

## TO KEEP YOUTHFUL

ALWAYS MIX WITH YOUR WORK  
A CERTAIN AMOUNT OF PLAY.

New York Expert Physical Director  
Tells How to Avoid Growing Old  
—His Treatment for Tired  
Business Men.

An advocate of play as a prevention of old age is Dr. Louis R. Welzmler, physical director of New York's West Side Young Men's Christian association, says Hawthorne Daniel in the World's Work.

"A man was in here just this morning," he said in answer to my question as to what he did to keep men young, "who is in the 'old man' class, and in years he is young. Let me see," and he looked at a card covered with data concerning the man in question. "He was born in '84. That makes him thirty-two, but he is as old as most men of fifty. With him it is overwork, resulting in 'nerves.' He finds it almost impossible to concentrate. When he starts along a certain line, when he wants to run along a single track, so to speak, he finds that his mind is continually turning switches that put him on to the sidetracks. I am going to make him play. I am going to make him play until he stays on the main line. I'll give him a medicine ball and teach him to become so interested in that ball that everything else is out of his head."

He stopped for a moment, and looked out on to the busy gymnasium floor.

"Then some other men," he continued, "get into a rut and can't get out. Instead of being switched on to every sidetrack by their minds, they are kept diligently at work on the main line. You have seen business men who could not forget their business. All the time their business problems are uppermost in their minds. When they come to me I make them play. I get them interested in something else.

"Did you ever see a filter cleaned by reversing the flow of water? The water going in one direction leaves sediment behind it until the filter does not operate at it should. Then, when you reverse the flow, the sediment 'boils' out, and always you are surprised to see how much was there. That's what play does. It reverses the flow, and it takes out of you all the grouching and worry.

"When I find that I am getting short and crusty in my answers to the boys around here, I go out and play handball. When I come back I feel younger. I believe that a man is as young as he acts. He grows old because he does old things. You must have noticed how the mother of a large family stays young when her husband grows old. I believe the reason is that she plays young games with the children, while he sits with his newspaper and his troubles."

### Women Win In Russia.

Moscow university, the oldest and most authoritative university in the empire, has ever kept its doors fast against feminine ingress. Now, at last, this barrier has been swept away, and the Russian ministry of education and the faculty council of the university have announced that hereafter women will be admitted in full equality with the men, in all courses.

The faculty council, in providing for this new arrangement, has stipulated that the woman students desiring to matriculate into the university, must do so by examinations held in the boys' gymnasia. The gymnasia, in Russia, cover the curriculum undergone in America by the high school and the freshman and sophomore years of college.

The women's institutes are not as rigid as the gymnasia, and it is for this reason that the university demands that the women be put on absolutely the same standard as the men.

## TAKE OUT GREASE SPOTS

Blemishes That So Greatly Annoy the  
Housekeeper May Be Effectively  
Dealt With.

Grease spots may be removed by the application of carbon tetrachloride, according to H. F. Zoller, assistant in chemistry in the Kansas State Agricultural college.

"Removing grease spots with gasoline or benzine is both dangerous and wasteful," said Mr. Zoller. "Chloroform is effective, but is dangerous. Carbon tetrachloride is used by cleaners because of its safety, cleaning power and the absence of a disagreeable odor. The disadvantage is its expense.

"Ink is difficult to remove if it has been in the garment for some time. Iron inks may be removed by oxalic, acetic, citric, or dilute hydrochloric acids. In case of the coal-tar inks, the spot must be bleached.

"Iron rust can be removed by fairly strong oxalic acid solution, if allowed to stand on the goods for a short time, and often when it is exposed to the sunlight the action is a little quicker. The excess of oxalic acid must be washed out, and the goods washed with a good soap, in order to neutralize the acid. Hydrochloric acid is the best remover of iron rust, if handled by an experienced person.

"An excellent formula for the removal of fountain-pen ink, especially iron ink and iron rust, is the aceto-oxalic acid formula. It is made by saturating a 10 per cent acetic acid solution with oxalic acid, and mixing one part of the product with four parts of alcohol."

## HOUSEHOLD HINTS

To induce a canary to take a bath sprinkle a few seeds upon the water. This added attraction will make the bath become a habit with the little fellow.

To keep flowers fresh, place a pinch of bicarbonate of soda in the water before putting them into a vase.

To make glassware clear and sparkling, add a little washing blue to the soapsuds when washing.

If ink is spilled on the carpet or table cover, cover it immediately with salt as it absorbs the ink.

Powdered alum added to ordinary stove blacking adds to its brilliancy.

Oxalic acid and javelle water are excellent for removing ink stains.

New tinware will never rust if greased with a little fresh lard and baked in the oven before it is used.

### Lemon Pudding.

Sauce—One and one-half cupfuls of sugar, one and one-half cupfuls water, butter size of egg, juice and rind of one lemon.

Batter—One cupful sugar, one cupful water, butter size of egg, one teaspoonful baking powder, flour enough to make batter like cake.

Mix the sauce in granite pan and let stand till dissolved, then pour batter over sauce and bake in a medium oven. Good either hot or cold.

### Stewed Apples.

One and one-half cupfuls of water, one-half cupful sugar, ten apples, one tablespoonful of lemon juice.

Boil the sugar and water together. Wash, quarter, pare and core the apples. Cook the apples very slowly in sirup until they are soft and transparent. Add the lemon juice and then remove them from the sirup without breaking the pieces. When ready to serve strain the sirup over them.

### Creamed Potatoes.

One large onion cut in small pieces; cover with milk and simmer until the onion is tender. Pass the onion and milk through a sieve; then add a cupful of cold sliced potatoes. Season with salt and paprika, then scald. Add the beaten yolks of two eggs mixed with one-half cupful of cream or good milk. Heat the mixture through, but do not boil.

## TO CHEAPEN LIVING COST

Advice About the Best Kinds of Foods  
That Should Be Selected and  
Prepared.

A bulletin published by the New York department of health suggests a number of changes in diet by which money can be saved without sacrificing nutriment.

"Cereals, such as cornmeal, hominy, and especially oatmeal," the bulletin says, "are rich in nourishment, and are much cheaper than patented cereals.

"American cheese, dried beans, and peas are comparatively cheap, and contain a great deal of protein, which is the most important food element found in meat.

"Oleomargarine is a very satisfactory and economical substitute for butter. Unfortunately, its use in public institutions is prohibited by law.

"Rice is very cheap food and can be served in many different styles. It should be used more frequently than it is in the dietary of those of moderate means. It contains a very high percentage of carbohydrates, one of the very necessary forms of nourishment. Everyone knows how extensively it is used among the peoples of Asia, where it has served as the chief article of diet from time immemorial.

"It should not be necessary to state that bread, preferably of whole wheat, a form which is rich in very important food elements called 'vitamines,' also sugar and potatoes, should occupy prominent places in the dietary of the working man and woman.

"There are many other cheap food-stuffs, a notable one being macaroni and cheese. When these are used judiciously, they serve to lessen the cost of the dietary without in any way impairing its food value.

## ONCE A DAY OFTEN ENOUGH

Assertion Made That Women Need Not  
Put In So Much Time Wash-  
ing Dishes.

"The careful housekeeper will always resent the suggestion that once a day is often enough to wash dishes," writes Dr. H. Barnard in "Table Talk" in the National Food Magazine. "She cannot train herself to allow soiled plates and silverware to stack up from one meal to the next, for she has been taught that such actions are evidence of shiftless, slovenly housekeeping. As a matter of fact, along with many other notions which are fixed in the operation of the home, both time and energy are saved by cutting out two of the three daily dish-washing jobs."

Doctor Barnard goes on to recite the experience of one housekeeper who actually dared study the homely work of dishwashing. One week she washed dishes three times a day; the next week she washed each day's dishes altogether. She used the same number of dishes each day in both weeks. She found that it took her 51 minutes a day to wash after each meal and 41 minutes a day to wash them once a day.

This took account only of time, but there was a considerable additional saving in gas or fuel consumed by heating water once instead of thrice a day, to say nothing of the saving in soap.

### Graham Pudding.

One cupful of sweet milk, one egg, pinch of salt, one-half cupful sugar, one-half cupful molasses, one level spoonful soda (dissolved), two rounded cupfuls of graham flour, one cupful of currants or raisins floured. Mix in order given, steam three hours. Eat hot with lemon or vinegar sauce.

Lemon Sauce—One tablespoonful cornstarch, mixed with two tablespoonfuls of water; stir into one cupful of boiling water, boil till clear, add one cupful of water, one egg, grated rind and juice of one lemon. Beat together, stir rapidly and remove from stove as soon as it begins to simmer.

## DRIVEN BY NATURE

HOW PACIFIC COAST CITIES HAVE  
HARNESSED WATERFALLS.

Vast Power of Northern Rivers, Obedient  
to Engineering Skill, Forced  
to Do the Will of the Brain  
That Conquers.

Few people know that trains are run along the Pacific coast, cities lighted and factory power obtained from harnessed waterfalls up in the Sierra mountains. It is a commentary on the wonderful industrial progress of America, celebrated by America's Electrical week, that the force which drives the wheels of the Pacific coast commerce is derived from heretofore useless rivers amidst the whitecapped mountains of California.

The engineering world has watched with interest the progress of the great South Yuba-Bear river development, which had its beginning in 1912 under authority from the California state railroad commission. At that time the Pacific Gas and Electric company entered upon the construction of a 225-foot dam at Lake Spaulding by which it was proposed to back up the waters of the South Yuba river and to transform Lake Spaulding into a great storage reservoir of 43,500-acre feet capacity.

This work is again in progress and is said by engineers to be the finest enterprise in conserving national resources and in providing hydro-electric power in great quantities that has yet been undertaken in the West, where this kind of motive force is rapidly taking the place of steam and oil power.

The idea of damming the waters of the South Yuba at that point occurred to electrical engineers many years ago, but the great disaster of 1906 and the troubles that followed caused the project to be temporarily abandoned. The project called for the diversion of water from the South Yuba at the dam through tunnel and ditch into Bear valley, and for the construction of a power house in the Bear River gorge some nine miles below Lake Spaulding, at a point where a head of 1,375 feet was obtainable.

From this it was proposed to utilize the water after its release into Bear river several times over in its course through mountain and valley down to the point of its arrival at the City of Auburn, some 47 miles below. The fall of the water between the two points being approximately 4,300 feet, it was found possible to survey sites for a chain of not less than seven developments in all.

Altogether, the plans called for an aggregate development of something like 162,000-horse power. The work on Lake Spaulding was started in 1912, and in the following year tunnel and ditch work was begun upon the Christian valley plant and also that adjacent to the city of Auburn.

On Thanksgiving day, 1913, Vice President John A. Britton closed the switch which sent the electric energy humming along the wires from the newly constructed power plant in the Bear River gorge to the company's main high-tension distributing station at Cordelia, 110 miles away. This enormous hydro-electric development is fast nearing completion, to be added to engineering achievements ranking with the Panama canal.

### Gulls as Mice-Catchers.

A writer in California Fish and Game says that gulls when visiting the rivers and marshes of the interior valley of California, do not appear to be wholly scavengers or piscivorous. A California gull taken on March 12, 1912, along the San Quaquin river near Mendota, Fresno county, was presented to me. Upon dissection I was astonished to find its stomach filled with common black crickets and three whole field mice.