



# AFRO-AMERICAN CULLINGS

## Laura Jean Libbey's Talks on Heart Topics

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### THE HOUSEHOLD PROBLEM.

On what strange grounds we build our hopes and fears; Man's life is all a mist, and in the dark our fortunes meet us. Whether we drive or whether we are driven, If it be ours: if good, the act of heaven.

To the girl who must make her own way in the world the choice of occupation, at the outset, is a grave problem indeed if she picks up any daily paper she finds columns devoted to the advertisements of those who are eager to offer work to young women in the capacity of housemaids, cooks, and general houseworkers. She may find two or three openings for a stenographer, mentioning, however, that they must be experienced, which she is not. No store clerks, factory hands, milliners or dressmakers' helpers are wanted.



The only position open to the great army of young women looking for work is in households. She secures a place of this kind after going through the rounds, as a last resort. No matter how amiable the mistress of the home may be, if she is maid of all work, the pleasant smile may lighten her heart, but it will not lighten the burden of work her hands, and hers alone, must accomplish. Hard as the toll is, most girls would not complain if a little sunshine could drift in now and then to dispel the gloom of the steady, monotonous grind. Willfully blind is the mistress, who cannot see that an injustice is done to the maid who is refused the health-giving privilege of an afternoon week to get out of doors and breathe God's free, invigorating sunshine, and every other Sunday for herself as well.

It is the monotony of the work that causes girls to shrink from engaging in it. Few mistresses take the trouble to consider how pitifully disheartening is the houseworker's lot. Up in the morning at dawn, ill or well, through zero winter weather or summer heat, going through the same duties of getting a hearty breakfast ready with the utmost dispatch. If the chops brown occasionally a trifle too much, the eggs play a joke on the three-minute process, or the biscuits refuse to raise quite enough, not one mistress in fifty is wise enough to wait until they are alone to inquire about it, but takes the maid angrily to task before the entire family at the table.

To offset this lonely existence, what are her pleasures? Visiting her girl friends on her outing days, and often rather than helping them in their tasks, or bringing her hard-earned wages home to the old folks, who grow each day more dependent upon her earnings. People who do not understand set up the cry: "Why don't girls who are looking for work take positions to do general housework, where their wages are paid regularly and a roof and good food furnished them?"

Money, a roof and food furnished are not everything. Who can blame the young for craving evenings to themselves for amusement and the employment which permits them this relaxation after the day's labors are over? Housework would not be dreaded as an occupation by young girls if the matter of recreation for them was entered into and adhered to by their mistresses. Girls should have home privileges to make them contented. What girl would not appreciate and be doubly faithful to the good mistress who gave her the use of a nice, neat, plainly furnished sitting room, to which she could invite her friends, one evening in the week? The girls and their escorts would be decorous in their department, appreciating the loan of the family Victrola and the privilege of enjoying cakes and coffee.

The anticipation of such a pleasure would be something for a girl to look forward to. Her work would not seem monotonous. There would be a smile and a song on her lips instead of a sigh. If a large number of women employing maids would enter into such a compact for brightening the lonely lives of the girls working in their homes, the household problem would be happily solved with satisfaction all around.

ARE MEN PAST FORTY WOOGERS? Flame at the core of the world, And flame is the fire of the ancient spheres. The other is Jude's to be; And, oh, there's a flame that is both their flames.

It has often been said that if a man does not marry in his early twenties he is not apt to wed until late in life, if he does at all. There's more than a grain of truth in such a prophecy. It is very unusual for a family to urge a petted son to wed early, no matter how sweet the girls are with whom he is thrown in contact. "You will have plenty of time, later on, to choose," is the parental advice.

If he declares he is already in love, his diplomatic father sends him on a business trip which most any of the clerks in his employ could have attended to better than he. By adroit ruses, the young man is kept out of harm's way until the fervor of his passion has waned. In seeing never and hearing never he forgets the girl he left behind him. If his heart is of

## USE FOR "LEFT-OVERS"

HOW THE SECONDARY PARTS MAY BE UTILIZED.

Excellent for Hash, or Other Like Dishes, if Properly Prepared and Highly Seasoned—Saving the Sour Milk or Cream.

The following advice about "left-overs" will contain nothing new to the good cook or the experienced housekeeper, but it is just what the average American home cook needs, for she rarely knows how to make good use of left-over meats, vegetables and other foods, which too often find their way into the garbage pail. This advice is taken from a pamphlet issued by Mayor Mitchell's food supply committee. The pamphlet, which is full of good recipes, will be sent free to anyone who cares to write for it to the committee at the city hall, New York.

**Left-Over Meat.**—Do not reheat left-over cooked meat for a long time at a great heat, as this will make the meat tough.

Left-over cooked meat will be much more palatable if highly seasoned.

Left-over beef, lamb, mutton and veal are excellent for hash, scalloped dishes, croquettes, a loaf and salads.

Left-over beef, lamb or mutton make excellent stews with the addition of any left-over vegetables.

Any left-over meat, vegetables and gravy may be used to make a meat pie.

A left-over ham bone will greatly improve the flavor of pea or bean soup.

Any kind of cold meat may be chopped and used in an omelet, or combined with rice and tomatoes, used for a scalloped dish.

**Sour Milk or Cream.**—No sour milk or cream should be wasted. Put it into an earthen or glass jar, little by little, until you have half a cup or a cupful. As soon as it thickens use it for cottage cheese, griddle cakes, biscuits, cornbread or gingerbread.

Sour cream may also be used for filling for cake.

**Cheese.**—All the little dried pieces of cheese should be grated and put in a covered glass jar. These cheese crumbs are excellent for many made-over dishes and are particularly good with starchy foods, such as potatoes, macaroni, etc.

Very tasty crackers can be made by spreading this grated cheese on crackers, seasoning them and their putting them in the oven for a few minutes.

**Cherry Cream.**—One tablespoonful gelatin, two eggs, half cupful cream, two cupfuls canned cherries, three-fourths cupful sugar. Dissolve the gelatin in a little of the juice from the cherries. Make a custard of the yolks of the eggs and the rest of the cherry juice. Add the gelatin to the boiling mixture, and lift at once from the fire. In turn, add the sugar, the cream, whipped, and the whites of the eggs stiffly beaten. Mix thoroughly and add cherries. Turn into mold, and serve very cold. If the cherries do not sufficiently color the cream, do this artificially. If the cherries have been canned with plenty of sugar omit part of the sugar called for in this recipe. Cherry cream is excellently served with broken lemon jelly.

A simple cherry cream may be made with tapioca. It is, however, a dish more suited to a family dinner than a company luncheon.

**Pork Tenderloins.**—Pork tenderloins are delightful, whether broiled or baked. For broiling they are usually split and brushed with butter. When cooked in the oven a delightful way is to split them almost through. Make a stuffing as for fowl, using fine crumbs, a seasoning of salt, pepper, little fine thyme and grated onion and two tablespoonfuls of melted pork fat or butter for each cupful of stuffing. Spread a thick layer of this over one of the opened loins, cover with a second loin and tie together in three or four places. Roast in a quick oven, basting often.

**Ham in Cider.**—Boil a medium sized ham over a slow fire, in sufficient sweet cider to half cover it. Skim off the grease which rises to the top, occasionally. When tender, take out, remove rind, slice the fat in diamond shape and into each diamond stick a whole clove. Make a paste of cracker crumbs and brown sugar. Save the cider liquor and after the first meal place back in this which keeps it juicy and improves the flavor.

**For Mildew Stains.**—Mix a small quantity of soft soap with the same proportion of powdered starch and salt and the juice of a lemon. Apply this mixture to both sides of the stain with a small brush, and, if possible, let the article lie on the grass all day and night until the stains have quite disappeared. Then wash in the usual way.

**Some Special Recipes.**—Cook's delicious fudge was made with sour cream instead of fresh milk or cream. What gave the peas she served such a nice color and taste was the adding of a lettuce leaf and a tablespoonful of sugar. They had almost the taste of the fresh green peas and looked as green as the pods.

**Creamed Salmon on Toast.**—Make a white sauce by melting two tablespoonfuls of butter in a saucepan. Add one tablespoonful of flour and stir until it is a smooth paste. Now add one and one-half cupfuls of warm sweet milk and season to taste. Mix this with one small can of salmon and pour over hot toast.

**King's Pudding.**—Two cupfuls bread crumbs, one-half cupful suet or butter, one-half cupful molasses, one egg, one teaspoonful of soda, one-half cupful sweet milk, one-half teaspoonful cloves, one teaspoonful cinnamon, pinch of salt; boil or steam like a loaf of brown bread two hours; serve with lemon or hard sauce.

**Coming in Through.**—"My wife is really disturbed." "What's the trouble?" "She says the 23rd ants are holding an old home work in our pantry."—Louisville Courier-Journal.

## The Married Life of Helen and Warren

By MABEL HERBERT URNER

Originator of "Their Married Life," Author of "The Journal of a Neglected Wife," "The Woman Alone," etc.

Warren Orders an Expensive Dinner and Helen Can Think Only of the Check

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"We'll not order just yet," Warren waved aside the dinner card. "Expect a gentleman here in a minute."

"Very well, sir," the waiter filled their glasses, placed the menu before them and hurried off.

"Dinner de Luxe, two dollars," read Helen, with a gasp of dismay. "Two dollars! Why, that's outrageous! It was never more than a dollar and a half."

"That is pretty stiff," Warren admitted. "Well, now they've got the crowd coming—they've boosted the price."

"But we don't have to take the dinner, do we?" persisted Helen. "Can't we order a la carte?"

"Yes, and it'll cost a darn sight more before we're through."

"Not if we don't order so much, and it's so hot tonight, dear, we won't want much."

"There's Elliot now!" Warren waved the card at a man in white flannels standing expectantly in the doorway. He saw the signal and made his way toward them.

"Hope I haven't kept you waiting," as he greeted Helen. Then in answer to Warren's query, "Yes, a dry Martini."

Helen was unresponsive to Mr. Elliot's genial efforts to include her in the conversation. She had come to dread his semiannual trip to New York, because Warren always took him out and always paid the bill.

How could he accept such hospitality and make no effort to return it? Of course, he had repeatedly invited them to St. Louis, but he was safe in that, for he knew they would never come.

"Now, let's get this ordering over first," Warren pushed the card toward Elliot. "What do you feel like—the dinner?"

"Looks pretty heavy. I don't know about you folks, but I want something light this weather."

Helen greeted this announcement with enthusiasm.

"I was just telling Warren that. We'd all be much better off if we'd eat less while it's so warm."

"All right, we'll order then," Warren turned to the waiter. "Let's see your a la carte card."

The waiter brought it with evident reluctance. Apparently in this room you were expected to take the dinner and not try to economize by a la carte order.

"How about clams?" suggested Warren.

"I can always eat clams," agreed Mr. Elliot.

"Cocktail or plain?"

"Plain."

Helen made a troubled note that clams here were 35 cents—that made a dollar and five for the first course. Perhaps the dinner would have been cheaper after all.

"Soup?" asked Warren. "That St. Germain ought to be pretty good—they make it of fresh peas now."

"Oh, it's too warm for soup," interrupted Helen, hoping desperately that Warren was not going to order a course dinner at a la carte prices. It would be twice as much as the table d'hote.

"Chicken broth jellied," suggested Mr. Elliot, "that's cold."

At this Helen dropped her eyes to hide their resentment.

"All right—three chicken broths," ordered Warren. Then, reading from the fish list: "Bass, Fresh Mackerel, Filet of Sole?"

"Oh, dear, I don't think it's safe to eat fish," broke in Helen, determinedly.

"It ought to be all right at a place like this," Mr. Elliot assured her. "I had some sole here last summer that was exceptionally fine."

Countless times Helen had heard Warren declare that there was no sole in America, that it was only flounder, but now he tactfully refrained from this favorite comment and promptly ordered the sole.

Now, Elliot, look over those entrees. Anything there strikes you?"

Helen was wretchedly twisting the napkin in her lap. Clams, soup, fish, and now an entree and probably a roast! Oh, why hadn't they taken the dinner? Every moment increased her fierce resentment of this man. How could he let Warren order so extravagantly?

However, he did suggest that they skip the entree, but for the roast he proposed guinea hen—one of the highest priced items on the menu.

"How about that, waiter?" asked Warren. "That guinea hen enough for three?"

Helen almost gasped. The guinea hen was \$2.00—surely he would not order an extra portion! But the waiter said the hens were fair sized and, with the rest of the dinner, should be enough for three.

"Well, bring with it some new potatoes and green peas. That'll do. I'll give the rest of the order later. Now, let's see your wine card."

By this time Helen was almost in tears. What would this dinner cost? "I'll tell you a good summer wine—sparkling Chablis," suggested Mr. Elliot, cheerfully. "Do you like a sparkling wine, Mrs. Curtis?"

"Why, I know so little about wines," answered Helen, fearing that sparkling Chablis was expensive, and wanting to order Medoc, the cheapest claret on the list. "I often tell Warren I enjoy the red ink at those Italian tables 'hote as much as I do champagne."

But this hint for inexpensive claret passed unnoticed.

Everything was exceptionally good and well served, but Helen, who kept trying to add up in her mind the amount of the bill, could not enjoy it. She had propped the menu against

the mirrored wall beside her and kept glancing at it to verify the prices.

After the roast Warren ordered endive salad, then coffee, cordial and cigars. It was half-past ten before he called for the check.

"Here's something I haven't seen since I was in Paris," remarked Mr. Elliot abruptly, taking up the pepper grinder with its unground pods and grinding out a few grains on the tablecloth.

"No, you don't often see those," Helen answered stiffly, feeling that this was merely to make conversation while Warren paid the bill.

"Pepper should always be ground fresh. Now, in India they serve it in—," began Mr. Elliot, but Helen did not hear the rest; she was watching anxiously for the waiter to bring the check.

It was well over twelve dollars, but she had a morbid desire to know the exact amount. Mr. Elliot was launched on a long story about India, so that he might seem absorbed while Warren paid, a subterfuge which she knew Warren was too generous and whole-souled to see through.

The waiter was coming now. But, to Helen's astonishment, he placed the tray by Mr. Elliot—not by Warren. Then she saw that it was not the check—but money! Several bills and some silver! What did it mean?

"See here, what's this?" demanded Warren, with a puzzled frown.

"Got ahead of you this trip," smiled Mr. Elliot, showing a dollar bill toward the waiter and pocketing the rest. "I've dined with you every time I've been in New York, so it was about my turn."

"But, how in the devil—"

"That was easy. Just slipped the head waiter a twenty-dollar bill as I came in. Told him to deduct the check."

"Well, it's one on me, all right," grinned Warren, "but you'll not put that over again."

Helen's first sensation had been an immense relief. Warren did not have to pay the check—it was paid! But, then, came the thought of her ungraciousness to Mr. Elliot. She had hardly been civil—he must have felt her antagonism throughout the dinner! Could he have guessed the cause and been secretly exultant?

The color flooded her face as she fumbled with her fan. Did she imagine it, or was he looking at her with a grim satisfaction.

It was a relief when he left them at the subway.

"Nice fellow," mused Warren, as he lit a cigarette. "Yes, Elliot's a mighty fine fellow. Working dinner, too. Then, suddenly, 'What the devil made you so glum?'"

"Why, dear, I wasn't—I didn't mean to be. I've had a headache all day from the heat—perhaps that was it."

"Well, when a man gives a dinner like that, it's up to you to look pleasant."

"But I didn't know it was his dinner—I thought—" Helen stopped in confusion; she had not intended to admit that.

"Oh, that's it, is it?" Warren gave her a keen glance. "You thought the dinner was on me, and you were so blamed stingy you begrudged every mouthful!"

"You know it wasn't that," lied Helen, miserably. "You don't think I—"

"You're a fine kill-joy," contemptuously. "See here, this thing's grumbling on you. By Jove, if you get to begrudging what we eat—"

"But the rest was lost in the roar of the train as it drew in."

Helen sank into a seat, her eyes fixed on the blank walls of the subway. Was she really so small and mercenary? Was this desire to save growing upon her? If it was, how could she combat it?

She thought of the wasted evening, of the dinner which she should have enjoyed, but which had been for her only a period of torture.

And yet when Warren was constantly complaining of "hard times," how could she enjoy a dinner upon which she felt he was squandering money so recklessly?

**Perfumes Prevent Nausea.**—A New York physician reports in the Medical Record that he has been very successful in preventing the nausea so apt to follow an anesthetic by the application to the nostrils of the patient of a pleasant perfume, preferably oil of bitter orange peel, as soon as the ether or chloroform is discontinued. He elevates the patient's head a little and turns it to one side, fastening a little adhesive to the tip of the nose and saturating this with cologne. Or if the patient has a mustache the perfume may be placed on that. He says the result is not always efficacious in preventing nausea after the anesthetic, but in many cases it is.

We all know that smelling salts are excellent in overcoming ordinary nausea and seasickness, and many people find them good for relieving the stuffiness in the nose caused by a cold in the head.

**Paw Knows Everything.**—Willie—Paw, do you know everything?

Paw—Yes, my son.

Willie—Well, does the spur of the moment cause time to fly?

Paw—Willie, you get your lessons.—Cincinnati Enquirer.

**Those Fastidious People.**—The most pitiable thing in life is that fastidious man who tries to eat asparagus with a knife and fork.—Macon Telegraph.

Only a few days ago we had as visitors to the Tuskegee institute the governor of Alabama, the superintendent of education, judges of the supreme court, and many other state officers, and, without hesitation, they declared themselves in favor of education of all the people regardless of race and color, says a dispatch from Tuskegee.

Progress is being made. Two years ago, for example, in Louisiana 117 children in each thousand between the ages of ten and fourteen could not read or write. Within two years we have noticed that number in Louisiana to 115 in each 1,000. South Carolina, from 150 to 85, in Alabama from 97 to 87, in North Carolina, from 167 to 88, in Georgia from 106 to 58; in Arkansas from 113 to 47, and in Virginia from 97 to 57.

Including what they pay in the way of state taxes and in extra taxes in prolonging the school terms and building schoolhouses and supporting private schools, the Negroes in the South now contribute \$5,000,000 annually toward their own education.

Just now in New York, Booker Washington records, I note that much attention is being given to the investigation of the work of the Rockefeller boards and the Carnegie boards. This investigation should go further. The work of these boards should be followed into our southern states where the money that they have given is helping to make a new South and a new civilization. I wish that those in charge of these investigations could get into the South and trace the influence of the Rockefeller and Carnegie money in bringing about better supervision of the schools by state supervisors; could trace the influence of these boards in the work of the county supervisors, in the work that the farm demonstration agents are doing, in the work of the canning clubs and pig clubs. I wish the influence of this money could be followed into the colleges, the farms and into the homes of the people. It is here that the influence of the money from these boards may be felt and seen in the bringing about of higher civilization for white and black people.

Through the education of both races we are getting rid of the crime of lynching. Twenty-two years ago there were 225 cases of lynchings, mainly in the South; in 1914 there were only 52 cases of lynchings, a reduction of 49 per cent.

Through education the white and the black races are being taught how to live together and work together. There are numerous state and local organizations that now bring the races together in friendly and helpful cooperation. Among these are the Virginia Organization society, the Southern Sociological congress, the Business league, chambers of commerce and women's clubs.

The buildings of the various institutes at Tuskegee were shown to a visiting party as model schoolhouses, types of the new and better school system which Alabama is trying to multiply. We understand that thirty or more such schoolhouses are slated for completion the next year, all under the energetic direction of Professor Sibley, a native born white Alabamian, who holds an appointment from the state superintendent of colored rural schools. The excursion was in his charge and his energy and enthusiasm.

Dr. W. D. Weatherford, athlete, author, traveler and Christian leader, addressed a general assembly at the university at Washington on a moral and social subject applicable to undergraduate life. A Southerner by birth and education, and in great demand throughout the South as a speaker, he was forced to cancel engagements with five universities there in order to make a tour of northwestern universities and colleges.

Doctor Weatherford was a varsity baseball and basketball player at his alma mater, Vanderbilt university, and was for three years director of the gymnasium at that institution. For 13 years he has been the Y. M. C. A. student secretary of the international committee for all the colleges in the southern states. He is the author of several volumes, including two on the uplift of the Negro; and is said to have done more than any other man to enlighten the friendly co-operation of college men in Negro betterment.

With the exception of lovemaking, there are many new ways of doing old things.

The fur of the cat is full of electricity, and before a thunder storm it will be noticed that a cat is always extremely lively and playful, probably on account of its electrical condition. Before rain is expected a cat will assiduously wash its face.

Labor, to some people, is not so much a problem as a horror.—Nashville Banner.

A cheerful idiot has at least his shortsightedness to commend him to tolerance.

The California-Mexican border covers 183 miles. Arizona has 200 miles of border on Mexico. New Mexico borders with the Mexicans for 410 miles, and Texas lies along the Mexican boundary for more than 900 miles.

By the invention of a device for the purpose it is possible to use the heat of a fire to throw off in making a chimney.

Electrical apparatus has been invented to automatically give warning of a chimney is smoking by illuminating a sign first, and, if this is not needed, by ringing a bell.

Two years ago Germany's national debt was estimated to be \$28,200,000,000.

showed how it takes personality plus money to achieve success here as elsewhere. At each place arrangements were made to seat the visitors, most generally in an adjoining church, and there was much singing and a little talking. At Madison we found a station named after a pioneer colored man, an ex-slave, whose daughter is the efficient director of the school. The party arrived at Tuskegee early on Sunday evening in time to listen to the quaint singing of the great student body in the beautiful chapel with a capacity of from 1,500 to 2,000, fully utilized.

Then began three days of inspection filled with surprises to those who saw for the first time the wonderful work being done at Tuskegee, not only for the colored young men and women of the South, but for the cause of education, for Tuskegee is a contribution to pedagogy as well as to the race problem. Educators everywhere will have to reckon with Tuskegee if they want to bring their theories and practice down to date.

Frederick Douglas for two or three decades was one of the favorites of the lyceum, which he abandoned only after the emancipation of his race. Douglas was beyond all comparison the ablest man whom the black race ever produced in our country, either among the pure black or the class of mixed blood.

He himself was a mulatto. His father was pure white of a distinguished Maryland family. His mother was pure black and his father's slave—that is, his mother was a pure black and his father a pure white.

He always gave his mother the credit of his talents. Douglas was born a slave. In early manhood he managed to escape on a ship, and landed in New Bedford, Mass. There he soon learned to read, and worked at such work as he could find. By and by he attended antislavery meetings, and soon became a popular speaker and the pet of the abolitionists. His graphic accounts of his life as a slave were very popular.

From giving the story of his life, he gradually branched out into discussions of the political questions of the day, and, next to Phillips, was probably the ablest orator of the antislavery movement. Eventually he went to Rochester and published, for many years, a weekly antislavery paper. His title was Frederick Douglass' Paper, which, next to Garrison's Liberator and the Antislavery Standard, was recognized as the ablest antislavery paper in America.

Then he became a lecturer, and his fame spread so rapidly that he took rank in the favor of the lecture-going public with Phillips and the other leading lights of the lyceum. Douglas moved to Washington, and was appointed to office in the District of Columbia as marshal, a position he held during the entire period of Lincoln's administration.

Douglas' first wife was a plantation Negroess without any education. A few years ago he married again. His second wife was white, and a woman of education and ability. The black race has developed under freedom many effective speakers, but Douglas was the only man among them who deserved to be regarded as a real orator.

—The Great Divide.

William E. Valentine of Indianapolis, widely known as a Negro educator, was selected by the New Jersey State Board of Education to succeed James M. Gregory as principal of the Industrial School for Colored Youths at Bordentown.

He was born at Montclair and was graduated from Harvard. He is now a supervising principal of schools in Indianapolis.

In Germany the sofa is invested with a sanctity as of a throne. The visitor must not sit on it unless especially invited to do so by the hostess. To take a seat there unasked is an outrageous presumption.

Wine tasters, employed in their professional duties, never swallow the wine they taste. They merely hold a sip of the beverage in the mouth for a few moments and breathe through the nostrils.

And the average man spends nine tenths of his life trying to accumulate enough money to enable him to spend the other tenth in comfort.

About three minutes after starting an average man finds that he can go downhill fast enough without a sled under him.

Seville reports a dull olive market, the producers and purchasers being deadlocked, waiting for higher or lower prices, respectively.

Using a new aeroplane gun, United States army officers flying at a rate of nearly a mile a minute 600 feet in the air have made more than 90 per cent of hits on a small target on the ground.

In Paris there grows a weed the seed pods of which have long horns that enter the nostrils of grazing animals and frequently kill them by preventing them from eating or drinking.

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# TO PREPARE AND USE VEGETABLES

AGRICULTURAL DEPARTMENT EXPERTS GIVE RESULTS OF STUDY AND EXPERIMENT.

## UNDERGROUND VEGETABLES

Some Facts About Roots and Underground Stems That Are Eaten as Vegetables—Cooking Starch.

(Prepared by the United States Department of Agriculture.)

Nearly all roots and underground stems that are eaten as vegetables contain large quantities of water, in addition to starch or some similar material, a little nitrogenous matter, and mineral matter. The roots and stems store materials for future growth during favorable seasons. Plants that store most of their food as insoluble starch (as potatoes and cassava) are known as "starch-bearing plants," while those which store much of their food in the form of soluble carbohydrates (sugar in the case of the beet) which give the root a more or less juicy character are classed as "succulent roots."

In northern regions the potato is the most important of the starch-bearing plants. In the southern states the sweet potato is more generally used. One reason why the potato has become such a favorite is doubtless its lack of pronounced flavor. It harmonizes with foods having a more positive taste, and one does not tire of it as one would of the continuous use of turnip or squash. Then, too, it is easily grown, gives an abundant yield, and may be readily stored for winter use.

### How Much Should Potatoes Weigh?

Potatoes should weigh 60 pounds to the bushel, or 15 pounds to the peck. As three or four average potatoes will weigh one pound, a peck should number from 40 to 60.

The oftener potatoes are handled in their transit from producer to consumer the poorer their quality and the greater the percentage of refuse. When received from the market it is desirable to sort them carefully, that those of the same size may be cooked together—smooth, medium ones to be baked; large ones to be steamed in their skins; and imperfect and inferior ones to be pared before boiling. Any portions that are dark-colored or green should be removed, as they may impart a bad flavor to the rest. Sprouts should be broken from potatoes before cooking.

When potatoes are old and wrinkled they are much improved by cutting off the ends or by partially or wholly paring, and by soaking in cold water for several hours like dried beans, etc. In fact, inferior potatoes of any age are much improved by paring and soaking. Where potatoes are inexpensive or the savings can be fed to animals it is often a profitable custom to pare before cooking, since thus imperfections and strong-flavored portions are disposed of, leaving a nearly pure starch, comparable to arrowroot or tapioca and ready for the table as soon as cooked; this is true notwithstanding that careful investigations have proved that such cooking causes considerable loss of the nutrients in the potato.

When potatoes are the only vegetable obtainable it might be wiser to cook them without paring, so that their mineral salts may be retained, but people who use salad plants and other vegetables freely are justified in considering chiefly convenience and palatability in the preparation of these tubers.

Often it is a convenience for the housekeeper who has several dishes to prepare at once just before dinner to have the potatoes pared earlier in the day.

Most good cooks believe that it is wiser to discard the water in which potatoes are boiled, as it is likely to be strong in flavor.

Potato flour may be found in large groceries and is used in cakes and for thickening purposes in much the same way as cornstarch.

Sweet potatoes are not strictly tubers like Irish potatoes, but are tuberous roots. They should be kept in a dry place if possible at a temperature of from 50 to 65 degrees F. Because their sweetness is to some extent lost in water, they are better steamed than boiled, and baking is a favorite method of preparation. After steaming they may be sifted and used in puddings or pies like squash and added to breads, particularly cornbread.

Sweet potatoes are sometimes canned and are often dried like fruits for family use. A flour is also made from the sweet potato.

In southern homes the sliced sweet potato (often first parboiled) has always been cooked with sugar, butter, and other seasonings. Such dishes, under a variety of names, are now general favorites.

When sweet potatoes are baked the process should not be too rapid, but should continue for an hour or until the skin separates from the pulp, and in the case of the varieties moist when cooked, until the sirup condenses, and the pulp grows moist. The negroes in the southern states bake them in the ashes in the fireplace; and as soon as one meal is over put in these needed for the next.

A New Vegetable—the Dasheen. A new tuber which has received some attention from the bureau of plant industry is the dasheen from tropical countries. The plants resemble the caladium, which is such a popular ornamental plant, and the tuber, which provides the "poi" of the natives, and which is a staple food among tropical islands. The dasheens may be served like potatoes, boiled, creamed, etc., but to many are potatoes, most acceptable when they have a rough outer coating which may be partially removed by peeling. If entirely peeled

there is a tendency to discolor, as with potatoes. More detailed information regarding this new introduction and its preparation will be sent free to the housewife who applies to the United States department of agriculture.

### The Importance of Properly Cooking Starch.

Starch cookery is a very important subject. That starch may be thoroughly cooked it is essential that every starch grain be brought into contact with water of at least 140 to 178 degrees F.

In the case of starches separated from the plant cells when they were formed (arrow root, corn starch, etc.) cooking is a simple matter, and long continued cooking is seldom needed to make them palatable and in good condition for digestion.

The selection of potato starch instead of corn or wheat starch for thickening sauces in accordance with the custom of French cooks is rational, since it does not require so long boiling to insure the best results.

In the case of starch still enclosed in plant cells—as is the case with the starch present in cereal breakfast foods, etc.—long cooking is desirable in order that water may penetrate to each individual starch grain and unite with it to form the well cooked material which is considered most wholesome.

Starches from different plants or plant parts differ in the form of the starch grain, so that starches of various kinds can be identified by the aid of the microscope. But from the culinary standpoint they are practically interchangeable, and one form of starch may be substituted for another in nearly all cases. Just as we may substitute the yam or a dish of rice for the potato as a vegetable, so we may use starch from the potato, or corn, or wheat, or rice for thickening gravies or making puddings, making slight changes in proportion, according to the expansive powers of each kind.

Suggestions Regarding Succulent Roots.

Beets contain a larger percentage of sugar than most vegetables, and should be baked or steamed to retain as much of this as possible. At all events, they should be cooked in the skins, and the tip of the root and a portion of the leaf stems should also be left on until after cooking. Even so, some color and sweetness are lost in the water in which they are cooked.

Radishes, red or white, when a little too large to eat raw, may be cooked like turnips and served with a white sauce.

Raw carrots often are eaten by children, and are advocated by those who believe in the use of raw foods. When grated, raw carrots may be used in soups without further cooking, or added to salads. The carrot contains so much sugar that its use for sugar making in the same way as the beet, has been seriously considered.

The parsnip is said to have been cultivated even before the Christian era. The woody fiber of these roots is softened by freezing without injury to other portions. Hence they are left in the ground until the frost comes or even through the winter. But the roots must be used before they begin to grow again or they lose their sweetness and get "rusty." The larger ones are likely to be less sweet and more woody. Small parsnips just from the ground in the spring will cook in less than a half hour. If steamed in their skins, they lose less sweetness than by boiling. They should be peeled after cooking, and served plain or with white sauce, or sautéed in butter or mashed and made into fritters. They may be made into a stew with potatoes, onions, and milk.

The vegetables sometimes known as the "oyster plant" is the "salsify," which is most available for use during the late fall and winter. The root turns dark quickly if the skin is removed before cooking, and after paring should be dropped at once into vinegar and water to prevent discoloration. After boiling for about thirty minutes, the salsify may be served with butter or white sauce, or mashed and made into fritters.

Boom in Alarm Clocks.

Merchants here report a rising market for alarm clocks. The board of education is to blame, and children of school age are in the lead as purchasers.

Last year school used to open at 9:15 in the morning. Then there was a protest against making the pupils attend chapel, so the time for these services was fixed at nine o'clock, while those who did not wish to attend chapel came in at 9:15.

Then chapel time was fixed at 8:50 and the opening of the study session at nine. Now the time has been fixed at 8:45, and there is chapel only one day a week.—Freeport (R.I.) Dispatch to New York Times.

Their Great Scheme.

A local couple, recently married, hit upon a scheme for saving what they figured was just about right. Each month they would save a certain sum each day. The first day one cent, the second day two cents, third day three cents. Each day the amount was to be doubled until the end of 30 days. By that time they would have a tidy sum laid away.

Before starting the husband figured out just how much would be accumulated in this way. After laborious work he found the amount to be something like \$5,300,000, so after considering the matter they decided that one dollar a week would be about their speed.—Youngstown Telegram.

Get the Hook.

"If man evolved from the monkey," remarked Dingelbats, "he at least has the satisfaction of knowing that his ancestors were remarkably intelligent."

"What's the answer?" queried Snicklefritz.

"They were educated in the higher branches," replied Dingelbats.—Indianapolis Star.

Retic of the Past.

"Seems to be a diversity of opinion about one thing."

"What is that?"

"Some old fogies seem to think a trunk strap is more efficacious in restraining a bad boy than a suspended sentence."—Kansas City Journal.

# The HOME BEAUTIFUL Flowers and Shrubbery Their Care and Cultivation



Among the Most Beautiful of Plants Are the Different Varieties of Ferns, Cool Looking and Luxuriant.

## CARE OF THE FERNS

By L. M. BENNINGTON.

The ordinary way to propagate this class of plants is by dividing the plants, by the creeping rhizomes, by the little bulbets that form on the fronds and by the seeds or spores that appear on the under side of the leaves.

The enterprising fern lover will find it most interesting to propagate by spores and perchance produce a really valuable addition to these beautiful and graceful plants.

Procure a seed-pan or box with plenty of drainage holes, and cover the bottom with broken crockery. On

this place half-decayed sod and fill with carefully mixed and sifted leaf-mold and sand.

Make the surface of the soil perfectly smooth and level, and then scatter the spores on it and leave them without any covering, that is, of soil. However, they must be enclosed in glass by placing a pane of glass over the seed-box or pan.

Water by placing the seed-pan in water, and keep it there until the water appears on the surface of the soil. Then remove at once, for too much water will destroy the spores. Keep the box in the light, but not the sun, remembering that ferns naturally grow in shady places and that we should try to follow nature's lead.

## KEEP LAWN WELL ROLLED

To make a good lawn the soil requires frequent rolling. In the first place a good lawn cannot be produced in one, two or three years, that is, a perfect lawn, without depression and with a soil surface as smooth as a floor.

A lawn roller can be made, without much expense, from cement, using gas pipe for the axle and frame. The form for setting the cement may be of wood, using very narrow slats or galvanized iron. In case the latter is used, the form may be left on the roller, and if it is kept dry and protected from the weather, it will last a long time.

A handy size for a lawn roller is one about 20 inches long by 14 inches in diameter. If one has the proper tools, which consist of a vise and a thread-cutting tool, a roller can be made in a short time, and at very little expense.

## HOTBED FOR EARLY FLOWERS

A hotbed enables one to gain a month on the season. They are made and handled like a coldframe, but are built in a three-foot-deep excavation which is filled to the level of the earth with fresh stable manure, which for a few days has been fermented and forked and fermented again. It must be trodden down, and when the soil is at 90 degrees temperature, covered with six inches of rich soil. Bank up the outside. When the sun shines the temperature of the air in the bed may be 70 to 80 and at other times 55 to 60 degrees. A hotbed extends the season of tender annuals by making possible an early start for transplanting in May.

## FIGHTING THE FLOWER BUGS

If the leaves of your plants curl up look for insects. If red spider deluge the plant (not the soil) with clear, cold water. If aphids, fumigate with tobacco or wash them with strong soap suds, or with a tea made of quassia chips, as hot as the hand can bear.

For white worms, let the soil get as dry as may be, then set the pot in a vessel containing quite hot water, taking care not to scald the plant. Or set the dry pot into a vessel containing limewater until thoroughly saturated; or make a strong tea of black pepper, and saturate the soil.

If insects appear on the ferns, apply fire-tree oil soap suds, dipping the plant so that it may be entirely covered. The bath may injure the plant, in inexperienced hands, but the insects

will kill it. Try to use judgment. When you find a plant or plants with lice on them, have ready a large tight box and cover the bottom of it with an inch of cut tobacco stems. On this sprinkle a little boiling water, set the plants at once on the tobacco, cover tightly and leave for twenty-four hours. The lice will be sick if not dead. Repeat if necessary. This is better than smoking or dipping.

## HINTS ABOUT FLOWERS

We usually think of pruning only when a plant is asleep. It is true, that the easiest pruning should be done then, but there is much that we can do during the summer to keep a plant in good condition.

The lilac is usually the best pruned shrub we have, for the simple reason that we are apt to pick every bloom. The plant cannot, of course, then make any seeds and the strength is thrown into new wood where it belongs.

Rose bushes should be treated the same way. A second bloom can be produced on wistaria by following this rule and cutting head of each runner.

Along towards the middle of summer you will notice new, very strong shoots coming upon your plants. When they reach an even height with the rest of the plant nip out the tip and leaves with your thumb and finger and thus make the shoot send out some side branches.

Manure must never be used next the bulbs.

Hardy phlox is very attractive and few perennials equal it in length of bloom. Strong field grown plants set out now will become established before winter and make the border brilliant next summer.

All lilies do best when planted in the autumn. To make the best possible lily bed remove one foot of soil then cover the soil below with two inches of dried manure. Turn this under with a garden fork, mixing it well with the soil. Cover this with six inches of coarse sand and on the sand place the lily bulbs, setting them twelve inches or more apart. When the bulbs are all in position cover them with six inches of the top soil, and next spring you will have a bed of lilies to be proud of.

## STOP RAPID TOP GROWTH

If a plant is growing too tall and lanky, (and nearly all want to), nip off the tip of each branch. This checks growth, forces the strength into the bark and will keep your plant in a more compact form.

## MEETING THE NEEDS OF ALL

Important Point in Housekeeping Which the Mother Will Do Well to Remember.

One of the most important points in housekeeping is planning the dietary to meet the needs of all members of the family. This means that the main part of the meal is made suitable for all and to this is added the foods especially needed by each individual, the simple light dishes for little children and the energy-producing foods for outdoor workers. The choice of these is always a matter of individual judgment and observation based upon an understanding of the general principles of a well balanced diet.

One thing, though, should always be kept in mind; that where the main dish of the meal or the dessert intended for adults is too heavy for childish digestion, some equivalent dish equally attractive to the children should be provided. It may not be wise to let the children share the pie or rich pudding provided for adults, but when the more elaborate dish appears upon the table, rather special pains should be taken to provide a dainty and tempting dessert for the children. The custard or rice pudding or fruit daintily served costs very little trouble and brings a lot of happiness to the children who would otherwise feel only it was a hard thing to be a little boy or girl when grownups eat just what they please.

## SOLUTION TO CLEAN SILVER

Method by Which the Prized Table Utensils Will Take on a Polish Without Injury.

Every housekeeper takes pride in keeping her silver bright and shining, whether her choicest collection be great grandmother's treasured teaspoons or the latest achievement of the jeweler's art.

But whether her silver is of this year or of a century ago, the sulphur in eggs, rubber, natural gas, water, white tissue paper, and in the white cloth, so often used in making silver cases, will turn the best polish she can put on it to a yellowish brown.

To clean by rubbing with whiting or any of the silver polishes is a long and laborious process, and one which must be repeated frequently; but an easier method, which does not injure the silver, may be employed.

Dissolve one teaspoonful of common salt and one teaspoonful of soda in one quart of water, and place in a galvanized pan. Silver placed in this solution takes on a polish without rubbing. To get results it is necessary to keep the inside of the pan thoroughly clean.

By placing in the solution a small piece of zinc or the lid of a Mason jar the use of the galvanized pan becomes unnecessary and any kind of a pan may be used.

## Every-Day Doughnuts.

This is a very simple rule and I always use it and never had a failure: One cupful of sugar, one beaten egg, butter and size of a walnut. It is not necessary to beat the sugar and butter thoroughly as for cake. Add a little salt and nutmeg or cinnamon, one cupful of sweet milk, one and one-third teaspoonfuls of baking powder sifted in with four enough to make a stiff dough. Cut out and fry. A deep kettle is far better for frying than a spider and there should be plenty of fat to float the cakes. Put the doughnuts in a stone jar before they become cold and cover tight. In this way they will not harden. Set the doughnuts into an oven a few moments before serving and they will be almost as good as when freshly fried and much more healthful.—Boston Globe.

## Salmon.

One way to serve it is to spice it in this way: Remove contents from a can and crush all the bones and remove any bits of skin. The bones should not be removed for they are pure lime and we get too little lime in our food to waste a bit. Sprinkle enough vinegar to cover the salmon and heat it until it is almost boiling. Pour this steam and cool, but cover it well. This should stand for 24 hours. It is the richest of all spiced fish.

## To Polish a Stove.

To polish and blacken a cook stove take a soft cloth, dampen it dip into some soap shaved off from the bar. Then rub thoroughly. Polish with paper. It will be as smooth as glass and black. For the enameled part dip a soft cloth in kerosene oil, then in wood ashes and rub until every particle of tar and spots are removed. It acts like magic. Try it.

## Codfish Croquettes.

Soak one-half pound codfish over night and in morning drain and cook until soft. This is for salt cod. Chop fine, add a little seasoning, an egg, a very little milk and a teaspoonful of flour; shape, brush with egg. Roll with bread crumbs and fry brown in hot lard. The same rule may be used with any cold fresh fish. Separate from bone and chop fine. Proceed as above.

## Celery Toast.

Take the outer and less tender stalks of celery that are often thrown away, cut them into one-half inch pieces and cook in slightly salted water until tender. Drain and use one-half cup of this water and one-half cup of milk to make a white sauce. Add the celery to the sauce and pour over slices of nicely browned and buttered toast. Serve very hot.

## New Way to Serve Grapefruit.

When the family tires of grapefruit served in the usual way, prepare it the night before it is to be used by cutting next the rind and loosening the fibers which hold the pulpy part of the fruit. Then cover the top of each half with a rather thick layer of honey. In the morning the fruit will have absorbed the honey, but will possess a new and delightful flavor.

## OLD JOKE IS SPOILED

Pound of Feathers Weighs More Than Pound of Lead.

Has Been Established as a Scientific Fact—Matter of Volume is the Point That Must Be Considered.

The old joke, "Which is heavier, a pound of lead or a pound of feathers?" is not quite such a joke as it seems at first glance. Archimedes taught us the truth that a body immersed in a liquid or gas receives an upward push equal to the weight of the liquid or the gas it displaces. Suppose we arrange a balance so that one of its arms can be introduced under the bell of an air pump, and place upon each of its arms a weight, say one pound, both weights made of the same size. They will exactly balance each other. If we exhaust the air from under the bell, producing a vacuum, we remove the upward push, and the arm of the balance that is in the vacuum descends. If on the contrary we compress the air under the bell we make the displaced air weigh more and consequently the upward push is increased and this arm of the balance ascends.

It is manifest that the greater amount of air displaced the greater will be the upward push. Suppose now we balance a pound of lead on one arm and a pound of feathers on the other. They will, of course, exactly equal each other in ordinary air, for they were both weighed in ordinary air. Now let us put the whole apparatus, including both weights, under an air pump. The pound of feathers displaces far more air than the pound of



This is What Would Happen if a Pound of Lead and a Pound of Feathers Were Weighed in a Vacuum.

lead, and if we exhaust the air we shall find that, the upward push being removed by the exhaustion of the air, the pound of feathers descends and the pound of lead ascends, proving that the seeming paradox that a pound of feathers weighs more than a pound of lead, is no joke but a scientific fact.

Therefore it may scientifically be said that of two substances having the same weight and not the same volume, that having the larger volume is really the heavier.

## Bugler's Limitations.

A story is going the rounds that a certain colonel—evidently not musical—ordered that at church parade the buglers should play "Abide With Me" (which may have been his favorite hymn) and was annoyed when the astonished bugler receiving the order protested, "But the bugle has only got five notes, sir!" Though the bugle possesses five notes, with a possible two more, most bugle calls and bugle marches one hears are confined to the four notes B, C, E, G, on the treble staff—the actual pitch being a tone lower. A wonderful variety in character, however, can be produced by means of the different rhythms in the calls. One hears two types of bugle marches and rhythm suggesting "Humpty Dumpty sat on a wall," and the other "One-a-penny, two-a-penny, hot cross buns!" Another "quickstep" is unmistakably a Scotch tune in snap and rhythm, though one could not name it.—Manchester Guardian.

## Shoots Deer With Opium.

John Benham, a well-known Wisconsin guide, who had been commissioned to capture a huge deer alive for a private game preserve near Hurley, Wis., has captured the biggest deer ever taken alive in that state—a six-prong, 300-pound buck—by the simple expedient of using opium pellets instead of the usual lead bullets in hunting. Benham had a druggist make him the shot he wanted—a mixture of gum arabic, flour paste and opium. Then he went to watch for the deer, which all of the guides had, because of its size, refused to allow hunters to kill. When he saw the big fellow he cut loose with his gun, and he caught up with the deer two hours later, when it had fallen asleep in some balsam. When the deer woke up it had been boxed.—Brooklyn (Wis.) Dispatch to Detroit Free Press.

## Mink Gets Big Trout.

While crossing the bridge over the creek near H. P. Johnson's sawmill at Bethany, Wayne county, New York, George Bennett saw a mink dive through the ice and catch a large trout. Bennett called to Monroe Tyler, at the mill, and the two men pelted the mink with stones in an attempt to capture him.

Bennett's dog assisted by chasing the mink to his hole, from which the two men dug him with pickaxes. When the mink was finally killed he still retained the trout, which measured 14 inches in length, in his mouth.

## Literary Note.

The first sentence of Henry James' novel has been published in book form. It has been running as a serial and has attracted much attention. Several of the film manufacturers have been approached with a view to turning it into a photoplay, but have declined on the ground of expense, declaring that it would take from fifteen to twenty episodes to film it in its entirety.—Philadelphia Ledger.

## That Seldom Changes.

A man's wife is seldom able to cook like his mother did. But the medicine she has set on his table tastes pretty much the same.

## HELP PITCHING EYE

Dummy Figures Used as Batter and Catcher.

Really Ingenious Device That Seems to Have Practical Points—Electricity is the Motive Power of the "Players."

A machine for practicing baseball, devised by an Ohio inventor, has two life-size figures that take the part of batter and catcher. An electric motor puts "life" into their movements. Rods, levers, joints and springs contained within the bodies of the dummies cause them to maintain automatically



The Baseball-Playing Dummies and the Mechanism That Makes Them Work.

their end of the game as batter and catcher. Here is how it is done: In the abdomen of the catcher dummy is a plate which when hit by the baseball thrown by the player who is practicing closes an electric circuit and causes a bell or buzzer to ring. The catcher's arms and hands are mounted to move in and out on a horizontal plane. The batter, on the other hand, moves his bat up and down.

To practice with this machine you take a position about sixty feet from the dummy batter and throw at his bat, which extends over the home plate; if the bat is hit, you can jot down one on the score card. Or, land the ball in the abdomen of the catcher, hit the registering plate and ring the electric bell, and a strike is credited you. If the ball hits the batter or catcher elsewhere than intended, a foul is counted.

The inventor insists that the dummies are not unlike natural persons in performing their functions, although some players might not approve of the mode of "catching" the ball described.

## Restored on the War.

In a delightful corner of the Pyrenees a number of temporary hospitals have been established. Quite often a certain visitor of note comes to these little hospitals, bringing to the wounded some small comforts, among which are tobacco, cigarettes and chocolate. He is clothed as a common soldier, although he wears hanging from his neck the cross of a commander of the Legion of Honor. This is Monsieur Edmond Rostand, poet and playwright, the hermit of Cambo, who thus prefers the uniform of an infantryman to the flannel jacket of the mountain proprietor or even the green coat of an "immortal." Not all of his "clients" know who is this distinguished visitor. One of them describes him as "a man who has not much hair on his head and writes pieces." M. Rostand has become fat. Our soldiers are getting fat. All the letters from the front certify this. M. Rostand has done likewise and has done well.—Le Cri de Paris.

## Spooning is Defined.

"Spooning" in the public playgrounds of Pittsburgh is to end if plans of W. F. Ashe, superintendent of the new city bureau of recreation are put through. Instead, dances under proper supervision and other healthful social activities will be carried out.

"What is understood as spooning," Mr. Ashe says, "is justifiable only when it is the expression of the love of a man for the woman who is to become his wife or the woman for the man who is to become her husband. In young boys and girls it should be discouraged. We shall have choral societies for the boys and girls. Dancing and music will provide the substitute for spooning."

## Mail From a Shipwreck.

Echoes of the tragic fate of the Empress of Ireland still come over the waters. For example, a lady who was at the time visiting in Canada wrote to her sister in England. The letter never arrived, but the sister came back in due course. And now, all unexpectedly, her letter has been delivered, stamped with the words: "Recovered by divers from the wreck of the Empress of Ireland." It speaks well for the quality of the mail bags when one says that the letter shows scarcely any trace of its eight months' immersion in the bed of the St. Lawrence.—Pall Mall Gazette.

## Ferocious Duck Nips Tramp.

"Beware of the Duck" is the sign Edgar Wilhelm of New Freedom is preparing to tack to the yard gate. The fowl, a particularly large one, has been delegated to itself the duties of a watchdog. Its loud quacking gives warning of the approach of a stranger, day or night, and it savagely attacks intruders, as a tramp who came recently to the house to beg, has reason to know. He was pinched in the seat of his trousers so painfully that he had a hasty retreat, the duck flying after him to the gate.—York (Pa.) Dispatch to Philadelphia Record.

## With Precaution Lacking.

The Chicago bureau of safety tells how men blinding a stump broke a charged light wire on a pole. The wire fell to the ground. The foreman sent a man to the lighting company to order the necessary repairs, but did not place a guard over the wire. A man took hold of the wire and was killed.

"Safety first" requires that thoughtless precautions should be taken to avoid such accidents.

MASONIC NOTES.

Chips From the Quarry.

After contemplating over the royal reception and grand banquet and the beautiful tokens of appreciation that flourish from Davenport, with the co-operation of the chapter, commanderies and lodges of Rock Island and Keokuk, Illinois, I begin to realize as never before that after all it pays a man to live right, act right and set a good example in the community in which he lives.

FORT MADISON RECEPTION.

(Special to the Bystander.) The White Rose club met with Mrs. George Mack on Thursday evening. Rev. and Mrs. Bowles were guests of honor as they will soon go to Waterloo, Iowa, to take up the work there.

HEALTH HINTS.

A. J. Booker, M. D. Many people are of the opinion that there is always something else that a doctor might have done if he had been interested enough, and have saved a life.



Their aged ranged from 29 to 91 years. The causes of death in twenty-seven cases were not given, but among the causes there were three cases of pneumonia, five of brain hemorrhage, nine of heart disease, among the latter a former professor of mine; two of tuberculosis, two of Bright's disease, two of blood poison, one of cancer, one following an operation, one of erysipelas, one of bronchitis.

It is a crime to prey on the sick and pretend that another half hour or ten minutes would have been too late, unless it is a matter of stopping the flow of blood or resuscitating some one from drowning, or some allied condition. Some men save the life of every patient, to hear them tell it. But as a matter of fact the physician is a protector and an interpreter of symptoms.

Finally it is perfectly lawful and ethical for a physician to treat his own wife and family. Many men do not care to assume the responsibility of passing on matters in their families where there are likely to be serious consequences, since it might be embarrassing. It is also ethical and lawful to charge fellow physicians.

VIVIAN L. JONES Funeral Director. The very best service guaranteed. Prices the lowest. Calls answered promptly day or night. No extra charges for distance. Reverse all phone charges.

OTTUMWA, IOWA. Mrs. R. B. Bright, the G. M. of the O. E. S. of the state of Iowa, made her official visit to Esther chapter, No. 4, of Ottumwa on Thursday evening, March 18th.

Stylish Spring Suits at \$8.88



Some trim and stylish in design—yet with an air of quite modesty that well befits the suit intended for business and every day wear.

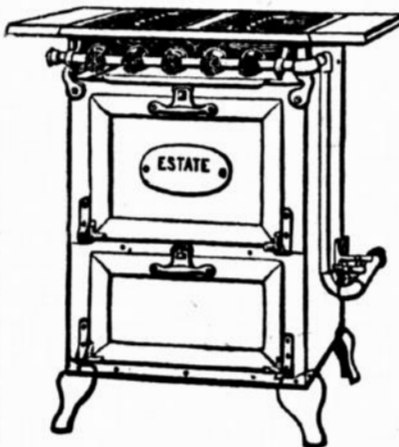
They're fashioned of men's wear serges—a suiting that's in great favor this spring; excellently tailored with flare skirt and vestee effect in Jacket.

Navy, black, putty and Copenhagen shades—your choice of several different styles at \$8.88.

Basement

HARRIS-EMERY CO. FAMOUS FOR VALUES - UNEXCELLED VENTILATION BARGAIN BASEMENT

Gas Range Special This Week



THIS is one of the celebrated Estate Ranges. Has 18 inch oven, 4 burners and simmer on top, and extra large broiler.

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Connections made free. Payments arranged if desired.

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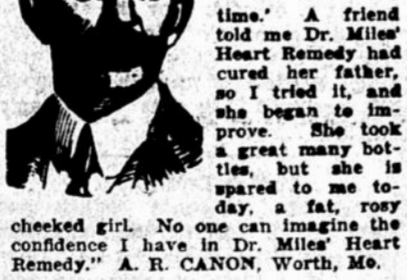
COLORED PEOPLES HAIR

We are the largest importers and manufacturers of colored peoples hair and the most reliable firm in this line. We make wigs, switches, braids, transformations and all styles of hair that can comb and wash the same as your own.

Humania Hair Company Dept 61 23 Duane St., New York

Heart Disease Almost Fatal to Young Girl

"My daughter, when thirteen years old, was stricken with heart trouble. She was so bad we had to place her bed near a window so she could get her breath.



The unbonded confidence Mr. Canon has in Dr. Miles' Heart Remedy is shared by thousands of others who know its value from experience.

Dr. Miles' Heart Remedy is sold and guaranteed by all druggists. MILES MEDICAL CO., Elkhart, Ind.

Best Treatment For Constipation. My daughter used Chamberlain's Tablets for constipation with good results and I can recommend them highly.

Green's Cafe

The Old and Reliable Place to get good meals or lunches Ice Cream and Cigars

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Table listing prices for various meats: 8 pounds of Salt Pork \$1.00, 7 pounds Iowa Prime Bacon 1.00, Smoked Picnic Hams 10c, Halibut 12 1/2c, Cat Fish 12 1/2c, White Fish 15, Perch 10c.

Above prices good all week. We are leaders not follows.

S. & K. MARKET CO.



Woman's Crowning Glory is Her Hair

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

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

QUINCY ITEMS.

Mrs. John Washington, who has been very sick, is somewhat improved.

The twilight services of the Cross and Crown League of Bethel A. M. E. church on last Sunday were enjoyed by all present.

Revs. J. J. Evans and J. H. Higgins left Tuesday afternoon for Springfield, Ill., the seat of the Quincy district conference.

Mr. Wm. A. Lilly, who has suffered at three different times severe attacks of the head, was committed to the state hospital at Jacksonville for treatment on last Saturday. We wish him a speedy recovery.

Mrs. Mary Tate was slightly indisposed last week.

Mrs. M. E. Jordan of Monroe City, Mo., left for her home, after several days' visit with her son, Mr. Wm. Lilly, and family, Sunday morning.

The churches are all preparing special programs for the Eastertide. Mesdames Cole and Perkins are slowly recovering from several weeks' illness.

IOWA CITY, IOWA.

(Special to the Bystander.) The missionary ladies of the Bethel A. M. E. church gave a program March 14th, assisted by the missionary ladies of the First M. E. church.

Mrs. Dayton, president of the missionary ladies of the First M. E. church, gave a history of the missionary work done with the Indians. Two selections by the Glee club of the M. E. church. A talk by Dr. Lowery, "What the Negro Has Done For Himself," was to the point. Closing remarks by Rev. Wells of Alabama, in behalf of the colored children of the state of Alabama. A neat sum was realized.

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ORIGINAL NOTICE.

In the district court of the state of Iowa, in and for Polk county, May term, A. D. 1915.

Ivy Wilder, plaintiff, vs. John G. Wilder, defendant.

You are hereby notified that on or before the 25th day of March, 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 on the grounds of desertion. For particulars see petition now on file.

And unless you appear thereto and defend before noon of the second day of the next term, being the May term of said court, which will commence at Des Moines on the 3rd day of May, 1915, default will be entered against you and judgment and decree rendered thereon.

Dated this 25th day of March, 1915. Sullivan & Sullivan, Attorneys for Plaintiff. Published in the Iowa State Bystander March 26, April 2, 9, and 16, 1915.

ORIGINAL NOTICE.

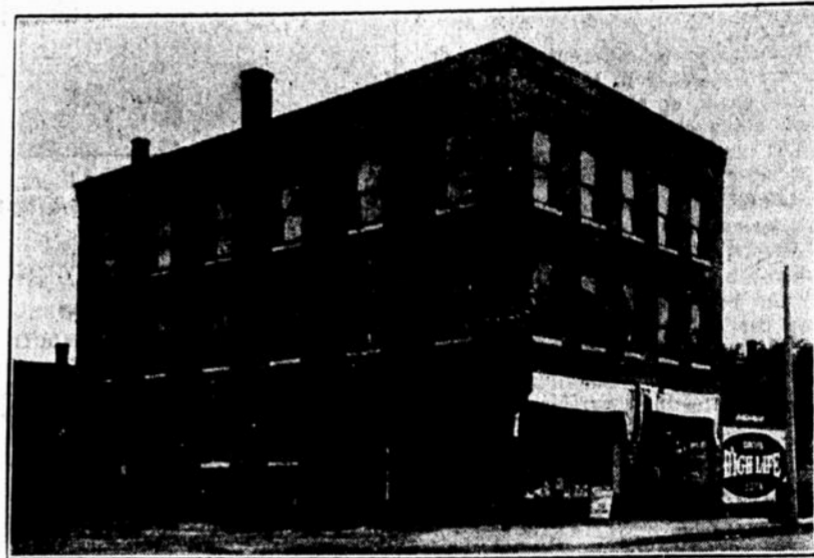
In the district court of the state of Iowa, in and for Polk county, May term, A. D. 1915.

Charles A. Davis, defendant, vs. Lucy Davis, plaintiff.

You are hereby notified that on or before the 25th day of March, 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 on the grounds of cruel and inhuman treatment. For particulars see petition now on file.

And unless you appear thereto and defend before noon of the second day of the next term, being the May term of said court, which will commence at Des Moines on the 3rd day of May, 1915, default will be entered against you and judgment and decree rendered thereon.

Dated this 25th day of March, 1915. Sullivan & Sullivan, Attorneys for Plaintiff. Published in the Iowa State Bystander March 26, April 2, 9, and 16, 1915.



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