

Fats are fuel for fighters. bake-boil-and-broil more fry less

MEMORIALS FOR THEIR DEAD

Serbian Ever Keep Green the Memory of Deceased Members of Their Families.

It is not quite accurate to entitle this ceremony a funeral for it is not that, but we have in English no one word or two words with which to express the meaning.

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FIRST AID AT SQUAW PEAK

Lone School-Teacher on Frontier is Successful in Reducing a Pupil's Unjoined Wrist.

I was eating my lunch in the school-house all by myself. And as I ate, a boy entered and dropped heavily into a seat, writes Laura Tilden Kent, in the Atlantic.

LABOR IS HIS JOY

Wealth Not Worth While, Declares Owner of a Gusher.

Riches, Minus Toil, Do Not Appeal to Man Whose Farm is Saturated With Oil.

Two men were riding through one of the newly discovered oil fields of the Southwest. On each side of the train rose an ugly forest of derricks, covering the rolling prairie with an unnatural growth.

Suddenly the train swept by a quarter-section farm that lay like a great white square between the bristling derricks and the black soil.

"The father calmly looked at the son." "What of it?" "What of it! We are rich! We can go to New York or Chicago and live without working!"

"I let the oilmen drill to test our farm because you boys asked it," said Ross. "The result will give us a million without a stroke of work.

"He turned to his wife and said, 'Janet, thank God that we are able to work, and do not want to live without it.' And the wife and the boys bowed their heads while the sturdy old Scotchman prayed.

"The oilmen were frantic at his refusal to sell or lease. They offered fabulous prices. They threatened and tried to scare him into yielding.

The train was again passing through the tangle of derricks and black soil. But in the memory of the two travelers the White farm dwelt, a picture of rare conscience and conviction and resistance to the prevalent desire to make a fortune and live without working.

There is no real life without working. When will Americans learn that lesson, and be content to live and work on the White farm?—Youth's Companion.

South Africa Growing Sugar Cane.

Sugar planting is making rapid strides in South Africa, and the last few years have seen acres upon acres put under cane, from Durban to practically the end of the new railway line in Zululand, terminating at Sonkele.

Learn Value of Men.

In one of the chapters of "A Student in Arms," by Donald Hankey, a volunteer in the English army at the beginning of this war, this authority says: "On the whole, though, actual experience of war brings the best men to the fore, and the best qualities of the average man. Officers and men are welded into a closer comradeship by dangers and discomforts shared.

Largest Catch of Salmon.

New fish are introduced every year and new fishing grounds discovered and surveyed for the benefit of fishermen. Rescue work among the fishes is also undertaken and last year more than 8,000,000 fish, left stranded in evaporating pools, were saved to grow up to a life of usefulness—that is, big enough to be fit for the table.

Disciplinary Garden.

The city of Somerville, Mass., has established a disciplinary garden. Those compelled to work this garden are youths who have been caught trespassing in, or in some way injuring, a garden or park.

Children Make Trains Jump.

A number of children playing about the New Jersey Central railroad station, says a Vineland (N. J.) correspondent, discovered that by placing joint plates on the rails they could make trains "jump," and it was great sport until trainmen discovered the dangerous game and stopped it.

No Chances to Sleep.

On the theory that a person can work better when alternately sitting and standing, the French government is outfitting the clerical department of the army with desks which lower and raise the typewriters every half hour.

SOME KINDS OF STIMULANTS

Alcohol and Wine Favored by Europeans, Poppy by Chinese, Shag by the Indians.

When the European is weary he calls for alcohol to revive him; when he is joyful he takes wine, that he may have more joy. In like manner the Chinese smokes his "white lady," the poppy flower, the Indian chews shag, the West African seeks succor in kola, observes a correspondent in National Geographical Magazine.

What is more to the Yemen Arab than any of these is his betel-nut. It is no narcotic, wooling sleep, but a stimulant, like alcohol. Unlike alcohol, it causes no drowsiness, but a fairy. The khat cater will tell you that when he follows this fairy it takes him into regions overlooking paradise.

How and when khat came into the Yemen is not certain. Botanists say that it was brought over from Harrar, in Abyssinia, many centuries ago. There is a tradition among the wise men of the East that the sheik Ibrahim About Zarban introduced it into Hodeidah from Ethiopia about 1430.

Just what is the exact toxic effect of khat on the human system has never yet been ascertained. It is certainly a stimulant with a lively and nearly immediate effect upon the brain and nerve cells; the gloomiest man becomes cheerful under its influence, the most enervated active, without, I have been unable to learn of a single case of immediate or harmful reaction such as invariably follows the use of other stimulants.

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Wild Foods, Seeds and Roots.

One of the projects outlined by the committee on botany of the national research council is the search for wild plants which may be used as wartime substitutes for the more costly crop plants. During the Civil war Dr. John Porcher, a southerner, published a book giving a list of plants of the South which could be substituted for much-needed food and drug plants.

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