

FAST FOLLOWS ARAB FAST

Believers of the East Much Resemble Christian Observance of Atonement.

As the Mohammedan year is a lunar one, the sun's path through the different seasons and the fast of Ramadan has become a severe affliction upon the faithful who the month happens to fall in the hot days of summer. The sick, travelers and soldiers in time of war are temporarily released from this duty, as well as nursing women and others to whom it might prove injurious. The fast is followed by the feast of Idraam, which was established by Mohammed, who seems to have been guided by the Christian institution of Lent, which in the early church varied from four to six weeks. On this day every family of the true believers offers a sheep to God, and the streets of the cities are filled with men carrying the destined victims on their backs. Among the Arabs the festival begins at four in the morning, when great crowds collect at the residence of the nearest pasha or bey, awaiting his appearance in the court of the palace. At five o'clock his highness enters, accompanied by members of his family and his staff; cannon are fired, the peculiar bands of the East play suitable airs, and the chief eunuch announces that the hour of sacrifice has arrived, and that his highness, after prayer, will be present at the altar. All then adjourn to the mosque, and when the sacrifice is over the pasha re-enters the court, and those of high rank kiss his hand; the inferior slightly touching it with their lips. This occupies about an hour, when all retire to take coffee, the eunuch thanking the crowd for their presence as a mark of attachment to their ruler.

FOUGHT THE FLOWING BOWL

Eastern Monarchs and Religious Leaders Long Ago Lifted Their Voices Against Drunkenness.

Temperance movements and prohibition crusades date back at least 2,000 years. It was China that first tried to be bone-dry. Early reforms along temperance lines are attributed to the priests of India and Persia. But the Chinese claim that in the seventh century before Christ their emperor, so disgusted over the prevalence of drunkenness, ordered all the grapevines in the kingdom uprooted.

A hundred years before this bone-dry effort, in the twelfth century before Christ, King Wen tried partial reform in China. Wen, founder of the Chou dynasty, promulgated an "Announcement Against Drunkenness," according to ancient Chinese documents handed down by Confucius.

King Wen declared "drinking has long been a national vice." He ordered that wine be used only in con-

nection with sacrifices—and even then drunkenness was to be tolerated. The temperance reform also extended to Egypt centuries before Christ. Here's what a teacher said to a youth who had been looking upon the flowing bowl too freely:

"Drink not beer to excess. The words that come out of thy mouth then cannot be recalled. Thou dost fall and break thy limbs and no one reaches out a hand to thee. Thy comrades go on drinking; they stand up and say: 'Away with this fellow who is drunk.' If anyone should then seek thee to ask counsel of thee, thou wouldst be found lying in the dust like a little child."

Life's Master-Key.
Life's master-key is a personal possession. It's yours to use. It's your estimate of yourself plus sufficient initiative to bring ideals to pass. You're bound to be questioned and discounted at every turn. Others have the same mental concept of their worth as you do. It's your job to show them who is most fit. No, you needn't begin that old quarrel about the survival of the fittest. Life knows mercy as literature more than it does of conduct. Nature's laws are just, impartial and irrevocable. They know neither sex nor social position. He who by instinct works with them wins, he who does the opposite fails. When opportunity steps into view you must grasp the forelock or join the great army of those who spend the time in regrets and those who sigh, "if I had only known."

Power of Imagination.
A doctor, treating an old woman for typhoid fever, took her temperature on each visit by putting a thermometer under her tongue. One day, when she was nearly well, the doctor did not take her temperature. He had scarcely got 100 yards from the house when her son called him back. "Mother is worse," said the young man. "Come back at once!" The doctor returned. As he went into the sick room the old woman looked up at him reproachfully. "Doctor," she said, "why didn't you give me that tube under my tongue today? That always did me more good than all the rest of your trash!"

Something Saved.
A music teacher, giving a lesson to a careless pupil, was becoming impatient with her. Finally, at a most complicated part of a difficult piece, the pupil lifted her hands from the piano and searched for her handkerchief. It was the last straw. "Oh," exclaimed the teacher, "was there ever such a girl? You lose your position, you lose your fingering, you lose your handkerchief—you lose everything!" "Oh, no," responded the pupil, with a twinkle in her eyes, "not everything! I haven't lost my temper!"

The Frocks and the Panel



If we could meet the wearers of these two paneled frocks face to face, it would be no surprise to us to find that the frocks of these gowns do not differ from the backs. For we ought to expect a panel this season wherever there is a chance to place one. The panel is the outstanding new feature in the styles, both in coats and frocks. There are panels wide and panels narrow, panels long and a few panels short—everywhere there are panels.

The most noteworthy characteristic of panels is that they simply can't exist without some sort of decoration. They are fringed, or tasseled or beaded or embroidered, and there are many ways of developing these several forms of trimming. More often than not two of them are present on one panel. In fact the panel is the thing and the long, plain frock is merely a background for it. Frocks are more or less expensive, according to the character of the decoration of the panel. It is a rich embroidery that takes a good time, the price goes up until it almost gives one heart failure to add to the decoration that can be quickly copied and less, but all are costly enough, and include the wider fringes. The panel is the thing and the long, plain frock is merely a background for it. Frocks are more or less expensive, according to the character of the decoration of the panel. It is a rich embroidery that takes a good time, the price goes up until it almost gives one heart failure to add to the decoration that can be quickly copied and less, but all are costly enough, and include the wider fringes.

pattern outlined in silk rat-tail braid. There is a narrow sash of the material about the waist, with very long ends furnished with tassels that hang to the bottom of the dress at the back. The other dress has a much more intricate braiding in which soutache makes a pattern as rich looking as embroidery. The panels in this case are finished with silk fringe and so is the sash of satin which is brought about the waist and looped over at the left side. These are short sash ends finished with fringe. Altogether they are two very good examples of the mode in frocks that will do for all day wear.

Julius B. Morley

Ways With Women

Beards are still in good style. For this fact the designers must be thankful. At all events they are doing some very interesting work with them, and are still producing novel effects by the use of beards, and yet more beards. In one smart frock recently worn by a well-dressed woman there was a band of beard insertion—that is as good a name as any other. The frock had a skirt of georgette and a bodice of broad velvet, and the loose sleeves showed a wide band of beards. Her wooden beads of the same time shade to the velvet, strong in up-and-down strands and held together presumably with a tape to which the banding was sewed in the sleeve.

BOLL WEEVIL LOSSES GROUND

Second Year in History of Insect That There Has Been Reducing Its Infested Territory.

(Prepared by the United States Department of Agriculture.)
Due to the hard winter of 1917-18 the boll weevil lost ground in his conquest of the cotton belt last year. This is exceptional in the history of the weevil, in that it is the second year since the establishment of this insect in the United States that there has been a net reduction in territory infested by this pest.

This does not mean that the movement of the boll weevil has been permanently stopped. In fact, the net loss of territory for the year was but a fraction of the loss at the beginning of 1918. Much of the lost territory was regained by the weevil later in the year.

The losses in territory occurred in Texas, Oklahoma, Tennessee, and Alabama. The weevil gained territory in Florida, South Carolina, Georgia, and New Mexico. This is the first report of the boll weevil on cotton in New Mexico, where it was found in the Pecos valley.

The weevil has reached the southernmost limits of cotton production in Florida. It is steadily gaining new territory in South Carolina. Almost the entire sea-island cotton belt is now infested.

Altogether the weevil invaded only 16,100 square miles of new territory during 1918. It lost 46,000 square miles of formerly infested territory, making a net loss of 30,500 square miles. About 150,000 square miles of cotton territory still remain uninfested.

Sun Pressure on Earth.
The light of the sun exerts a pressure of 70,000 tons on the earth, according to a British scientist.

Kissing Spot.
"If you must kiss a baby," says a medical writer, "the back of the neck is the safest place." We always thought that was what you lifted them up by.—Exchange.

PARTIAL TO LAMB

Armenians Have Most Steps Article of Diet.

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Lamb appears to be the basic item of the Armenian diet if one is to judge by the number of Armenian dishes in which it plays a part. No less than 23 ways of using this meat are given in a list of typical Armenian dishes prepared by an expert.

Roast lamb with mutton sauce and lamb broiled whole are substantial features of Armenian banquets. Then there is boiled lamb, lamb roasted in paper, lamb roasted with tomato, whole spring lamb roasted, lamb stuffed with rice, steamed lamb, lamb broiled, hunter style; lamb grilled on skewers, braised lamb with wine sauce, braised lamb with currie, braised lamb with tomato sauce, braised lamb with onions and braised lamb in paper dishes seasoned with peas.

Konouz kapama is an elaborate lamb dish in which the meat is steamed with scallion and lettuce; konouz guvey is lamb roasted in an earthen pot with rice and tomatoes.

Eggplant is a favorite Armenian vegetable which is often used with the lamb to make a delicious dish. Hunkar beyendi is mashed eggplant and potato; patlan cheop kebab is fried lamb and eggplant grilled on skewers; eggplant stewed in lamb broth and braised lamb and eggplant are other savory dishes.

All sorts of vegetables and even fruits are stewed in lamb broth to give them that richness which is a feature of the national taste in cooking. Fresh peas, artichokes, string beans, celery, leeks, spinach and quinces are mentioned in Armenian culinary lore as being the better for simmering slowly for some time in the lamb broth. A variation dish is noldu yahn, Turkish peas stewed with onions in lamb broth.

Ouscounri dolma is an elaborate Ar-

menian dish, composed of mackerel stuffed with onions, pineapples and currants, fried in olive oil and served cold. Eggplant stuffed with rice and onions and cooked in olive oil is also served cold. Fassouloulaki is beans stewed with vegetables and olive oil and served cold.

Pinenuts and currants are favorite ingredients of stuffing, appearing not only in the stuffed mackerel but also with rice as a stuffing for turkey in a dish called Hight Dolma. Harpoot loofeh are delicious boiled meat balls prepared with cracked wheat and stuffed with meat, pinenuts and currants. Stuffed vine leaves, yalau dolman and yaprak sarma are other favorite dishes. The leaves of the grapevine are used for the outer wrappings of these vine leaves. In the yalau dolman rice and onions already cooked through are wrapped in the vine leaves and the whole again subjected to a slow simmering process in olive oil. In the yaprak sarma the rice and meat are cooked together or, rather, the rice is cooked in a rich stock and then wrapped in the vine leaves and simmered in oil.

The names of these Armenian dishes cannot be translated according to their sound, for hashlama is not an effort to orientalize the well-known boarding house viand of lamb hash, but plain boiled lamb, and shish kebab instead of being a Turkish form of TNT, is a mild and savory dish of lamb grilled on skewers.

A "Gentleman."
And the scholar said: "Originally the term 'gentleman' (Latin: gentilis), signified well born. A man of gentle birth usually was refined in manners and conduct, and so popular usage has extended the term to all men of civilized character; a gentleman 'lives right, rights wrongs, fears God and honors the king.'—Exchange.

Super-Butchery.
"We caught him, forced him at the pistol point to give up the stolen property, and then cut off one of his ears. It will be both ears, and both hands, if I catch you again."—Pictorial Magazine.

The Laborer and His Hire.
Billy had been running errands for his mother, and to show her appreciation she offered him a penny. Billy looked disgusted and, glancing into her face, he exclaimed: "Oh, be a sport, ma, and pay me what it's worth!"

African Pigmies.
The historian Herodotus, 2500 years ago, described the African pigmies which he located near the source of the Nile. Herodotus, for once, told the truth, for it is in that region that modern explorers have found them. Stanley described them as having huge stomachs and short legs, and as "leaping about like grasshoppers." One specimen he saw was a full-grown young woman, three inches short of three feet in height, but "perfectly formed and of a glistening sleekness of body, with absurdly large eyes."

Priceless Persian Rugs.
It is a well known fact that an Oriental never sets foot upon his rug with even the soft sandals that he wears. When his foot is set upon his rug it is entirely bare, and this is the reason why oriental rugs woven hundreds of years ago are still perfectly preserved. The hunting rugs of Persia have a great historical value, as they depict authentically how the phoenix and elephant were hunted in ancient days. Mounted hunters pursuing the lion, deer, and other creatures, both fabulous and real, form the groundwork of all of these rugs.

First Maine Post Office.
In 1775 the first post offices in Maine were established at Kennebunk, Falmouth and Bath. The mails were carried by carriers on foot or on horseback and the average week's mail did not amount to five letters at each office. The rates were high, 63¢, 32½¢, 28½¢, 25 and 37½¢ cents, according to the distance the letter had to be carried, and double the rate when the letter was on more than one sheet of paper.

Use of Drinking Water.
Drink whatever water you desire with meals, but do not take ice water, and do not use water merely to wash food down your throat. Water aids digestion by helping to liquefy the food and by bringing the gastric juices into closer contact with the food particles. Water does not affect the enzymes and weaken them by dilution as some people maintain, because the power of the enzymes depends not on the percentage which is present, but upon their total amount and chemical composition.

Roman Shorthand.
The Romans were the first to use shorthand. They used it throughout the first century, B. C., continuing its practice for at least four centuries. Marcus Tullius Tiro, the secretary and librarian for Cicero, was the pioneer of Roman shorthand.

Observer advertising pays.

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