cupful of sugar, one-quarter
cupful of chocolate, one-half cupful
of molasses, one-half cupful of milk,
one-half cupful of butter; mix this all
together and boil it 30 minutes; cool it
a very little and add one teaspoonful
of vanilla. Pour into pans and, when
cool, mark off in squares.—St. Nich-
olas.

Puree of Carrots.

Boil enough carrots to make a pint
after being run through colander. Put
one and one-half pints of milk and
carrots on stove, when boiling add
three tablespoonfuls of flour wet in
little cold milk. Stir constantly as it
boils and, last, a little pepper, butter
and saltspoonful of salt.

The KITCHEN CABINET

Lonely! And what of that?
Some must be lonely, 'tis not given
to all
To feel a heart responsive rise and
fall
To blend another life into its own;
Work may be done in loneliness; work
on.

COUNTRY SAUSAGE.

At this season of the year when
sausage is made in many country
homes a few tried recip-
es will be appreciated.
It is one of our most
savory winter meats, yet
to be fully enjoyed one
likes to know how and
by whom it is made.
The choice portions of
meat chosen and han-
dled with care, season-
ed with herbs from her gar-
den and carefully measured
and mixed, resulted in the good old-fash-
ioned sausages of our grandmothers'
days.

With the handy meat chopper a house-
wife may prepare a few pounds of
sausage and season it to suit her
family with but little trouble. The
cases for the sausage may be made
of cotton cloth, eight inches long and
three inches wide. If these bags are
boiled in salted water and dried they
will then be ready to fill.

Pork Sausage.—Take five pounds of
fresh, raw pork, five teaspoonfuls of
salt, five teaspoonfuls of pepper, three
and a half teaspoonfuls of sage, one
teaspoonful of summer savory, and
three-fourths of a teaspoonful of
thyme. These herbs should be meas-
ured lightly, not as we usually level
off the teaspoon when measuring.
Place all together in a large mixing
bowl and mix thoroughly before put-
ting into the cases. Pack the sausage
into the bags, leaving a two-inch
lap at the top to tie with a string.
When the sausage is wanted the cloth
may be turned back and the sausage
sliced in rings.

A most attractive sausage may be
put up in corn husks and tied up
with strips of the husk, then sacked
with the rest of the meat. The flavor
of the corn adds to the savory sausage.

Bologna Sausage.—To one pint of
pig meat, lean and fat, take two pints
of beef, mix well and for each pound
of meat add a teaspoonful of salt,
a half teaspoonful of pepper, and
a half a clove of garlic, finely chopped.
Put this in casings and smoke for two
weeks. After smoking freeze and
pack in boxes, cover and keep in a
cold place. They are better a few
weeks old.

A FEW WINTER SALADS.

Cut pimientos in lengthwise shreds
and shape in nests on lettuce hearts.
In each nest ar-
range three eggs
formed of cream
cheese. Pour over
a plain French
dressing, seasoned
well with paprika.

Lima Bean Sal-
ad.—Over a pint of
well-cooked cold lima beans pour four
tablespoonfuls of olive oil, two table-
spoonfuls of vinegar, one teaspoonful
of grated onion pulp, half a tea-
spoonful of salt and a few dashes of
paprika. Serve on lettuce or a bed
of water cress.

The Century Salad.—Cut smooth,
clean tomatoes into half-inch slices,
after peeling. Stamp out the center
of each and insert four or five cooked
stalks of asparagus, or the tender
young stalks of celery. Arrange on a
bed of water cress and cut the centers
of the tomatoes in cubes and heap
with a few stuffed olives and boiled
chestnuts, cut in slices at one side.
Mix a half cupful of olive oil, three
tablespoonfuls of vinegar, a table-
spoonful of grated onion and salt and
paprika to taste, a dash of Worcester-
shire sauce, a pinch of mustard and
three sprigs of parsley, chopped fine.
Pour over the salad and serve at once.

Emergency Salad.—A most appetiz-
ing and inexpensive salad may be
made of a small amount of cabbage,
a few stalks of celery and a small onion,
all chopped fine and dressed with a
French dressing, adding a teaspoonful
of Worcestershire sauce and plenty of
salt with a few dashes of pepper.
Serve on lettuce or simply as a vege-
table with the meat dish.

Fruit Salad.—A slice of pineapple
placed on the tender heart leaves of
lettuce and on each slice two sections
of orange and grape fruit, cover with
French dressing that has been mixed
with bits of ice to chill. Pour over
and serve at once.

Seeing Things.

"My dear, what do you think. To-
day I saw a man flying an air

AFRO-AMERICAN CULLINGS

In the article of Mr. James Croghan, in the Sunday Star, it is stated that "one hundred years ago the first colored troops who ever served in the army of the United States were in the commendation of General Jackson in the battles in and around New Orleans." This statement as to when the first colored troops served in the army of the United States is incorrect, writes Albert N. Selp in a communication to the Washington Star. Bancroft's History, volume five, pages 152, 153, says: "On the first of January, 1776, the tricolored American banner, not yet spangled with stars, but showing 13 stripes of alternate red and white in the field, and the united red and white crosses of Saint George and Saint Andrew on a blue ground in the corner, was unfurled over the new continental army around Boston, which, at that moment of its greatest weakness, consisted of but 9,650 men. On that day, free Negroes stood in the ranks by the side of white men. In the beginning of the war they had entered the provincial army; the first general order which was issued by General Ward had required a return, among other things, of the 'complexion' of the soldiers; and black men, like others, were retained in the service after the troops were adopted by the continent."

We have seen Edward Rutledge defeated in his attempt to compel their discharge. In October, the conference at the camp, with Franklin, Harrison and Lynch, thought it proper to exclude them from the new enlistment; but Washington, at the crisis of his distress, finding that they were very much dissatisfied at being discarded, reversed the decision and asked the approval of congress. That body appointed Wythe, Samuel Adams and Wilson to deliberate on the question; and, on the report of their able committee, they voted "that the free Negroes who had served faithfully in the army at Cambridge might be re-enlisted therein, but no others." The right of free Negroes to take part in the defense of the country having thus been partially admitted by the highest power, the limitation was lost sight of, and they served in the ranks of the American armies during every period of the war.

When in 1778 the army was reduced to its lowest point in numbers, Bancroft states, in volume six, page 48, that "Varnum, a brigadier of Rhode Island, proposed the emancipation of slaves in that state, on condition of their enlisting in the army for the war. The scheme, approved by Washington, and by him referred to Cooke, the governor of the state, was accepted. Every able-bodied slave in Rhode Island received law liberty to enlist in the army for the war. On passing muster he became free and entitled to all the wages and encouragements given by congress to any soldier. The state made some compensation to their masters."

As the object of this communication is simply to correct the error of Mr. Croghan as to when the first colored troops served in the army of the United States, it is not necessary to refer to the well-known fact that Negroes fought at the battle of Bunker Hill, taking part in common with the white yeomanry of Massachusetts and other states. Their services in the Union army during the Civil war are well known.

Kansas City has 130 miles of boulevards.

Houston has a Negro population of probably thirty thousand, and we believe it can be said without exaggeration that there is not a city in the country where the Negroes are making better progress. We do not mean to say that there is not room for improvement or that everything that might be done to add them is being done, but year by year the white people are coming to know that their interest in everything that improves conditions among the Negroes is one of vital importance. It is no longer difficult to enlist the co-operation of the white people in any movement having for its object the welfare of the Negro people; and we think nearly all of the southern cities can say as much.—Houston (Texas) Post.

One of the objects of an Australian Antarctic expedition will be the establishment of a meteorological station to give warnings by wireless of the severe storms which sweep for southern seas.

Peruvian oil fields are rapidly being developed.

The Illinois river was so termed from the Illini, a tribe of Indians on its banks. Another derivation is suggested in late Annals, Island of Nuts. Several derivatives more or less fanciful are suggested by the etymologists and geographers.

One of the strangest cargoes ever carried on the sea was a shipload of bees sent from Holland to the Isle of Wight, England, where the native bees were threatened with extinction by disease. The cargo consisted of 300 hives, containing about 10,000,000 bees.

But in the case of places mentioned in the Bible, is the Hebrew word for "bees"? This Hebrew word is the same as "bees"; Ruthenia, however, is not.

The Boston capital has been officially named "Brussels" by the Germans. They have also imposed German names on the city.

If the land of England and Wales were equally divided among the natives there would be a little more than one acre for each person.

PROPERLY BAKED HAM

SOMEWHAT LENGTHY PROCESS, BUT WORTH WHILE.

Expert Gives Explicit Directions for Preparation of Dainty—May Be Soaked in Claret or Cider, as Is Preferred.

An old ham is best, but any thoroughly smoked, sound ham will do, writes Martha McCulloch Williams. Scrape it all over with a blunt-edged knife, then sprinkle well with a good washing powder and scrub in tepid water with a coarse cloth. Wring the cloth dry and wipe the ham, then rinse it in clear cold water and put it to soak over night. The next morning scrape it afresh if any superfluous matter has been loosened, rinse, and put it, skin side down, to cook in cold water, having a rack or plate in the bottom of the boiler to prevent scorching. Bring the ham to a brisk boil, then throw in a pint of cold water and let it stand two or three minutes; skim off the scum, then throw into the pot a dozen whole cloves, as many allspice and black peppercorns, a small pod of red pepper, slit lengthwise, and a blade of mace. Watch closely, and when boiling begins lessen the heat so that there will be bare simmering. The water must stand two inches above the meat—fill the boiler up if it wastes away. Keep on the lid, but loosely, and let the ham simmer until it is very tender—the time depends upon the age, weight and hardness of the ham. When the haunch bone shows a little through the meat the ham is likely to be done. Let it cool in the water in which it was boiled, take it out, drain well and trim off the rusty fat from the edges, and a little of the smoke darkened flesh underneath. (The hock had better be saved off before boiling, but if that has not been done, loose the projecting bones and cut to a neat end.) Skin carefully. Then stick all over the fat portion whole cloves in a lozenge pattern, after which dust thickly with black pepper and paprika, sprinkle lightly with soft sugar, and fit the ham into a deep agate or earthenware vessel. Pour in sound claret or sweet cider and let it soak six hours. Then put on a low rack in an agate pan, pour the soaking liquor around and bake very slowly from one to two hours, according to size. Baste with the liquor in the pan two or three times each half hour; as the liquor evaporates add either cold water or more wine or cider. If the ham is very fat cool the pan after taking it up, and remove most of the grease on top; then add a dash of boiling water, a light seasoning of herbs and ten drops of onion juice; cook for three minutes, stirring constantly, and then pour into your gravy boat. Pass with the ham; else use the savory steaks and mince.

It is, perhaps, worth while to add that in judging a ham, dry, black-green mold upon the flesh side is ranked by epicures the hallmark of excellence, highly desirable. To approximate fairly the famous French concoction, jambon au mader, you should pour the boiling water off the ham while it is still hot, after the ham is done, then let it simmer for an hour in enough of either claret or cider to float it, turning the ham from time to time and letting it cool in the liquor.

Some Oyster Hints. All styles of panned, creamed or stewed oysters should be cooked over an open fire or live steam, because they should start to cook the moment the heat strikes the pan or chafing dish and continue at a forced rate until finished. The cooking of oysters can be greatly improved by the use of the chafing dish instead of the saucepan in connection with the recipes where the latter is mentioned. Oysters most easily secured and mostly desired are Saddle Rocks, Rocks, Rockaways, Lynn Haven Bays, Shrewsbury, Blue Points, Cotuit, Lynnhaven, Cape Cod, Buzzards Bay, Norfolk, Cape May Salts, Cherry Stones, Chincoteagues and Oak Creeks.

Chocolate Pancakes. This makes a delicious dessert for luncheon and one that is quickly prepared: Mix together two eggs, yolks and whites, with two heaping table-spoonfuls of sweetened chocolate that has been grated (if unsweetened brand is used, then the mixture must be sweetened to taste), half cupful of milk, half cupful of flour. Beat all together well. Fry like ordinary pancakes, brown on both sides and roll them, lay on a hot platter, sprinkle with powdered sugar and serve immediately.

Chocolate Souffle. Soak half a cupful of breadcrumbs in milk and wring them dry in a clean cloth. Put them into a bowl and add half a cupful of melted butter and half a cupful of sugar. Beat until light and then add the well-beaten yolks of four eggs, vanilla to taste and three squares of chocolate grated. Beat light again and then add the stiff whites of four eggs and pour into a buttered dish. Bake in a moderate oven and serve immediately.

Tagging the Piece Bag. Here is a sensible way of tagging the contents of a piece bag: On the outside of the bag fasten the largest procurable safety pin. When dressing-making is over attach samples to this pin of every remnant that goes into the bag. A great amount of time and confusion is saved by this simple device, for one can see at a glance just what the bag contains.—Racine Journal.

Steamed Pigeons. If you have no steamer, you can cook your pigeons in a colander in a deep pan of boiling water. Clean, wash, flour and truss it as directed above. It will take about three-quarters of an hour to cook, and should be served with white sauce and slip pots of toast.

Dr. Marden's Uplift Talks

By ORISON SWETT MARDEN.

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"PERFECTION TO THE FINISH," A GOOD MOTTO.

The problem of the unemployed is one that usually confronts the whole country during the winter months. The thousands demanding shelter and food in the large cities of the country would seem to indicate great distress among the laboring classes.

A Chicago official gave as the chief reason for the large "army of unemployed" in that city the refusal of the men to accept work when offered them. Out of 347 men assigned to work one day, according to a report made to Mayor Harrison by the superintendent of the municipal employment bureau, 199 failed to report, and 100 of these had been provided with street car tickets. According to the superintendent there were 2,555 jobs available, but it is daily becoming more difficult to find men who will take these places offered them.

"We want work," says one young man in New York, "but we're not going to work for starvation wages. Offer us \$3 a day jobs and we'll go to work, otherwise we won't. What's the use of working and starving as well? It's easier to starve loafing."

If a man is a capable, careful worker and can give service worth \$3 a day it would seem only fair that he should be able to get it, but how often, if the characters of the great army of unemployed and sidetracked people were analyzed, it would be found that most of these people have been accustomed to half do things. It is seldom that a person who does whatever he undertakes to do as well as it can be done is out of a situation, unless he possesses some other serious character defects. It is a fact that, although there are hundreds of thousands out of employment, almost every great concern in the country is constantly on the lookout for better employees, better clerks, better bookkeepers, better stenographers, better service everywhere. With a raised standard of service salaries would naturally increase.

I should advise a youth starting out in the world to take as his motto, "Perfect to the finish," for its adoption early in life may mean all the difference between success and failure.

"Oh, that is good enough!" has been the unsafe stone in the foundation of many a life which has caused the building to topple. A habit of incompleteness formed when young is the secret of innumerable failures. The world is full of people who become their hard luck and are constantly pitying themselves because fate is against them, because they cannot succeed as others do. The real cause of their failure generally lies in themselves. They do not throw their whole souls into their work. They only touch their employment with the tips of their fingers. They are half-hearted, absent-minded and lack energy, push, perseverance; they have no ambition-fires to melt the obstacles in their pathways, to weld together in one continuous chain the links of their efforts.

The world wants your best, and you should resolve early in life never to give anything but the best of which you are capable. Put your best thought, your best work, your best energy into everything you do. Make up your mind that you will never do anything by halves, no matter what others may do. Your life is worth too much to be thrown away in half doing things, or botching anything you undertake. It is not enough to do a thing pretty well; it should be done as well as it can be done.

POISON OF FATIGUE—ITS TRAGEDIES.

Nerve specialists say that a great many suicides are the direct result of exhausted brain cells.

Not long ago a boy in New York was driven to suicide from overtaxing his brain in an effort to pass difficult examinations in school. The boy was ambitious and was obliged to do errands before and after school in order to buy his clothing, and then he would sit up and study half the night. When the examinations came around he was in no physical condition to take them. His mentality was utterly depleted. He became despondent, melancholy, and several times tried to blow out his brains with a revolver; a last desperate attempt succeeded.

Hundreds of cases of this kind might be cited when boys and girls all over the country are driven to suicide, or permanently injure their health by overstudy, excessive brain stimulation.

Who can estimate the tragedies which have resulted from exhausted brain and nerve cells—from the poison of fatigue? How often we pick up a newspaper and read of horrible accidents due most frequently to overtaxed nerves and overworked faculties. Quite recently a terrible railroad disaster, in which many precious lives were lost, was traced to the fact that the engineer had been compelled to work continuously for some thirty-six hours under a most terrific tension. This man had previously earned a high reputation for carefulness and strict attention to duty, and yet, on this occasion...

Activities of Women. A Japanese wife can now become head of the house, a direct contrast to the laws which were in vogue in olden times in that country.

New York city has a special woman sleuth, whose duty it is to assist in reported cases of girls who have run away from home.

In Japan a woman has no particular lord, but must look to her husband as her lord and must serve him with all worship and reverence. The Girls' Guides of England are

caston the poison of fatigue had demoralized his faculties that he regarded danger signals, thus causing the loss of many precious lives.

We all know that our ability deteriorates, that our efficiency is set down when we are mentally exhausted. Our courage, our initiative, our perceptions, our power of fine discrimination and appreciation, as well as our observation and our hearing are impaired, because the blood and other secretions are loaded with poison, which benumbs the faculties.

No man can do his best when he is obliged to spur on his faded faculties; when he feels his mentality lagging and is compelled to force it to yield by pressure. There must be spontaneity in the thought or there will be no vividness of imagination, no certainty of memory.

I know a business man who has tremendous brain power, but much of his work is exceedingly ordinary and tame, because he does it when his brain is jaded and fagged. He is constantly working under a great strain. The result is that his judgment, which is very remarkable when he is rested, is much of the time poor, and he is frequently irritated because he makes foolish, unaccountable blunders.

We cannot cheat nature without paying the penalty. We may force the brain to do a little extra work one day, but we get the protest in reaction the next day. The brain will always do its maximum of work during the year if it is only required to give out each day the force which is generated in that day without drawing upon the reserve. Who overdraws from this daily supply faces mental bankruptcy.

When overfatigued many people make the mistake of sleeping just nine hours—when, as a matter of fact, they should sleep until they feel absolutely refreshed, renewed. It is only then that the debris, the broken-down tissues, all the poisons from the previous day's run, have been eliminated.

We have all had the experience of retiring at night, completely discouraged over something we were trying to accomplish, and waking in the morning with an entirely changed mental attitude—new hope and a new resolve. This is due to the fact that the poisons have been eliminated during our sleep, which has also increased the resisting power of the body and filled the blood with new building material, new courage, new energy, new life. In fact, after a refreshing sleep we wake into a new world, a world of hope and expectation. This is why we should make it a life rule not to decide important things at night when tired and discouraged. We are apt to do things then which we will regret in the morning, after the poisons have been burned out of the system and we are made over into new creatures. Sleep, rest, complete relaxation, is simply the antidote for brain poison.

Bismarck on Russian.

Although Bismarck knew Russian well, he declined to take any notice of dispatches addressed to the German foreign office in that language. "My predecessor," he once related, "wrote to all the diplomats in German, and they replied each in his own language—Russian, Spanish, Swedish and what not. I decided that all communications received in languages other than German, French, English and Italian should be left unnoticed. Bismarck, the Russian ambassador in Berlin, wrote me screeed after screeed always in Russian. No answer was returned, and at last he came to ask the reason for my silence. 'There is a great pile of documents in Russian downstairs,' I told him; 'yours are probably amongst them. We have no one who understands Russian, and I have given instructions for all documents written in a language we do not understand to be put away in the archives.' It was then arranged that Bismarck should write to us in French."

A Boy's Work.

As a general rule, the man that is worth anything to his country and the world is he who, when a boy, had learned to work. The only channel of reform lies in the direction of a boy's life. The only worth, the only truth, the only happiness is in doing. This does not mean drudgery. It is the employment of one's thought or one's hands in the accomplishment of something of value to life. There is no value in mere learning. A man may know all mathematics and all classics and then be no more than a mere figurehead. And this disposition to work cannot be talked into a boy. It comes the same way a flower does—from under some gentle influence. What that influence is is the greatest problem of life.—Columbus Ohio State Journal.

Quite Simple.

During a school tea a kindly lady sat regarding one of the young guests with evident alarm. Undismayed by the lady's glances, the young hopeful demolished plate after plate of bread and butter and cake. At last the lady could stand it no longer. Going up to the urchin she said:

"My boy, have you never read any book which would tell you what to eat, what to drink, and what to avoid?" "Why, bless yer, ma'am," replied the young gentleman, with his mouth full of cake, "I don't want no book. It's very simple. I eats all I can, I drinks all I can, and I avoids bustin'."

Her Only Excuse.

"Did you hear about Mrs. Midly's latest?" She actually kissed her husband good-bye at the railway station.

"The simple old dear. She's hopelessly old-fashioned."

proving to be of much value to the government since they are making quilts for the soldiers at the front.

Nellie Bly, who made quite a reputation by her 80-day trip around the world, is now acting as a war correspondent in northern France.

Game in California.

California is one of the richest states of the Union in game. The varieties include deer, elk, moose, antelope, caribou, wild turkey, pheasant, duck, goose, brant, plover, snipe and rail.

GUN IS IN HANDLE DEADLY BARB WIRE

Suit Case for the Use of Bank Messengers.

Two Devices Which Do Away With the Necessity for Reaching Into the Pocket for Weapon When Threatened.

A newly patented satchel or suitcase, loaded so that it would fire a pistol and ring a bell the instant it was snatched from the carrier's hand, was described a few weeks ago. Now comes Benjamin Goldstein of New York with a handle that can be attached to any bag or suitcase, and

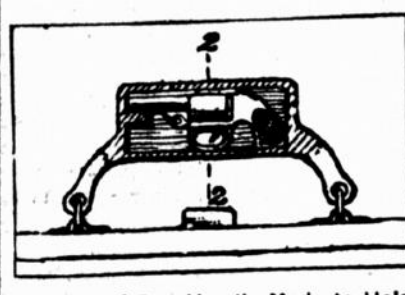


Diagram of Bag Handle Made to Hold a Revolver.

that contains a revolver which can be fired at its bearer's will.

The accompanying diagrams are from Mr. Goldstein's patent papers. The handle looks like the ordinary handle of a suitcase, only deeper in the middle. It contains a hollow chamber into which a hammerless revolver fits tightly, its muzzle being flush with the outer edge of a round hole at the forward end. On the side of the handle is a door, hinged and locked, through which the revolver is put in, taken out, cocked and uncocked. In the lower part of the door are two apertures through which the bearer can, without releasing his grip, insert his fingers to fire the pistol.



Sections of Bag Handle Through Line 2.2. A. Trigger of Pistol; B. Ejects through a slot in the lower part of the handle and is held between the second and third fingers. It cannot be fired by any wrenching and jostling, but the man carrying it can shift his fingers and fire it at will.

The whole apparatus is so simple that it does not seem possible that it could get out of order.

Pauper Had \$820 in Shoe.

Although she had been a public charge as an inmate of the Orange City home at Livingston since last August, it was brought to light that since that time Mrs. Margaret Mulligan, seventy years old, had been carrying in her shoe \$820 in bills.

A bill of \$88.10 for her board since the admission to the home was promptly presented. She agreed to pay it and to reimburse St. Mary's hospital, Orange, for care and treatment received last summer. Then she made arrangements to be taken into the Home of Divine Providence at Ridgewood, where she will pay to be taken care of the remainder of her life.—Orange (N. J.) Dispatch to New York Times.

Says Sparrow Does Good.

"People are prejudiced against the sparrow," declares one Ohio bird student. "These birds are actually worth their weight in gold, as they destroy enough weed seed in one month to pay for all the damage they may do in other directions in a whole year. We must give the despised little birds credit for the actual good they are doing."

During July, August, September and October, throughout the Eastern and Central states, the sparrows are constantly gathering seeds from ragweeds, lambsquarters, sorrel and a number of obnoxious grasses, such as the foxtail grass, which the gardener and farmers dread so much on account of its persistence in resisting all their efforts to rid the country of it.

It Is a Question.

A Boston dispatch says that children of the tenements who search dump heaps, freightyards, markets and ash barrels for food, fuel and clothes are the subject of a report just issued by the Massachusetts child labor committee, which recommends legislation to exclude these "child scavengers" from the dumps. We wonder if the labor committee recommended any legislation for these starving children of the tenements to "scavenge" in order to get food sufficient to live on?—Houston Post.

Second Crop of Oranges in Paraguay.

Owing to the unusually warm weather during the months of July, August and September, there is a general second crop of oranges in Paraguay. The regular orange season ends in September, but the markets are now supplied by the second crop. Considerable quantities of these oranges are being exported to Argentina, and command there a much higher price than is paid during the season.—Consul Samuel Hamilton Wiley, Asuncion, November 25.

And the Chain Shot.

In former wars we were accustomed to hear much about "grape and canister." No mention made of them nowadays. They have gone to join the crossbow and the javelin.—Haverhill Evening Gazette.

European Nations Have Chosen American Design.

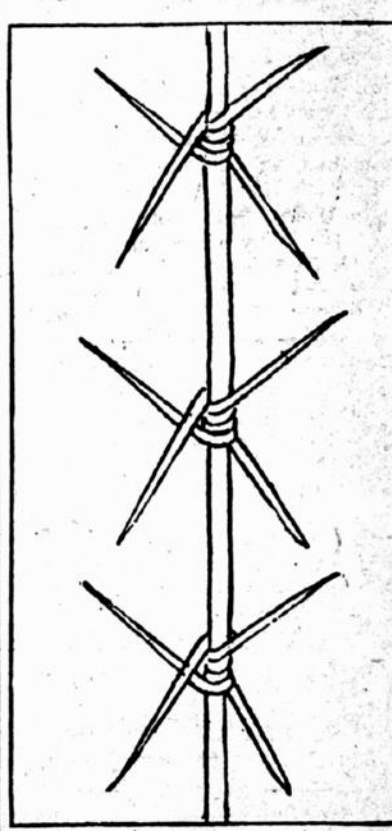
Indiana Firm Expects to Turn Out Enormous Quantities of Its Product for Use Before the Conflict Is Ended.

It has remained for an American to devise the most murderous form of fortification that can be used in the present European war.

Since the latest inventions in big siege guns have made ordnance fortifications not only useless but death traps to their garrisons barbed wire entanglements have come into general use to hold the enemy at bay.

But where was the kind of barbed wire necessary for this work to be found? A Kokomo (Ind.) manufacturer has answered the question to the satisfaction of some of the nations at least.

A plant at Kokomo manufacturing wire has just completed special machinery for turning out a murderous type of barbed wire for use in the European conflict. The drawing shows the wire in its actual size. This special wire has barbs more than an inch long, wound on a one-eighth-inch steel rod. The barbs are placed in sets of four at one-inch intervals along the steel core, the points standing out at right angles. The barbs are sharp-



Here is a Sample of the Deadly Barb Wire Being Made in America for European Use.

er than those on the usual barbed wire and are capable of inflicting severe injury to a horse or man.

In spite of the size of the core rod the wire is flexible to a remarkable degree and is wound on ordinary reels for shipment. The local company expects to turn out immense quantities of this special wire in the near future.

Just Wouldn't Be German.

A German appeared in the naturalization bureau for his second papers admitting him to citizenship yesterday. A comely woman came with him as his witness.

"I am his wife," she said to John Hein, who is in charge of the bureau. "You won't do," she was told, "because only a citizen can be a witness." The woman bridled and said: "I would have you know that I am a citizen; I was born in New Jersey." "But when you married a German you became a German yourself." "But I positively will not be a German," she declared, "and I defy anybody to force me to be one."

"Well, well," said Mr. Hein soothingly, "you will be an American again as soon as your husband gets his papers."

"And I want to tell you," said the woman, turning to her husband, "that you had better be quick about it. Why, that's the most ridiculous thing I ever heard of. It makes me feel like an orphan."—New York Times.

Cordite and Tobacco.

William Cook of Clever was dragged before a London justice. His offense was that he was wont for the past few weeks to light his pipe with cordite, which he obtained from suspicious sources. Though the explosive was originally intended for a high-power gun, Cook stated that the charge flared up, when touched to fire, and lighted his pipe in an instant. He stated that he had found his little girl rolling a piece of it about on the ground, had taken it away, and placed it in the stove, where he was able to watch it burn.

Fortunately he did not try to pound his cordite with a hammer, for, under those circumstances, he would have appeared before justice only in irregular sections.

Found Husband on Film.

During a moving picture show at Liverpool, a Belgian woman refugee recognized her husband in a film depicting scenes in the Belgian trenches. The husband appeared in the picture to be in the best of health and spirits. As they had been separated early in the war, and the address of each was unknown to the other, the woman tried frantically to obtain information from the theater, and even wrote to the film agent. But the name of the place where the husband was seen had been deleted by the censor. The film company, however, promised to try to trace the matter through the camera operator.

Trades for Prisoners.

"Every able-bodied inmate," according to the Joliet Prison Post, "upon leaving a penal institution, should be given the opportunity to trade and be capable of his own support and of those dependent upon him." That marks the difference between "ought to be" and "is."

Laura Jean Libbey's Talks on Heart Topics

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WHEN ARE WOMEN PAST THE
MARRYING AGE?

Love is not to be reason'd down or lost
In high ambition or a thirst of greatness.
'Tis second life; it grows into the soul,
Warms every vein, and beats in every
pulse.

Bachelor girls look about them and
see slips of girls of sweet sixteen car-
rying off matrimonial prizes—at-
tracting sensible men of mature
ages. This causes them to wonder if
they are considered passe in the eyes of such men.
With that thought comes the con-
fession in their minds, "when are women considered
past the marrying age?"

Let us reason the subject out a
bit. If all men were of the same
mind and inclined
to be frivolous, the girls in their early
twenties would be the only ones who
could hope to be led to the altar. But
this is not often the case, I am glad
to say. The majority of men by the
time they have reached thirty have
learned by experience, through hav-
ing been brought in contact with
young women of different ages, that
extreme youth in a wife is a doubtful
blessing. He knows that the girl of
sixteen is not capable of the grand
passion which will endure. Her likes
and loves are imaginary. What she
is infatuated with today she is tired
of tomorrow. Her thoughts are on
pretty dresses, good-looking young fel-
lows, the latest dances, parties, frolics
and fads.

When a girl has reached twenty-
five she has safely passed through the
silly age. She is not attracted to a
man because he has a love of a curl-
ing mustache, brown, wavy hair,
wears fancy clothes and a number
four shoe. On the contrary, the plain-
er the young man the more in favor
he stands with her. She understands
him better; is much more companion-
able. She realizes the solemnity of
the marriage bond; that her entire
future will be made or marred by her
choice of a husband.

When she is five and thirty she is
at the height of womanhood's bloom,
the perfect rose, with all her beauty
unfolded. Her charms are at their
best. Her kindness and sympathetic
nature appeal to men whose hearts
could not be touched by any other
kind of woman. Much depends on the
woman whether she is a prize in the
matrimonial market after this age. If
her heart still retains the qualities of
youth, and her lips their smile, her
eyes their brightness, and her manner
is cordial, it is an easy matter, if she
only knew it, to win the heart of many
a crusty bachelor or widower. They
are not looking for the frivolity of
youth, or the young woman who ex-
pects to wed and raise a family.
Neither are they attracted to the woman
of thirty-five, whose ambition is
at its height, who would scorn a quiet
life and taking it easy. In fact, in all
truth it may be said that women of
lovable dispositions find there is no
age limit which bars them from at-
tracting a congenial mate and wed-
lock. Let no single woman despair.
"While there's life there's hope." Who
knows what a day will bring forth? At
the time when a woman feels the most
discouraged, sunshine may be break-
ing through the clouds and a golden
day dawning for her.

DANCE, EAT, AND DANCE AGAIN.

Music arose with its voluptuous swell,
Soft eyes looked love to eyes which
spoke again,
And all went merry as a marriage bell.

There's a new fad, and the girls
want to know all about it. You may
be sure it has something to do with
dancing, for the pretty creatures seem
to be dance mad. Everyone is trying
to get up a new innovation that will
keep the girls still twirling the light
fantastic and be a magnet to draw
young men to the dance, as well.

A happy thought struck some one
between dances to dine. New York
was first to adopt it; to see whether
it would become a fashionable craze
or turn out to be a frost. The one
who introduced the novel fad of dan-
cing between the dinner courses was
crazy, remembering the old adage,
"The way to a man's heart is through
his stomach." He may grow weary of
dancing, but of dining, with his best
girl seated by him at the table—
never!—well, hardly ever.

This is the way it is conducted: A
party at the first table sits down to
dine at 7:30 in the evening. While
they are enjoying the first course,
dancing begins promptly for the rest.
After one or two dances the manager
in charge blows the whistle. Those
at the table, having disposed of the
course, arise, giving their seats at
table to others, taking their place to
dance. The second whistle bids the
party who dined first to partake of
the second course at table No. 2; and
so on until they have reached the
fifth, sixth or seventh table, which
represents the number of courses to
be served.

The small tables are placed at the
side walls, and accommodate two at
each table. Twenty tables are the re-
quired number for forty couples. While
the half of the guests are dining the
other half are dancing. It takes the
entire evening to dine, dance and
dine again. After all have dined to
the strains of enchanting music all
join in dancing. Everyone is happy,
therefore jolly. They've had a splen-
did dinner, there's been a chance for
the men to make love to their pretty
companions and trip to the merry

strains of the "Kiss" waltz, "Blue
Danube," as well as to the newer mel-
odies, to their heart's content. There
isn't a couple that doesn't vote the
dinner and dance a huge success, and
wish they could attend one six nights
in the week. Girls do not get fagged
out and look tired despite their youth
and vivacity.

Dinner courses between the dances
are a wonderful beauty preserver. The
wonder is that it was not thought of
before. Pink lemonade was very de-
lightful, but the dinner from con-
sumption to nuts, leaves nothing more to
be desired. Very often a girl takes a
precious souvenir home—the heart of
the young man who accompanied her to
the delightful affair. The progres-
sive dinner and dance is a reality
which fills a long-felt want. The girls
have an opportunity to have an in-
terrupted chat with different part-
ners. The newest dance craze has
much to its credit for lovers to be
thankful for.

IS JEALOUSY LOVE'S PROOF?

All thoughts, all passions, all delights,
Whatever stirs the mortal frame,
Are but ministers of love
And feed his sacred flame.

There are men who do not know
what to make of it when they get a
sweetheart who does not object to
seeing them talk and laugh with pret-
ty girls. The average man is used to
the ways of most girls. Quite as soon
as he begins paying attention to one
she gets the notion that he belongs to
her and should not look at any one
else. She would build a wall around
him, if she could, to keep others from
admiring him. He has only to men-
tion that this girl has fine eyes, or
that one a fine form, to arouse her ire
and to betray her jealousy.

By this token he is sure of her. He
settles it in his mind that she is ready
to accept him quite as soon as he pops
the question. Manlike, being sure of
her, he is in no hurry to declare him-
self. If they have a misunderstanding
and part, he finds the next girl whom
he begins to beau about fashioned
after the same pattern. So on down
the long list of girls.

When he meets a young woman who
is totally different from all the rest he
cannot understand her. He woos her,
with ardor, but does not seem able to
melt her icy reserve. He who has
been used to throwing his arms
around other girls without asking "by
your leave" is seized with a fit of
timidity at the impulse which comes
to him to take the icy maiden's hand
in his. When he makes his plea of
love, she is one of the sort who do not
fall into his arms whispering: "My
heart is yours. I have loved you all
along! When is the marriage to take
place?" Instead, the reserved maiden
looks at him sweetly, murmuring: "I
must take time to think it over."

Even after she has given her con-
sent that he may ask her father and
mother and has gained their approval,
he often finds himself doubting wheth-
er he will be able to win the girl's
heart or not. If he could awaken
even a slight spark of jealousy in the
girl's heart he would be sure of her,
but this he is unable to do. He lingers
in the vestibule, just as he has
lingered with other girls. He does not
dare shock her by offering to caress
her. He who has been an adept at
snatching a kiss on such an occasion
from all-too-willing lips stands
abashed before the maiden who is all
sweetness, yet is clothed with a cer-
tain dignity which raises a barrier
over which familiarity on his part
would not dare attempt to cross.

She is by no means a prude. The
merry, dancing light in her eyes dis-
proves that suspicion at once. She
has no fear of any girl friend cutting
her out. She sensibly declares: "If
he likes any other girl better than he
does me, I would rather help him
than hinder him from getting the one
who can make him happiest." He
marries the reserved sweetheart. He
is one of the men not troubled by a
jealous wife. He lives to learn that
jealousy is no proof of love. Men and
women make the mistake of their
lives by thinking that it is.

Our Teachers.

It may be safely said that many
schools in which morals are never
taught from text-books, or by formal
exercises, furnish a most stimulating
drill in the higher and finer moralities
every day. Many of us know teach-
ers, who, without much preaching, cor-
rectly, in all their intercourse with their
pupils, the influences and qualities
which purify and invigorate character.
A considerable acquaintance with
teachers impresses me with the belief
that the feeling of their responsibility
for the moral welfare of their pupils,
and their appreciation of the values
of character, are steadily degrading
among them. No profession is so
sacred that shallow and self-seeking
persons do not find a place in it; but
I believe that as much seriousness and
devotion may be found among the
teachers of our common schools as
among any other class of persons—the
clergy not excepted.—Washington
Gladden, in the Atlantic.

Doll as Decoy for Car Seat.

One woman learned recently how to
get a seat on a crowded Kansas City
street car. Whether her maneuver
was made purposely or by accident is
not known, but she obtained a seat
just the same.

The woman carried something
wrapped in a blanket. She watched it
carefully and handled it tenderly as
she entered a Rockhill car at the
Union station.

Several men jumped to their feet
to "have my seat," said an aged man
with a courteous bow.

The woman accepted.
One corner of the coverlet fell, and
the passengers saw a gayly painted
wooden doll such as is used by ven-
triloquist instead of the baby they
thought she was carrying.

A few laughed. The courteous old
man grew red in the face. The wom-
an looked out the window until she
reached her corner.

The Morning After.

Visitor—Are the ladies in?
Butler—Yes, sir; they are all in.
Visitor—Oh, I beg your pardon! I'll
call again when they are feeling bet-
ter.—Harvard Lampoon.

Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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DUCTLESS GLANDS.

In a general way what may be said
of any single ductless gland may in a
large measure be said of them all.
Their functions are mainly two. First,
by reason of either individual or co-
operative secretions they govern the
metabolism in the body. Second,
these same secretions build up and
maintain the body's resistance to dis-
ease by cleansing the blood of the
different poisons which it accumu-
lates in its current from time to time.
It is believed that the internal gland
secretions whet the appetite of the
white blood corpuscles, or leucocytes,
the body's germ destroyer, as a step
in this protective plan.

The biochemic salts involved in the
breaking down (katabolic) and the
building up (anabolic) processes of
the body; the 16, and perhaps more,
mineral elements existing in organic
or living form in the universe and re-
quired to maintain the metabolism of
all the cells of the human body, are
governed, regulated and controlled by
the ductless glands. This, of course,
is a reciprocal reaction, because
obviously there must be something to
govern if the glands are to function,
and it is equally obvious that the
glands cannot function in the absence
of these elements or minerals. There
being no ducts leading into these
glands, it is very clear that nothing
can get either into or out of them
except by means of the blood stream.
Hence, the profound physical and men-
tal disturbance following any disar-
rangement in the natural or physiol-
ogical food supply.

The largest of the ductless glands is
the thyroid, situated in the fore part
of the neck, midway between the
"Adam's apple" (thyroid cartilage)
and the top of the breastbone (sternum),
a point just behind where the aver-
age man wears his collar button.
The gland comprises two sections, or
lobes, one lying on either side of the
windpipe (larynx), connected by a
neck, or isthmus, the whole forming a
flat, oval body about three inches
long.

Because the general shape suggests a
long, oval, shield, the name "thy-
roid" was taken from the Greek lan-
guage—it means, literally, shieldlike.
The thyroid gland is reddish-brown
in color and has a vesicular structure
—that is to say, the interior is honey-
combed with minute sacs like the in-
terior of an orange, each tiny bladder
of which under normal conditions is
filled with a yellow glue-like compound
known as "colloid," a substance dis-
tinguished not at all, or very slowly,
through animal membranes. Acces-
sory thyroids, varying in size and num-
ber, may be found along the lower
windpipe (trachea) from the larynx
as far down as the heart. These ac-
cessories possess the same vesicular
structure and are supposed to have a
function similar to that of the thy-
roid body.

There are several highly significant
facts in connection with the general
structure and composition of the thy-
roid body that it is advisable to keep
constantly in mind while considering
this subject. Throughout the whole
range of animal and vegetable life the
catalytic enzymes, or ferments, are
constantly busy. They are vitally
and fundamentally concerned with life
in all its phases, so much so that phys-
iology is rapidly resolving itself into
a branch of catalysis. So many cata-
lytic agents are "colloids" and the
colloidal condition is so tangled up
with catalytic action, ferments and en-
zymes, it is practically impossible, in
our present state of knowledge, to
distinguish one from the other. It
should be remembered, too, that all
kinds of metals and compounds of
metals have this powerful catalytic
"presence," the potency of which may
be so high that in many instances the
proportion of but one part to the
thirtieth decimal point will bring
about astonishing reactions, mean-
time, the catalyzing substance itself
being quite unaffected by its remark-
able exertions; it remains as potent
as ever and may be used over and
over again.

No other gland, large or small, re-
ceives proportionally so great and di-
rect a supply of blood as the thyroid.
All these facts considered together,
are sufficient to warrant us in accept-
ing the thyroid as a most important
organ and should also prepare us to
expect very grave physical results
from any disturbance of its functions.

Singly tucked away behind the thy-
roid, two of them on either side of
the larynx and often actually imbed-
ded in the tissue of that gland, are
four small bodies known as the "par-
athyroids."

The adrenal glands take their name
from the kidney; "ad" meaning addi-
tion, or proximity to, and "renal" be-
ing another name for kidney. These
two additional kidney glands are flat,
lima bean shaped bodies, each about
one and one-half inches long, and they
lie in intimate relation with and at the
top of each kidney. It is believed
both the inner (medullary) and the
outer (cortical) parts of the adrenal
glands make contributions to the
blood stream. The absence of this
medullary secretion produces a fall
in blood pressure which is fatal.

Suspended by a short stalk from the
under surface of the brain hangs an-
other of these pea-like bodies, or baby
glands. The early students of physiol-
ogy believed this gland prepared
phlegm or mucus for the moistening
of the membrane of the nose, and they
therefore called it the "pituitary,"
which means the phlegm former. The

pituitary body (hypophysis) consists
of two parts, a large anterior lobe
of distinct glandular tissue and a
much smaller posterior lobe of nerve-
ous origin composed chiefly of nerve
cells and fibers. Resting in a little
bony depression in the base of one's
skull, this tiny body prepares and
sends out secretions and nerve im-
pulses profoundly influencing us for
good or evil.

Among all this complicated maze
of action and reaction we are perhaps
best familiar with the action of the
thyroid gland, and no adequate ex-
planation has yet been furnished of
the influence exercised by the thyroid
on the nutrition of the body. We have
indisputable proof that disturbance
in thyroid function induces character-
istic symptoms covering practically
the entire range of human affliction,
and that these disturbances in glandu-
lar functions are gravely influenced
by our choice of food matter. It is
perfectly obvious that this must be
so in view of the facts above set forth,
and equally clear that Funk's state-
ment that the vitamins, those vital
nitrogenous principles in combination
with the organic minerals, are the
mother substance of the ductless gland
internal secretions on which our de-
velopment, life and health depend, and
of which we are largely deprived
through the stupid commercial spirit
of the age.

INTERNAL SECRETIONS.

We find running all through the his-
tory of the development of the theory
of combating disease a slowly evol-
ving chain of ideas revolving around
the primitive belief of the savage that
eating the heart of his victim imparted
to him the courage and vitality of
his enemy.

This idea has given rise from time
to time to various methods of organ-
otherapy, all of which have failed to
be effective, but which have been val-
uable because they have served as steps
toward a conception of the idea that
certain glandular organs give rise to
chemical products which on entering
the circulation influence the activity
of one or more other organs. The term
"internal secretions" is used to design-
ate these products.

Claude Bernard appears to have
been the first to employ this term to
distinguish between the ordinary or
external secretions and these internal
secretions. The belief that the secre-
tory products were given off in this
way had long been held in reference to
the ductless glands, and this belief
was perfectly logical because the ab-
sence of any duct naturally suggested
such a possibility; but there was prac-
tically no interest in the matter of
the internal secretions until reports of
the work of Brown-Sequard upon tes-
ticular extracts were published prior
to 1890. This investigator assumed
that all tissues give off something to
the blood which is characteristic and
is of importance in general nutrition.
The idea was taken up widely and it
led to a strong revival of the old no-
tions regarding the treatment of dis-
eases of the different organs by ex-
tracts of the corresponding tissues,
but no extract was found to be of any
advantage in treating the troubles of
the organs from which they were
made.

Obviously, vital elements can be ex-
pected to flow only from life—that is
to say, from functioning—organisms.
It is not reasonable to expect more
than temporary results from the non-
living. However, while Brown-Se-
quard's idea was not found to be
justified by subsequent work, it led
to investigation and the development
of the methods necessary to demon-
strate that not only the ductless glands
but some of the typical glands pro-
vided with ducts for external secre-
tions give rise also to internal secre-
tions, the pancreas and the liver being
examples in point.

We have in our bodies ten or a
dozen ductless glands which, as in-
vestigations have demonstrated, play
a part of enormous importance in our
general nutrition.

The principal ductless glands are
the thyroid, parathyroid, suprarenal,
thymus, pituitary, pineal, carotid and
coeliac. In some of these the exist-
ence or the non-existence of an in-
ternal secretion is still an open ques-
tion, but it is quite safe to assume
that, inasmuch as nothing can come
into being without a reason and that
nothing can continue to exist without
a reason, a broader and deeper knowl-
edge of the process of digestion and
of our metabolism in general will
demonstrate these supposedly useless
organs to be endowed with some very
important function. The promiscuous
removal of "useless" organs is less
generally than it was and must become
less and less as knowledge increases.

Outside the ductless glands the idea
of internal secretions has recently found
fruitful application in the study of the
digestive secretions, and it has been
clearly demonstrated that the gastric
and the pancreatic "secretions," and
perhaps other secretions from lower
down in the digestive tract, must be
regarded as examples of internal secre-
tions, and that they must be reckoned
with in our efforts to secure an under-
standing of the rapidly increasing mor-
tality resulting from those diseases
due to deranged metabolism.

Chemical products of this kind
which stimulate the activity of spe-
cial organs Sterling has designated as
hormones, from the Greek word which
means "I excite," and he suggests
that these chemical products may be
regarded as the original or primitive
means for co-ordinating the function-
ing of the various parts of a complex
organism. In other words, we are
controlled by what may be called
liquid nerves acting through our blood
circulation as well as by the better
known co-ordination secured through
the medium of the later developed
and wonderfully complex nervous
system which we are able to dissect
out and follow to its point of origin.

This "double control," conclusively
demonstrated to be operative in all
mammals, is destined to play a revo-
lutionary part in our ideas of disease
and of our relationship to the balance
of organic creation. It opens the
way to a solution of many of our
vague nervous diseases and is a most
emphatic warning against the use of
sophisticated food materials.

BEANS AND BROWN BREAD

Appetizing Combination Not as Easy
to Cook as Most People Seem
to Imagine.

When considering the results, the
bean and the bean pot are most im-
portant. The bean pot must be brown
earthen, with a handle at the side
and a closely fitted cover with a white
glazed lining. The beans must be
peas beans. To a quart allow a pound
of salt pork, a solid chunk, lean and
fat about equally divided. Soak the
beans over night in the bean pot.

In the morning set them on the
range and let the water just come
to a boil, but do not let them cook
at all after that. Drain off the water
and take out about a cupful of the
beans. Pour boiling water over the
pork and score the rind with a sharp
knife. Put it into the center of the
bean pot and dispose the beans you
took out around it. On the rind place
a half a teaspoonful of bicarbonate
of soda and three tablespoonfuls of
molasses.

Fill up the pot with boiling water,
cover closely and cook in a very slow
oven all day, filling up with boiling
water from time to time. If you use
a gas oven have the rear burner lit
and turned down to the lowest point
of ignition and the door of the lower
oven open.

There are many recipes for the so-
called Boston brown bread. Some
call for rye meal and some for flour
to be used in combination with the
cornmeal. The following is the recipe
which the writer's family has used for
years, almost in sight of Bunker Hill.
So it deserves the name: One cupful
of cornmeal, one cupful of graham
flour, one cupful of white flour, three-
fourths teaspoonful of soda, one tea-
spoonful of salt, three-fourths cupful
of molasses and one and three-fourths
cupful of sweet milk. Mix the dry in-
gredients, add the milk and molasses,
mix well and put in buttered molds.
Fill the molds about two-thirds full,
leaving space for the bread to rise.
Steam until the bread is done and then
set in a hot oven to brown. To cut
hot brown bread, draw a clean, strong,
white thread sharply and firmly across
the loaf, pushing it down equally on
either side. The result will be clean,
smooth slices, free from the sticki-
ness that comes from knife cutting.

MAKES A DELICIOUS PUDDING

State Bread Crumbs the Basis. With
Other Ingredients and an Accom-
paniment of Cherry Sauce.

Mix thoroughly two cupfuls of stale
bread crumbs, one cupful of molasses,
one cupful of sweet milk, one-half tea-
spoonful chopped suet, two eggs, one
teaspoonful of cinnamon, one-half tea-
spoonful ground cloves, one-half tea-
spoonful of nutmeg, one cupful of rais-
ins, one cupful chopped nuts (figs
and dates, if desired), one-half cupful
flour, one-quarter teaspoonful soda.
Steam four hours.

Cherry Sauce—Cream one-half cupful
butter, blend it into two cupfuls
brown sugar. Gradually add six
tablespoonfuls of sweet cream. Melt
over hot water to a smooth sauce.
Add cherries and sirup from a small
bottle of Maraschino cherries and
serve hot.

Combination Salad.

Mix one sliced peeled cucumber with
one peeled and sliced tomato, one fin-
ely sliced onion, one stalk of sliced rad-
ishes, and one bunch of thinly sliced
radishes. Mix and serve with sliced
stuffed olives. For the salad dressing,
mix together in a double boiler one
teaspoonful of salt, one tablespoonful
of flour, one teaspoonful of mustard,
one-half cupful of sugar and one beat-
en egg; add one cupful of vinegar,
then cook and stir over the fire until
thick. Cool and add three-fourths cupful
of cream.

Stitch in Time.

If you mean to save your sheets and
pillow slips and towels, you must give
them a glance before they go into the
laundress' hands. Often a stitch set
then will mend a little break that
washing would develop into a hole.
The hem-stitching of a towel which
has begun to break may be caught up
in two minutes now. If you wait un-
til the towel comes home you will find
the hem hanging in a strip which will
require half an hour's work if it is to
be repaired properly.

Preparation of Frying Pan.

The preparation of the frying pan
for heating up or for cooking a great
number of things needs to have little
more butter or dripping used than is
put on the baking tin. If butter is
used, even when partly for seasoning,
as well as for a heating medium, it is
better to take just as little as possible
at the start to prepare the pan, and
then add the part used for seasoning
just as the food is taken from the
stove.—Chicago Tribune.

Graham Biscuits.

Two cupfuls of graham flour, one
cupful of white flour, one cupful of
sour milk, half cupful of water added
to milk, one scant teaspoonful of bak-
ing powder, shortening, lard the size
of an egg, half cupful of brown sugar,
a little salt. Mix lard, flour, baking
powder, salt and brown sugar togeth-
er; then add soda to sour milk and
water. Stir this in the flour. Dough
must be soft. Roll and cut with small
cutter.

Chocolate Squares.

One cupful of sugar, one-quarter
cupful of chocolate, one-half cupful
of molasses, one-half cupful of milk,
one-half cupful of butter; mix this all
together and boil it 20 minutes; cool it
a very little and add one teaspoonful
of vanilla. Pour into pans and, when
cool, mark off in squares.—St. Nich-
olas.

Purée of Carrots.

Boil enough carrots to make a pint
after being run through colander. Put
one and one-half pints of milk and
carrots on stove, when boiling add
three tablespoonfuls of flour wet in
little cold milk. Stir constantly as it
boils and, last, a little pepper, butter
and saltspoonful of salt.

The KITCHEN CABINET

Lonely! And what of that?
Some must be lonely, 'tis not given
to all
To feel a heart responsive rise and
fall
To blend another life into its own;
Work may be done in loneliness; work
on.

COUNTRY SAUSAGE.

At this season of the year when
sausage is made in many coun-
tries a few tried recipes will be appreciated.
It is one of our most
savory winter meats, yet
to be fully enjoyed one
likes to know how and
by whom it is made.

The choice portions of
meat chosen and hand-
led with care, seasoned
with herbs from her gar-
den and carefully measured
and mixed, resulted in the good old-fash-
ioned sausages of our grandmothers'
days.

With the handy meat chopper a house-
wife may prepare a few pounds of
sausage and season it to suit her
family with but little trouble. The
cases for the sausage may be made
of cotton cloth, eight inches long and
three inches wide. If these bags are
boiled in salted water and dried they
will then be ready to fill.

Pork Sausage.—Take five pounds of
fresh, raw pork, five teaspoonfuls of
salt, five teaspoonfuls of pepper, three
and a half teaspoonfuls of sage, one
teaspoonful of summer savory, and
three-fourths of a teaspoonful of
thyme. These herbs should be meas-
ured lightly, not as we usually level
off the teaspoon when measuring.
Place all together in a large mixing
bowl and mix thoroughly before put-
ting into the cases. Pack the sausage
into the bags, leaving a two-inch
lap at the top to tie with a string.
When the sausage is wanted the cloth
may be turned back and the sausage
sliced in rings.

A most attractive sausage may be
put up in corn husks and tied up
with strips of the husk, then sacked
with the rest of the meat. The flavor
of the corn adds to the savory sausage.

Bologna Sausage.—To one pint of
pork meat, lean and fat, take two pints
of beef, mix well and for each pound
of meat add a teaspoonful of salt, a
half teaspoonful of pepper, and a
half a clove of garlic, finely chopped.
Put this in casings and smoke for two
weeks. After smoking freeze and
pack in boxes, cover and keep in a
cold place. They are better a few
weeks old.

A FEW WINTER SALADS.

Cut pimentos in lengthwise shreds
and shape in nests on lettuce hearts.
In each nest ar-
range three eggs
formed of cream
cheese. Pour over
a plain French
dressing, seasoned
well with paprika.
Lima Bean Sal-
ad.—Over a pint of
well-cooked cold lima beans pour four
tablespoonfuls of olive oil, two table-
spoonfuls of vinegar, one table-
spoonful of grated onion pulp, half a tea-
spoonful of salt and a few dashes of
paprika. Serve on lettuce or a bed
of water cress.

The Century Salad.—Cut smooth,
clean tomatoes into half-inch slices,
after peeling. Stamp out the center
of each and insert four or five cooked
stalks of asparagus, or the tender
young stalks of celery. Arrange on a
bed of water cress and cut the centers
of the tomatoes in cubes and heap
with a few stuffed olives and boiled
chestnuts, cut in slices at one side.
Mix a half cupful of olive oil, three
tablespoonfuls of vinegar, a table-
spoonful of grated onion and salt and
paprika to taste, a dash of Worcester-
shire sauce, a pinch of mustard and
three sprigs of parsley, chopped fine.
Pour over the salad and serve at once.

Emergency Salad.—A most appetiz-
ing and inexpensive salad may be
made of a small amount of cabbage,
a few stalks of celery and a small onion,
all chopped fine and dressed with a
French dressing, adding a teaspoonful
of Worcestershire sauce and plenty of
salt with a few dashes of pepper.
Serve on lettuce or simply as a vege-
table with the meat dish.

Fruit Salad.—A slice of pineapple
placed on the tender heart leaves of
lettuce and on each slice two sections
of orange and grape fruit, cover with
French dressing that has been mixed
with bits of ice to chill. Pour over

DAVENPORT NOTES.

The many friends of Father McGaw are very sorry to learn of his illness at the home of his daughter, Mrs. Flora Mitchell, who is also ill.

Mr. W. S. Brooks is confined to his home on West Ninth street owing to illness.

Miss Irene Shepard, who has been ill the past two weeks, is somewhat better at this writing.

Mr. John Gordon was confined to his home Sunday and Monday.

Miss Catharine M. Johnson is in our city in the interest of the National Association for the Advancement of Colored People. She lectured at the Third Baptist church in the morning Sunday and at the A. M. E. church in the evening. She will speak to the club women of the city on Thursday.

The supper and debate given at the A. M. E. church last Wednesday evening was indeed a success. Subject of the debate was on "Should Women Be Given the Ballot." The affirmative side won the decision. Mr. Louis Henry and Miss Hazel Bussey were for the affirmative and Mr. Logan Marshall and Mrs. Walter Harvell on the negative.

The Boys' Athletic club met at the residence of Alex Roberts and elected the following officers: President, Wilbert White; vice president, Alex Roberts; secretary, Harry Roberts; treasurer, General Taggart.

The E. L. D. club were entertained Friday at the residence of Mrs. Katie Green. After the business the hosts served a dainty lunch.

Mr. and Mrs. Henry Pitts returned from a visit in Missouri last Thursday.

Class No. 2 of the Third Baptist Bible school presented to their teacher, Mrs. E. H. Hoskins, as a token of their appreciation for her efficient services a genuine cut glass fruit dish.

No. 1 class presented their teacher, the Rev. Mrs. F. K. Nicholson, for her efficiency in teaching a set of water glasses.

Mrs. J. D. Harris and Mrs. E. H. Hoskins were recent callers at the John E. Bradford home.

SIoux CITY, IOWA.
The Blind Boone Concert Co. arrived in the city Sunday morning and attended the services at the Malone A. M. E. church in the evening. Mr. Lange, the manager, addressed the audience and presented the famous musician, Mr. Boone. Miss Fuell of the company delighted the audience with some timely remarks. She especially directed her talk to the young people. While in the city they will give two concerts.

Rev. J. D. Herben, who recently accepted the pastorate of the Mt. Zion Baptist church, left Monday evening for Jefferson City, Mo., to conduct revival services there.

The children of the city are rehearsing for a Tom Thumb wedding, which will be presented February 4th at the Mt. Zion Baptist church, under the direction of Mesdames J. Patterson and A. R. Morgan.

The A. I. P. club will meet next Friday with Mrs. L. M. Coates of Morningside.

Mrs. Robinson and son, General, of Clinton, Iowa, have returned, after a pleasant visit in the Henry Robinson home.

Last Sunday was quarterly meeting at the A. M. E. church. P. E. Rev. S. B. Moore was present and preached two splendid spiritual sermons.

We're just closing a very prosperous quarter, both spiritually and financially, having raised over \$1,050. Miss Juanita Williams and little daughter, Veryl, departed for Minneapolis last week.

Mrs. Kate Askew has returned from a ten days' visit to Omaha.

Rev. J. H. Garrison leaves Wednesday morning for Council Bluffs to officiate at the funeral services of Mr. and Mrs. Davis.

The Ladies' Aid society of Mt. Zion Baptist church will give a social Thursday evening. It is to be under the management of Mesdames D. C. Gordon and R. Morgan.

The Art and Culture club held its last meeting with Mrs. A. J. Hogg. They adjourned to meet Thursday evening with Mrs. Carrie Roberts.

The A. M. E. choir and Art and Culture club will present a farce on Friday evening, January 29, at the A. M. E. church.

The Blind Boone Concert Co. made their headquarters at the J. W. Hudson home, 618 Sioux street, while here.

MASONIC NOTES.

Chips from the Quarry by Grand Master John L. Thompson on Official Visit.

On Monday, January 18, I made my first official visit of this Masonic year. It was with the fraters of Maple Grove, No. 16, Oskaloosa, Iowa. This lodge had invited me to exemplify the third rank by raising some candidates. So I, in company with Benji Hack, arrived at Oskaloosa at 8:35 p. m. To our great surprise we found in waiting at the depot about twenty brothers to receive us, some from Ottumwa, Grinnell and Des Moines. In fact we had sufficient number to open up a grand lodge. It was a great ovation. Ottumwa had sent up about eight, headed by Deputy Grand Master Henry E. Williams, also his brother. Then there was Wells Fowler, the W. M. of Golden Star; F. Clark, P. Barquett and several others that I cannot now recall their names. We found this lodge of thirty-three members, a live bunch of men, doing nicely under the guidance of our grand custodian, A. G. Clark. Mr. Lloyd is W. M. A fine lunch was served. John A. Spencer of Grinnell was an appreciative visitor. C. F. Topson and B. J. Hack of Des Moines were visitors and assisted me in exemplifying the work. Our next temple that we stopped at was Cedar Grove No. 18, Buxton. Here we found Dr. E. A. Carter with a few faithful was waiting my arrival to the Buxton hotel, where I received my friends during the afternoon. In the evening we met the lodge and found them doing as well as could be expected. They are a fine class of craftsmen. E. A. Willis, our grand senior warden, lives here. We held a splendid meeting. More next week.

FORT MADISON NOTES.
Owing to the illness of the correspondent Fort Madison has been silent for awhile, but we are glad to say that she is now convalescent.

Mrs. Cole of Burlington was visiting at the home of Mrs. Walter Arnold one day last week.

Little Margie Freeman, who has been real sick, is able to go to school again.

Master George Harper, Jr., is on the sick list.

Mr. Floyd White of Hamilton, Ill., was a Fort Madison visitor last week.

The river is now coated with a thick sheet of ice, from the result of which the ice firms have begun to put up ice. This offers employment to many of our unemployed.

How To Prevent Bilious Attacks.
"Coming events cast their shadows before." This is especially true of bilious attacks. Your appetite will fail, you will feel dull and languid. If you are subject to bilious attacks take three of Chamberlain's Tablets as soon as these symptoms appear and the attack may be warded off. For sale by all dealers.



Woman's Crowning Glory Is Her Hair

Why not grow your hair by using M. M. Beard Hair Grower. It removes dandruff, stops itching of the scalp and makes it grow long, soft and beautiful. Price 50c a box. Send stamp for pamphlet.

MME. M. BEARD
AGENTS WANTED
519 So 16th St. St. Joseph, Mo.

NOTICE OF APPLICATION FOR TAX DEED.

To F. O. Evans:
You are hereby notified that on the 5th day of December, A. D. 1910, the following real estate, situated in Polk county, Iowa, to-wit:
Lot two hundred forty-two (242) of University Land Company's First Addition to Des Moines, now included in and forming a part of the city of Des Moines, Iowa, was sold by the treasurer of Polk county, Iowa, for the taxes then due, delinquent and unpaid thereon for the year A. D. 1909, to W. L. Baugh, and that certificates of sale were duly issued by said treasurer to said purchaser, pursuant to said sale; that said certificates of sale are now owned by the undersigned; that the right of redemption from said sale will expire and a tax deed be made by said treasurer to Frank Mains for said real estate, pursuant to said sale, unless redemption is made within ninety (90) days from the completed service of this notice.

Frank Mains,
Owner of Certificate Purchase.

NOTICE OF DISSOLUTION.

Notice is hereby given that at a meeting of the board of directors of the Florida Land & Investment Company, held at Des Moines, Iowa, on the 28th day of January, 1915, at which all of the officers and directors, and all persons interested in said corporation were present, it was unanimously decided and voted to dissolve said corporation and publish notice thereof as required by law.

James A. Howe,
President.

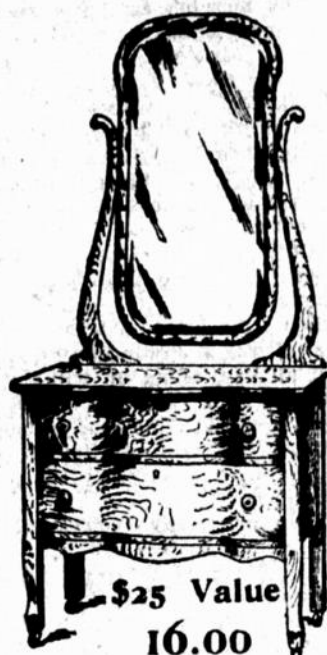
IOWA FREIGHT PAID ON \$5 PURCHASES

Your Credit Is Good.

DAVIDSON'S
FURNITURE STORE
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Annual February Sale of Well-made Princess Dressers \$25 Princess Dressers

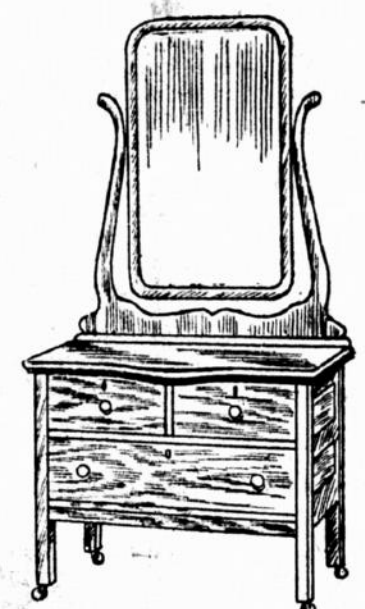


\$25 Value 16.00

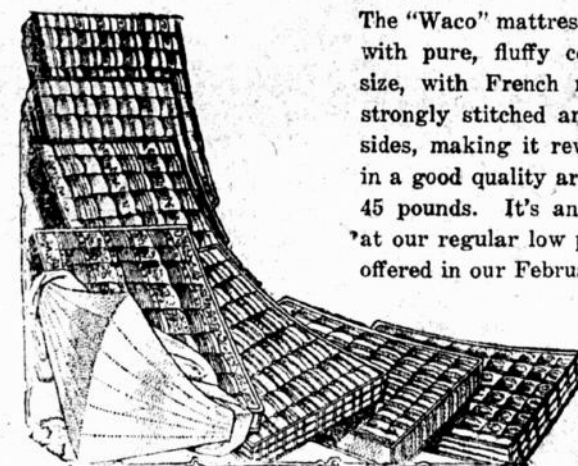
\$12.50 and \$13.50 Value Now at \$8.55

The Princess Dresser illustrated on the right is one of two styles offered at this price during our February Sale. Both are sturdily built of oak, finished golden, and are excellent values at their regular price. The 34 inch base has paneled sides, contains 2 straight front drawers all lock fitted and wood knob trimmed. The front of top is serpentine shaped, and the square legs are fitted with casters. The French bevel plate mirror measures 17x30 inches and you will agree that both dressers are well worth their price of \$12.50 and \$13.50. Special February Sale price, choice \$8.55

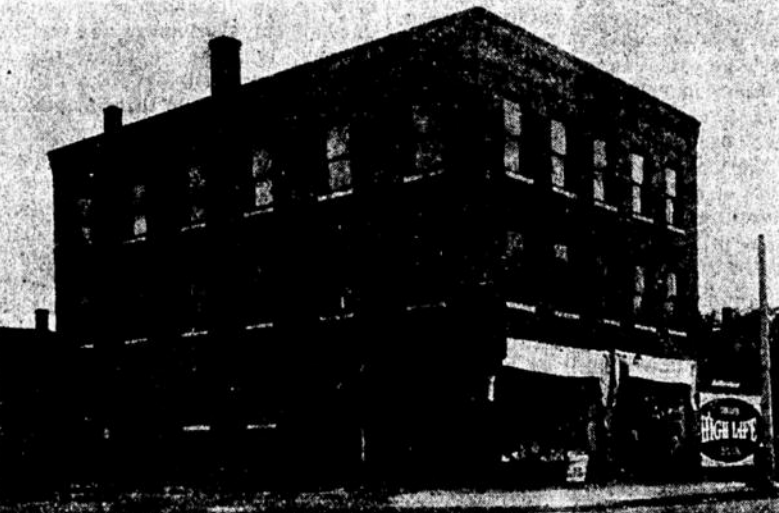
The illustration on the left gives a very definite idea of one of four styles of Princess Dressers featured at this decided price reduction. The construction throughout is very durable and the design very attractive. The two drawer base is wood knob trimmed and measures 36 inches wide. The handsome French bevel plate mirror is 18x36 inches. Choice can be had of golden oak, mahogany, circassian walnut and white enamel finish. Our regular \$23.50 and \$25.00 values at February sale Price \$16.00



All Cotton Filled Art Tick Mattresses \$6.00 Values Specially Priced at \$4.20



The "Waco" mattress featured is filled with pure, fluffy cotton, comes full size, with French roll edge, and is strongly stitched and tufted on both sides, making it reversible. Covered in a good quality art ticking. Weight, 45 pounds. It's an unequalled value at our regular low price of \$6. Now offered in our February sale at \$4.20



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Manmoth Book.
The adjacent, or manmoth, a tall bird of India, of the stork species, with a long neck and a cat's head. It stands on its hind legs, and the expense of a wing is equal to 10 feet.

Better kept in a box.
Write—You know, John, you need to like my little displays of temper. Amby—Yes, love, but it's been on exhibition so long now I think it's too late to keep it in a box.

NOTICE TO REDEEM FROM TAX SALE.

To Geo. Wright, the person in whose name the real estate described below is taxed:
You are hereby notified that at a regular tax sale held in and for Polk county, Iowa, on December 4th, A. D. 1911, the following described real estate, to-wit: Lot No. four (4), block No. ten (10), Fairview addition, which is now in and forming a part of the city of Des Moines, was sold to C. D. Be Voice Royal for the payment of the taxes for the year 1910, thereon, and a certificate of purchase was duly issued to him by the treasurer of said Polk county, Iowa, therefor, which certificate is now lawfully held and owned by F. Green.

That the time for redemption from said sale will expire and a deed for said lot will be issued to him by the treasurer of said Polk county, Iowa, unless redemption from said sale be made within ninety days from the completed service of this notice.

Dated this 26th day of January, 1915.

W. L. Baugh, Agent.

NOTICE TO REDEEM FROM TAX SALE.

To Geo. Wright, the person in whose name the real estate described below is taxed:
You are hereby notified that at a regular tax sale held in and for Polk county, Iowa, on December 4th, A. D. 1911, the following described real estate, to-wit: Lot No. five (5), block No. ten (10), Fairview addition, which is now in and forming a part of the city of Des Moines, was sold to F. H. Noble for the payment of the taxes for the year 1910, thereon, and a certificate of purchase was duly issued to him by the treasurer of said Polk county, Iowa, therefor, which certificate is now lawfully held and owned by F. Green.

That the time for redemption from said sale will expire and a deed for said lot will be issued to him by the treasurer of said Polk county, Iowa, unless redemption from said sale be made within ninety days from the completed service of this notice.

Dated this 26th day of January, 1915.

W. L. Baugh, Agent.

NOTICE TO REDEEM FROM TAX SALE.

To Nancy J. Smith, the person in whose name the real estate described below is taxed:
You are hereby notified that at a regular tax sale held in and for Polk county, Iowa, on December 4th, A. D. 1911, the following described real estate, to-wit: Lot 25, block 11, Larison Place, now included in and forming a part of the city of Des Moines, Iowa, Polk county, was sold to the Des Moines Trust Co. for the payment of the taxes for the year 1910, thereon, and a certificate of purchase was duly issued to him by the treasurer of said Polk county, Iowa, therefor, which certificate is now lawfully held and owned by F. Green.

That the time for redemption from said sale will expire and a deed for said lot will be issued to him by the treasurer of said Polk county, Iowa, unless redemption from said sale be made within ninety days from the completed service of this notice.

Dated January 27, 1915.

W. L. Baugh, Agent.

NOTICE TO REDEEM FROM TAX SALE.

To Nancy J. Smith, the person in whose name the real estate described below is taxed:
You are hereby notified that at a regular tax sale held in and for Polk county, Iowa, on December 4th, A. D. 1911, the following described real estate, to-wit: Lot 26, block 11, Larison Place, now included in and forming a part of the city of Des Moines, Iowa, Polk county, was sold to the Des Moines Trust Co. for the payment of the taxes for the year 1910, thereon, and a certificate of purchase was duly issued to him by the treasurer of said Polk county, Iowa, therefor, which certificate is now lawfully held and owned by F. Green.

That the time for redemption from said sale will expire and a deed for said lot will be issued to him by the treasurer of said Polk county, Iowa, unless redemption from said sale be made within ninety days from the completed service of this notice.

Dated January 27, 1915.

W. L. Baugh, Agent.

ORIGINAL NOTICE.

In the district court of the state of Iowa, in and for Polk county.
March term, A. D. 1915.
Decimer Price, Plaintiff,
vs.
Wm. Price, Defendant.
To Wm. Price:
You are hereby notified that on or before the 18th day of February, A. D. 1915, the petition of the plaintiff in the above entitled cause will be filed in the office of the clerk of the district court of the state of Iowa, in and for Polk county, Iowa, claiming of you a divorce from the bonds of matrimony on the ground of adultery and desertion. And unless you appear thereto and defend before noon of the second day of the next term, being the March term of said court, which will commence at Des Moines on the 1st day of March, 1915, default will be entered against you and judgment and decree rendered thereon.

Dated this 22nd day of January, 1915.

S. Joe Brown.

Attorney for Plaintiff.

Colds and Croup in Children.
Many people rely upon Chamberlain's Cough Remedy implicitly in cases of colds and croup, and it never disappoints them. Mrs. E. H. Thompson, Loagnsport, Ind., writes: "I have used Chamberlain's Cough Remedy to be the best medicine for colds and croup I have ever used, and never tire of recommending it to my neighbors and friends. I have always given it to my children when suffering from croup, and it has never failed to give them prompt relief." For sale by all dealers.

Rare Washington Portrait.
A rare and curious mezzotint portrait of George Washington in the library of the late Lafayette S. Richardson of Lowell, Mass., was auctioned off last year in Boston. It is entitled "George Washington, late president of the United States of America, etc." and was published March 14, 1801, by J. Hinton London. It is a small oval and is colored by hand. It looks as much like George III. as it does the Father of His Country. Baker, who wrote the "Engraved Portraits of Washington," says that only one impression of this mezzotint has come under the notice of the writer. It was in neither the Clarkson nor the Carson sale of Washington portraits.

Islet on Yellow Flour.
Charles Christadoro, an expert on flour and grains, sounds the keynote of the new situation brought about by the bleached flour decision when he says in a communication to the editor commenting on the bleached flour decision: "The housewife will now in a flash on yellow tinted or creamy flour and will learn to realize that a natural flour very white can in no manner compare with the creamy or yellow flour in so far as gluten and muscle building values are concerned. "As from 85 to 90 per cent. of the large flour mills of the country were using this bleaching process, the decision is far-reaching."—National Food Magazine

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Lunches and Meals at all hours.
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Iowa State Bystander

BYSTANDER PUBL. CO. :
DES MOINES, IOWA.
FRIDAY, FEBRUARY 4, 1915.

JOHN L. THOMPSON, EDITOR.

Send money by postoffice order, money order, express or draft, to the Iowa State Bystander Company, Des Moines, Iowa.

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Official paper of the M. W. U. Grand Lodge of Iowa, A. F. & A. M., and International Grand Congress of Herodotes of Jewish of America, also Western Baptist Association. Entered at the postoffice as second class matter.

Advertising rates for display ads 25 cents per inch, for each insertion. Three to six months' contract, 10 cents per inch. Local advertising 10 cents per line for each insertion, counting seven words to a line. For churches and secret societies where admission is charged, one-half of the above-mentioned rates. For professional, legal and business cards, special contracts, etc., terms are given on application. All advertising is to be paid in advance.

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One year \$1.50
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We are prepared to do first-class job work at reasonable prices. All of our work is guaranteed. Communication is must. Let writers on one side of the paper only and be of interest to the public. "Brevity is the soul of wit," remember. We will not return rejected manuscripts, unless accompanied by postage stamps.

NOTICE TO CORRESPONDENTS.
N. B.—Correspondents: Please mail your letters that contain news for publication not later than Wednesday to insure publication for the current week; and sign your name, not for publication, but that we may know who writes the news.

This notice applies to all writers. Contributors, agents and correspondents. Sign all articles, write only upon one side of paper, write a plain hand and spell accurately. Do not send in names of persons at parties or receptions nor send in programs to be published before or after the event. Do not give an eulogy or write your personal comment upon the event. Simply tell the news or event in a brief, simple manner and let the readers of The Bystander comment. Write the news of all classes, all societies, all religious denominations, irrespective of your personal whims and ideas.

The Iowa State Bystander is the oldest Afro-American journal published in Iowa. It was established in 1894, and is read by nearly all the colored people of Iowa. We have correspondents in the following towns:

Albia.....	Miss May Davis
Oskaloosa.....	Luella B. Franklin
Washington.....	N. L. Black
Burlington.....	Mrs. L. M. Abel
Mt. Pleasant.....	Mrs. M. Burnaugh
Monmouth, Ill.....	Georgia Norwood
Colfax.....	Miss Stella Pierson
Minneapolis.....	Mrs. R. L. Butner
Cedar Rapids, Iowa.....	Mrs. May Terry
Moline, Ill.....	Miss Mamie Ritchie
Buxton.....	Richard Stewart
Sioux City.....	Miss Goldie Hackley
Clinton.....	A. A. Bush
Council Bluffs.....	Miss Minnie Cave
Centerville.....	Mrs. C. Reed
Macon, Mo.....	Lucy Harris
Mason City.....	Mrs. Maud Brewton
Quincy, Ill.....	Mrs. Matty Lilly
Clarinda.....	Mrs. J. R. Lane
Keokuk.....	Mrs. Jennie Freeman
Ottumwa.....	Mrs. H. Owens
Galesburg, Ill.....	Mayne Richardson
St. Paul, Minn.....	Mrs. Mattie Hicks

No More Gold Lace for Afghans.
The amer has published an edict which applies to all parts of Afghanistan, prohibiting the import into the country of all kinds of gold lace, including embroidered kullas lungis and embroidered shoes. The amer is evidently actuated by a desire to prevent his subjects from spending their hard earned money on showy dress. It is the poorer classes who are notoriously addicted to this extravagance which his majesty has decided to check. The gold laced coat of the Afghan is decidedly handsome, and although the amer has acted wisely in bringing into general use clothing less costly, his majesty's orders will doubtless be received by his subjects with rather mixed feelings.

Proper Bestowal of Charity.
Dickens: There are not a few among the disciples of charity who require in their vocation, scarcely less excitement than the votaries of pleasure in theirs; and hence it is that disinterested sympathy and compassion are every day expended on out-of-the-way objects, when only too many demands upon the legitimate exercise of the same virtues in a healthy state are constantly within the sight and bearing of the most unobtrusive person alive. In short, charity must have its romance, as the novelist or the play writer must have his.

Would Seem So
Crawford—Do the rich have a how the other half live?
Crabshaw—After taking their income, from them they must be able to turn some idea of how they are dependent on the poor.

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