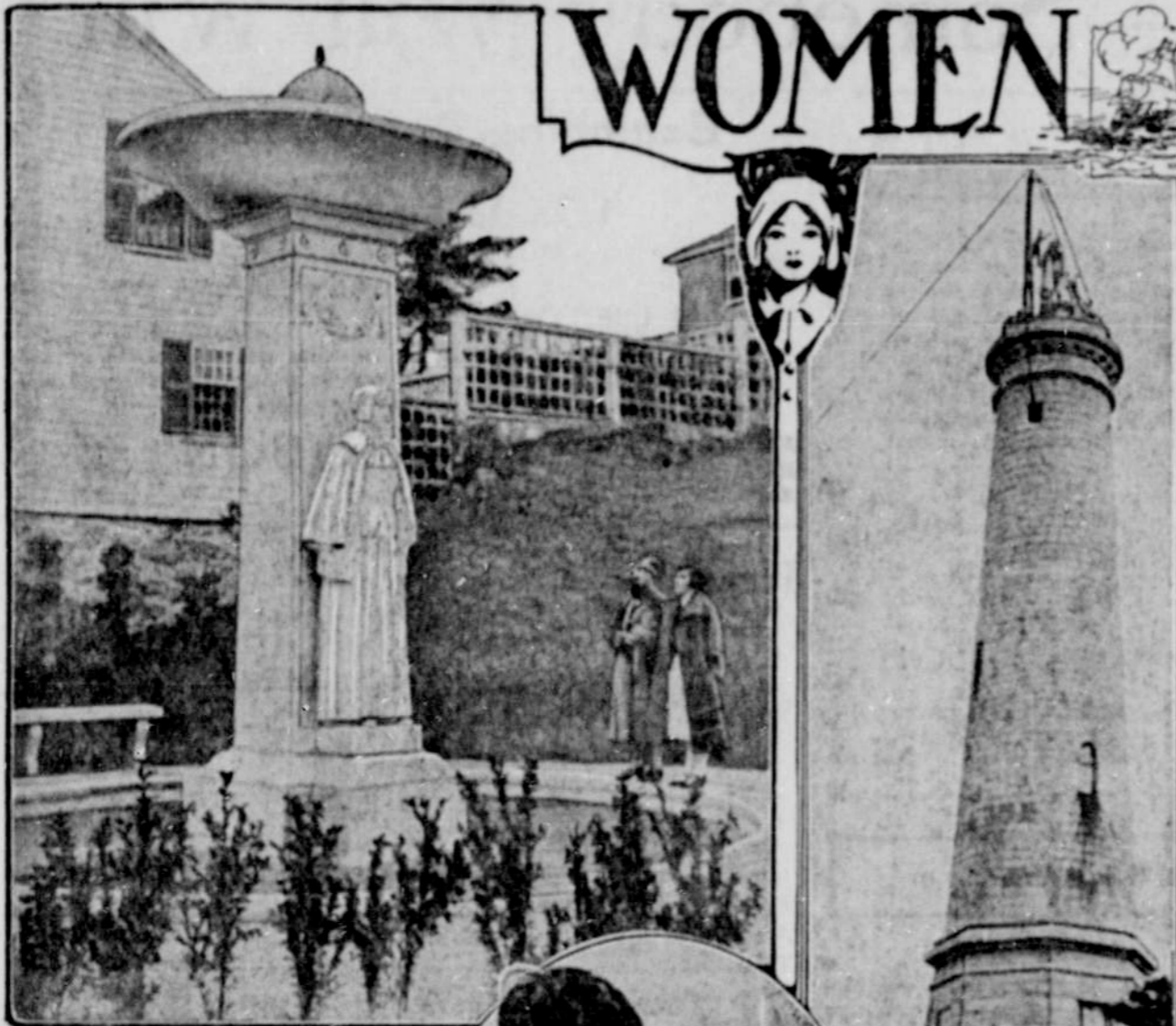


The MAYFLOWER WOMEN



TO THE WOMEN OF THE MAYFLOWER
as depicted in the monument

By JOHN DICKINSON SHERMAN

LL VISITORS to Plymouth Rock—and they numbered something like 250,000 last summer—manifested great interest in the memorial to "Women of the Mayflower", which has been erected by the Daughters of the American Revolution. The feature of this memorial is the statue of a woman clad with the severe simplicity that tradition has handed down to us as the hall-mark of the women of "Plymouth Plantation." This figure is intended to represent "The Pilgrim Maid." Anyway, the woman is comely and distingue. The woman and her costume seem to go together—a natural combination. Altogether she's so easy to look at that she might be the counterfeit presentment of the fair Priscilla Mullins herself—the damsel who brought John Alden to time, when he went courting as proxy for Capt. Miles Standish, by archly remarking, "Why don't you speak for yourself, John?"

It was noted that none of the visitors was more interested in "The Pilgrim Maid" than the extraordinary young woman of the day—the so-called flapper. And the flapper she was, the more she seemed to be interested. That's no wonder, for a greater contrast can scarcely be imagined. It's much easier to believe that "Julia O'Grady and the Colonel's lady are sisters under their skin" than to realize that the flapper represents three hundred years of development by the American woman from the Mayflower woman. A symposium of the thoughts of the flapper visitors would be exceedingly interesting—and doubtless important—for the looks of the flapper are at wide variance with her mental processes, which are often many and shrewd.

It is exceedingly fitting that this memorial to the Mayflower women should have been erected by a latter-day nation-wide organization of patriotic women. The "Fighting Daughters" seek to keep alive the spirit and deeds of their forbears of the Revolution. Tribute by the D. A. R. to the Mayflower women is "praise from Sir Hubert, indeed." And who can doubt that the hard-won success of the Pilgrim Fathers was largely due to the Pilgrim Mothers? In times of stress and privation it is ever the loyal devotion and heroic self-sacrifice of loving woman which evoke the admiration of mankind. And they are hard to learn in detail from the pages of history. It is the men whose deeds are set forth.

Capt. Miles Standish, for example, has a much larger statue at Duxbury than "The Pilgrim Maid" has at Plymouth. But Captain Standish was the Indian fighter of the colony, though he was not even a member of the church, and Priscilla turned him down. So his statue is fourteen feet high and weighs several tons. Incidentally, it has been struck by lightning and the head and left arm knocked off.

Thanksgiving Day is a national holiday peculiarly our own. It is the day on which we Americans as a Christian people give thanks to that Divine

Providence which has so often interposed to assist our progress as a nation. And surely no people have so much cause for thanksgiving. Today the United States of America is the most happy, prosperous and powerful nation of earth. So it is most natural that at Thanksgiving time the national thought should go back to Plymouth Rock where three hundred years ago the observance of Thanksgiving Day had its origin.

But Thanksgiving is a day of feasting, family reunions and jollity, as well as of thanksgiving. So it is in keeping with the spirit of the day to make review of the Mayflower women—from witchcraft to pumpkin pie.

The Pilgrim woman was evidently a woman of common sense. And, like "a good deed in a naughty world," a woman with the saving grace of common sense is a "joy forever," whether or no she is a "thing of beauty." How do we know that the Pilgrim women had any unusual amount of common sense? Well, there's the witchcraft craze, for one thing.

Salem and Boston, you know, were at one time obsessed by a witchcraft frenzy. These were Puritan settlements. This frenzy was so violent that women were hanged for being witches. And if the records of the time do the fair sex no wrong, it was usually a woman who brought the accusation of witchcraft and testified in court to the most extraordinary details of witchcraft.

The Plymouth women refused to have any part in the witchcraft craze. There were, if memory serves, but two witchcraft cases in the colony. The first case was that of Dinah Sylvester, who accused Mrs. Holmes of witchcraft. She told in court how she saw her neighbor plotting evil with the Devil himself, who had assumed for the occasion the form of a bear. Evidently a terrible case of witchcraft!

The court, nevertheless, refused to believe either in the witchcraft of Mrs. Holmes or in the Devil-bear. It acquitted Mrs. Holmes. Moreover, it decided that Dinah Sylvester's charge was just slander, plain and simple. So it gave Dinah Sylvester her choice between paying Mrs. Holmes five English pounds as damages for that slander or being publicly whipped. And the women of Plymouth approved the verdict. Several years later the second case came to trial and was laughed out of court.

Then, too, the Mayflower women were a cleanly lot. And cleanliness in a woman is high among the vir-

ties. The authentic records of the Mayflower's long voyage do not reveal how these Pilgrim women kept clean at sea. For they had some very rough weather; and the Mayflower, though seaworthy, was not much of a ship. She was of only 180 tons. She had 102 passengers—men, women and children—and of course a crew. And she was loaded to the last inch of available space with household goods and the wherewithal for the new colony.

The records set forth that some of the Mayflower women were seasick. And seasickness—the real seasickness, when you are not afraid that you will die, but are afraid that you will not—will play havoc with the ideals of us that American institution.

Anyway, what was the very first thing these Pilgrim women did—after the Mayflower had anchored inside Cape Cod and they had upon their knees given thanks to "the God in Heaven, who had brought them over the vast and furious ocean, and delivered them from all the perils and miseries thereof, againe to set their feet on the firme and stable earth, their proper elements?"

Why, these Mayflower women proceeded to have one grand wash-day! And the "pumpkin pie"—and why anyone should say "pumpkin pie" is one of the mysteries, even if one feels obliged to write it that way. It would never do to lose sight of the fact that it was the Mayflower women who gave us that American institution.

When the Mayflower women arrived they found the Indian practicing a wonderfully simple and logical kind of agriculture. He—or rather she, for the squaws did all the work—made a hole, dropped in several grains of corn and a climbing bean. Between the corn rows the squaw planted pumpkin seeds. When the pumpkin was ripe it was stewed and eaten, either by itself or mixed with corn or beans or dried berries.

And it was out of this inspired pumpkin that the genius of the Mayflower women evolved the pumpkin pie. And what would be Thanksgiving—without pumpkin pie? It would be much like "Hamlet" with Hamlet left out. Oh, yes; 'most pie is good, but along about the last Thursday in November the Mayflower woman's contribution to the upbuilding of the nation is a sure-enough headliner on the bill of fare. Millions of Thanksgiving feasters who don't know that there's any difference between Pilgrim and Puritan will rise up and call her blessed.



PUMPKIN PIE International



PILE'S STANDISH MONUMENT International

The KITCHEN CABINET

(© 1925, Western Newspaper Union.)
So many gods, so many creeds,
So many ways that wind and wind
While just the art of being kind
Is all this sad world needs.
—WILSON.

FOR EVENING PARTIES

Now that the long evenings are upon us, we will like getting together in small groups for the pleasure which the lovely out of doors has kept us from enjoying.

If it is a dancing party, and sweet apple cider is to be procured, there is no refreshment equal to a chilled glass of the good drink and a doughnut. Very simple to get ready, easy to serve and most enjoyable. To make the doughnuts use the following old recipe which is one hard to equal:

Doughnuts.—Take one and one-fourth cupsful of sour milk, one-fourth cupful of rich sour cream, two eggs, one and two-thirds cupsful of sugar, a teaspoonful of soda, a teaspoonful of grated nutmeg, one-half teaspoonful of salt, and as little flour as is possible to roll. Beat the eggs, add the sugar, then the milk and cream with the soda, salt and nutmeg, stir in as much flour as will go in nicely with the mixing spoon and set away on ice to thoroughly chill before frying. When rolling out handle quickly, using as little flour as possible. These doughnuts when fried in hot fat will keep well, are rich without being soaked when cooking.

Peanut Candy.—Shell one pound of roasted peanuts and roll with a rolling pin until like coarse crumbs. Boil for eight minutes from the time the first bubble appears, two pounds of brown sugar and twelve level tablespoonfuls of butter. Stir in the nuts and pour at once into a greased dripping pan. Mark off into squares before it is too hard.

Chicken and Spinach Soup.—Wash and cook two pounds of spinach in one-half cupful of butter for five minutes, or until tender. Add one-half cupful of flour, mixed with one tablespoonful of salt and three-fourths of a teaspoonful of white pepper, stir into the spinach. When cooked rub through a colander, add two quarts of chicken broth. Stir until it boils and serve in bouillon cups; garnish with whipped cream.

Emergency Soup.—Dissolve two and one-half teaspoonfuls of beef extract in three cupsful of boiling water. Add three tablespoonfuls of milk to one-half tablespoonful of flour and add to the first mixture, stirring constantly until the boiling point is reached, then cook three minutes; add seasoning and three-fourths cupful of cream.

Household Hints.

"Bats in one's belfry" is no joke if they have ever taken possession of the upper regions of a house.

Fill all openings where it is possible for them to get in and burn sulphur, a lot of it, in the attic until they are smoked out.

For the bedridden who get so tired lying in one position and can help themselves: Tie stout new cotton cloth cut into wide strips to the head board or bed frame, have large knots in each end of the strip to grasp. By holding to these supports one may raise or change position easily. The knots may be slipped under the pillow when not in use.

A bed light fastened to the head-board of the bed is a great comfort for a poor sleeper. With a slight movement the light may be turned on or off and one may read in bed without the trouble of moving.

For tired feet, a mixture of baking soda and talcum sprinkled into the shoes will give great relief. Change footwear; a change of shoes will rest the feet and a bath of salt water is very refreshing. Feet need care as much or more than other parts of the body, yet they are greatly neglected.

Corns and calluses may be relieved by keeping them covered with a piece of surgeon's tape; renew as often as the bathing removes them. If they cling to the hose, cover with a small bit of absorbent cotton.

When applying adhesive plaster to a wound which has to be dressed often, use short strips with tapes fastened to the strips; these can be untied, the dressing changed and returned without disturbing the adhesive at all. It is not only painful, but dangerous to remove adhesive on a tender skin.

Orange cut into bits and left where a fever patient may help himself, is a great comfort.

Nellie Maxwell

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For Catarrh

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Head, Nose,
Throat, Stomach,
Bowels or other Internal Organs.
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Your Nearest Dealer Carries Pe-ru-na Tablets or Liquid

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quickly relieved and often cleared away by a few applications of

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relieves sun and wind-burned eyes. Doesn't hurt. Genuine in Red Folding Box. 25c at all druggists or by mail, DICKEY DRUG CO., Bristol, Va.-Tenn.

Fish Takes to Air to Escape Enemies

Nowhere is the fight for existence greater than in the sea. The large fish are constantly preying upon the smaller ones, and each kind must be fitted with some special way to escape its enemies and to get its living.

Thus the flying fish have developed into the most efficient "gliders" known, which really places them in the aeronautical class. These fish have the fins elongated and strengthened, which not only gives them a great speed in the water but enables them to support themselves in the air after leaving their natural element.

They attain great speed in the water and have considerable momentum. When they emerge under favorable conditions they travel an eighth of a mile before dropping back. This forms an effective means of escape from their enemies. Apparently the initial alacrity of the leap and the force of the wind are the motive forces.

A torpid liver prevents proper food assimilation. Wright's Indian Vegetable Pills tone up the liver. They act gently but surely. 112 Pearl St., New York. Adv.

The Rarest Virtue

Author Upton Sinclair said at a Pasadena picnic:

"Truth-telling is a rare virtue. It's perhaps the rarest. Look at these modernist divisions. They're telling the truth at least about their beliefs. But think how long they've been lying about them from the pulpit.

"I said one day to a hack writer: "That article of yours in Scribblers," "Truth Is Stranger Than Fiction," certainly takes the cake. It's bound to attract attention. Where did you get your facts?"

"The hack writer smirked.

"Made 'em up," he said."

Bright Boy

Teacher—Dic' you make that face at me?

Jimmie—No, ma'am. You just happened to walk in front of it.—Answers.

Every sort of industry has to be systematized, and system develops red tape.

Stomach or Liver Trouble?

Bakersfield, Calif.—"I have used Dr. Pierce's Golden Medical Discovery for poor blood, torpid liver and stomach disorder and there is nothing in the world like it to get the human machine clear of the poisons and to get every organ of the body feeling strong and healthy. I know what I am talking about for I was hardly able at times to get to my work, feeling mean, sick and rundown all the time. I have never had a return of this condition."—H. H. Cross, 2416 Emidio St. All dealers. Tablets or liquid.

You can get a trial pkg. of tablets by sending 10c to Doctor Pierce's Clinic, in Buffalo, N. Y.

