

UPLIFTED BY WHITE RULE

Unlike Most Uncivilized Peoples, the Maoris Have Been Helped by Contact With Conquerors.

Once cannibals and fierce warriors, their fates turned so as to be terrible to look upon, the Maoris of New Zealand are now lawyers, doctors, even members of the New Zealand legislature. Their cannibalistic tendencies Britain long ago successfully suppressed. A few old warriors are the only remaining examples of the ancient art of tattooing.

The cannibalism of the Maoris was the natural consequence of life in a country where animals and birds were few and hard to find. War was their favorite sport, but from their cannibalism, had sprung war dances often performed even in time of peace, they would turn to the story tellers for one of the loved tales or songs of their ancestors and heroes. A feeling of rhythm and poetry was deeply rooted in these people. Many of their stories were in verse form and they had a song for every occasion.

They had not always lived in New Zealand. Many years back a chief had gone on a long voyage from their home in Hawaii and had found an island good for fishing and with few natives to be conquered. To this island he led his people and here for many generations they have lived and fought. A Maori legend explains that the north island of New Zealand was caught up from the sea with a jaw-bone fish hook by Maui, the favorite hero of the tribe. Many are the legends of the deeds of Maui which the Maori fathers relate to their sons that they, too, may be brave and strong, if not in battle at least on the football field, where today the Maoris excel.

Those of the tribe who do not live in the New Zealand cities are grouped in little villages not unlike the Maori settlements of the days before the coming of the white man. They raise their grain, potatoes and tobacco in their gardens, and fish in river and sea for eels and trout. Unlike the Indian, these people are holding their own against civilization and are even thriving in a British-ruled New Zealand.—Chicago Daily News.

CONNECTS CARACAS WITH SEA

American Built Railway Which Gives Venezuelan Capital Its Only Outlet to the Ocean.

For more than 300 years Caracas, capital city of Venezuela, was accessible from La Guayra, its port town, only by an old Spanish trail which in the very early days of the country the Indians had traced across the mountains that range along the northern coast. It was not until 1853, after several attempts had been made to build a railroad, that Caracas finally was connected by rail with the little town that gives the republic's chief city its outlet to the sea.

In that year an enterprising American, who several years before had come to Venezuela as minister or consul from the United States, completed the work on the La Guayra and Caracas railway and immediately opened the line to traffic, which but for an infrequent landslide or revolution has continued uninterrupted ever since. The line today is one of the finest narrow-gauge mountain railways in the world.

Reliable Weather Glass. A test tube about 10 inches long and 3/4 inch in diameter is fastened to a base or hung up by a wire. In this test tube are put 2 drams of camphor, 1/2 dram of potassium nitrate, 1/2 dram of ammonium chloride 2 ounces of pure alcohol, 2 ounces of water. If the ingredients do not mix easily tube should be put in warm water or shaken thoroughly. After a cork is put in the tube it is ready for work, says Electrical Experimenter.

Following is the weather which the changes in the liquid denote: Clear liquid—Bright weather. Crystals at bottom—Thick air. Frost in winter. Dim liquid—Rain. Dim liquid with small stars—Thunderstorms. Large flakes—Heavy air, overcast sky; snow in winter. Threads in upper part—Windy weather. Small dots—Damp weather, fog. Rising flakes which remain high—Wind in upper air. Small stars in winter on bright, clear, sunny days—Snow in a day or two.

Will Amount to Vast Sum. We read that a retired soap manufacturer of the middle West has made testamentary provision for a fund of \$1,000,000 which is to remain intact until the year 2100, a neat little period. The important document in the case has been placed in an air-tight metal tube, hermetically sealed to withstand the ravages of time, and the fund will be safely kept in such places as will provide for a steady financial accretion. It has been figured that in 240 years the \$1,000,000 will have increased to more than \$200,000,000, and in the year 2103 that amount will be available for the beneficiaries—homeless logs and cats.—Providence Journal.

Man's Advantage. Muggins—A man is often forced to pocket his pride. Buggins—Yes, that's where he has a decided advantage over a woman, who hasn't so many pockets.

WHY DO BABIES DIE?



We publish today the second of a series of six articles on the subject of child welfare, which deal particularly with the large number of needless deaths among infants and young children and with methods for decreasing the number of such deaths.

The year beginning April 6 (the anniversary of our entrance into the world war) has been designated by the Children's Bureau of the United States Department of Labor as the Children's Year.

The articles represent a part of the campaign which the State Department of Health is undertaking in cooperation with the Federal Government for the conservation of child life.

The Division of Child Hygiene of the State Department of Health, Albany, is ready to answer any questions on the subject of Child Welfare which may occur to our readers.

THE EDITOR. The infant mortality rate in New York City in 1916 was 229 per thousand live births, as a result of which 27,000 children were born in the city and 6,000 died before they were one year old.

The causes of the high death rate are many and varied. One of the most important is the fact that the first four weeks of life are the most costly to the parents, and the child is most vulnerable during this period.

After the first four weeks the child is less vulnerable, but still requires careful attention. The mother should be instructed in the proper care of the child during this period.

Prunes that have been soaked overnight, then simmered until tender make a most appetizing dish. Remove the pits and fill with nicely seasoned cottage cheese.

Wartime Pastry—Grease a pie tin well, then sprinkle thickly with cornmeal, dusting it well up to the sides. Then fill with any desired mixture of pumpkin, custard, lemon or cream filling; bake as usual. The pie will cut and serve as well as if the regular pastry had been used and it tastes good, too.

Barley and Meat Casserole.—Take a cupful of finely chopped meat, two cupfuls of cooked barley, one and a half cupfuls of canned tomatoes, two tablespoonfuls of minced onions, two tablespoonfuls of minced carrots, salt and pepper to taste. Combine the ingredients and place them in a well-greased dish. Cover and bake thirty to forty-five minutes in a moderate oven. Hammy grits may be substituted for barley.

Barley Sponge Cake.—Take one and a half cupfuls of barley flour, four eggs, one tablespoonful of lemon juice, one and a half cupfuls of corn syrup, one-fourth of a teaspoonful of salt and two teaspoonfuls of baking powder. Separate the yolks and whites of the eggs, beating each well, stir in the flour and sugar sifted with the dry ingredients. Bake in moderate oven.

Barley flour does not keep as well as wheat flour, so it should be bought in small quantities. Pastry is better used the same day when prepared with barley flour. Less shortening is needed when using barley, otherwise it is used just as one does wheat flour.

The KITCHEN CABINET

Oh, what glory doth this world put on For him who with a fervent heart goes forth Under the bright and glorious sky, and looms On duties well performed and days well spent. —Longfellow.

SOME WHEAT SUBSTITUTES.

The cooking of cereals a long time is most important. Different kinds need longer or shorter periods of cooking. Corn meal, one cupful, takes four cupfuls of boiling water cooked over the direct heat five to ten minutes, then slowly either in a double boiler or fireless cooker; three hours in former, over night in a fireless cooker.

Cream of Oats Soup.—Take one cupful of cooked oat porridge, a medium-sized onion, minced, browned in two tablespoonfuls of fat. Add one cupful of cooked rolled oats and sufficient boiling water to cover. Simmer until the vegetables are tender; then add two cupfuls of hot milk three teaspoonfuls of salt, pepper, celery, salt and parsley.

Cereal Loaf.—Take two cupfuls of hominy grits, a half cupful of chopped onion, two tablespoonfuls of minced onion, two tablespoonfuls of minced celery, salt, paprika and soap stock to shape the mixture into small cakes. Brown in a small amount of hot fat. Serve with ketchup or horseradish sauce.

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GOOD THINGS FOR THE TABLE. Prunes that have been soaked overnight, then simmered until tender make a most appetizing dish. Remove the pits and fill with nicely seasoned cottage cheese.

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Arizona's Offering to the World

READ THIS LIST OF DIVIDEND PAYERS THEN STUDY THE MAP See Location of Silver Lillie Copper Mines The Following Shows What is Being Made in Copper Mines:

Table with 3 columns: Company Name, Dividends Paid in 1916, Dividends Paid in 1917. Includes United Verde Copper, Ray Consolidated Copper, Magma Copper, etc.

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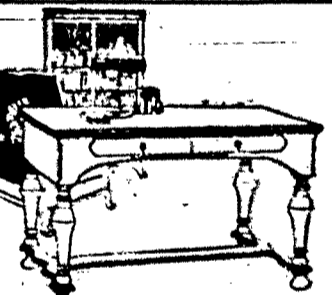
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