

STAFF OF LIFE IN MANY COUNTRIES

Various Methods of Making Bread Described.

Washington, D. C.—"Though bread may pose as the pancake, the cone, the tortilla, the carra di musica, and the biscuit in various countries, getting the wherewithal to buy it or the preparation of it is of necessity one of the chief interests of man and woman in every clime—even though in the South Sea islands it grows on trees," says a bulletin from the Washington (D. C.) headquarters of the National Geographic society.

"The Arab woman digs a pit in the sand and builds a hot fire in it. Then she takes away the embers and places her dough on the hot sides. When the bread is done, she picks it off with a pair of tongs."

"Wrapping Paper" Bread. "The deliciously crisp Persian bread which is bought in enormous flat pancake-like sheets sometimes 30 inches long, is prepared in a number of ways, but that customarily seen for sale in the capital city of Persia is baked in large ovens in which the dough is spread out on great piles of red-hot pebbles. And in olden days there was no proflitering in the staff of life in the Persian kingdom. A baker who left the straight and narrow path of his just profits was thrust into his own oven and nicely browned."

"In some parts of the Arab kingdom the husband does the household marketing and after having purchased various necessary commodities, he then buys a large sheet of native bread, which is of doughlike pliability, and rolls up his purchases in it."

"The Egyptian baker makes 'puff-balls,' because he wishes to get the largest loaf out of the smallest amount of flour. One writer describes it as a hole wrapped up in a crust. The dough is rolled out as thin as a pie crust and the edges of two pieces joined all around; the heat does the rest."

"In Norway 'Bread Hangs High.' The Scandinavian woman follows a very interesting old custom. She bakes bread in the shape of people and animals for All Saints day."

"The Sardinian housewife has a big baking day once every week. Flour is kneaded in large earthenware bowls and rolled very thin on a table that is so low that the cook must kneel before it. Nearly every home has its own flour mill made of black lava and fashioned almost like those unearthed at Pompeii and Herculaneum. The woman performs the whole process of cleaning and grinding the wheat, setting the flour, and baking the bread. She uses very little yeast and her baking must be done to a turn because the supply must last for a week. The large thin circular pieces are called 'carra di musica,' meaning paper to write music on."

"The well-known flat-bread of the Norwegian peasant is made by mixing coarse barley meal and water, rolling the dough thin and baking it over a round flat baking-stone under which a fire of fagots is kept burning. Enough of this bread is made at one baking to last a whole winter. Holes are punched in the cakes so that they can be strung on a pole and placed across the ceiling. It often happens in some of the peasant homes of northern Norway that a man can reach up and tear off a piece of this bread as he wants it."

Tortillas for Mexicans. "In Syria the hearth is often two stones between which fagots are placed and the bread is cooked on an iron plate placed on top."

"Some of the Indian tribes of the Pacific slopes of the United States make a kind of flour from acorns which they soak in boiling water, mould into a flat cake and cook in the sun. The tortilla of the Mexican is almost as much a part of his costume or background as his huge peaked hat. It is a kind of staple which it takes a cultivated taste and a gastronomic trick or two to appreciate. It is made from Indian corn which has been parboiled and crushed into a paste and is baked on an iron or stone plate but not enough to make the tortilla brown."

"Cassava flour makes one of the principal foods of the people of tropical America. From the coarse meal, somewhat resembling oatmeal, thin round cakes are made."

"Scott and Indians Have Scones. In India the natives eat round, flat cakes of unleavened wheat bread called 'chapatties.' The cook shapes them with his hands and bakes them on a griddle on the coals. They resemble to some extent the thin sheets made of wheat flour and water, called scones, which are eaten in Scotland."

"One of the most interesting of the unleavened breads is the Passover Bread which has been used by orthodox Jews since the time of Moses. It is made much like the most primitive bread—a mixture of flour and water baked in round cakes—and resembles the ancient cakes of wheat and barley. Loaves of bread are prepared in a variety of ways made from coarsest ground grain which have been recovered from the Swiss cave-dwellings of the Stone Age. In those days, however, the grains used were barley and a one-grained wheat called Eremus from barley."

"Theologists believe that barley was the first grain used by the ancients in their bread-making, but wheat must have come into use soon after barley. Loaves of bread are

presented in sculpture on ancient monuments. There were two quite similar varieties—a small round loaf somewhat like our muffin and a longed roll sprinkled on top with seeds like the modern Vienna roll. Inidentally the Vienna roll was introduced into the United States during the Civil war when a 'baker bakery' operated in the basement of the United States capitol turned out products to feed the populace of Washington.

"The Egyptians evidently first earned the use of leaven and taught it to the Greeks. Jews and Romans who passed it on through the nations who subjected.

"No story on bread would be complete without at least a reference to the black bread of Russia, which has for so long been the staff of life to the masses. The United States has its distinctly typical forms of bread, such as the hoe cake, the corn-pone and the 'spoon bread' of Dixie, and the rich brown mass that is served with Boston's Saturday night beans."

Ancient Jade Axes Are Found in Philippines Washington.—Jade axes, which have retained their cutting edge despite their age of 20 centuries, are among the relics obtained as a result of the first year's archaeological investigation carried on in the Philippines under the leadership of Dr. Carl E. Guthe, a scientist sent out for that purpose by the University of Michigan, according to advices from Manila. These scientific explorations, it is declared, have revealed specimens of Chinese art as well as native-Philippine relics dating back as far as 2,500 years, some of the specimens being from the Tang, Sung and Ming dynasties of China. In addition there are many specimens of native Filipino handwork which are expected to assist in clearing up hazy points in the history of the islands.

"Among the relics discovered were a number of skulls, which have been classified by Doctor Guthe as of three types. The most primitive of these was associated with the Stone Age implements, though some of these were quite highly developed and evidently used for cutting and shaping timbers for ships or boats."

The jade axes and adzes were found in the Pasig river at a depth of 20 feet or more.

1923 Was Greatest Year for Consumption of Meat

Washington.—Production and consumption of meat was the greatest in American history last year. An estimate made recently by the Department of Agriculture placed the consumption at 18,481,000,000 pounds. Detailed estimates of production, however, were not made public. The per capita consumption was 167 pounds, or 17.3 pounds more than in 1922, when 170.9 pounds per capita were consumed. Total consumption was 2,000,000,000 pounds over the average for the last five years, and the per capita consumption was 18 pounds over the average. Ninety per cent of the increase was represented by pork products. The per capita consumption was: Beef, 62.5 pounds, veal, 7.9; mutton and lamb, 5.2, and pork, excluding lard, 91.4 pounds. Lard consumption was 16.4 pounds per capita.

Operation Reduces Pain for Victims of Cancer

Philadelphia.—Dr. William G. Spiller and Dr. Charles H. Frazier of the University of Pennsylvania hospital recently announced the perfection of an operation to relieve pain in persons suffering from incurable forms of cancer. The operation known as "chloroformy" is a severing of the sensory nerves in the spinal column. It is performed only when the pain is too intense to be alleviated by drugs. Doctor Spiller said the operation would not be entirely successful in every case, "since some pain fibers occasionally will escape the knife." It had been performed sufficiently often, he added, to justify a belief in its efficacy.

To Put Swiss Flag on Seas

Geneva.—Measures with a view to permitting the Swiss flag to be flown on the high seas are under discussion by the federal authorities to enable Switzerland to maintain a merchant marine. Switzerland is without maritime legislation, although during the war merchant ships supplying her with food flew the Swiss flag. The question of a navy to protect a possible merchant marine has not been raised.

Says Methuselah Died Too Soon

New York.—The cost of sickness in the United States yearly amounts to \$2,000,000,000, former Health Commissioner, Dr. Hington recently told the Rotary club of New York in the McAlpin hotel. He asserted it was possible to live six score years. "It is a matter of fact," he declared, "that vital statistics show 4 per cent of our population die of old age and the 96 per cent prematurely. Investigation of the 4 per cent even shows that they might have lived longer." "Even Methuselah died prematurely. He was drowned by the flood when 969 years old."

OLDEST FRATERNITY IS GRANTED CHARTER

Ten Presidents Have Been Enrolled by It.

New York.—In announcing the plan to celebrate fittingly the one hundredth anniversary of its founding, Phi Beta Kappa, the college honor society, announces that ten presidents of the United States, beginning with John Quincy Adams, were members of the organization. The society has just been granted a charter from the New York state board of regents, more than 147 years after a group of men founded it in Revolutionary days.

"Phi Beta Kappa is the oldest of the Greek-letter college societies or fraternities, and is in fact the progenitor of the entire college fraternity system," says a statement recently made public. "It was organized December 5, 1776, when the first meeting was held at the College of William and Mary at Williamsburg, Va. A few college societies are older than Phi Beta Kappa, among them 'Whig' and 'Clia' at Princeton, but none of them sought to expand by the organization of similar societies in other colleges. Phi Beta Kappa began to think of reaching out when it was but little over two years old, and at the celebration of its third anniversary granted a charter for a branch at Harvard, and four days later another for a branch at Yale.

Closed by British Army. "Just two years later—in January, 1781—the coming of the British army closed the college and also the society's activities at William and Mary; not, however, until the members had sealed up their records, which conclude with the assertion of a 'sure and certain hope that the fraternity will one day rise to its everlasting and glory immortal.'"

"Many of the early members became men of distinction as legislators, diplomats and judges, two becoming United States senators and two judges of the Supreme court—Bushrod Washington, a nephew of President Marshall, who was chief justice for nearly thirty-five years.

"The branches at Yale and Harvard soon came to occupy important positions in these colleges. A marked feature of their activities was their annual year-gate meetings, usually held during the college commencement. These attracted wide attention by reason of the distinguished audiences that attended and the prominent men who delivered orations.

"In June, 1821, General Lafayette attended the anniversary at Harvard and delivered an oration by Edward Everett, afterwards president of Harvard, and later the orator at Gettysburg, when President Lincoln delivered his famous address.

His Ninety-Nine Chapters. "From those early days Phi Beta Kappa has grown until there are now 60 branches or chapters, as they are called, in as many of the leading colleges and universities of the land. Nearly fifty years ago women began to be admitted to membership. They could be admitted to this privilege because Phi Beta Kappa had come to be recognized as an honorary society, admitting only the highest grade students from the graduating classes.

"The members continue to occupy positions of prominence in every walk of life. Ten of them have been presidents of the United States, beginning with John Quincy Adams and including Theodore Roosevelt, William Howard Taft, Woodrow Wilson and Calvin Coolidge. Forty-four per cent of all men who were honored by tablets in the Hall of Fame at New York university are members of Phi Beta Kappa. Many religious, political and social leaders are members, and also a great company of authors, educators and distinguished scientists.

"The esteem in which membership is held is evidenced by the fact that in 1917 Honorable Arthur J. Balfour and 12 graduates of Oxford and Cambridge, who were members of the British commission sent to arrange for the participation of the United States in the World War, gladly accepted membership. A list of the delegates selected by President Harding to represent the United States in the International conference for the limitation of armament were members of Phi Beta Kappa.

To Celebrate December 5, 1926. "Being the oldest college society in the United States and having had such a distinguished career, membership is counted a great honor and many colleges are eager to secure charters. Chapters are now found in every section of the United States.

"Plans are now forming to celebrate the one hundredth anniversary, which will occur December 5, 1926, in an especially worthy manner. A fund is being collected to build a memorial building at the College of William and Mary, and to provide an endowment to enlarge the society's activities in stimulating scholarly ideals and efforts. It is expected that at the new catalogue will be of great assistance in the conduct of the exercises. From it we learn that there are 50 members in Central and South America, 35 in Africa, 265 in Europe and 475 in Asia.

"The president of the society is Dr. Charles F. T. Wine, for 20 years president of Western Reserve university, Cleveland, O. Among the members of the senate are five college presidents, including President Hilsen of Princeton and President Lovell of Harvard; Albert Shaw, the editor of the Review of Reviews; John H. Finley of the New York Times; Darwin P. Kingsley, president of the New York Life Insurance company; John D. Rockefeller, Jr., and the secretary of state, Charles E. Hughes."

SALLIE PLANS FOR THE DANCE

By JANE GORDON (© 1921, Western Newspaper Union)

SALLIE turned her bright eyes toward Miss Loretta. Sallie had come over to spend the afternoon with her friend. It must have been the attraction of dissimilarity which drew the two together. Sallie, young, gay and modern, loved the older woman.

"How she ever managed to keep sweet through all those years she was held in bondage, literally, to that querulous invalid father," young Sallie remarked to her mother, "is more than I can comprehend. I would have been tearing my hair—or his. Then when Jasper Lawson did the Loretta went on being faithful to that gay lover of hers, who has kept company with her since she was able to buy his first cream sodas. Oh, Aunt Tilly has told me how Bob Saunders used to hang around Loretta's porch until she could get her father to bed and have the wild excitement of accompanying Bob to the village soda palace. As he went, though, anticipating a term at college and saving accordingly, it was Loretta's money that bought the soda.

"When does Bob come again?" the young visitor now asked her friend. "The lovely eyes of Miss Loretta shone. 'He will be in Stamford this Monday,' she said, 'but I shall not see him until Tuesday evening. You see Bob is bringing Mr. Webster, the nephew of his company and he feels that he must make the trip as enjoyable as possible. So there is to be a dance at the Stamford club on Monday night. Bob will take Mr. Webster there.'

"Sallie frowned. 'Why do you not go with them?' she questioned. Loretta's soft laughter answered. 'Why, my dear, you know I cannot dance. I have not even an appropriate dress. In Stamford we need a dress that will show very well.'

"I know," Sallie's reply was brief. "I go there often." She gazed at her friend with speculative eyes, then, with diplomacy which did not blind her to Sallie's suggestion. "You really ought to manage a party frock or two for Bob's sake, Loretta, so that he might feel free to ask you to those places. With making an effort, isn't it, to please him in this?"

Sallie pondered with the effect of her planning. "I could teach you the new dance steps, Loretta, right here in your sitting room. I'd have had going over the violin. It would be such fun."

Miss Loretta stared, flushing a becoming pink. "But, Sallie, she objected faintly, 'Bob has never mentioned a disappointment in me, he said he liked to think of me as his being just true sewing—waiting.'

Sallie's smile was misleading. "Bob is going to be surprised," she returned. "He likes you as you are, of course, but now he is going to be ever so proud of you before his friends, he's got to leave it to me, Loretta, and not successful with my own adoring awnings."

Miss Loretta dimpled. "There is no disputing that, Sallie. But my dress? And could I learn to dance at all practically before the club affair?" "You will learn almost in a night," Sallie prophesied. "You are so graceful. We can wear each other's frocks very well, as far as size is concerned, when I am in the city tomorrow morning my own linen for that dance. I can select yours. You shall drive over to the club with mother dead and I on Monday night and meet Bob and his friend there, as a glorious surprise."

And it was, later, Sallie who led the unsuspecting Bob to his unfamiliar but delightfully charming betrothed, on the memorable evening of the Stamford club dance. He did not appear to be appreciably impressed. The town of discovery lingered on his handsome brow as he led Loretta to a secluded seat after his first dance and promised to come for her again. Sallie returning from a whirl with the distinguished Mr. Webster, presented him to Miss Loretta, and left the two together. From that time on, throughout the happy evening, Mr. Webster and Loretta continued in each other's companionship, dancing or strolling about the flower-decked halls.

"Bob looked at Sallie, his tone was cheerful. 'I don't know what has got into Loretta, she's mighty different all at once. When I asked for another dance she informed me that Webster had all but the last.'

"You must not blame Loretta," Sallie comforted. "She does not understand dancing etiquette, and Mr. Webster just wrote up all her shames. He is completely charmed with Loretta; just told me he thought her the rarest sweet being he had ever seen."

"Webster?" Sallie's question was sharp. "Why, Webster is a favorite among the most delightful women everywhere."

Sallie nodded. "But Loretta is unusual. Wait until she has been about a bit. Bob; you'll have to hurry to get a look in."

But a gaze at new recreation to ward the graceful figure of his heretofore neglected fiancée, then, possessively, he made his way to her side. And about that time the distinguished Mr. Webster was beguiling of the smiling, Sallie: "Now that I have done my duty in attendance upon your fair friend and I to have your promised reward of the last dance upon your program—the last and the best of them all," added Mr. Webster fervently.

OLD SUPERSTITIONS ARE STILL PRACTICED

Potency of Ring, Glove, Pin and the Old Shoe.

Richmond, Va.—The life banishment from Princess Anne county, Va., of Annie Rogers because she was said to have killed the mules of her enemies, with a magic wand illustrates the same fetishistic spirit which causes many people the world over to endow commonplace objects with amuletic powers. Seventy-year-old Annie's wand was a cane which she used to support her aged body. The negro folk of Princess Anne county, however, believed it to be the staff of a sorceress. Hence the cane now keeps company with other favorite charms which, like gloves, stockings, shoes and even pins, many age-old superstitions and traditions have enshrouded with mystery.

The ring, for instance, has always been an occult token. An emerald ring, the superstitious still believe, endows its wearer with pure thoughts. Should the same ring be broken, however, it becomes a harbinger of ill fortune and of a decline from virtue. Many of the housewives of the provinces still carry in their pockets—or about their throats—a loadstone ring, a practice established centuries ago to preserve the mother and her infants from evil influences.

As a curative the ring is also cherished. It is still used by the European peasants in following the advice, "Six saulets against agues," which Sir Thomas Browne gave his patients more than 300 years ago. Silver rings are especially useful in curing cramps, fits and epileptic attacks, the simple English housewife believes. Lead and quicksilver rings, moreover, are highly prized as enemies to headaches.

Quaint Old Customs. Many quaint old customs and superstitions featuring the glove still survive. A pair of gloves was placed on a long pole as a means of advertising or opening a fair in bygone days and this custom still continues in many parts of England. In Saxony times, moreover, the gauntlet was used as a token of the privilege of holding a market and as a mark of the king's consent.

According to Sir Walter Scott, the phrase "right as my glove" signified that putting a glove was a sign of good faith, or "taking one's oath." Many other attributes were assigned to the glove. It was, when worn in the hat, a testimony in ancient times that its wearer was a good farmer.

The glove has always signified dignity, especially in the traditions of the Church of England. When a consecration of a bishop took place, the archbishop was presented with a pair of gloves of lavender color with golden fingers. This hand-dress was also always hung on the paws of those who died early and were unmarried. To bite the glove was a mark of deadly enmity or revenge.

The familiar "old shoe" of the wedding is a tried token of good luck. How the custom ever originated is not certain, but it is believed by many to be a learned attack upon the bridegroom for carrying off the bride. This idea is suggested by the early barbaric practices of capturing the bride against resistance.

Others, however, attempt to trace the hurling of the wedding shoe to the custom of the ancient whalers. Good speed and good luck were in the olden days synonymous with throwing old shoes at the vessels as they left the wharves.

Symbol of Authority. Still another theory is that which allows the wedding shoe to become the symbol of authority and dominion over the bride by the husband. To receive a shoe in Biblical times indicated the conferral of ownership, just as the return of the shoe signified the relinquishing of it. In this period the father always kept the discarded shoe of his daughter as a symbol of his possession and it is believed by some that the familiar practice at modern weddings is only the persistence of the old custom in which the father threw the shoe at his new son-in-law as a sign of surrendering his proprietorship over the bride.

Stockings, like shoes, have many legends and beliefs woven about them. To wear a stocking inside out is still considered an inauspicious omen. "Bad luck, how- ever," wretches the unfortunate who finds out her mistake before taking off the stocking. Good luck always awaits the person who has the wisdom of putting the right stocking on first. Wee unto him or her if the left is put on before the right.

Even pins have been potent talismans in the past. Anyone having a bitter enemy whom he wanted to punish had to do nothing but make a rude effigy of his foe. After inscribing the name of the enemy on the image, all that was needed was to stick it full of pins, each pinhole causing pain in that part of the victim's anatomy which in miniature was already being stabbed.

Wishing wells are still popular trying places for the lovers of Norway. Superstitions, according to tradition, will have all their wishes fulfilled by the simple expedient of making the wish and then dropping a crooked pin in the well.

Europe Adopts \$ Sign

Vienna.—American currency has become so well advertised in Europe since the war that the \$ sign has been added to several makes of typewriters and now appears frequently in newspapers and magazines.

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