

FLOWER NAMED FOR NATION'S WAR LEADER



C. HARRIS & EWING

Gen. John J. Pershing, leader of America's armed forces in France, is godfather of Uncle Sam's finest chrysanthemum. One of the most popular exhibits in the government botanical gardens at Washington is the "General Pershing," which is shown in the picture.

Machinery of the Body

By DR. SAMUEL G. DIXON
Commissioner of Health of Pennsylvania

The indifference of mankind to his body has always been beyond my comprehension. His value as an individual unit among his kind depends upon the condition of the living organic machinery within his body. This represents nature's greatest effort. It is upon the perfection of this machinery that our nation will have to depend to succeed in the horrible war we have been plunged into to preserve our national liberty.

Man should be taught from childhood to be proud of his body. He should be taught early in life that it is the home of his brain and very soul. He should be taught how complicated it is and what great care is necessary to keep it in order, and that every time it is out of order it falls below its normal standard of accomplishment.

The care of the body means the care of its outward parts, like the limbs, and of its internal organs, particularly those of digestion.

Notwithstanding the fact that the body is the most valuable property mankind possesses, there is nothing toward which the majority of men display more indifference. There seems to be a general idea that the body is indestructible. That is why we see so many poor, miserable specimens of mankind within our midst. If they realized what objects of pity they really are, every effort would be made to "spruce up" and present the best possible appearance to their fellow creatures.

I have heard people say of others: "They are too proud to care for appearances." Yet these same people would be apt to share our common feeling of being proud of the appearance of their homes, of our mechanical machinery, or of our animals, particularly our horses.

Many a man allows his children to grow up without proper cares or attention for their bodies, the temple of all they have, while his driving horse is kept in a state of perfection so that it may not only be admired, but also perform its duties to the highest degree.

A pet driving-horse has its body kept clean, its bed and living conditions most carefully looked after, and its food prepared with the greatest care. If one day it does not get as much physical exercise as on another, the food is reduced so that its physical condition may be maintained. If it gets over-warm while travelling, it is at once covered with a blanket to prevent taking cold.

Let us give thought to what we are doing and see that our bodies and those of our children are at least as well taken care of as those of our animals, and that we value them as highly as our other possessions. Let us at once learn to be proud of our bodies and realize the fact that they are complicated and require the greatest care to keep them in order.

Just now our nation demands that each individual be of the greatest value that we may win this war upon which our liberty depends.

A Hard Row to Hoe.

For centuries the status of a woman while single was solemnly defined as femme sole and after marriage as femme covert. Veritably it may be said that the second estate of that woman was far worse than the first, concludes Judge Robert Grant in Scribner's. A femme sole was in legal phraseology an "infant" until her ma-

...jority, but after attaining it she had full possession and control of her property. If she was rich it was scarcely reputable that she should not marry unless she became a nun; consequently the interval between minority and wedlock was, so to speak, "twixt hay and grass." Nevertheless, if she defied social sentiment and remained single the law protected her ownership. She might be choused out of her possessions, but she could not be deprived of them. The instant she married, however, she became femme covert, and every attribute of ownership ceased.

Cleanliness and Neatness Most Important Factors in Arranging Invalid's Tray

Cleanliness and neatness are important factors to be considered in arranging the tray of an invalid, points out Miss Loula Kennedy, instructor in domestic science in the Kansas State Agricultural college.

The food should be so arranged that the patient will not have to put forth much effort to obtain it. The artistic touches count for much in arranging the tray. Daintiness arouses the eye and creates an interest in the food. The best dishes and linens obtainable are not too good for the patient.

The food should be fresh, and of the best quality. It is desirable to have as great a variety as possible. The cooking should be done with the utmost care. Hot foods should be served hot, and cold foods cold. Enough food should be given to satisfy the patient but the plate should not be overloaded, and it must be served regularly. Serving meals on time is as important as giving medicine on time.

Mother's Cook Book.

The School Lunch.

In preparing a luncheon for school children, two things should be kept in mind: providing good, wholesome nutritious food and packing it attractively. In these days when all housewives wish to conform to the requests of our food administrator, sandwiches must be made of other than wheat flour. Bran bread, rye and barley bread, and steamed brown bread will, with an occasional roll of white flour, give a needed variety. As most all breads need some wheat flour to add gluten, there is much white flour used even with the best of planning. Sandwiches and cakes, if wrapped in waxed paper, will keep fresh and moist. The care in packing so that the food is not jolted over rough roads or joggled in the hands of the little people, is very important, for small people are fastidious, being offended with hash when out of its proper course.

Breads may be varied by adding nuts, raisins and dates, or oatmeal bread to which dried fruits are added, or nuts if preferred, is a most wholesome bread well liked by the children.

A handful of dates, figs or raisins or an occasional piece of candy is always a delight to the child.

Custards, egg sandwiches, cheese in various forms, nuts and salads will all take the place of meat. Chicken and fish cannot be shipped abroad so we are told to indulge in them in place of pork, mutton or beef. Beef hearts and liver sweet breads are meats that are perishable and so are not shipped. Such meats make most tasty dishes if they are not always cooked and served in the same way.

In all our conserving we must remember that the children must be well fed. Milk, butter, cheese, and the yolk of egg as well as vegetables such as cabbage, spinach and other green leaves add an important stimu-

lant, called a growth stimulant, which is found in all these foods. It is found also in clover and alfalfa in abundance and animals fed on such foods store up this fat soluble in the fat of their bodies. When a butter substitute is made with suet and milk, some of this wonderful growth determinant is there. Adults as well as children need food containing it, and we are told that the wounds of our soldiers do not heal well unless they have food which supplies this growing principal.

Plenty of good whole milk—a bottle to carry for luncheon—is the best kind of a drink and with a thermos bottle it may be kept hot. If there are no facilities for heating it at school.

Nellie Maxwell

Pulse of the Ocean May Yet Be Harnessed by Boring of Tunnels Through the Cliffs.

Near the city of Santa Cruz, Cal., there is a low tableland along the shore, with abrupt chalklike cliffs some 20 feet high. In several places the action of the waves has worn picturesque archways through projections from these cliffs. At one place an arched tunnel extends directly inshore and into a small open pit-like space in the rocks.

As the ocean swells come shoreward in rhythmic succession with the regular pulse of the vast Pacific their hydraulic pressure intermittently forces the water up in the pit to a level higher than that of the surface of the water.

So there, in that natural chamber, someone years ago built a float. It works up and down, safe from storm waves, and its regular perpendicular trend is attached to a wheel that turns an electric generator.

The point is, writes an engineer, that perhaps other cliffs immediately and continuously exposed to wave action might be artificially equipped with similar well holes and tunnels, bored through from the land side and made to serve as practical sea pulse motors. Such an arrangement would attain conversion of ocean energy independently of high and low tides. It would take advantage, where topography permitted, merely of the pulse of the ocean. And if successful where there are cliffs, why might it not be made so by creating artificial tunnels and well holes made of concrete?

TOLD IN FIGURES

Denmark has 51 oleo factories.

Brazil in 1916 imported \$4,327,307 worth of cement.

Denmark in 1916 produced 124,781,620 pounds of oleomargarine.

Japan's 1916 exports to the United States were valued at \$169,604,040.

Philippines number 3,141 islands with an area of 119,542 square miles.

Norway fisheries in 1917 produced 50,918 hectoliters of cod liver oil.

Australia last year sent \$85,787,658 worth of products to the United States.

United States last year sent 215,288,133 pounds of raw cotton, valued at \$27,715,555, to Japan.

Erect Carriage.

Erect posture is the primary element in good bodily poise. It is a very simple matter. And yet it is very, very uncommon. Erect posture is not only a factor in beauty; it is a very important factor in health. This is true not only because it means a normal condition of the spine, with a healthy state of the nerve centers, but because of its influence upon the functions of all the internal organs. Nature intended these organs to occupy a certain position in the body. They do their best work only when they occupy these allotted positions. When they are crowded out of position or permitted, through bad posture, to sag or fall several inches below, their efficiency is naturally interfered with. They are obliged to struggle against a severe handicap.—Physical Culture.

Safety Pins Needed.

Mrs. E. Roscoe Matthews, a New Yorker, who has returned from France, where she was enabled to see the American troops near the front line trenches, told of some special needs of our soldiers.

Among the chief are safety pins and chewing gum, knitted body scarfs of sufficient length to wind around three times, and, if possible, rubber coats.

The safety pin, it seems, is of prime importance, as being the only practical device for fastening various articles of apparel from which buttons have been flying ever since the American troops reached France.

Boys of the Country Are Proving Great Aid in War



The boys of the United States are doing much to help the country in the war crisis. This picture shows men of tomorrow learning trades at New York's Vocational school. One is doing electric wiring in the shop.

Uncle Sam Becomes Teacher And Adviser to Every Home On Materials for Household

A new book just issued on "Materials for the Household" is of interest to every family. It was prepared by the bureau of standards in popular language to meet the need for reliable information for home use and will be especially welcome to all who desire to manage the home as efficiently as a modern office or shop. In this work Uncle Sam becomes teacher and adviser to every household. Interesting accounts are given of the great variety of materials used in building and furnishing the home and in the many minor industries and activities of the household.

The circular is practical and aims to stimulate interest in household materials (other than foods and drugs), to explain their desirable properties, and to aid in their intelligent selection, effective use, and preservation. A better utilization of materials will aid the efficient administration of the home and promote the health, comfort, and general well-being of the household. Home economics is of universal and permanent concern, and as its importance is more fully realized it will become a vital factor in national well-being, says Commerce Reports. The excellent instruction in the subject now given in high schools and colleges has begun a new era in home management. This circular is a contribution from the bureau of standards to the growing literature in this field.

Household materials are of added interest to the housewife and student from the fact that formerly many such materials were made up in the home. The making of soap, candles, yarns and fabrics, leather, sugar, alkali, wax, tallow, pens and inks formed an interesting group of the old-time household industries. In fact, most modern industries are the outgrowth of what were originally household industries. The modern factory has taken up these home industries, and already some social control over the quality, form and price of factory-made products is beginning to be felt through agencies such as the consumers' leagues, cooperative societies, publicity in the public press, misbranding laws, government control and the like.

Our National Songs.

The United States has three songs which serve on occasions as national songs, but by historic associations and common consent one stands first, observes a writer. This is the "Star-Spangled Banner," written in 1814 by Francis S. Key of Maryland, while the British were bombarding Fort Henry, near Baltimore, and when the Americans did not know at what moment the fort might be captured or the flag shot down. While it has never been officially adopted as a national song the circumstances under which it was written and its universal popular approval cause it to stand pre-eminent. The other songs of a national character, but not so stirring or so popular are "Hail Columbia," written by Joseph Hopkinson, in 1788, and "America," by Samuel F. Smith, a Baptist preacher and poet, in 1832. The "Star-Spangled Banner" easily holds first place.

Robert Burns Never Went To School, but Read and Wrote at Very Early Age

Robert Burns, the "patron saint" of Scotland, and undoubtedly one of the world's greatest poets, never went to school, relates London Tit-Bits. His father, although his income probably never exceeded the proverbial forty pounds a year, was a man of exceptional intelligence and a great reader, and the future poet of "The Cottar's Saturday Night" could himself read the Bible at an early age, and was writing verses when most boys are learning multiplication. It is quite possible that had Burns had great advantages instead of great reverses and hardships he would not have developed his peculiar gifts.

Perhaps the greatest of Lloyd-George's predecessors never went to school. This was Pitt the younger, the marvelous boy who talked on equal terms with the greatest men of his day at fourteen, and was prime minister at the age of twenty-four, when the average young man is just beginning to earn his bread and butter. But Pitt had the advantage of a home education which would put the best schools in the shade.

Should Cease Our Grumbling Because of Inconveniences

There should be a damper put on the grumbling disposition. Things cannot run smoothly in these harrowing days. Every one thinks that he could manage things to perfection, but if he had to confront the new set of conditions he would likely change his mind, asserts the Ohio State Journal. Here is an institution that is ordered to cut off light, heat and service, and yet we wonder because we are discommoded. There are new conditions confronting us whichever way we turn, and they all grow out of this horrid old war. They cannot be helped, though sometimes we think the situation might be improved, but we should not think the improvement should come all at once.

When we get used to our inconveniences they will seem easier, partly because they will be made lighter and partly because we will become more philosophical. But there is one suggestion which is that no one should permit the war conditions to stand in the way of a wise and thoughtful management of whatever interest he may control. The war adds duties to authority as well as to the people who bear the burdens.

Use Logging Cars.

In the serious shortage of railway cars which has existed during recent months the lumber companies, along with other concerns, have utilized every available resource to obtain transportation facilities. A large lumber company in Louisiana found a way out of the difficult situation by taking 50 of its logging cars from its logging roads and making them up into one long lumber train. By this unusual arrangement it was able to transport 1,500,000 feet of lumber in a single trainload. The effort was so successful that the train has made a number of trips to the North.