

AFRO-AMERICAN CULLINGS

For 15 years O. T. Jackson was the only Negro farmer near Boulder, Colo. He was industrious and was well liked by his white neighbors, but in the planting and harvest times when there was a dearth of farmhands they could generally outbid him in the labor market, leaving him without assistance at the crucial times. He found it impossible to keep colored farm hands for any length of time because, with no other members of their race near at hand, they found it a lonely life.

In 1906 Jackson began to think about the situation and decided that what was needed was a community of colored people which would be large enough to be self-sufficient. Having come to a decision he started to work out his plans. Since then there has grown up on former government land in Weld county, Colo., a settlement of 250 Negro men and women fairly started toward independence. The name of the settlement is Dearfield, and the force behind it is the Dearfield Developing company, organized on a co-operative basis and preaching self-help.

The story of the struggles which the founder and the small group of pioneers which he gathered around him had, and of the momentum which the movement gained as it became successful, is told by W. J. Harsha in an interview with Jackson in the Southern Workman.

Efforts were first made to obtain suitable land from the state land office, but none was found available. Then attention was directed to the federal authorities and locations were offered in three different counties in Colorado, Jackson and the two or three men whom he had associated with him finally selected the Weld county site because of its fertility, availability of water, and good railroad connections with the large markets of Denver only 70 miles away. The Jackson family was the first to settle, in May, 1910, and a home was established a year later. Of the first settlers Mr. Jackson says:

"I met most of the first settlers in a casual way—in restaurants and barber shops and on street corners. I was invited to speak at our Denver church on the importance to our people of getting land before it is too late; after the meeting people crowded around me asking for particulars. After several men had fled they sent their friends to me. Woman claimants—widows, spinners, deserted wives—were particularly active. We publish a little paper and mention in it all findings made, and this attracted attention. I am now receiving tons of mail and many callers asking for homes.

"The Dearfield settlers were as poor as people could be when they took up homesteads. Their advancement has been something wonderful for our people, who know nothing of pioneer life. Some who fled on their claims had not enough money to ship their household goods and pay all their railroad fare. They paid their fare as far as they could and walked the balance of the way to Dearfield. Soon after arriving in Dearfield they secured work with the wealthy white farmers in the district and began to build houses on their claims. Some lived in tents, others in dugouts, and some in natural caves in hillsides.

"The first year there were only seven families in the settlement, and we had only three teams. We managed to get in some garden corn, melons, pumpkins, squash, Mexican

beans and potatoes. We cleared a few acres for hay ground, removing the sagebrush by hand, the women and children wielding grubbers as industriously as the men, though not as sturdily, perhaps; and after grubbing we plowed, harrowed and burned the remaining brush."

Suffering in the little community was intense during the first winter. There were only two frame houses. Firewood had to be carried from three to seven miles. Three of the horses died from starvation, and the other three were too weak to pull even an empty wagon, Mr. Jackson continued. Yet the little group managed to keep up their own and each other's courage, and after the first winter was weathered, further problems and hardships were more easily met and overcome. Now, in addition to having settled all the available claims, a small Negro town is growing up at Dearfield, where professional men, tradespeople, artists and manufacturers on a small scale serve the needs of the farming community.

From the inception of the settlement Jackson and his colleagues tried to advertise their movement for a Negro farming community in such a way that white people would not hear about it and come in and take up the land where it was hoped that colored farmers would settle. These efforts were only successful in a measure, and many of the best locations were taken up by white settlers. At the same time Mr. Jackson speaks with considerable satisfaction of the type of white man who came into the community, and of the fact that most of them have shown a willingness to sell out their holdings at reasonable valuations to prospective Negro settlers.

Owing to the laws governing the taking up of homesteads it was not possible for the settlers to gather together and clear one common plot for cultivation. Instead, the method of co-operative help used was for a group to collect on the homestead of one settler after another and clear away enough land on each claim to start the prospective owner. In this way each colonist soon had under cultivation the amount of land required by the government for proving up his title to the homestead. After the first few years, during which it was absolutely necessary to devote all the tillable land available to the cultivation of the commonest staples and forage for the stock, the farmers gradually began to add various kinds of vegetables and fruits, including the inevitable watermelon, not only for home consumption, but also as a surplus, was raised, for sale in the markets of Denver. Then attention was turned to improving the yield of the crops, particularly hay, until now the colony has passed from the stage of bare self-sufficiency to increasing prosperity.

The scarcity and high price of coal in Spain has become a problem as well as a menace to all manufacturing industries in that country. With lessened importations of British coal and soaring prices for freight more attention is being paid to domestic coal, of which there are large undeveloped deposits. According to returns, 1,995,028 tons of coal were imported into Spain and 167,795 tons of coke during the first 11 months of 1915, in contrast to 2,313,630 tons of coal and 328,107 tons of coke in 1914, a decrease of 718,602 tons of coal and 160,312 tons of coke.

A big piece of work done at Daytona by Mrs. Mary McLeod Bethune was the clearing up of the turpentine districts. Such places have an evil reputation in the South. A man will buy a large tract of pine forest for the purpose of getting the turpentine. He puts up a few shanties and a distillery and gathers together the riffraff that he can find on the streets and sets them to work at small pay and large promise of rum. Women are sent out as cooks, and the place is soon unsavourily spoken of as a "turpentine camp."

"We are changing conditions down there," Mrs. Bethune declared. "Once a week two or three workers or students of the school are sent to the various camps to speak to the women and children. The people are shown the right method of living, the dignity of the home, and the error of their ways. The children get three months of schooling every year. The men get higher wages and have learned how to spend and save judiciously. We have established a temperance sentiment in everything, and have driven out strong drink. We carried the polls when Day-

GERMAN MACHINE GUNS MOW DOWN RUSSIAN MASSES

Terrific Assaults of the Czar's Soldiers in Ten Days Bloody Battle.

DEAD PILED HIGH ON FIELD

"Magnificent, but Criminal," Says Teuton Officer, in Describing Advance Made by Slavs in Face of Certain Death.

By OSWALD F. SCHUETTE, (Special Correspondent of Chicago Daily News.)

With Field Marshal von Hindenburg's Armies, Near Postawo, Russia. —I have come to these blood-drenched battlefields too late to see the terrific assaults of the great Russian offensive, so I can only tell the story of this battle that raged day after day by picturing the scenes as I find them and piecing together into one ghastly mosaic the fragments of what I am told. I have talked with officers and men of the German regiments that held back the Russian deluge and have carefully gone over the statements of the Russian prisoners.

This battlefield consists of an open glade cut through the Russian primeval forest. It runs almost due north and south and varies in width from 400 to 1,500 yards. The Russians were entrenched along the eastern edge of this opening, while the forest behind offered splendid opportunities for concealing movements of troops and emplacements of artillery. The German lines skirt the western edge of the glade.

Battle Lasts Ten Days. The Russian fighting at this point lasted ten days before the czar's troops finally gave up their attempt to break through the German lines. On the first day the Russian fire was sporadic, apparently to make certain the range of the guns. Then for two days more the Russian bombardment continued, but now it was a real "drum fire." This means that the cannonading is so heavy that it sounds like the rattle of a drum.

On the afternoon of the third day the Russian drum fire was suddenly lifted from the German trenches and converted into a "sperrfeuer" (curtain fire) back of the German lines to prevent the bringing up of reserves. It was the signal for a Russian attack. Out of the forest came the storming Russians straight into the German machine gun fire that tore great gaps in the attacking columns, though these quickly closed up.

In the meantime the German troops rushed out of their dugouts into the water-filled and shell-torn trenches. Almost in a moment the machine guns were jerked out of being hastily mounted on the wreckage of the breastworks, began to sputter their fearful greeting to the Russians.

Between the machine guns rattled the infantry fire. There was no time for giving commands and there was no need of any. There were no volleys. Each German soldier fired as fast as he could. The gaps in the Russian line widened, and then the Russians would halt and fire toward the German trenches, but it was hard to aim, and the bullets scarcely checked the withering crash of machine gun and rifle fire.

Stopped at Barbed Wire. The Russian wave reached the barbed wire entanglements before the German breastworks, but came no farther. "Torn, beaten and shattered into a thousand fragments, the remnants of the Russian host beat a retreat. How many reached the protection of their trenches under the unceasing German fire no one can tell, but the ground between the German and Russian lines was covered with dead and dying. There was no further attack that night.

Toward morning the thunder of the cannon quieted and the cries of the wounded were almost stilled by daybreak.

The great battlefield was asleep only for an hour when the action of the fourth day began with another terrific drum fire, which lasted until long past noon.

Again the Russian wave broke from the forests, but it had hardly got out of the woods before the German artillery opened fire. Again shells tore open the ranks; again the machine guns piled up the dead. The task was more terrible than on the day before, as the Russians had to storm over the bodies of their dead comrades.

Again the night was freezing cold, again the hours were hideous with the cries of the dying men out there on the battlefield and again the darkness was filled with the thunder of cannon. To prevent a night attack, the Germans kept up a discharge of illuminating rockets and a blue-greenish glare added to the ghastliness of the field of death. But no Russians dared to advance.

At daybreak the Russians opened with a third drum fire. This time it was more terrible than on the previous occasions, for it was directed not only on the German trenches, but deep into the lines behind them, to hold

CAN'T FREEZE IN THIS



A life-saving suit which keeps the wearer's head above water and his body warm even in zero weather has been perfected by T. E. Aud, of Herndon, Va. The suit was tested in the Potomac river in the presence of Gen. George Uhler and other officers of the United States steamboat inspection service, the test resulting in a favorable, though unofficial, report by General Uhler. The lower part of the suit contains four pounds of lead to the foot, and the upper part is filled with cork to float the body in an upright position. The material is non-conducting so that the heat of the body will keep the wearer alive for four days in icy water. The inventor claims. In the picture Mr. Aud is shown wearing the suit.

back the reserves and prevent the bringing up of relief to the half-frozen German soldiers, who, bundled up, were standing in the water-filled dugouts waiting for the attack which they knew was inevitable. At eight o'clock the attack came and this time it was more successful.

Despite the artillery, despite the machine guns and despite the infantry fire, the apparently inexhaustible regiments of Russians swept on over the dead, over the barbed-wire barriers before the German line, over the first trenches and routed the German soldiers, who were half frozen in the mud of their shattered shelters. A terrific hand-to-hand conflict followed. Hand grenades tore down scores of defenders and assaulters alike. The men fought like maniacs with spades, bayonets, knives and clubbed guns.

Within 100 Feet of Victory. But the Russians won at a fearful price for so slight a gain. It might have been worth more had the Russian deluge swept farther, but it did not. The Russians stopped within a hundred feet of victory. It may have been lack of discipline, lack of officers or lack of reserves; no one knows.

The Russians seemed helpless in the German trench; instead of sweeping on into the second lines they tried to entrench themselves in the wrecked German first line. Immediately German artillery hurled shells of the heaviest caliber into these lines, and tore them into fragments.

Then came the German reserves, and by nightfall the Russians had again been driven out, 800 of them being taken prisoners.

Four days of almost absolute quiet followed, with only occasional artillery fire and now and then a sputtering infantry volley across the glade with its burden of death when the scout posts on either side thought they saw the enemy. The weather turned warm

READY FOR THE RAIDERS OF THE AIR



French soldiers at Saloniki setting the fuses of anti-aircraft guns on the approach of German aviators.

WANT HUSBANDS WHO DANCE

Woman Students Say Men May Smoke and Play Bridge, but Must Not Drink.

Minneapolis.—The student newspaper of the University of Minneapolis, which has asked the woman students of the institution the question: "How much salary must a man receive before you would consent to marry?" has received replies ranging from \$500 to \$10,000 a year. Most of the girls

were conservative in their demands, however, and the general average, based on early replies, is about \$1,500. One girl wrote: "What is money to me? Give me a true, loving husband and a cottage."

A large majority of the girls demanded that their future husbands be good dancers, some said they must know the "latest steps" and one went so far as to say she would marry only a man who was a "dreamy dancer." Smoking would be permitted, even demanded, by a large number of the

again and the field of battle was an almost impassable swamp.

Attack Without Drum Fire.

On the eighth day reports reached the German lines that the Russians intended to make a surprise attack that night without any drum fire. The German artillery therefore shelled the Russian woods at a terrific rate at hourly intervals through the night. All the troops remained on duty without a minute of sleep, but no Russians came. The next day was quiet.

That night again it was feared there might be a surprise attack and so again the German artillery shelled the Russian lines until morning. But there was no attack until the following noon, when, without any artillery preparation, the Russian onslaught was repeated. A German officer told me the story of that attack. He said that if he had not seen it himself he would never have believed it possible that an attack would come out of the Russian woods, where the lines were almost 1,500 yards apart.

Suddenly, without any warning a mud-colored wave began to pour forth from the forest. It was a line of Russians three ranks deep, containing more than 1,000 men. They marched step by step, and did not run. Behind this was a second wave like the first, and then a third, the intervals between them being about 150 yards.

The German artillery tore holes in the ranks, which merely closed up again, marched on and made an attempt to fire. They marched, as though on parade. "It was magnificent, but criminal," said the German officer.

Then came a fourth line like the other three. The first line was less than 1,000 yards from the German trenches. It came so slowly that it was possible for the Germans to make plans with cruel precision to meet it.

Caught Between Walls of Fire.

When the fourth line emerged from the Russian wood the German artillery dropped a curtain of fire behind it and then a similar wall of shells ahead of those in front. They then moved these two walls closer together with a hail of shrapnel between them, while at the same time they cut loose with the machine guns.

The splendid formation of Russians, trapped between the walls of fire, scattered heedlessly in every direction, but in vain. Shells gouged deep holes in the dissolving ranks. The air was filled with clamor and frantic shrieks were sometimes heard above the incessant roar and cracking or exploding projectiles.

Deafened men sought to dig themselves into the ground in the foolish belief that they could find safety there from this deluge of shells. Others raced madly for the rear and some escaped in this way as if by a miracle. Still others ran toward the German lines, only to be cut down by the German machine-gun fire.

In less than twenty minutes the terrible drama was over. The attack had cost the Russians 4,000 lives, and yet not a Russian soldier had come within 500 yards of the German lines. "It was a terrible harvest of death," said the officer who described the battle. It was the last gasp of the Russian offensive at this point.

TEACH BOYS HOW TO COOK

Domestic Science Applied by Lads in Kansas Opposed by the Girl Students.

McPherson, Kan.—Leap year is producing adverse results in Central academy and college here.

A dozen boys have applied for a domestic science course and others will join. The instructor is Miss Viola Graham, and she has received a number of additional applications. The course will include cooking and sewing and will continue the remainder of the school year.

The girls are doing their best to prevent the movement of bachelorhood by inviting the boys to attend skating parties, but the domestic science boys are busy practicing the culinary art, and they assert that if the women intend to live independent lives they also can.

HANDLE MUCH GOLD

Employees of United States Assay Office "Roll in Wealth."

Institution Has Been Kept Extremely Busy Lately Handling the Foreign Shipments That Have Come in Such Large Amounts.

Within the heart of a Wall street block in New York city is the unpretentious building of the United States assay office, nothing from its exterior indicating the great wealth contained therein.

For the past few months, the various departments have been working to full capacity, endeavoring to handle the great shipments of gold forwarded to this country in payment for munitions of war. When the storage



Weighing the Gold.

space was filled the overflow was put in the vaults of the subtreasury building adjoining. Armed guards are stationed at the entrance and in the rooms wherever deemed essential to protect the wealth of gold that is there. System is observed everywhere.

When the foreign coin is received in New York the iron-bound boxes are opened and the bags of coins carefully weighed and recorded. As the alloy standards of France, England and this country are so nearly the same, the process is not a complicated one. The scales are so finely adjusted that the result is disclosed to a very small fraction of an ounce.

The bags of gold are then taken to the smelting room and the metal melted. At the right temperature the molten stream is run into brick-shaped moulds, and when full, powdered charcoal is sprinkled over the top and a second mould placed upon it; when this is full another is added and this process is repeated till there are tier after tier of bricks. After these are weighed and marked they are ready for our mint.

The work is more complicated with the bullion. While the weighing and melting are the same, in order to reduce the long brick to its constituent parts chemicals and electricity must be applied. The silver is separated and run into special moulds. From the remainder the gold, platinum, iridium, etc., is separated. The gold obtained in this manner is pure and is melted into bars of different sizes. After being tested and stamped, they are put away till wanted.

War Raises Drug Prices.

The big war in Europe is helping to make it costly, if not criminal, to be ill these days. The proverbial ounce of prevention is not only better than a pound of cure, but it is a hundred times cheaper. The war has added from 25 to 300 per cent to the consumer's cost of these drugs, and many of them—entirely disappeared from the market—cannot be obtained at any price. In many instances no sign of lower prices appears. In others there is certainty that diminishing supply must result in the most outlandish price figures. Factors in staple drugs affected by the war are, they insist, endeavoring to conserve the limited quantities they have by fixing prohibitive figures—not for the purpose of gouging the consumer, but to make it possible to hold on to enough of the precious products to supply emergencies. Veronal, its solutions and compounds has almost disappeared from the market, and antipyrin, to be had in only moderate quantities, has advanced from 35 cents to \$5 per ounce.

It Was Too Big a Job.

It may not be generally known that Larkin Goldsmith Menck, the American sculptor, is a brother-in-law of William Dean Howells. W. H. Sherwin of Kansas City is a cousin of the novelist, and the other evening told this story: "Someone asked Mr. Howells why he did not have Menck, a talented painter and pen-and-ink artist as well as a sculptor, illustrate his books. Howells replied: 'I have asked him to do so, but he has answered me by saying that if he made the pictures he would have to read my books, and he would be hanged if he ever did that.'"

Maybe They Were Friendly.

The Mesopotamian valley, up which the British expedition from the Persian gulf has made its way, is, according to tradition, man's first—and last—paradise. But Tommy Atkins, toiling through the sand under a blazing sun, fighting fleas and flies as well as the country Edeec. One night when the troops were trying to sleep one soldier was heard to say to another: "Ere, Bill, if this is the Garden of Eden, I wonder what Adam and Eve did with these 'ere mosquitoes a-buzzin' around 'em?"

A Clincher.

"I have here," said the book agent "a lot of books which should be in every home."

"Not in this one," snapped the man of the house. "I have no time for reading and I hate the very sight of a book agent."

"Then these books are the very things you need. Just think how handy they'll be to throw at the next book agent that comes along."

ITS GLORY HAS DEPARTED

The Sausage, Declares the Government, Isn't What It Was Fifty Years Ago.

A half a century ago sausage sized and burst. On a cold fall evening it diffused a pleasing aroma through the house, and the children, drawn to the kitchen by an irresistible compulsion, were quite sure to get underfoot—which was the great childish crime.

Sausage was then at the zenith of its power. It had all seasons for its own, but preferably the fall and the winter of our content. When you say that it sizzled in the pan, you have said much. Sometimes it was necessary to prick it with a fork, lest it burst and send the hot fat flying about the stove. The odor of sage was in the air and the prepared sausage had about it a crisp, frizzly, saagy "bite" that was delicious.

But how changed! How fallen from its high estate! Sometimes, we are led to fear, never to rise again. "Commercialism" insinuated its way into the sausage trade, the false commercialism of the writers on political economy. Chopped beef took its place on the links beside the pig, and it has even been said that considerable water was forced into this unnatural federation. Be that as it may, somewhere about the time of the Caliphate of Ben Harrison sausage lost its sizzle. Appeals to the meat men seem to be of little effect, though here and there gleams of hope are held out to the hand only to become apples of Sodom to the teeth.

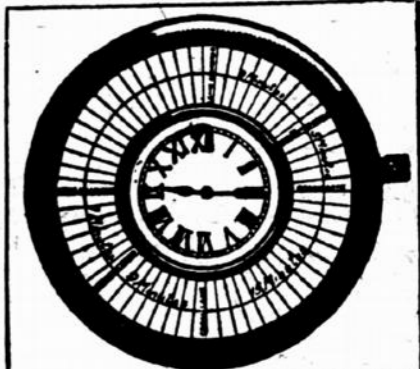
Some of the savants who have studied the subject find that in the old days there was youth, and the appetite that waits on wood sawed in the open air, mixed into the ingredients of the sausage. But this cannot be so, for the children of today say by their actions that sausage is simply food, set on the table, and on a par with all other foods. They eat it, and make no comment.

No, sausage has changed!—Minneapolis Journal.

FOR STREET CAR DRIVERS

Device That Enables Motorman to Tell at a Glance If He is Running on Time.

A time-schedule indicator particularly useful for motormen, is being employed on an English street car line. The central portion of the device consists of an ordinary clock. About the face of the clock is a large circular frame into which is fitted a cardboard ring. This is divided by ra-



diating lines into 60 equal segments corresponding to the minutes of the hour. The names of the stops on the motorman's trip are written in clockwise order on this ring. The number of spaces separating the names corresponds to the number of minutes apart these points are on the schedule. The cardboard is then placed in the frame so that, at the time of starting, the minute hand of the clock will point to the name of the place where the journey begins. As the trip continues the motorman can tell at a glance whether he is ahead or behind his schedule. If desired, the return journey can be indicated on the other side of the cardboard. In case the trip is of more than an hour's duration a second ring can be inserted at the end of the first hour.—Popular Mechanics Magazine.

Psychology Gets Its Bumps.

Psychology was handed a brand new bump by the aldermen of New York, who do not believe that the cops of the city should be taught the science of the mind in order to detect criminals. Recently the police commissioner appointed two doctors to teach psychology to the uniformed force. After qualifying, a cop was supposed to be able to tell the condition of a man's mind by the way he lit a cigar or a cigarette, scratched his nose or answered the simplest question. The city fathers' upper lips curled when the request for the pay for the psychology teachers was read at the meeting. "The taxpayers don't want psychologists made of cops," said the president. "They're paid to preserve the peace and not to read men's minds by outward actions. An intelligent cop can come pretty near distinguishing between a sane man and one who isn't." It looks as if the psychologists will be dealt with harshly.

Killing Germs by Machinery.

In order to prevent epidemics a wonderful system of regular daily disinfection is now carried out behind the battle lines, and war is waged against microbes on a wholesale scale. Specially designed machines are used in carrying out this work. Each machine consists of a steam lorry with two huge portable disinfectors, which are able to disinfect the clothes of a battalion of men in two hours. The cleansing agency is steam, which is generated by the lorry engine itself, and this plays upon the garments and articles placed inside two large cylinders mounted on the wagon. A very long section of the front can be covered by these portable killers of germs in the field, and more than one epidemic has been nipped in the bud, thanks to their timely aid.

So There You Are.

She.—The lecturer said that a woman is braver than a man.

He.—Why, a woman is afraid of a mouse.

She.—And a man is afraid of the same woman.

The KITCHEN CABINET

Life is worth while. Its work is not useless. Its joys are not superficial. Its discipline is not unnecessary. When disappointments come, face them cheerfully.

Wondrous is the strength of cheerfulness.

MEALS FOR SMALL FAMILY.

When buying chicken, save the wing tips, neck and giblets for soup. Save the white meat for creamed chicken or for pudding and one may have several meals from one chicken.

Chicken Pudding or Souffle.—Chop the uncooked white meat of the chicken, then rub it fine. Put half a cupful of dry bread crumbs with a cupful of milk over the fire to soften, add the chicken, salt, pepper and the yolks of three eggs, beaten. Mix well, then fold in the well-beaten whites and put into a buttered baking dish. Bake in a moderate oven twenty minutes or until it is firm. Serve at once or it will fall.

It is much better to entertain two or three guests on different days than to give a large affair which upsets the routine of the home. On the day or the day before entertaining for an evening company one might have turkey, then the cold slice meat may be used in various ways or served in sandwiches for the evening.

A pineapple or Edam cheese keeps well and is perhaps a more economical cheese to buy unless cheese is bought in very small quantities. Left-over fish may be served in a cream sauce or in a salad, making very good dishes so that one may buy a fish, boil or bake it and not feel that it is too expensive for the small family.

The following is a good dinner menu for the small family: Tomato soup, broiled slice of fish with lemon butter, potato balls, sliced cucumbers with French dressing, apple pie, cheese and coffee.

Mutton Boudin.—Take a pint of finely chopped mutton previously cooked. Cook together for two minutes two tablespoonfuls of soft crumbs and half a cupful of stock or water; add a tablespoonful of butter and the meat nicely seasoned with salt, pepper and onion juice and two well beaten eggs. Fill into greased custard cups. Set in a pan of boiling water and bake until firm. Turn out and garnish each boudin with parsley.

Lack of occupation is not rest. A mind quite idle is a mind distressed. One doesn't learn much while talking, which may explain why some people know so little.

VEGETABLE DISHES.

Cabbage is one of our wholesome vegetables and if properly cooked, is usually easily digested. Uncooked cabbage is more easily digested than cooked; but if the vegetable is cooked in an open kettle allowing the odors to pass off with the steam, it is found to be more easily digested.

Cabbage With Pork.—This is a homely, old-fashioned dish, but very appetizing. Place half a pound of salt pork in a kettle of boiling water and cook gently for three hours. Place the cabbage in the kettle with the boiling water and cook until the cabbage is tender. Serve with vinegar. Smoked ham or bacon may be used instead of the pork, if liked.

Celeriac.—This is a delicious vegetable prized by our German friends, and one that should be more often grown. The roots, not the stalks, are used. They are about the size of a turnip. Pare the celeriac, cut in thin slices and let stand in cold water. Drain from this water and drop into boiling water and cook until tender. Drain and rinse in cold water, then reheat in a rich white sauce and serve. Celeriac makes a nice cream soup, or simply cooked and seasoned with butter, salt and pepper and used as a vegetable with chicken it is most appetizing.

Force mashed and seasoned potato through a ricer into a buttered baking dish, place in the oven to brown.

Gypsy Stew.—Cook together small carrots, new onions, green peas and potatoes until tender, then add two slices of diced salt pork, fried brown, to the drained vegetables, and season well with salt, pepper and good rich milk, heated to the boiling point. Serve hot.

Poisonous Javanese Snake. As everyone will instantly comprehend, the amagahasebi of Java, a very poisonous snake, is so called from its umbrella-like head. The creature makes a peculiar noise by the nimble moving of its tongue and a slight touch of its fangs is fatal.

Use for Apple Wood. Apple wood, used almost exclusively for saw handles, also furnishes material for the large wood type used in printing signs and posters.

What She Meant to Imply. "He—"One thing is sure. I don't intend to be criticized and censured because I have failed to realize your expectations." She—"You misunderstand me completely. All that I have done is to express my conviction that you have more than justified my fears."

Daily Thought. It is best to love wisely no doubt; but to love foolishly is better than not to be able to love at all.—Thackeray.

It is not enough that women should be home-makers; but they must make the world itself a larger home.—Frances Willard.

There is no defeat, no call for retreat can be blown from the bugle of right.—Lillian Stevens.

FOODS WHICH GO TOGETHER.

Beside the hygienic, there is the esthetic side of vegetable and meat combinations. Potatoes have little flavor and are better borne by the palate than many other vegetables. In consequence in many homes they are served daily and often. In our food combinations if we please the eye we will please the palate and thus the stomach is also pleased.

There are certain foods which seem made to go together. For example, mutton with rice and lamb with peas. Group with these some pleasing combination of green vegetables and the main part of the menu is thought out.

For a roast beef main dish, mashed or baked potatoes, spinach, cauliflower, cooked cabbage, brussels sprouts or string beans are good combinations. With boiled beef we like turnips or carrots and plain boiled potatoes, with a lettuce with French dressing or a cold slaw, celery or sliced tomatoes.

With boiled mutton, caper sauce and rice with stewed turnips, or asparagus or green peas. Breaded chops with tomato sauce and peas. Lamb, mint sauce, rice and peas, or a dish of young carrots.

Roast turkey, potato croquettes, boiled onions and a green salad. Cranberry jelly. Roast pork, apple sauce, stewed onions and a lettuce salad. Roast duck—stuff with celery and serve orange salad with French dressing.

Cheese.—stuff with potato flavored with onion; serve apple sauce and sauerkraut. The goose may also be stuffed with apple and prunes and the salad be of watercress.

Vegetarian.—serve a spiced grape jelly, mashed potatoes and lettuce and tomato salad. Broiled chicken, cream sauce, waffles. With fish—potatoes are always served.

The mintage of wisdom is to know that rest is rust, and that real life is love, laughter and work. It is better to know less than to know much that ain't so.—Josh Billings.

FOOD FOR PRIME OF LIFE.

Nature's plans cannot be thwarted, "as a man sows, shall he also reap." At fifty, if men and women have lived correctly, physical and mental powers should be at their best, and their manner of living then decides whether these powers continue to a ripe old age. The fountain of eternal youth springs from the River of enthusiasm, and he is never old who keeps in touch with the moving things of life. Physical and mental nourishment cannot be separated and it is yet one of the unaccountable things that we will not recognize it. A perfect old age has its foundation laid in youth. One cannot defy all the laws of God and man for twenty years and expect to enjoy old age. Someone has said that four-fifths of the diseases which embitter life are caused from improper food or avoidable errors in diet. The child in the building of his structure needs appropriate food. After the building process is complete he needs only that food which repairs tissue and gives heat and energy.

Business men are as unwise in their noonday lunches as are their wives whom they criticize because theirs consist of a chocolate éclair and a cup of cocoa. One is as absurd as the other. The man who bolts hearty food, hurrying through the meal back to brain work usually has no time for death-bed confidences.

A wholesome meal for a brain worker, who takes time to masticate it, is a small piece of red meat, carefully cooked, a baked potato, a sliced tomato, some boiled rice or a baked apple with cream, cup custard or sponge cake with stewed prunes, whole-wheat bread, with plenty of butter, and a moderate use of coffee.

Miss Constance Kopp (right), the girl deputy sheriff of Bergen county, New Jersey, dived into the icy waters of the Hackensack river and rescued an insane man. He was revived by physicians. Miss Kopp was put to bed in charge of a nurse but went out a few hours later to attend to her duties. Tony Hojnacka was being taken from a hospital to the asylum in charge of Miss Kopp when he escaped. On the left of the picture is Miss Kopp's sister.

In the Same Boat. "I say, old man," began Jenkins, a chronic borrower, "I'm in a terrible fix. I want some money badly, and I haven't the slightest idea where on earth I'm going to get it." "Neither have I," declared Billkins, staking off.

New Source of Wealth. Experiments have shown that the Chinese wood oil tree, from the nut of which an oil used in varnishes is obtained, can be successfully grown in northern Florida.

Good Furniture Polish. Mix equal parts of boiled linseed oil, turpentine and vinegar in a bottle. Shake well each time before using. Apply with a woolen cloth, then polish with a dry cloth. This makes all marks and scratches disappear and furniture look like new. It is very inexpensive and is better than the best furniture polish on the market.

To Determine Painting's Age. According to a London chemist, the surest way to determine the age of a painting is to analyze the pigments.

WASTE PRODUCTS FROM CANNERIES MAY BE UTILIZED

Cherry Pits, Now Source of Annoyance, Can Be Made to Yield Valuable Oils.

NEW INDUSTRY IS POSSIBLE

Specialists in U. S. Department of Agriculture Declare Also That 105,000 Gallons of Juice Now Thrown Away May Be Converted Into Jelly and Sirup.

Washington, D. C.—Sixteen hundred tons of cherry pits, now a source of annoyance and expense to canneries, can be made to yield two valuable oils, and also a meal for feeding cattle, according to specialists of the United States department of agriculture. In this department, 105,000 gallons of cherry juice now wasted in seeding cherries can be turned into desirable jelly and sirup, or even into alcohol. A saving of these valuable by-products from cherry canning may make possible the domestic manufacture of substitutes for almond oil and bitter-almond oil, now imported, and at the same time establish a new industry in the cherry packing districts of the North Atlantic, North Central and Western states.

The specialists, however, have not yet carried their work to a point where they can say that the converting of this juice and the cherry pits would be a profitable side industry for the ordinary or smaller cannery. In cases where a number of canneries are operating within a reasonable distance of one another, the specialists, however, believe that the waste products could be sent to a central co-operative or other plant at small cost and there utilized to advantage. Studies, however, are being carried on to determine whether means cannot be devised for making these waste products profitable also when handled on a small scale.

Some time ago there was similar investigation of the use of peach and apricot pits for making oils and meal, and a commercial enterprise has been established in California for dealing with these products. The department has published a bulletin on this subject and also one dealing with the utilization of raisin seed from the seeded raisin industry. It was found that many tons of raisin seed had considerable fruit adhering to them which could readily be turned into a very desirable raisin sirup for the use of confectioners and others. After this pulp had been used it was found that an oil useful in the arts could profitably be pressed from the seed, and experiments are under way to determine whether the crushed seed could not be used to advantage in feeding stock.

The following description of these products, and methods which have been developed for making them, are taken from professional paper 350, "The Utilization of Cherry By-Products," by Frank Rabak, chemical biologist, bureau of plant industry. Fixed Oil From Cherry Pits. The kernel of the pit, as long has been known, contains a considerable quantity of oil. Investigations recently conducted show that the oily constituents of the kernel can be converted into a fixed oil much like almond oil, and a volatile oil practically identical with oil of bitter almonds.

RESCUES INSANE MAN



Miss Constance Kopp (right), the girl deputy sheriff of Bergen county, New Jersey, dived into the icy waters of the Hackensack river and rescued an insane man. He was revived by physicians. Miss Kopp was put to bed in charge of a nurse but went out a few hours later to attend to her duties. Tony Hojnacka was being taken from a hospital to the asylum in charge of Miss Kopp when he escaped. On the left of the picture is Miss Kopp's sister.

POWERFUL AEROS UNDER WAY

Twenty Machines, Designed to Cross Ocean in Thirty Hours, Being Built for U. S. Government.

Lynn, Mass.—Twenty aeroplanes with 1,000-horsepower engines, which are expected to cross the Atlantic in 30 hours, are to be built at the Burgess Aeroplane company plant at Marblehead for the United States government. One of the aeroplanes is now under construction and as soon as it is completed aviation experts stationed at the United States school of aerial instruction will test it. It is estimated that these machines will cover 100 miles an hour.

The residue after these oils are extracted shows on analysis ingredients that may make it a practical cattle feed similar to linseed cake.

"The fixed oil is the most important by-product of cherry pits. It has a golden yellow color and a pleasant nutlike taste and odor. In character it is so closely related to imported almond oil that it is believed to possess similar possibilities in the commercial manufacture of drugs, oils and soap.

"If the pits of all domestic cherries, now thrown away at canneries, and the pits extracted from imported cherries, were processed in this way it is estimated that they would yield 320,000 pounds of fixed oil, worth in the neighborhood of twenty cents a pound. The best quality of this fixed oil is extracted from the kernels in hydraulic presses. The shells of the pits are first cracked in a mill and the uncrushed kernels separated out with sieves. The oil is then pressed out from the meats. In a laboratory experiment the kernels yielded 21 per cent of fixed oil under a pressure of 2,750 pounds to the square inch. On a commercial scale, however, with presses equipped for heating the kernels under pressure, it is believed that 30 per cent or more can be obtained. The oil also can be obtained by grinding the pits and extracting by means of solvents.

Volatile Oil Second Product. "The volatile oil, the second product, remains in the pressed cake after the fixed oil has been extracted by pressure or by solvents. The volatile oil is then secured by chemical means and distillation. In the experiments the oil was obtained at the rate of nearly one pound for every 100 pounds of residue treated. It is estimated that 8,000 pounds of this volatile oil could be obtained if all the cherry pits handled at canneries could be used. The value of this by-product,

based on the current prices for the very similar imported bitter-almond oil, would be in the neighborhood of \$54,000.

"The press cake left after both fixed and volatile oils have been removed, is believed to contain substances which may make it a desirable stock food. Its most important constituents, as shown by analysis, are fat, protein, including nitrogen compounds, and sugar and other carbohydrates. The protein amounts to 30 per cent and in this the cake compares favorably with other stock foods. If cherry kernel meal proves in practice to be as good for feed as the laboratory analysis would indicate, the annual value of this product would be about \$12,000.

Much Juice Is Wasted.

"The 105,000 gallons of cherry juice wasted each year in the canneries, the experiments show, would, if collected and treated, produce 85,000 gallons of desirable jelly or a large quantity of table sirup, or could be made to ferment and produce alcohol. In the experiments a cherry jelly, bright red in color and with a fruity odor, was made by concentrating the cherry juice with cane sugar in a vacuum. A small amount of gelatin was then added and the mixture allowed to cool. Other processes in which the concentrated juice is heated with pectin or fruits rich in pectin, the investigators believe might produce even better results.

"The juice also could be made into some 21,000 gallons of an agreeably flavored table sirup by neutralizing the acid in the filtered juice with milk of lime and concentrating it by evaporation and then settling or filtering out the lime compounds. "The cherry juice, if fermented by the addition of yeast and then distilled, can be made to yield 36 per cent of absolute alcohol or about 5,000 gallons."

ARMY IS MAGNET FOR BOOTLEGGERS

Illicit Dispensers of Liquor Busy in Dry Territory Along Mexican Border.

PEGLEG WALKING BARROOM

Cook With Troopers at Columbus Peddles Refreshments From His Own Limb Until Officers Discovered Source of Supply.

Columbus, N. M.—Everywhere that the broad trail of the army leads, the trail of the "bootlegger" parallels. Particularly if the route of the troopers lies through dry territory, the illicit dispenser of the draft that sometimes cheers is a hanger-on. And he has a million and one ways to evade the regulations. The bootlegger arrived in Columbus about ten seconds after Uncle Sam's soldier boys. He did a profitable business, especially around pay day. Some of the troopers, disgruntled because they were forced to remain here inactive while their mates were playing hide-and-seek with Villa in the sand dunes, were intent on drowning their sorrows. Others celebrated their good fortune when they were ordered to cross the line.

"Pegleg" is, or was, a cook for me civilian employees of the quartermaster's department. The name comes from his portside limb, which is of sturdy oak. After the troops arrived, Pegleg seemed always to be in the mood that can come only from looking on the wine when it is red. And he became surprisingly prosperous. His condition drew the suspicion of the army authorities.

Lieut. Austin M. Pardee of the Twentieth infantry, detailed as a provost marshal, decided that Pegleg would bear watching.

After several hours of watchful waiting he saw two troopers slide up to Pegleg's tent and in distinctly audible tones bid Pegleg to "set out the joy juice." Pegleg was complying when Lieutenant-Pardee arrested the three.

"I won't go!" declared Pegleg, and promptly lay down.

"Get two men to carry him," suggested a sergeant.

"Get nothing," decided Lieutenant Pardee. "You fellows take off his pants and his leg, and let him lie there. He won't escape on one leg, that is certain."

Pegleg protested vigorously, but it availed him nothing. The pants came off, likewise the leg, and with the latter came the secret of Pegleg's success at dispensing.

The leg was hollow, lined with tin, and held at least a half a gallon of liquor.

Pegleg, his stores confiscated and poured into a dry but unappreciative desert, was landed on an eastbound freight.

Half an hour later Lieutenant Pardee saw a white-haired, venerable-looking old gentleman alight from an eastern passenger train. He carried a suitcase.

Two soldiers greeted the old man affectionately.

"Got anything good?" queried Lieutenant Pardee.

"S-s-s-h-h-h; it's six bits a bottle. I got to get big money because it's risky business here," replied the aged one.

"So it is," commented the lieutenant as he took the suitcase and started leading the procession for the jail. Since the troops have been here, construction and as soon as it is completed aviation experts stationed at the United States school of aerial instruction will test it.

Old Enough to Know Better. Paris.—The French courts refused to grant a divorce to a woman seventy years old, because of the age of the parties and the length of time the marriage had lasted. The husband is eighty-five years old.

MISS KATHERINE BROWNE

dozens of suitcases have been confiscated in a like manner. Columbus is strewn with broken bottles—their contents having wetted an arid desert.



Miss Browne is the daughter of Congressman Edward E. Browne of Wisconsin. She is a student at the University of Wisconsin.

CO-ED GOWNS ARE CENSORED

Some Girls Sent Home From Dances—Frocks Are Too Low at Top or Too High at Bottom.

Bloomington, Ind.—The Indiana university authorities have established a censorship of clothes worn by the "co-eds."

The censorship is in charge of Miss Ruby C. E. Mason, dean of women, who is attending all dances and inspecting the frocks and gowns. If the evening gowns of the girls do not conform to regulations as to length and style, the wearers are sent back to their rooms for a change of attire. This has happened to several young women recently. The censorship is established because of the loyalty of the Indiana "co-eds" to the prevailing styles, especially in dancing frocks. The frocks have been cut so low from the chin and so high from the ground that they have been shocking to some, the university authorities say, all during the winter.

GIRL RIDES BLIND BAGGAGE

June Giemen Says Woman Will Do Anything for the Man She Loves.

San Jose.—June Giemen, held here on a charge of grand larceny, told Deputy Sheriff Buffington that with Louis Long, who is also here, and seven other men, she had ridden the blind baggage from Salinas to San Luis Obispo, peddling stolen goods as opportunity offered. Her explanation of her implication in the robbery was, "You will do anything for the man you love."

Rate Lower for Stepmothers.

Harrison, N. J.—Joseph Gendisk, arrested for "kicking his mother," was fined \$20. The woman said she was not John's mother, but his stepmother. "Then make the fine \$10," decreed the court.

Falls Four Stories; Unhurt.

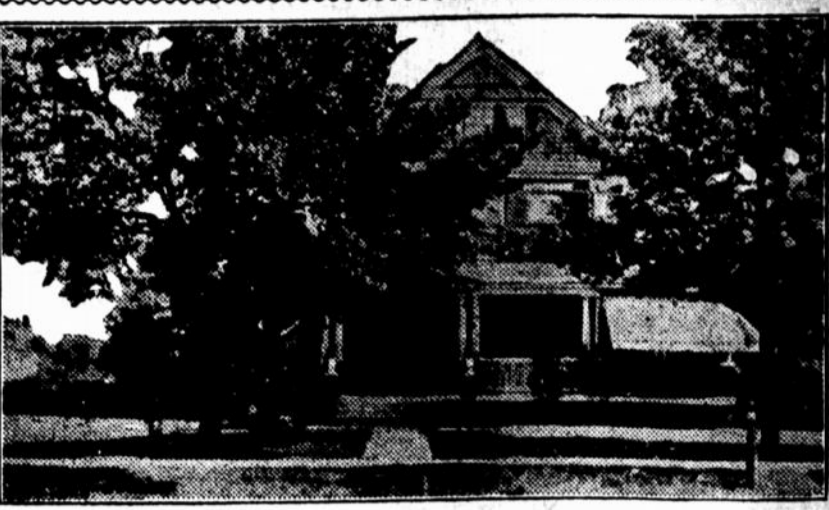
New York.—Samuel Wandruff, aged two, fell four stories to the yard of his home, breaking several clothes lines in his descent. His mother fainting, but neighbors found Samuel sucking his thumb. He was not even bruised.

New York Giant Dead.

New York.—Charles Taylor, thirty-five, who weighed 410 pounds, is dead. He was the heaviest man in Queens county.

The HOME BEAUTIFUL

Flowers and Shrubbery
Their Care and Cultivation



The Neatest Yard Has a Smooth Lawn.

THE FRONT YARD

By E. VAN BENTHUYSEN.

The neatest yard now has a smooth lawn grass sod kept closely mown, while the flowers and shrubbery are restricted to the sides and rear. This not only renders the lawn more easily kept than where there are flower beds to mow around and trim, or trees or shrubs to dodge, but it is really more restful in appearance. If there is room for only one shrub, let it be *Hydrangea paniculata*, the magnificent tree-like shrub, the flowers of which last for weeks.

It should be cut back every spring fully half of the previous year's growth. While this may go against the will it insures larger blossoms and more of them.

A liberal mulching with stable manure is also in order. Roots may be transplanted in either spring or fall.

The *Deutzias* have extreme hardiness, neat form, profusion of bloom and early blossoms to commend them, and are worthy of a place in any collection.

Several of the *Spiraeas* are beautiful with graceful rose colored or white blossoms. While not all of these withstand the late frosts which come in May, just when they are ready to put forth their feathery bloom, the beauty of the blossoms when they are perfect atones for an occasional miss.

Among June blossoms none are greater favorites than the *syrias* or mock orange, the flowers being as fragrant as beautiful. While the shrub itself is perfectly hardy, late frosts sometimes kill the buds; and an observing grower gives the rule that there will be orange blossoms when there will be peaches.

Calycanthus is a curious shrub, the brownish blossom being odorous of strawberries, yet with so many beautiful as well as fragrant blossoms it could scarcely head the list. Purple fringe is an odd plant, the name smoke tree perhaps more accurately describing the appearance after midsummer, when the pedicels

lengthen, branch and bear long plummy hairs, either greenish or tinged with red.

The *Spigelia* is handsome when in bloom, the tubular blossoms of white, rose or purple being produced in profusion. A variety with leaves variegated with gold is especially pleasing.

Instead of planting in rows the fancy is now to group the shrubs and the flowers for cutting. Place the taller ones in the rear with the shorter ones in front.

Arrange that the blooming season shall be prolonged throughout the summer and see that no two specimens with blossoms which do not harmonize in color shall be in bloom side by side at the same time.

PLANTS FOR NORTH WINDOWS

By BETTY PAKE.

To make boxes in windows with a northern exposure attractive and cheerful fill them with the following plants:

For vines, plant either variegated *vincas* or English ivy, or both intermingled. *Vincas* are very bright, but they will not survive exposure to freezing temperature, while English ivy will stand unharmed all through the winter. Either of these vines should be planted about one foot apart. The main part of the boxes can be planted with *begonias*, which can be procured from any florist in various colors, white, pink, red. The boxes, if planted wholly with material of a uniform height, are apt to have an artificial appearance, to prevent which, plants that vary in height and having a more graceful habit should be placed, say, one to every half dozen of the others, and for this purpose few plants equal *dracaena terminalis*.

Pansies do fairly well in the shade, and so does *salvia* or scarlet sage. If English ivy is used for a vine, it will be found to be of advantage to plant the other plants in the boxes are killed by frost the ivy remains and can be left all winter, with the space taken up by the other plants filled with small evergreens.



Date Tree in Salt River Valley in Arizona, Showing the Enormous Crop of Dates on One Tree.

DAISIES EVERY MONTH

By LIMA R. ROSE.

In the mild climate of California and some of the southern states, daisies bloom all the year around. In California these flowers grow very much larger than those of the East, as do all the Pacific coast flowers; but they seem to lack brilliancy, and to many persons are not as satisfactory.

Luther Burbank developed the *Shasta daisy* to a very large and beautiful flower, and this is largely taking the place of the *Marguerite* or Paris daisy which has long been a favorite with Californians.

In some colder climates, of course, it is impossible to keep daisies blooming every month; but by planting different varieties, some of them may be kept blooming nearly the entire summer.

The daisy is really not a domesticated flower, as a great many long-growing wild flowers are called daisies. Many varieties are classed as weeds.

In fact, the ox-eyed daisy, which is plentiful all through New England

and some of the northern states, is called white-weed.

The *chrysanthemum* and wild asters are called daisies, and really belong to the same family.

While it would not be possible perhaps to have a daisy hedge in bloom all the year, still by planting the various species of daisies, *chrysanthemums* and *asters*, some bloom could be had from April to November in all except the extreme northern states.

OLD-FASHIONED FLOWERS

The rose-geranium still planted early in May will soon become an immense plant with most luxuriant foliage, which is one of the prettiest things for finishing your bouquet. The leaves can be used for scenting handkerchiefs, boxes, and a leaf placed on top of your jelly will give it a delicious flavor.

When only a few flowers are grown do not depend on the mignonette alone for fragrance. There are many other fragrant plants that have the added advantage of being beautiful in form and color.

AFRO-AMERICAN CULLINGS

For 15 years O. T. Jackson was the only Negro farmer near Boulder, Colo. He was industrious and was well liked by his white neighbors, but in the planting and harvest times when there was a dearth of farmhands they could generally outbid him in the labor market, leaving him without assistance at the crucial times. He found it impossible to keep colored farm hands for any length of time because, with no other members of their race near at hand, they found it a lonely life.

In 1906 Jackson began to think about the situation and decided that what was needed was a community of colored people which would be large enough to be self-sufficient. Having come to a decision he started to work out his plans. Since then there has grown up on former government land in Weld county, Colo., a settlement of 250 Negro men and women fairly started toward independence. The name of the settlement is Dearfield, and the force behind it is the Dearfield Developing company, organized on a co-operative basis and preaching self-help.

The story of the struggles which the founder and the small group of pioneers which he gathered around him had, and of the momentum which the movement gained as it became successful, is told by W. J. Harsha in an interview with Jackson in the Southern Workman.

Efforts were first made to obtain suitable land from the state land office, but none was found available. Then attention was directed to the federal authorities and locations were offered in three different counties in Colorado. Jackson and the two or three men whom he had associated with him finally selected the Weld county site because of its fertility, availability of water, and good railroad connections with the large markets of Denver only 70 miles away. The Jackson family was the first to settle, in May, 1910, and a home was established a year later. Of the first settlers Mr. Jackson says:

"I met most of the first settlers in a casual way—in restaurants and barbershops and on street corners. I was invited to speak at our Denver church on the importance to our people of getting land before it is too late; after the meeting people crowded around me asking for particulars. After several men had filed they sent their friends to me. Woman claimants—widows, spinsters, deserted wives—were particularly active. We publish a little paper and mention in it all things made, and this attracted attention. I am now receiving lots of mail and many callers asking for homes.

"The Dearfield settlers were as poor as people could be when they took up homesteads. Their advancement has been something wonderful for our people, who know nothing of pioneer life. Some who fled on their claims had not enough money to ship their household goods and pay all their railroad fare. They paid their fare as far as they could and walked the balance of the way to Dearfield. Soon after arriving in Dearfield they secured work with the wealthy white farmers in the district and began to build houses on their claims. Some lived in tents, others in dugouts, and some in natural caves in hillides.

"The first year there were only seven families in the settlement, and we had only three teams. We managed to get in some garden corn, melons, pumpkins, squash, Mexican

beans and potatoes. We cleared a few acres for hay ground, removing the sagebrush by hand, the women and children wielding grubbers as industriously as the men, though not as sturdily, perhaps; and after grubbing we plowed, harrowed and burned the remaining brush."

Suffering in the little community was intense during the first winter. There were only two frame houses. Firewood had to be carried from three to seven miles. Three of the horses died from starvation, and the other three were too weak to pull even an empty wagon. Mr. Jackson continued, "Yet the little group managed to keep up their own and each other's courage, and after the first winter was weathered, further problems and hardships were more easily met and overcome. Now, in addition to having settled all the available claims, a small Negro town is growing up at Dearfield, where professional men, tradespeople, artists and manufacturers on a small scale serve the needs of the farming community.

From the inception of the settlement Jackson and his colleagues tried to advertise their movement for a Negro farming community in such a way that white people would not hear about it and come in and take up the land where it was hoped that colored farmers would settle. These efforts were only successful in a measure, and many of the best locations were taken up by white settlers. At the same time Mr. Jackson speaks with considerable satisfaction of the type of white man who came into the community, and of the fact that most of them have shown a willingness to sell out their holdings at reasonable valuations to prospective Negro settlers.

Owing to the laws governing the taking up of homesteads it was not possible for the settlers to gather together and clear one common plot for cultivation. Instead, the method of co-operative help used was for a group to collect on the homestead of one settler after another and clear away enough land on each claim to start the prospective owner. In this way each colonist soon had under cultivation the amount of land required by the government for proving up his title to the homestead. After the first few years, during which it was absolutely necessary to devote all the tillable land available to the cultivation of the commonest staples and forage for the stock, the farmers gradually began to add various kinds of vegetables and fruits, including the luscious watermelon, not only for home consumption, but also as a surplus, was raised, for sale in the markets of Denver. Then attention was turned to improving the yield of the crops, particularly hay, until now the colony has passed from the stage of bare self-sufficiency to increasing prosperity.

The scarcity and high price of coal in Spain has become a problem as well as a menace to all many-facturing industries in that country. With lessened importations of British coal and soaring prices for freight more attention is being paid to domestic coal, of which there are large undeveloped deposits. According to returns, 1,556,028 tons of coal were imported into Spain and 187,795 tons of coke during the first 11 months of 1915, in contrast to 2,213,620 tons of coal and 328,107 tons of coke in 1914, a decrease of 718,602 tons of coal and 149,312 tons of coke.

A big piece of work done at Daytona by Mrs. Mary McLeod Bethune was the clearing up of the turpentine districts. Such places have an evil reputation in the South. A man will buy a large tract of pine forest for the purpose of getting the turpentine. He puts up a few shanties and a distillery and gathers together the riff-raff that he can find on the streets and sets them to work at small pay and large promise of rum. Women are sent out as cooks, and the place is soon unfavorably spoken of as a "turpentine camp."

"We are changing conditions down there," Mrs. Bethune declared. "Once a week two or three workers or students of the school are sent to the various camps to speak to the women and children. The people are shown the right method of living, the dignity of the home, and the error of their ways. The children get three months of schooling every year. The men get higher wages and have learned how to spend and save judiciously. We have established a temperance sentiment in everything, and have driven out strong drink. We carried the poles when Day-

tona had to vote on the drink question. Three hundred and fifty of our children marched through the streets singing songs of prayer and faith. I was waiting at the poll and as the men passed me I begged them in the names of their families and the citizenship with which they could do so much, to vote dry—and they did.

"I consider the Daytona school, a civilization. I do not know of a better name to give it. The spirit of efficiency is instilled into the minds of the people. I want to bring about a dignity of labor and service. The work has grown a good deal since I first began. We have added truck gardening, poultry raising, dairying, and chair caning to the curriculum. Our girls go out and become efficient workers, among whom are numbered dressmakers, laundresses, teachers, and students in higher schools. A great deal of stress is laid on moral and religious training. I believe that that is the only foundation."

The United States public health service maintains a loan library of stereopticon slides.

A Californian has patented a document envelope with an inner lining of asbestos covered with carbon paper to receive and retain copies of inscriptions written on an outer paper covering should the latter be destroyed by fire.

The government is encouraging experiments in France with a device to protect against hail, essentially a large lightning rod of pure copper, which is said to so affect atmospheric electricity that hailstones cannot form.

The eminent English physicist, Thomson, explains the phenomenon giving radium its name as a gradual loss of some of the ions of its atomic system, and thus is explained the evidence that its rays behave more like matter than like the waves of heat and light.

A Chicago inventor's attachment for motion picture projectors reels a film after it has been exhibited from the outside toward the center so that it will not have to be rehandled before being shown again.

A cold-blooded view of the war hospitals reveals the wonderful and otherwise unobtainable practice that young surgeons, of which many are Americans, are obtaining. The young fellows who are going into that profession could not have chosen a better class for their graduation than 1914 or 1915. Those employed in France receive \$43 a week and \$3 a day expense money.

Find oil that works well in engine certain types is being produced in them from shale and slate.

GERMAN MACHINE GUNS MOW DOWN RUSSIAN MASSES

Terrific Assaults of the Czar's Soldiers in Ten Days Bloody Battle.

DEAD PILED HIGH ON FIELD

"Magnificent, but Criminal," Says Tenth Officer, in Describing Advance Made by Slavs in Face of Certain Death.

By OSWALD F. SCHUETTE. (Special Correspondent of Chicago Daily News.)

With Field Marshal von Hindenburg's Armies, Near Postaw, Russia. — I have come to see the terrific assaults of the great Russian offensive, so I can only tell the story of this battle that raged day after day and piecing together into one ghastly mosaic the fragments of what I am told. I have talked with officers and men of the German regiments that held back the Russian deluge and have carefully gone over the statements of the Russian prisoners.

This battlefield consists of an open glade cut through the Russian primeval forest. It runs almost due north and south and varies in width from 100 to 1,500 yards. The Russians were entrenched along the eastern edge of this opening, while the forest behind offered splendid opportunities for concealing movements of troops and emplacements of artillery. The German lines skirt the western edge of the glade.

The battle lasts ten days. The Russian fighting at this point lasted ten days before the czar's troops finally gave up their attempt to break through the German lines. On the first day the Russian fire was sporadic, apparently to make certain the range of the guns. Then for two days more the Russian bombardment continued, but now it was a real "drum fire." This means that the cannonading is so heavy that it sounds like the rattle of a drum.

On the afternoon of the third day the Russian drum fire was suddenly lifted from the German trenches and converted into a "sperrfeuer" (curtain fire) back of the German lines to prevent the bringing up of reserves. It was the signal for a Russian attack. Out of the forest came the storming Russians straight for the German lines, straight into the curtain of German artillery fire that tore great gaps in the attacking columns, though these quickly closed up.

In the meantime the German troops rushed out of their dugouts into the water-filled and shell-torn trenches. Almost in a moment the machine guns were jerked out of the bombproof protection, and after being hastily mounted on the wreckage of the breastworks, began to sputter their fearful greeting to the Russians.

Between the machine guns rattled the infantry fire. There was no time for giving commands and there was no need of any. There were no volleys. Each German soldier fired as fast as he could. The gaps in the Russian line widened, and then the Russian would halt and fire toward the German trenches, but it was hard to aim, and the bullets scarcely checked the withering crash of machine gun and rifle fire.

Stopped at Barbed Wire. The Russian wave reached the barbed wire entanglements before the German breastworks, but came no farther. "Torn, beaten and shattered into a thousand fragments, the remnants of the Russian host beat a retreat. How many reached the protection of their trenches under the unceasing German fire no one can tell, but the ground between the German and Russian lines was covered with dead and dying. There was no further attack that night.

Toward morning the thunder of the cannon quieted and the cries of the wounded were almost stilled by daybreak. The great battlefield was asleep only for an hour when the action of the fourth day began with another terrific drum fire, which lasted until long past noon.

Again the Russian wave broke from the forests, but it had hardly got out of the woods before the German artillery opened fire. Again shells tore open the ranks; again the machine guns piled up the dead. The task was more terrible than on the day before, as the Russians had to storm over the bodies of their dead comrades.

Again the night was freezing cold, again the hours were hideous with the cries of the dying men out there on the battlefield and again the darkness was filled with the thunder of cannon. To prevent a night attack, the Germans kept up a discharge of illuminating rockets and a blue-greenish glare added to the ghastliness of the field of death. But no Russians dared to advance.

At daybreak the Russians opened with a third drum fire. This time it was more terrible than on the previous occasions, for it was directed not only on the German trenches, but deep into the lines behind them, to hold

were conservative in their demands, however, and the general average, based on early replies, is about \$1,600. One girl wrote: "What is money to me? Give me a true, loving husband and a cottage."

A large majority of the girls demanded that their future husbands be good dancers, some said they must know the "latest steps" and one went so far as to say she would marry only a man who was a "dreamy dancer."

CAN'T FREEZE IN THIS



A life-saving suit which keeps the wearer's head above water and his body warm even in zero weather has been perfected by T. E. Aud, of Herndon, Va. The suit was tested in the Potomac river in the presence of Gen. George Uhler and other officers of the United States steamboat inspection service, the test resulting in a favorable, though unofficial, report by General Uhler. The lower part of the suit contains four pounds of lead to the foot, and the upper part is filled with cork to float the body in an upright position. The material is non-conducting so that the heat of the body will keep the wearer alive for four days in icy water. The inventor claims. In the picture Mr. Aud is shown wearing the suit.

back the reserves and prevent the bringing up of relief to the half-frozen German soldiers, who, bundled up, were standing in the water-filled dugouts waiting for the attack which they knew was inevitable. At eight o'clock the attack came and this time it was more successful.

Despite the artillery, despite the machine guns and despite the infantry fire, the apparently inexhaustible regiments of Russians swept on over the dead, over the barbed-wire barriers before the German line, over the first trenches and routed the German soldiers, who were half frozen in the mud of their shattered shelters. A terrific hand-to-hand conflict followed. Hand grenades tore down scores of defenders and assassins alike. The men fought like maniacs with spades, bayonets, knives and clubbed guns.

Within 100 Feet of Victory. But the Russians won at a fearful price for so slight a gain. It might have been worth more had the Russian deluge swept farther, but it did not. The Russians stopped within a hundred feet of victory. It may have been lack of discipline, lack of officers or lack of reserves; no one knows.

The Russians seemed helpless in the German trench; instead of sweeping on into the second lines they tried to trench themselves in the wrecked German first line. Immediately German artillery hurled shells of the heaviest caliber into these lines, and tore them into fragments.

Then came the German reserves, and by nightfall the Russians had again been driven out, 800 of them being taken prisoners.

Four days of almost absolute quiet followed, with only occasional artillery fire and now and then a sputtering infantry volley across the glade with its burden of death when the scout posts on either side thought they saw the enemy. The weather turned warm



French soldiers at Saloniki setting the fuses of anti-aircraft guns on the approach of German aviators.

again and the field of battle was an almost impassable swamp.

Attack Without Drum Fire.

On the eighth day reports reached the German lines that the Russians intended to make a surprise attack that night without any drum fire. The German artillery therefore shelled the Russian woods at a terrific rate at hourly intervals through the night. All the troops remained on duty without a minute of sleep, but no Russians came. The next day was quiet.

That night again it was feared there might be a surprise attack and so again the German artillery shelled the Russian lines until morning. But there was no attack until the following noon, when, without any artillery preparation, the Russian onslaught was repeated. A German officer told me the story of that attack. He said that if he had not seen it himself he would never have believed it possible that an attack would come out of the Russian woods, where the lines were almost 1,500 yards apart.

Suddenly, without any warning a mud-colored wave began to pour forth from the forest. It was a line of Russians three ranks deep, containing more than 1,000 men. They marched step by step, and did not run. Behind this was a second wave like the first, and then a third, the intervals between them being about 150 yards.

The German artillery tore holes in the ranks, which merely closed up again, marched on and made an attempt to fire. They marched, as though on parade. "It was magnificent, but criminal," said the German officer.

Then came a fourth line like the other three. The first line was less than 1,500 yards from the German trenches. It came so slowly that it was possible for the Germans to make plans with cruel precision to meet it.

Caught Between Walls of Fire. When the fourth line emerged from the Russian wood the German artillery dropped a curtain of fire behind it and then a similar wall of shells ahead of those in front. They then moved these two walls closer together with a hail of shrapnel between them, while at the same time they cut loose with the machine guns.

The splendid formation of Russians, trapped between the walls of fire, scattered heedlessly in every direction, but in vain. Shells gouged deep holes in the dissolving ranks. The air was filled with clamor and frantic shrieks were sometimes heard above the incessant roar and cracking or exploding projectiles.

Deafened men sought to dig themselves into the ground in the foolish belief that they could find safety there from this deluge of shells. Others raced madly for the rear and some escaped in this way as if by a miracle. Still others ran toward the German lines, only to be cut down by the German machine-gun fire.

In less than twenty minutes the terrible drama was over. The attack had cost the Russians 4,000 lives, and yet not a Russian soldier had come within 500 yards of the German lines. "It was a terrible harvest of death," said the officer who described the battle. It was the last gasp of the Russian offensive at this point.

TEACH BOYS HOW TO COOK Domestic Science Applied by Lads in Kansas Opposed by the Girl Students.

McPherson, Kan.—Leap year is producing adverse results in Central academy and college here.

A dozen boys have applied for a domestic science course and other boys will join. The instructor is Miss Viola Graham, and she has received a number of additional applications. The course will include cooking and sewing and will continue the remainder of the school year.

The girls are doing their best to prevent the movement of bachelorhood by inviting the boys to attend skating parties, but the domestic science boys are busy practicing the culinary art, and they assert that if the women intend to live independent lives they also can.

War Raises Drug Prices. The big war in Europe is helping to make it costly, if not criminal, to be ill these days. The proverbial ounce of prevention is not only better than a pound of cure, but it is a hundred times cheaper. The war has added from 25 to 300 per cent to the consumer's cost of these drugs, and many of them—entirely disappeared from the market—cannot be obtained at any price.

In many instances no sign of lower prices appears. In others there is certainty that diminishing supply must result in the most outlandish price figures. Factors in staple drugs affected by the war are, they insist, endeavoring to conserve the limited quantities they have by fixing prohibitive figures—not for the purpose of gouging the consumer, but to make it possible to hold on to enough of the precious products to supply emergencies.

Veronal, its solutions and compounds has almost disappeared from the market, and antipyrin, to be had in only moderate quantities, has advanced from 35 cents to \$5 per ounce.

It Was Too Big a Job. It may not be generally known that Larkin Goldsmith Mead, the American sculptor, is a brother-in-law of William Dean Howells. W. H. Sherwin of Kansas City is a cousin of the novelist, and the other evening told this story: "Someone asked Mr. Howells why he did not have Mead, a talented painter and pen-and-ink artist as well as a sculptor, illustrate his books. Howells replied: 'I have asked him to do so, but he has answered me by saying that if he made the pictures he would have to read my books, and he would be hanged if he ever did that.'"

Maybe They Were Friendly. The Mesopotamian valley, up which the British expedition from the Persian gulf has made its way, is, according to tradition, man's first—and last—paradise. But Tommy Atkins, toiling through the sand under a blazing sun, fighting fleas and flies as well as Turks and Arabs, did not find the country Edenic. One night when the troops were trying to sleep one soldier was heard to say to another: "Ere, Bill, if this is the Garden of Eden, I wonder what Adam and Eve did with these 'ere mosquitos a-buzzin' around 'em?'"

HANDLE MUCH GOLD

Employees of United States Assay Office "Roll in Wealth."

Institution Has Been Kept Extremely Busy Lately Handling the Foreign Shipments That Have Come in Such Large Amounts.

Within the heart of a Wall street block in New York city is the unpretentious building of the United States assay office, nothing from its exterior indicating the great wealth contained therein.

For the past few months the various departments have been working to full capacity, endeavoring to handle the great shipments of gold forwarded to this country in payment for munitions of war. When the storage



Weighing the Gold.

space was filled the overflow was put in the vaults of the subtreasury building adjoining. Armed guards are stationed at the entrance and in the rooms wherever deemed essential to protect the wealth of gold that is there. System is observed everywhere.

When the foreign coin is received in New York the iron-bound boxes are opened and the bags of coins carefully weighed and recorded. As the alloy standards of France, England and this country are so nearly the same, the process is not a complicated one. The scales are so finely adjusted that the result is disclosed to a very small fraction of an ounce.

The bags of gold are then taken to the smelting room and the metal melted. At the right temperature the molten stream is run into brick-shaped moulds, and when full, powdered charcoal is sprinkled over the top and a second mould placed upon it; when this is full another is added and this process is repeated till there are tier after tier of bricks. After these are weighed and marked they are ready for our mint.

The work is more complicated with the bullion. While the weighing and melting are the same, in order to reduce the long brick to its constituent parts chemicals and electricity must be applied. The silver is separated and run into special moulds. From the remainder the gold, platinum, iridium, etc., is separated. The gold obtained in this manner is pure and is melted into bars of different sizes. After being tested and stamped, they are put away till wanted.

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A Clincher. "I have here," said the book agent "a set of books which should be in every home."

"Not in this one," snapped the man of the house. "I have no time for reading and I hate the very sight of a book agent."

"Then these books are the very things you need. Just think how handy they'll be to throw at the next book agent that comes along."

Death Takes Heavyweight. Jersey City, N. J.—Death has claimed William R. Katt, forty-four, who weighed 873 pounds. Katt used a strongly reinforced automobile and lived in rooms that were especially constructed to support his weight.

ITS GLORY HAS DEPARTED

The Sausage, Declares the Government, Isn't What It Was Fifty Years Ago.

A half a century ago sausage sizzled and burst. On a cold fall evening it diffused a pleasing aroma through the house, and the children, drawn to the kitchen by an irresistible compulsion, were quite sure to get underfoot—which was the great childish crime.

Sausage was then at the zenith of its power. It had all seasons for its own, but preferably the fall and the winter of our content. When you say that it sizzled in the pan, you have said much. Sometimes it was necessary to prick it with a fork, lest it burst and send the hot fat flying about the stove. The odor of sage was in the air and the prepared sausage had about it a crisp, fizzy, salty "bite" that was delicious.

But how changed! How fallen from its high estate! Sometimes we are led to fear, never to rise again. "Commercialism" insinuated its way into the sausage trade, the false commercialism of the writers on political economy! Chopped beef took its place on the links beside the pig, and it has even been said that considerable water was forced into this unnatural federation. Be that as it may, somewhere about the time of the Caliphate of Ben Harrison sausage lost its sizzle. Appeals to the meat men seem to be of little effect, though here and there gleams of hope are held out to the hand only to become apples of Sodom to the teeth.

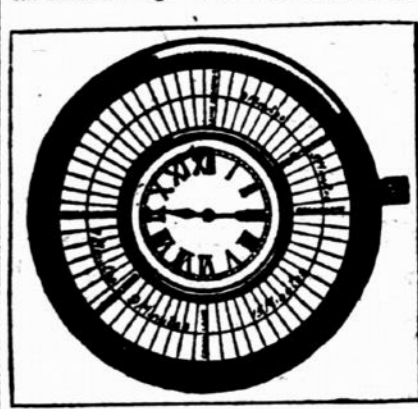
Some of the savants who have studied the subject find that in the old days there was youth, and the appetite that waits on wood sawed in the open air, mixed into the ingredients of the sausage. But this cannot be so, for the children of today shun by their actions that sausage is simply food, set on the table, and on a par with all other foods. They eat it, and make no comment.

No, sausage has changed!—Minneapolis Journal.

FOR STREET CAR DRIVERS

Device That Enables Motorman to Tell at a Glance If He Is Running on Time.

A time-schedule indicator particularly useful for motormen, is being employed on an English street car line. The central portion of the device consists of an ordinary clock. About the face of the clock is a large circular frame into which is fitted a cardboard ring. This is divided by ra-



diating lines into 60 equal segments corresponding to the minutes of the hour. The names of the stops on the motorman's trip are written in clockwise order on this ring. The number of spaces separating the names corresponds to the number of minutes apart these points are on the schedule. The cardboard is then placed in the frame so that, at the time of starting, the minute hand of the clock will point to the name of the place where the journey begins. As the trip continues the motorman can tell at a glance whether he is ahead or behind his schedule. If desired, the return journey can be indicated on the other side of the cardboard. In case the trip is of more than an hour's duration a second ring can be inserted at the end of the first hour.—Popular Mechanics Magazine.

Psychology Gets Its Bumps.

Psychology was handed a brand new bump by the aldermen of New York, who do not believe that the cops of the city should be taught the science of the mind in order to detect criminals. Recently the police commissioner appointed two doctors to teach psychology to the uniformed force. After qualifying, a cop was supposed to be able to tell the condition of a man's mind by the way he lit a cigar or a cigarette, scratched his nose or answered the simplest question. The city fathers' upper lips curled when the request for the pay for the psychology teachers was read at the meeting. "The taxpayers don't want psychologists made of cops," said the president. "They're paid to preserve the peace and not to read men's minds by outward actions. An intelligent cop can come pretty near distinguishing between a sane man and one who isn't." It looks as if the psychologists will be dealt with harshly.

Killing Germs by Machinery. In order to prevent epidemics a wonderful system of regular daily disinfection is now carried out behind the battle lines, and war is waged against microbes on a wholesale scale. Specially designed machines are used in carrying out this work. Each machine consists of a steam lorry with two huge portable disinfectors, which are able to disinfect the clothes of a battalion of men in two hours. The cleansing agency is steam, which is generated by the lorry engine itself, and this plays upon the garments and articles placed inside two large cylinders mounted on the wagon. A very long section of the front can be covered by these portable killers of germs in the field, and more than one epidemic has been nipped in the bud, thanks to their timely aid.

So There You Are. She—The lecturer said that a woman is braver than a man. He—Why, a woman is afraid of a mouse. She—And a man is afraid of the same mouse.

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The KITCHEN CABINET

Life is worth while. Its work is not useless, its joys are not superficial, its discipline is not unnecessary. When disappointments come, face them cheerfully.

Wondrous is the strength of cheerfulness.

MEALS FOR SMALL FAMILY.

When buying chicken, save the wing tips, neck and giblets for soup. Save the white meat for creamed chicken or for pudding and one may have several meals from one chicken.

Chicken Pudding or Souffle.—Chop the uncooked white meat of the chicken, then rub it fine. Put half a cupful of dry bread crumbs with a cupful of milk over the fire to soften, add the chicken, salt, pepper and the yolks of three eggs, beaten. Mix well, then fold in the well-beaten whites and put into a buttered baking dish. Bake in a moderate oven twenty minutes or until it is firm. Serve at once or it will fall.

It is much better to entertain two or three guests on different days than to give a large affair which upsets the routine of the home. On the day or the day before entertaining for an evening company one might have turkey, then the cold slice meat may be used in various ways or served in sandwiches for the evening.

A pineapple or Edam cheese keeps well and is perhaps a more economical cheese to buy unless cheese is bought in very small quantities.

Left-over fish may be served in a cream sauce or in a salad, making very good dishes so that one may buy a fish, boil or bake it and not feel that it is too expensive for the small family.

The following is a good dinner menu for the small family: Tomato soup, broiled slice of fish with lemon butter, potato balls, sliced cucumbers with French dressing, apple pie, cheese and coffee.

Mutton Boudin.—Take a pint of finely chopped mutton previously cooked. Cook together for two minutes two tablespoonsful of soft crumbs and half a cupful of stock or water; add a tablespoonful of butter and the meat nicely seasoned with salt, pepper and onion juice and two well beaten eggs. Fill into greased custard cups. Set in a pan of boiling water and bake until firm. Turn out and garnish each boudin with parsley.

Lack of occupation is not rest. A mind quite idle is a mind distressed.

One doesn't learn much while talking, which may explain why some people know so little.

VEGETABLE DISHES.

Cabbage is one of our wholesome vegetables and if properly cooked, is usually easily digested. Uncooked cabbage is more easily digested than cooked; but if the vegetable is cooked in an open kettle allowing the odors to pass off with the steam, it is found to be more easily digested.

Cabbage With Pork.—This is a homely, old-fashioned dish, but very appetizing. Place half a pound of salt pork in a kettle of boiling water and cook gently for three hours. Place the cabbage in the kettle with the boiling water and cook until the cabbage is tender. Serve with vinegar. Smoked ham or bacon may be used instead of the pork, if liked.

Celeriac.—This is a delicious vegetable prized by our German friends, and one that should be more often grown. The roots, not the stalks, are used. They are about the size of a turnip. Pare the celeriac, cut in thin slices and let stand in cold water. Drain from this water and drop into boiling water and cook until tender. Drain and rinse in cold water, then reheat in a rich white sauce and serve. Celeriac makes a nice cream soup, or simply cooked and seasoned with butter, salt and pepper and used as a vegetable with chicken it is most appetizing.

Force mashed and seasoned potato through a ricer into a buttered baking dish, place in the oven to brown.

Gypsy Stew.—Cook together small carrots, new onions, green peas and potatoes until tender, then add two slices of diced salt pork, fried brown, to the drained vegetables, and season well with salt, pepper and good rich milk, heated to the boiling point. Serve hot.

Poisonous Javanese Snake. As everyone will instantly comprehend, the amagalembi of Java, a very poisonous snake, is so called from its umbrella-like head. The creature makes a peculiar noise by the nimble moving of its tongue and a slight touch of its fangs is fatal.

Use for Apple Wood. Apple wood, used almost exclusively for saw handles, also furnishes material for the large wood type used in printing signs and posters.

What She Meant to Imply. "He—One thing is sure, I don't intend to be criticized and censured because I have failed to realize your expectations." She—"You misunderstand me completely. All that I have done is to express my conviction that you have more than justified my fears."

Daily Thought. It is best to love wisely no doubt; but to love foolishly is better than not to be able to love at all.—Thackeray.

It is not enough that women should be home-makers; but they must make the world itself a larger home.—Frances Willard.

There is no defeat, no call for retreat can be blown from the bugle of right.—Lillian Stevens.

FOODS WHICH GO TOGETHER.

Beside the hygienic, there is the esthetic side of vegetable and meat combinations. Potatoes have little flavor and are better borne by the palate than many other vegetables. In consequence in many homes they are served daily and oftener. In our food combinations if we please the eye we please the palate and thus the stomach is also pleased.

There are certain foods which seem made to go together. For example, mutton with rice, and lamb with peas. Group with these some pleasing combination of green vegetables and the main part of the menu is thought out.

For a roast beef main dish, mashed or baked potatoes, spinach, cauliflower, cooked cabbage, brussels sprouts or string beans are good combinations.

With boiled beef we like turnips or carrots and plain boiled potatoes, with a lettuce with French dressing or a cold slaw, celery or sliced tomatoes.

With boiled mutton, caper sauce and rice with stewed turnips, or asparagus or green peas.

Breaded chops with tomato sauce and peas, lamb, mint sauce, rice and peas, or a dish of young carrots.

Roast turkey, potato croquettes, boiled onions and a green salad. Cranberry jelly.

Roast pork, apple sauce, stewed onions and a lettuce salad.

Roast duck—stuff with celery and serve orange salad with French dressing.

Geese—stuff with potato flavored with onion; serve apple sauce and sauerkraut.

The geese may also be stuffed with apple and prunes and the salad be of watercress.

Venison—serve a spiced grape jelly, mashed potatoes and lettuce and tomato salad.

Broiled chicken, cream sauce, waffles. With fish—potatoes are always served.

The mintage of wisdom is to know that rest is rest, and that real life is love, laughter and work.

FOOD FOR PRIME OF LIFE.

Nature's plans cannot be thwarted, "as a man sows, shall he also reap." At fifty, if men and women have lived correctly, physical and mental powers should be at their best, and their manner of living then decides whether these powers continue to a ripe old age. The fountain of eternal youth springs from the river of enthusiasm, and he is never old who keeps in touch with the moving things of life. Physical and mental nourishment cannot be separated and it is yet one of the unaccountable things that we will not recognize it. A perfect old age has its foundation laid in youth. One cannot defy all the laws of God and man for twenty years and expect to enjoy old age. Someone has said that four-fifths of the diseases which embitter life are caused from improper food or avoidable errors in diet. The child in the building of his structure needs appropriate food. After the building process is complete he needs only that food which repairs tissue and gives heat and energy.

Business men are as unwise in their noonday lunches as are their wives when they criticize because theirs consist of a chocolate éclair and a cup of cocoa. One is as absurd as the other. The man who bolts hearty food, hurrying through the meal back to brain work usually has no time for death-bed confidences.

A wholesome meal for a brain worker, who takes time to masticate it, is a small piece of red meat, carefully cooked, a baked potato, a sliced tomato, some boiled rice or a baked apple with cream, cup custard or sponge cake with stewed prunes, whole-wheat bread, with plenty of butter, and a moderate use of coffee.

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WASTE PRODUCTS FROM CANNERIES MAY BE UTILIZED

Cherry Pits, Now Source of Annoyance, Can Be Made to Yield Valuable Oils.

NEW INDUSTRY IS POSSIBLE

Specialists in U. S. Department of Agriculture Declare Also That 105,000 Gallons of Juice Now Thrown Away May Be Converted Into Jelly and Sirup.

Washington, D. C.—Sixteen hundred tons of cherry pits, now a source of annoyance and expense to canneries, can be made to yield two valuable oils and also a meal for feeding cattle, according to specialists of the United States department of agriculture. In addition, 105,000 gallons of cherry juice now wasted in seeding cherries can be turned into desirable jelly and sirup, or even into alcohol. A saving of these valuable by-products from cherry canning may make possible the domestic manufacture of substitutes for almond oil and bitter-almond oil, now imported, and at the same time establish a new industry in the cherry packing districts of the North Atlantic, North Central and Western states. The specialists, however, have not yet carried their work to a point where they can say that the converting of this juice and the cherry pits would be a profitable side industry for the ordinary or smaller cannery. In cases where a number of canneries are operating within a reasonable distance of one another, the specialists, however, believe that the waste products could be sent to a central co-operative or other plant at small cost and there utilized to advantage. Studies, however, are being carried on to determine whether means cannot be devised for making these waste products profitable also when handled on a small scale.

Some time ago there was similar investigation of the use of peach and apricot pits for making oils and meal, and a commercial enterprise has been established in California for dealing with these products. The department has published a bulletin on this subject and also one dealing with the utilization of raisin seed from the seeded raisin industry. It was found that many tons of raisin seed had considerable fruit adhering to them which could readily be turned into a very desirable raisin sirup for the use of confectioners and others. After this pulp had been used it was found that an oil useful in the arts could profitably be pressed from the seed, and experiments are under way to determine whether the crushed seed could not be used to advantage in feeding stock.

The following description of these products, and methods which have been developed for making them, are taken from professional paper 350, "The Utilization of Cherry By-Products," by Frank Rabak, chemical biologist, bureau of plant industry.

Fixed Oil From Cherry Pits. "The kernel of the pit, as long as has been known, contains a considerable quantity of oil. Investigations recently conducted show that the oil constituents of the kernel can be converted into a fixed oil much like almond oil, and a volatile oil practically identical with oil of bitter almonds.

RESCUES INSANE MAN



Miss Constance Kopp (right), the girl deputy sheriff of Bergen county, New Jersey, dived into the icy waters of the Hackensack river and rescued an insane man. He was revived by physicians. Miss Kopp was put to bed in charge of a nurse but went out a few hours later to attend to her duties. Tony Hohnacka was being taken from a hospital to the asylum in charge of Miss Kopp when he escaped. On the left of the picture is Miss Kopp's sister.

POWERFUL AEROS UNDER WAY

Twenty Machines, Designed to Cross Ocean in Thirty Hours, Being Built for U. S. Government.

Lynn, Mass.—Twenty aeroplanes with 1,000-horsepower engines, which are expected to cross the Atlantic in 30 hours, are to be built at the Burgess Aeroplane company plant at Marblehead for the United States government. One of the aeroplanes is now under construction and as soon as it is completed aviation experts stationed at the United States school of aerial instruction will test it.

The residue after these oils are extracted shows on analysis ingredients that may make it a practical cattle feed similar to linseed cake.

"The fixed oil is the most important by-product of cherry pits. It has a golden yellow color and a pleasant nutlike taste and odor. In character it is so closely related to imported almond oil that it is believed to possess similar possibilities in the commercial manufacture of drugs, oils and soap.

"If the pits of all domestic cherries, now thrown away at canneries, and the pits extracted from imported cherries, were processed in this way it is estimated that they would yield 320,000 pounds of fixed oil worth in the neighborhood of twenty cents a pound. The best quality of this fixed oil is extracted from the kernels in hydraulic presses. The shells of the pits are first cracked in a mill and the uncrushed kernels separated out with sieves. The oil is then pressed out from the meats. In a laboratory experiment the kernels yielded 21 per cent of fixed oil under a pressure of 2,750 pounds to the square inch. On a commercial scale, however, with presses equipped for heating the kernels under pressure, it is believed that 30 per cent or more can be obtained. The oil also can be obtained by grinding the pits and extracting by means of solvents.

Volatile Oil Second Product. "The volatile oil, the second product, remains in the pressed cake after the fixed oil has been extracted by pressure or by solvents. The volatile oil is then secured by chemical means and distillation. In the experiments the oil was obtained at the rate of nearly one pound for every 100 pounds of residue treated. It is estimated that 6,000 pounds of this volatile oil could be obtained if all the cherry pits handled at canneries could be used. The value of this by-product, based on the current prices for the very similar imported bitter-almond oil, would be in the neighborhood of \$54,000.

ARMY IS MAGNET FOR BOOTLEGGERS

Illicit Dispensers of Liquor Busy in Dry Territory Along Mexican Border.

PEGLEG WALKING BARROOM

Cook With Troopers at Columbus Peddles Refreshments From His Oaken Limb Until Officers Discovered Source of Supply.

Columbus, N. M.—Everywhere that the broad trail of the army leads, the trail of the "bootlegger" parallels. Particularly if the route of the troopers lies through dry territory, the illicit dispenser of the draft that sometimes cheers is a hanger-on. And he has a million and one ways to evade the regulations.

The bootlegger arrived in Columbus about ten seconds after Uncle Sam's soldier boys. He did a profitable business, especially around pay day. Some of the troopers, disgruntled because they were forced to remain here inactive while their mates were playing hide-and-seek with Villa in the sand dunes, were intent on drowning their sorrows. Others celebrated their good fortune when they were ordered to cross the line.

"Pegleg" is, or was, a cook for me civilian employees of the quartermaster's department. The name comes from his portside limb, which is of sturdy oak. After the troops arrived, Pegleg seemed always to be in the mood that can come only from looking on the wine when it is red. And he became surprisingly prosperous. His condition drew the suspicion of the army authorities.

Lieut. Austin M. Pardee of the Twentieth infantry, detailed as a provost marshal, decided that Pegleg would bear watching.

After several hours of watchful waiting he saw two troopers slide up to Pegleg's tent and in distinctly audible tones bid Pegleg to "set out the joy juice." Pegleg was complying when Lieutenant Pardee arrested the three.

"I won't go!" declared Pegleg, and promptly lay down.

"Get two men to carry him," suggested a sergeant.

"Get nothing," decided Lieutenant Pardee. "You fellows take off his pants and his leg, and let him lie there. He won't escape on one leg, that is certain."

Pegleg protested vigorously, but it availed him nothing. The pants came off, likewise the leg, and with the latter came the secret of Pegleg's success at dispensing.

The leg was hollow, lined with tin, and held at least a half a gallon of liquor.

Pegleg, his stores confiscated and poured into a dry but unappreciative desert, was landed on an eastbound freight.

Half an hour later Lieutenant Pardee saw a white-haired, venerable-looking old gentleman alight from an eastern passenger train. He carried a suitcase.

Two soldiers greeted the old man affectionately.

"Got anything good?" queried Lieutenant Pardee.

"S-s-s-h; it's six bits a bottle. I got to get big money because it's a risky business here," replied the aged one.

"So it is," commented the lieutenant as he took the suitcase and started leading the procession for the jail. Since the troops have been here, construction and as soon as it is completed aviation experts stationed at the United States school of aerial instruction will test it.

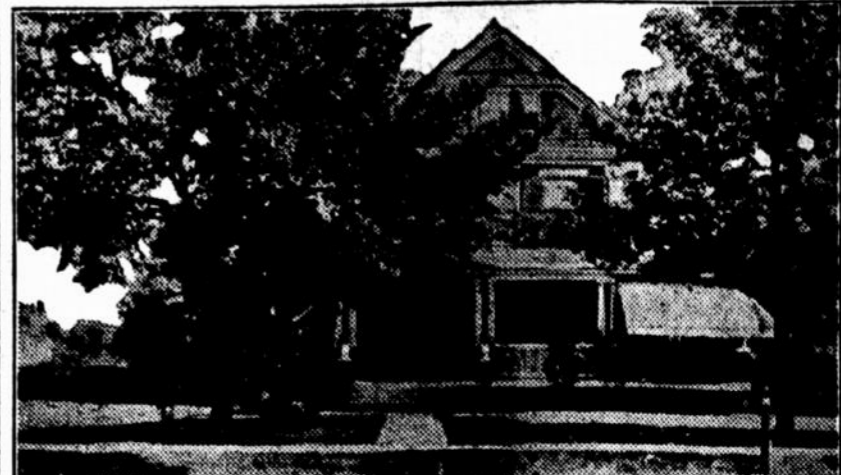
It is estimated that these machines will cover 100 miles an hour.

Old Enough to Know Better. Paris.—The French courts refused to grant a divorce to a woman seventy years old, because of the age of the parties and the length of time the marriage had lasted. The husband is eighty-five years old.

Falls Four Stories; Unhurt. New York.—Samuel Wandruft, aged two, fell four stories to the yard of his home, breaking several clothes lines in his descent. His mother faintly, but neighbors found Samuel sucking his thumb. He was not even bruised.

New York Giant Dead. New York.—Charles Taylor, thirty-five, who weighed 410 pounds, is dead. He was the heaviest man in Queens county.

The HOME BEAUTIFUL



The Neatest Yard Has a Smooth Lawn.

THE FRONT YARD

By E. VAN BENTHUYSEN.

The neatest yard now has a smooth lawn grass sod kept closely mown, while the flowers and shrubbery are restricted to the sides and rear. This not only renders the lawn more easily kept than where there are flower beds to mow around and trim, or trees or shrubs to dodge, but it is really more restful in appearance.

If there is room for only one shrub, let it be Hydrangea paniculata, the magnificent tresses of bloom lasting for weeks.

It should be cut back every spring fully half of the previous year's growth. While this may go against the will it insures larger blossoms and more of them.

The Deutzias have extreme harshness, neat form, profusion of bloom and early blossoms to commend them, and are worthy of a place in any collection.

Several of the Spireas are beautiful with graceful rose colored or white blossoms. While not all of these withstand the late frosts which come in May, just when they are ready to put forth their feathery bloom, the beauty of the blossoms when they are perfect atones for an occasional misadventure.

Among June blossoms none are greater favorites than the syringa or mock orange, the flowers being as fragrant as beautiful. While the shrub itself is perfectly hardy, late frosts sometimes kill the buds; and an observing grower gives the rule that there will be orange blossoms when there will be peaches.

Calyculanthus is a curious shrub, the brownish blossom being odoriferous of strawberries, yet so many beautiful as well as fragrant blossoms it could scarcely head the list.

Purple fringe is an odd plant, the name smoke tree perhaps more accurately describing the appearance after midsummer, when the pedicels

lengthen, branch and bear long plummy hairs, either greenish or tinged with red.

The Spigella is handsome when in bloom, the tubular blossoms of white, rose or purple being produced in profusion. A variety with leaves variegated with gold is especially pleasing.

Instead of planting in rows the fancy is now to group the shrubs and the flowers for cutting. Place the taller ones in the rear with the shorter ones in front.

Arrange that the blooming season shall be prolonged throughout the summer and see that no two specimens with blossoms which do not harmonize in color shall be in bloom side by side at the same time.

PLANTS FOR NORTH WINDOWS

By BETTY PAKE.

To make boxes in windows with a northern exposure attractive and cheerful fill them with the following plants:

For vines, plant either variegated vincas or English ivy, or both intermingled. Vincas are very bright, but they will not survive exposure to freezing temperature, while English ivy will stand unharmed all through the winter. Either of these vines should be planted about one foot apart. The main part of the boxes can be planted with begonias, which can be procured from any florist in various colors, white, pink, red. The boxes, if planted wholly with material of a uniform height, are apt to have an artificial appearance, to prevent which, plants that vary in height and having a more graceful habit should be placed, say, one to every half dozen of the others, and for this purpose few plants equal dracaena terminals.

Pansies do fairly well in the shade, and so does salvia or scarlet sage. If English ivy is used for a vine, it will be found to be of advantage in that the other plants in the boxes are killed by frost the ivy remains and can be left all winter, with the space taken up by the other plants filled with small evergreens.

MISS KATHERINE BROWNE



Miss Browne is the daughter of Congressman Edward E. Browne of Wisconsin. She is a student at the University of Wisconsin.

CO-ED GOWNS ARE CENSORED

Some Girls Sent Home From Dances—Frocks Are Too Low at Top or Too High at Bottom.

Bloomington, Ind.—The Indiana university authorities have established a censorship of clothes worn by the "co-eds."

The censorship is in charge of Miss Ruby C. E. Mason, dean of women, who is attending all dances and inspecting the frocks and gowns. If the evening gowns of the girls do not conform to regulations as to length and style, the wearers are sent back to their rooms for a change of attire.

This has happened to several young women recently. The censorship is established because of the loyalty of the Indiana "co-eds" to the prevailing styles, especially in dancing frocks. The frocks have been cut so low from the chin and so high from the ground that they have been shocking to some, the university authorities say, all during the winter.

GIRL RIDES BLIND BAGGAGE

June Giemen Rays Woman Will Do Anything for the Man She Loves.

San Jose.—June Giemen, held here on a charge of grand larceny, told Deputy Sheriff Buffington that with Louis Long, who is also here, and seven other men, she had hidden the blind baggage from Salinas to San Luis Obispo, peddling stolen goods as opportunity offered. Her explanation of her implication in the robbery was, "You will do anything for the man you love."

Rate Lower for Stepmothers.

Harrison, N. J.—Joseph Gendiskal, arrested for "kicking his mother," was fined \$20. The woman said she was not John's mother, but his stepmother. "Then make the fine \$10," decreed the court.



Date Tree in Salt River Valley in Arizona, Showing the Enormous Crop of Dates on One Tree.

DAISIES EVERY MONTH

By LIMA R. ROSE.

In the mild climate of California and some of the southern states, daisies bloom all the year around. In California these flowers grow very much larger than those of the East, as do all the Pacific coast flowers; but they seem to lack brilliancy, and to many persons are not as satisfactory.

Luther Burbank developed the Shasta daisy to a very large and beautiful flower, and this is largely taking the place of the Marguerite or Paris daisy which has long been a favorite with Californians.

In some colder climates, of course, it is impossible to keep daisies blooming every month; but by planting different varieties, some of them may be kept blooming nearly the entire summer.

The daisy is really not a domesticated flower, as a great many long-growing wild flowers are called daisies. Many varieties are classed as weeds. In fact, the ox-eyed daisy, which is plentiful all through New England

and some of the northern states, is called white weed.

The chrysanthemum and wild asters are called daisies, and really belong to the same family.

While it would not be possible perhaps to have a daisy hedge in bloom all the year, still by planting the various species of daisies, chrysanthemums and asters, some bloom could be had from April to November in all except the extreme northern states.

OLD-FASHIONED FLOWERS

The rose-geranium slip planted early in May will soon become an immense plant with most luxurious foliage, which is one of the prettiest things for finishing your bouquet.

The leaves can be used for scenting handkerchiefs, boxes, and a leaf placed on top of your jelly will give it a delicious flavor.

When only a few flowers are grown do not depend on the mignonette alone for fragrance. There are many other fragrant plants that have the added advantage of being beautiful in form and color.

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Advertising rates for display ads, 25 cents per inch, for each insertion. Three to six months' contracts, 15 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 announcement cards, yearly contracts, etc., terms are given on application. All advertising is to be paid in advance. We are prepared to do first class job work at reasonable prices. All of our work is guaranteed.

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Albia.....Miss May Davis
Washington.....N. L. Black
Burlington.....Mrs. L. M. Abel
Monmouth, Ill.....Mrs. Bernice Metlock
Colfax.....Mrs. Gertrude Broddus
Minneapolis.....Mrs. R. L. Buttner
Clinton.....A. A. Bush
Macon, Mo.....Lucy Harris
Mason City.....Mrs. Maud Brewton
Keokuk.....Miss Ruth Bland
St. Paul, Minn.....Mrs. Hattie Hicks

suffering with rheumatism, is able to be up again.

Rev. Hammond returned to his home in Athison.

Rev. W. W. Ewing and wife and Rev. J. L. Lucas left for their homes in Des Moines on Monday.

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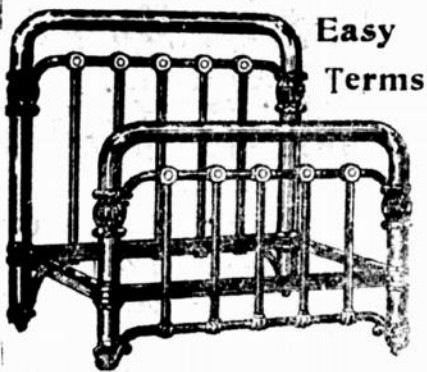
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This Detroit Jewel Gas Stove is made of highest test iron in the new lustre finish. It has a 16-inch oven equipped with a perfected oven lighter with valve on main feed pipe and fitted with a drop down door. The top has plain end shelves, removable burners and rods and one-piece burner tray. Mounted on a cast iron leg base. Now specially priced \$13.85

This Guaranteed 'Acme' Sewing Machine \$15.75



\$1 Down; \$1 A Week
The Acme Sewing Machine at this price is a most unusual bargain. It's a cone bearing machine with all important improvements, case is semi-drop cabinet, with highly polished finish; has four side and center drawers; sewing head raises to position with easy motion. Have this machine demonstrated Saturday and then compare it with any others offered at \$15.75

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"Chamberlain's Tablets Have Done Wonders For Me."

"I have been a sufferer from stomach trouble for a number of years, and although I have used a great number of remedies recommended for this complaint, Chamberlain's Tablets is the first medicine that has given me positive and lasting relief," writes Mrs. Anna Kadin, Spencerport, N. Y. "Chamberlain's Tablets have done wonders for me and I value them very highly. Obtainable everywhere."

preparations for their thanksgiving sermon, which is to be held Sunday, May 7th.

There will be a social given at the church Saturday evening.

Quite a number of our colored people attended the ball game played by the Tennessee Rats at Ottumwa, Iowa.

Mr. S. H. Jones seemed to step proudly as he went to his work Monday morning, since the arrival of his seven pound daughter Sunday, April 30th. Mrs. S. H. Jones will be remembered as Miss Gladiator Crittenden.

Rev. T. T. Ward leaves Tuesday morning for his home in Sedalia, Mo., after being in the city on business for a few days.

Mr. and Mrs. H. Grant occupy the residence owned by Rev. Ward on S. Eighteenth street.

Rev. Burton is expected to be in the city the last of the week.

Mrs. Davenport is very poorly at this writing.

Biliousness and Constipation.

For years I was troubled with biliousness and constipation, which made life miserable for me. My appetite failed me. I lost my usual force and vitality. Pepsin preparations and cathartics only made matters worse. I do not know where I should have been today had I not tried Chamberlain's Tablets. The tablets relieve the ill feeling at once, strengthen the digestive functions, purify the stomach, liver and blood, helping the system to do its work naturally.—Mrs. Rosa Potts, Birmingham, Ala. These tablets are for sale at all dealers.

1916 FUTURE EVENTS FORECAST THEIR SHADOWS.

Republican national convention at Chicago on June 7th.

National Negro Business League at Kansas City, Mo., August 20.

National Negro Press Association at Kansas City, Mo., August 19.

National Teachers' Association.

National Bankers' Association at Kansas City, Mo., August 20.

International Conference of Grand Master and P. G. M. and Grand Secretary at Chicago on August 21.

Knights Templar Conference and Imperial Council and Supreme Grand Chapter of R. A. and Supreme at Chicago, August 22.

Grand Chapter of O. E. S. at Chicago on August 21.

General Conference of A. M. E. church at Philadelphia on May 4.

Iowa Grand Masonic Lodge, at Ottumwa on July 11.

Iowa Grand Chapter of O. E. S. at Oskaloosa on May 16.

Iowa Grand Lodge of K. of P. at Des Moines on July 18.

Iowa Grand Lodge of Order of Calanthe at Des Moines on July 18.

Iowa Grand District of Odd Fellows at Colfax on August 22.

Iowa Grand District of Household of Ruth at Colfax on August 22.

Iowa Grand International Order of Twelve at Keokuk on August 1st.

International Order of Daughters of Tabernacle at Keokuk on August 1

Iowa-Nebraska Baptist Association at Centerville on September 4.

Iowa-Nebraska Sunday School Association at Des Moines on June 13.

G. W. SCOTT
has opened his
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714 West Grand Ave.
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We also handle a fine line of
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A Symbol of Health.
The Pythagorians of Ancient Greece ate simple food, practiced temperance and purity. As a badge they used the five pointed star which they regarded as a symbol of health. A red five pointed star appears on each package of Chamberlain's Tablets, and still fulfill its ancient mission as a symbol of health. If you are troubled with indigestion, biliousness or constipation, get a package of these tablets from your druggist. You will be surprised at the quick relief which they afford. Obtainable everywhere.

ALBIA NEWS.
The Sewing Circle club met at the home of Mrs. Edward Butler on Monday afternoon.

Mr. Neal Bowman, Mr. Clinton Wilson and Mr. Ben Harris left Albia for Peoria, Ill., on Saturday for work this summer.

Mrs. James Rhodes of Ottumwa visited with Mrs. Andrew Smith this past week.

Mrs. Mary Harris entertained at supper on Monday evening Mrs. Oscar Roper and Mrs. Virginia Thomas.

Mr. and Mrs. Lewis Edmond of Hocking passed through here en route to Ottumwa on Saturday.

Mrs. G. A. Davis entertained at lunch Mrs. M. Teasdale and Mr. Burt Jones and Mr. and Mrs. W. G. Davis on Monday evening before they left for Kansas City, Kans.

Messrs. Luke Mosely and Harris Bates of Hiteman were in Albia this week.

The K. of P. lodge of this city gave a banquet in the hall at Hocking for the benefit of the sick last Monday.

Mr. Burt Jones of Hiteman spent this week at the parental H. Jones home in Albia.

CENTERVILLE NEWS.
(Last Week.)
Easter was observed as a still one. No programs were rendered. Rev. Kelly preached two excellent soul-stirring sermons.

Mission Circle gave a social Saturday evening at the church.

Rev. T. T. Ward arrived in the city and is making some improvements on his lots.

(This Week.)
The rainy Sunday services were well attended. Rev. Ward preached an excellent sermon Sunday night.

The Knights of Taber will give a social at the ...

A Nervous Woman Finds Relief From Suffering.

Women who suffer from extreme nervousness, often endure much suffering before finding any relief. Mrs. Joseph Snyder, of Tiffin, O., had such an experience, regarding which she says:

"Six months I was bedfast with nervous prostration. I had sinking spells, a cold, clammy feeling, could not stand the slightest noise. At times I would almost fly to pieces; stomach very weak. My husband insisted on my taking Dr. Miles' Nervine, and I began to improve before I had finished the first bottle until I was entirely cured."

MRS. JOSEPH SNYDER,
262 Hudson St., Tiffin, Ohio.

Many remedies are recommended for diseases of the nervous system that fail to produce results because they do not reach the seat of the trouble. Dr. Miles' Nervine has proven its value in such cases so many times that it is unnecessary to make claims for it. You can prove its merits for yourself by getting a bottle of your druggist, who will return the price if you receive no benefit.

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