

SIMPLE THINGS WORTH WHILE

Many Make Mistake of Thinking Happiness Comes Only From Material or Outward Conditions.

Why should you care to be pestered with a large bank account or distressed by a house full of servants? asks the Albuquerque Evening Herald, which adds: Adam and Eve had neither of these and they called their place of abode Paradise. Few people have learned the secret of living well. Too many think it depends almost wholly on the condition of the pocketbook. This is most certainly a mistake. Happiness is not born of material or outward conditions. It is largely the result of a purely mental process.

Amid the duller threads of duty it is well to weave one bright strand of desires—it is well to mix a little sunshine with your daily food. You can soften the sound of cab and car in the stony street by calling to memory a bird's song heard in the fields on a summer afternoon in childhood. It is sweeter to your soul—if you have one—than is the railroad that you own yourself.

Take a day off and go out to some cemetery where you may reflect on the brevity of life and the insufficiency of things pertaining to the pocketbook. It is better that you go to the cemetery than to ride out to the big plumed car that never hauls its load back again. Don't wait until you own your private automobile, but go while you are able to walk and to think. From the dead you may learn much of life. Scan all the virgins inscribed upon all the headstones of a million dollars or a docked horse or a brownstone palace or a 12-cylinder car or a "handsome" wardrobe.

IDEAS CURIOUS AND POETIC

Remarkable Beliefs That Have Been Firmly Ingrained into the Children of Siam.

Mr. Ernest Young, who went to Siam to organize the educational system, related at London recently some curious beliefs held by the children there. He explained that he had experienced considerable difficulty in teaching them the rudiments of science. They believed that the earth was flat because the priest had told them so. It was also the impression of these children that a big crab went down into the sea and made the tide flow, and when the crab came up for fresh air the tide ebbed. When the gods became angry rolling thunder was heard, and when the angels got sperry and struck fire out of bricks, summer lightning flashes were seen. When many angels got into the bath at the same time water ran over the side and it rained. Directly Mr. Young entered a school the children prostrated themselves before him, and the only way they could be induced to abandon this practice was to tell them that English children did not do that. They would do anything English children were said to do. They were awful liars, but when told that the English boy was truthful they gave up the habit.

Precious Stones in British Crown.

There are no less than 3,000 stones in the crown of the British king. Some very famous jewels are included in this number. One of these is a large heart-shaped ruby, given to Edward the Black Prince, in 1337, by Don Pedro of Castile. Another precious gem of the crown is a huge sapphirine bought by George IV. The remaining jewels consist of 1,333 brilliant diamonds, 1,273 rose diamonds, 147 tourmalines, 277 pearls, 10 sapphires, 11 emeralds and four rubies. Complete with its white silk lining and purple cap, the crown weighs slightly more than 39 ounces.

Chinese Canals.

At what period the Chinese began to dig canals, there is no authentic record to prove. Sometimes it seems as if these remarkable people must at all ways have had canals and other works so long have they been familiar. To them and so well established have they been as a part of the country as the men from the Occident first visited it. One thinks of the Grand Canal of China and the Great Wall of China together, although, of course, they have nothing whatever to do with each other, except that they are both ancient and remarkable works of the Chinese people.

Don't Envy Others.

Idle women, or women who seem to be spared anything that savors of work, are never happy or satisfied. Persons who live aimless lives simply cannot be happy. Let the woman given to envying those "fortunate," but in reality lazy and listless individuals, ponder seriously upon this truth, become interested in some worthwhile duty of the hour, and try to forget herself. If she does this she will not find any time to make idle wishing, but, on the other hand, will experience a contentment delightfully new and satisfying.

Glassmaking Old Industry. Glassmaking in Venice is of remote antiquity. By a law of November 8, 1291, the authorities of Venice, to avoid the risk of fire, ordered the glassmaking industry to be transferred to the adjacent island of Murano. Ever since Murano has been the most important center for hand-made glass and glass bead manufacture in the world.

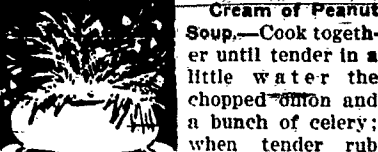
The KITCHEN CABINET

The man who has lived with his stomach forty years ought to know how to take care of it.

Men like automobiles to a great extent are judged by their "hill climbing" ability.

LIBERTY FOODS.

Buy with thought, cook with care, serve with judgment, save what will keep.



Cream of Peanut Soup.—Cook together until tender in a little water the chopped onion and a bunch of celery; when tender rub through a sieve and add water and a quart of milk. Rub two table-spoonfuls of flour with half a cupful of fresh peanut butter, add this to the milk with a bay leaf, cook slowly until all is well blended, then season and strain into individual bowls. Serve with graham bread.

Liberty Fruit Cake.—Take a half cupful of sour cream and milk, add a teaspoonful of soda, a cupful of brown sugar, a half cupful of molasses, cinna-hauls its load back again. Don't wait until you own your private automobile, but go while you are able to walk and to think. From the dead you may learn much of life. Scan all the virgins inscribed upon all the headstones of a million dollars or a docked horse or a brownstone palace or a 12-cylinder car or a "handsome" wardrobe.

Caramel Bananas.—Peel ripe bananas, cut into halves lengthwise. Put three table-spoonfuls of any sweet fat with the same amount of molasses. Heat slowly—there should be enough of the fat and molasses to cover the bottom of the pan, lay in the bananas and cook slowly until brown on one side; turn and brown on the other side. Serve warm with poultry as a vegetable or with cream as a dessert. Brown sugar may be used instead of molasses if preferred.

Liberty Fruit Rolls.—Rub four table-spoonfuls of peanut butter into a cupful of any sweet fat, four table-spoonfuls of baking powder and three-fourths of a cupful of milk or enough to make a mixture to roll. Roll out and spread lightly with peanut butter; sprinkle with chopped dates, figs or raisins and a few crushed peanuts if desired, roll and cut in half-inch slices. Place in a dripping pan and bake in a quick oven.

Advertisement for Neele Maxwell's Kitchen Cabinet, featuring an illustration of a woman and the text 'Do your work cheerfully, heartily and "technically," and be ever prepared for the place further up.—E. H. Taylor.'

WHO DARE DENY THE TRUTH, THERE'S POETRY IN IT!

To the vast majority of the sterner sex, dessert means pie, and may well be called the great American dessert.

A well made crust, well baked and filled with good flavored apples, makes a pie which is the general favorite. Served with a nippy piece of cheese or a lemon pie leaves nothing to be desired. The lemon pie is another favorite, and is a close second in favor to the apple pie. At this season pumpkin pie has come into its own, and when well seasoned and long baked is a most dainty treat.

Cream Prune Pie.—Soak and stew a pound of prunes. Press through a colander, adding enough juice to moisten. To each cupful of the pulp add one cupful of cream and two beaten egg yolks, one-third of a cupful of sugar and a teaspoonful of lemon juice. Line a pieplate with a rich crust and bake. Then fill with the mixture and cover with a meringue, using the whites of the eggs. Bake until well browned.

Pecan Pie.—Cook together in a double boiler a cupful of milk, a table-spoonful of flour, and the yolks of two eggs until smooth and thick, add a third of a cupful of sugar, the juice of a lemon and a half cupful of pecan meats. Bake in a crust of lemon pie. Cover with a meringue and brown. Other nuts may be used if desired.

Raisin Pie.—Take a cupful of seeded chopped raisins, the juice and rind of one lemon, one cupful of cold water, one table-spoonful of flour, one cupful of white sugar and two table-spoonfuls of butter. Mix these ingredients and fill a pastry pie plate with the mixture and put on a thin upper crust.

Lemon Sponge.—This pie when baked will look like a sponge cake. Cream together a table-spoonful of butter and a cupful of sugar. Add two table-spoonfuls of flour. Separate the whites and yolks of two eggs, mix the yolks with the sugar, add the grated rind and juice of a lemon, then add a cupful of milk and stir in just at the last the well-beaten whites. Pour into a pastry shell and bake.

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AVIATOR CHECKED GENERAL ADVANCE

Rained Missiles on Enemy Infantry at Cambrai.

USES RELAY OF MACHINES

As Soon as One Was Crippled British Airman Would Nurse It Home and Bring Out Another—Swoops Down on Germans Many Times, Crumpling Up Every Attempted Attack With His Machine Gun Fire.

A stirring story of how one daring British aviator, like a guardian angel, held up for a whole day repeated enemy attacks upon a weak and crumbling British line at Cambrai in the height of the desperate struggle there by using four airplanes, one after another, as they were torn and crippled by enemy fire, has just come to light. It shows that some of the most daring and dangerous airplane work of the last year has been in the new field of attacking enemy infantry from the air.

The Germans were trying to recover a portion of the lost Hindenburg line, pushing with a great weight of men and guns at a point where it was very difficult for the British to bring up reserves. The British battalion opposing the attack had gone to earth in little isolated spots among the shell holes, grimly determined to hang on to the end. The German masses had already moved across No Man's Land into the battered earthworks that once formed the British firing line. Other masses were moving up in support, and already the nearest shell holes were heaving and boiling over with restless heads and shoulders of men about to renew the advance. The barrage of the British guns was heavy, but at close quarters only infantry can stop the progress of infantry, and the fire from the British shell holes had grown weak and straggling. It looked as if the scanty British lines would be overwhelmed by sheer weight of numbers.

Air Alive With Bullets. The fire from the Germans increased until the air was alive with their bullets. It was the concentrated fire which always precedes the rush to close quarters. The blue-gray figures were already beginning to appear above the shell holes, their loose flapping uniforms and hideous gas masks giving them the appearance of demons, when suddenly into the smoke and murk of battle there dived a British airplane.

Fifty feet from the ground it flattened out and skidded along the line, dropping its bombs among the bewildered Germans. Wheeling swiftly at the flank of the attack, it came skimming back like a swallow charging a swarm of flies, its machine guns enflaming the advancing foe and driving him back to his burrows.

A storm of German bullets swept through the planes, and a black flame-centered burst of enemy shrapnel smothered the airplane in vapor. The watching infantry saw splinters fall from its quivering frame and the silvery fabric of the underwings was torn in several places by shell splinters. But the daring pilot finished his course and vanished into the smoke clouds, leaving the panic-stricken enemy clinging to his shell holes too shaken and thinned to press the attack further.

Little by little, however, the German supports came up, advancing by short rushes over the open, re-enforcing their comrades in twos and threes. In spite of British fire, scores and scores of their dead littered No Man's Land, but gradually the strength of the attacking line was made good, and the shell holes began to heave and boil, as men rose from the lower cover and laid hold of the rims to assist them over the top.

Outweighed the British. Then, suddenly, they were over and away. Little spurts of humanity belched out of the crater, contracting into a seething blue-gray, rushing mass, hopelessly outweighing the handful of British defenders. But before the mass could gain full momentum, a familiar snoring hum sounded above the din of battle, and out of the low-lying haze swept the covering airplane, a new machine, but with the same pilot as before. His bombs dropping among the advancing Germans, dispersing those who escaped the flying fragments, and his machine guns swept them out of sight into the shell holes.

A half hour passed, and again the enemy attempted to attack, this time hesitatingly and with diminished spirit. Again the airplane appeared, and the first rattle of his guns sent the Germans into cover again. A German airplane dashed down to drive him away, but another British machine from the protecting patrol came down on the German's tail and sent him cartwheeling behind his own lines. There were other German machines in the offing, but the watchful British fighters made the enemy airman shy of losing their altitude, and the dashing British pilot kept his guard over the threatened line without further interference.

Many times he swept down on the Germans that day, crumpling up every attempted attack with his fire, rendering portions of their positions untenable with his bombs often rocking madly in the air gusts from a barrage salvo, just as often performing wilder

maneuvers to confuse the gunners, and riflemen who searched for him incessantly. Three times his airplane was so badly damaged that he had to nurse its falling strength back to his air-drome. But each time he returned in a new machine, encouraging the British infantry by his example, and scattering death and confusion among their foes. He was flying his fourth machine when darkness settled down, putting an end to the conflict, with the Germans securely checked.

SAVE OLD GLOVES TO MAKE SAMMY A JACKET



The newly discovered disease, called "knitting nerves" may be nipped in the bud before assuming alarming proportions, and the click of the busy needles heard everywhere may be silenced, if patriotic American women follow the example of their English cousins, and substitute the "glove waistcoat" for the sweaters they are now so nimbly knitting for our Sammies and Jackies.

Some of the advantages of the new waistcoat over the sweater are: It is made of waste material—discarded kid gloves—and is therefore much cheaper to make. Its lining costs only 35 cents. Only a day or two is required in the making.

It weighs a few ounces and when not in use can be carried in the pocket. It is windproof, warm and, last but not least to the wearer, verminproof. Thousands of old kid gloves have already been made into these garments and it is certain that as soon as American women discover how easily they can be made many thousands more will be used.

The photo shows a United States marine wearing one of the new waistcoats.

STILL THE CALL IS FOR MORE NURSES

Surgeon General Gorgas Urges Young Women to Take Up Training Courses.

Nurses, more nurses and still more nurses is the call from the American army in France.

Surgeon General Gorgas is urging young women to begin the training courses to fit them for service at the front, or at least to take the places of nurses who go to the front, where 30,000 are needed.

"The need for nurses will not end with the declaration of peace," his department points out. "Therefore, those who begin the course of training are assured of employment in the future as well as doing a patriotic service now." The number of new students in the schools throughout the country should be limited only by their facilities to teach and the clinical facilities of the hospitals.

In this connection it is recalled that Surgeon General Gorgas had an experience with nurses when he was in charge of sanitation in the Panama Canal zone that may be duplicated in France. It was found extremely difficult to keep nurses in Panama because the American men there married them almost as fast as they came!

"The epidemic of matrimony," as it was called in Panama, is likely to break out in France. However, both nurses and soldiers are over there strictly on business with the Kaiser, and if romances bud they will not flower until peace is declared. Students are at no expense for tuition, board, laundry, lodging, uniforms, etc., and information about where to enroll for the training courses may be obtained from any Red Cross chapter.

Woman Insurance Actuary. Mrs. Dorothy McDonnell Bolph, pretty Denver widow, believed to be the only woman insurance actuary in the United States, has accepted the position of director of the compensation bureau of war risk insurance in the war department at Washington.

ONLY HUMAN BEINGS CRUEL FILM—SPREAD OVER WATER

Proud Man the Sole Living Creature Capable of Deliberately Inflicting Suffering on Others.

A cruel person is one who exults in the pain, mental or bodily, suffered by another. Cruelty has its basis in anger (and thus is related to the combative instinct), though there is a cold-blooded form of cruelty which may be enjoyed without any obtrusive feeling of anger, Henry Campbell writes in the Lancet, London.

Cruelty, implying as it does self-consciousness—the ability to realize the feelings of others—is essentially a human attribute. Children who impale frogs and eviscerate flies cannot be said to be cruel, for they know not what they do. Nor are the lower animals cruel, seeing that they are wholly unconscious of the sufferings of others. Thus the charge of cruelty against the carnivora is unjust. These animals generally destroy their victims outright and in the rare cases (e. g., cat and mouse) where they prolong the suffering they have no knowledge of the pain they are causing. When, therefore, we stigmatize the conduct of the cruel man as "brutal" we wrong the brutes.

The animal which attacks another, and in so doing causes pain, merely responds to a blind, unthinking instinct; but man, proud man, who looks before and after, is able to realize and take pleasure in the pain he deliberately, and by subtle means maybe, sets out to cause. It is clearly absurd to speak of his conduct as "brutal." Rather should we call it devilish, the devil usually being credited with a goodly share of intelligence. We must cease to label the brutes by designating the basest acts of man as brutal. As a matter of fact, they cannot be charged with nonmoral conduct, seeing that they are devoid of self-consciousness.

Several interesting experiments may be made with the elasticity of this film. One of the best is to place two slender splinters of wood side by side on the water. Now drop a little alcohol between the splinters. This alcohol will immediately break the surface film between the splinters, and the pulling force of the remaining film, since there is nothing between them to hold them, will cause the splinters to fly apart.

Another interesting experiment is to whittle a thin, slender splinter, pointed at one end somewhat like a boat. Place a tiny bit of gum camphor on the rear of this splinter and the gum will destroy the surface film so that there will be no pull in the rear. As there is a pull in the front not balanced by one in the rear, the tiny boat will run forward as rapidly as the camphor can dissolve the film in the rear.

Some interesting "magic" tricks might be developed from these experiments which would surprise and instruct your friends.

CURE FOR LITTLE AILMENTS

Real Trouble Can Usually Be Depended On to Make One Forget the Smaller Ones.

Man and animals alike, it's wonderful what a shock will do to heal our errors and our weaknesses. The only thing that ever stopped Uncle Bill in an argument was a dispan, or some heavy, blunt instrument clouted over his brow, and in his younger days he was some arguer, as his scars attest.

Here is the case of the blind man in San Rafael, Cal., who fell 40 feet off the roof of his house, and found his eyesight restored; Aunt Ellen, who was bedridden for years, was the first person to reach safety when the house caught fire, and her bad hip has been practically all right ever since; you remember that crippled negro who beat even the dogs home when the bear charged out of the brush.

A lot of us have troubles that are only in our minds; when we are fed a little real trouble we forget the smaller ones. There is, perhaps, an opening for a sanitarium that will take a cripple or an invalid and throw him off a cliff, or crack him over the head with a brick or a crowbar—anything to wake him up, make him forget his small worries, and heal his diseased mind.

"Because—" Jelly has been busy with riddles. "Now!" she cried, and held up for public inspection the legend, "Why did the orange ice cream?" printed in large letters. "Because it saw the sausage roll under the table," said Elfrida. "My own is much better," announced Jelly, evidently bursting to declare it. She was cordially urged to do so. "Because it saw the lemon sponge on the dumb waiter," she proclaimed triumphantly. "Quite nice and cool," said Janet approvingly. "The vista of possibilities you open up!" murmured Peter. "For instance, it might have seen the banana trifle with the maida of honor. Or the gooseberry fool with the nuts from Brazil. All very painful to an orange of really nice feeling. But I like your dumb waiter."—"All the Joneses," by Beatrice Kelton.

Make Pets of Hornbills. The yellow hornbill, one of the most interesting of the species, is a comparatively fearless bird and is easily killed. The male is fond of perching on the treetops of tropical trees and making a noise like a young puppy.

The natives in Africa find young hornbills easily tamed. They dig the birds out of the tree nests when quite young and raise them on milk and berries in their huts. When grown the hornbill remains attached to its foster parents and will eat out of the same dishes. Left free, the hornbill comes and goes much as does a pet crow and remains about the hut until the first mating season, when it goes away with one of its kind, rarely to return.

Oriental Statecraft. The part which gesture plays in Oriental drama is set forth in a recent Hindu volume, which says that there is a fitting gesture to represent every emotion. The gesture, in fact, is described as being a part of the soul. There are nine movements of the head, corresponding to nine emotions, mentioned by one authority, 24 by another; 28 movements of the single hand, and 24 or 26 of the double hands, etc.; also "hands" denoting an maus, trees, oceans, and other things. For example, a certain position of the hands denotes a certain emperor, taste, or planet. The translator says, rather naively that only a cultivated audience can appreciate Indian "sober art."

Thin Sheet on Surface Film Properties That Are Very Like Those of India Rubber.

It seems not to be generally understood that the surface of all water is covered by a film of the water itself, which in its action is not unlike that of a thin sheet of India rubber, says Edward Bigelow, the scout naturalist, in Boys' Life. To comprehend this one must imagine the rubber to be as thin as to be transparent. The surface of the water itself is elastic and under tension; so that a needle, though heavier than the water, may be floated on the surface.

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ODIUM ATTACHED TO CARD

Numerous Explanations as to Why the Nine of Diamonds Is Called the Curse of Scotland.

While the nine spot of spades is looked upon as a fatal and vindictive card in the trying of fortunes, it is the nine of diamonds that bears the odium of being called the curse of Scotland. All writers agree on the card, but as to the cause of the stigma attached to it there is a diversity of opinion and it is difficult to decide which of the many theories is correct. One theory is that after the Calton street gate the duke of Cumberland picked up a nine of diamonds from the floor, and wrote on it an order for the death of the insurgents. To check this argument, it is declared that the identical card is preserved at Staines castle, Aberdeenshire. Another explanation was that a Scotch member of parliament, a part of whose family arms was the nine of diamonds, once voted for a mail tax for his country. Still another view is that diamonds represent rapacity and every ninth king of Scotland having been a tyrant and a curse furnishes the key to the mystery. One writer explains it by stating that the last queen of Scotland taxed her subjects heavily to pay for nine jewels for her own adornment. The "last queen of Scotland" in her own right was poor, pretty Marie Stuart, against whose memory has been tossed the mud of countless accusations by her bitter critics, and she might as well bear the nine of diamonds' shadow along with the others.

"Flapdoodee" Universal.

Roosters have used it simply and ingeniously, but by making it has been raised almost to the level of an art and it has been extensively used from long before the days of Solomon for purposes of evasion, promotion, argument and self-advancement. There is scarcely a department of human activity that is free from it. It is a rhetorical device that is liberally and shamelessly used by the lover, the business man, the professional man, the society woman, the critic and the craftsman, and even the clergyman has been known to descend to its employment upon occasion. The routine evidences of flapdoodee in ordinary intercourse are innumerable, but in its most highly cultivated forms it is found in art, literature, criticism, politics and statecraft. It is the most common commodity in the world, and about the most serious.

Not All Love Silences.

Dr. A. A. Brill of New York told of a musical genius who complained of a monomania which maintained to be due to street noises in the city and cricket and night calls in the country. Many persons who become hyper-sensitive to noises blame their troubles on the sounds. This very patient could listen with rapture to music and would believe that noises kept him awake!

Some of the greatest apostles of silence have shown themselves in need of noise. For example, John Stuart Mill, who was an enemy of all noise, hired a boy, according to Doctor Brill, to beat a drum next to the room in which he worked in order to stimulate his thoughts.

Spiders Ride on Back of Flies.

There is an aspect of spider and fly relations which fabulists and naturalists alike have overlooked. A correspondent who has brought the microscope to bear on many horrid flies finds that the parasite upon that hateful insect is often an imitative spider. Too weak yet to spin its web it makes the fly its winged palfray, and courses from place to place at the will of its captive; either until Pegasus perishes naturally, or presumably until the rider is able to make a meal of his charge. This, if confirmed, seems to carry us a step further in the study of parasitism and commensalism.—London Chronicle.