

## THE GIRL ON THE JOB

How to Succeed—How to Get Ahead—How to Make Good

By JESSIE ROBERTS

### AFTERNOON HEADACHE

SOMEWHERE between three and four-thirty many a girl develops a headache at her work, and takes that headache home with her. There are several reasons why this afternoon headache comes on, and if you are troubled with it, you want to ask yourself a few questions and look closely into your daily routine.

Perhaps you have a way of getting up too late to give yourself the necessary time for your bath and dressing and breakfast. You should have a good breakfast, with cereal and an egg, for you have much work between breakfast and lunch, and dinner was a long while ago. And you ought to eat slowly.

Or perhaps you don't eat the right sort of lunch. An éclair and a cup of coffee or chocolate won't do. You are bound to develop a fine headache on that sort of diet. You need not a heavy lunch, but it must be nourishing. A bowl of toast and milk and a baked apple with cream will give you the sort of food you can work on.

If your food is all right, possibly you are working in a badly ventilated office. This is almost sure to bring on headache and lassitude. If you cannot have the window open enough to insure good air, you can probably manage to get out by an open window two or three times during the day, and there take a half dozen or more deep, full breaths.

Sometimes the pain is caused by eye trouble, and then of course you must ask the advice of an oculist.

Sometimes it comes from rushing too much at the beginning of the day. Don't try to do all the work there is in the first portion of the morning. You can't use up all your steam at the first take-off and hope to keep it, too. Often a brisk walk of half an hour

during the lunch hour will prove a complete cure.

Try to find out what it is that gives you your headache, and then go for it with vigor. You can almost certainly cure it.

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### THE ROMANCE OF WORDS

"CABARET."

BROUGHT into prominence of late years because of the large number of hotels and restaurants which have advertised "dancing cabarets" or "jazz cabarets" or have used the term as indicative of a place where one can secure food and amusement at the same time, "cabaret" has come to be regarded as a new addition to the English language—a word which, from its form and pronunciation, is evidently French.

As a matter of fact the term was originally of Gallic origin, but it is by no means modern, having been widely used in England during the Sixteenth century as a synonym for "tavern." There was nothing musical about the cabarets of this period and the only amusement they afforded was that which the travelers furnished. While the word was used by Bramhall in one of his works published in 1685, it passed out of the language soon after that and did not return again until about the middle of the Eighteenth century. At this time, however, its stay was short and its popularity limited. Not until the dancing craze struck the world a few years ago was it resurrected in its present sense.

It has changed its meaning so much of late that, if a hotel advertised a "cabaret" and did not provide at least an orchestra, it would be accused of fraud—while as a matter of several centuries of custom it would be entirely within its rights.

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## THE WOODS

BY DOUGLAS MALLOCH

DOWN GRADE.

YES, boy, I know—you do not think;  
You only hear the glasses clink  
And feel the bogus joy of drink.

Life looks all summer through a glass  
The whisky road is green with grass—  
But life and summer both will pass.

It's easy now to drink or not,  
To drink a little or a lot;  
But after all your drinking, what?

May it not happen ere the grave  
The thing you laugh at you will  
Crave?—  
The master will become the slave?

God! I have seen them: Boys like you,  
The frolickers of fighting crew,  
Who never thought and never knew.

Who took the road that dips and gleams,  
That runs ahead of singing streams  
(Yet somehow never downward seems).

With this same foolish passion played,  
The same old merry journey made,  
Who took the road of easy grade—

Till night came on, till sank the sun,  
Till shadows gathered one by one  
Around the path, and day was done.

'Twas then they turned; but now the hill

Was high behind them, and the rill  
Within the valley dark and still—

Around, the level of the plain;  
Above, a rocky path of pain  
To climb, if they would rise again.

I am no preacher called to preach;  
I am no teacher fit to teach  
You younger men of better speech.

Yet I have walked the merry road  
Where laughing rivers downward  
flowed,  
And climbed again with all the load.

With all the load a man acquires  
Who follows after his desires  
Until he finds his lusts are liars,

Until he finds, as find he will,  
The peace, the joy his age to fill  
He left behind him on the hill.

My preaching is not perfect, Jack;  
Yet truth, at least, it does not lack—  
For I have been there, boy, and back.

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## Last Night's Dreams

—What They Mean

DID YOU DREAM OF YOUR RELATIONS?

NOSTRADAMUS, Albertus Magnus, Mother Shipton and wise gypsies seem to agree that it is a good omen to meet one's uncle in a dream and portends a happy marriage or a good substantial legacy, or both. But meeting your aunt in Dreamland is not so propitious, for it signifies that you will shortly be called down for something of which you are not guilty. In meeting relatives in dreams the signs seem to be considered to hold whether those seen be alive or dead. If you dream of seeing the dead alive it is an especially good omen. To dream of one's mother, after not having seen her for a long time, indicates that you will make friends again with some of your relatives with whom you have had a falling out. There is a common impression that, one's mother being dead, it portends some misfortune to see her in a dream. Not so say the authorities; it is a propitious omen, and to dream of speaking with her indicates that you will soon receive some good news. But if one hears his mother calling out to him in a dream it is an indication that he should mend his ways and pay stricter attention to his business; perhaps engage in some new venture. If one dreams that he is making his home with his mother it indicates security in fortune. To sum up, to see relatives, alive or dead, in fairly good health in your dream is a most favorable prognostication.

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### HIS PLATFORM

Jack: I hate to kiss a girl through a veil.  
Fred: Same here. I'm for open countenances, openly arrived at.

## VIGILANCE NECESSARY TO KEEP CHICKEN HOUSE FREE OF MITES



For Small Coops a Hand Atomizer Will Suffice for Applying Insecticides.

Poultry raisers are all too familiar with the common red or gray mite which infests poultry houses. In general those who are making a specialty of poultry raising have comparatively little trouble with mites, or at least they keep them reduced to a point where they are of little importance. On the other hand, farmers and others who raise poultry as an incident to other operations frequently find their chicken houses overrun by mites.

### Detecting Presence of Mites.

The attack of this blood-sucking mite is of an insidious nature which does not readily draw attention to its presence, and often the poultryman is not aware of an infestation until he is attracted to it by the irritation produced by mites on his own body through coming in contact with the infested coops. The presence of the pest may readily be determined, however, by the detection of small areas on the boards speckled with black and white as though dusted with salt and pepper. This is the excrement of the mites, which are hidden in adjacent cracks or rough places. More careful examination will reveal masses of mites in hiding, together with their eggs and the silvery skins cast by the young.

In moderately infested poultry houses the injury to the fowls is not easily apparent, but the constant blood loss and irritation are shown by decreased egg production and the poor condition of the fowls' flesh. In heavily infested coops it is not unusual for the chickens to become droopy and weak, with pale comb and wattles. Sitting hens desert their nests and thus ruin the eggs or, as is often the case, they are found dead on the nest, being killed outright by the attack of thousands of mites. In extreme cases a considerable number of fowls succumb, even though not sitting, and all are so weakened as to be very susceptible to various diseases.

Owing to the fact that mites feed during the night and secrete themselves in cracks and crevices during the day, their presence very often is overlooked until a very heavy infestation has developed. In such cases they should be attacked energetically. Although not hard to kill, the greatest obstacle is the difficulty of reaching them in their hiding places. Dust baths will not control them, as, at most, only the few which remain on the chickens during the daytime will be destroyed.

The first step necessary to destroy the mites is to get rid of the hiding places so far as possible. The roosts should be taken down and all unnecessary boards and boxes removed. In

heavily infested houses the mites are to be found in all parts of the building, including the roof. Where they are less numerous the infestations usually are confined to the roosts and nests and the walls immediately adjacent. For small coops a hand atomizer will suffice for applying insecticides as sprays, but for larger houses a bucket pump, knapsack sprayer, or barrel pump is desirable. A rather coarse spray should be applied from all angles and thoroughly driven into the cracks. The floor also should be treated, as many mites fall to the floor when the roosts are being removed.

In tests conducted by the United States Department of Agriculture during the last two years a considerable number of materials used as sprays have proved effective. One of the so-called wood preservers was found immediately effective, and its killing or repelling power lasts for months. As this material is rather expensive (about \$1 per gallon), and is too heavy to spray well, it is advisable to reduce it with equal parts of kerosene.

Crude petroleum is almost as effective, retains its killing power for several weeks, and in most localities it is very cheap. It will spray better if thinned with one part of kerosene to four parts of crude oil.

It has been found that one thorough application of either of these materials will completely eradicate the mites from an infested chicken house, but ordinarily it is advisable to make a second application a month after the first, and in some cases a third treatment is required. These subsequent applications may be made with a brush, using the materials undiluted and covering only the roosts, their supports, the walls adjoining, and the nests if they are infested. This method of application is effective for the first treatment also if the houses are not heavily infested. Poultry should be kept out of the treated buildings until the material is well dried into the wood.

### Using Pure Kerosene.

Pure kerosene and kerosene emulsion in double the strength ordinarily applied to plants will destroy all mites hit, but these substances have not body enough to destroy those mites which are in more protected situations, and several applications at ten-day intervals are needed to destroy all the mites.

Arsenical dip, such as is used to destroy cattle ticks, has been found fairly satisfactory for use against chicken mites. Several applications are required to eradicate the mites from poultry houses.

## SHOCKED CORN GOOD SILAGE

Refilling Silo With Surplus Even in Middle of Winter Is Most Economical Practice.

"Corn cut at the proper time and put into the shock can be made into good silage, even in the middle of the winter," says Alvin Kezer of the agronomy department of the Colorado Agricultural college. "Of course, such silage will not be as palatable as when siloed early and there will be more mechanical waste of leaves and other parts of the corn plant because the shocked corn had been stored for part of the winter, either in the shock or in stacks. But if this dry fodder is run through a silage cutter and the proper amount of water run in with it, it will make good silage and a much more palatable feed than the dry fodder, which will be eaten by the stock with less waste."

"Sometimes, shocking the surplus corn after the silos are filled and refilling from the shocked corn is a very economical practice, a practice worth remembering, especially when the

capacity of the silos is not great enough to take care of the entire crop. It is a good way of improving a valuable feed."

### Concentrated Feeds Best.

The use of artificial lighting cannot be said to stimulate egg production in the same proportion that concentrated feeds do.

### Sound Business Basis.

Profitable farming is a matter of business and farms can be most successfully operated only on a sound business basis.

### Improves All Pastures.

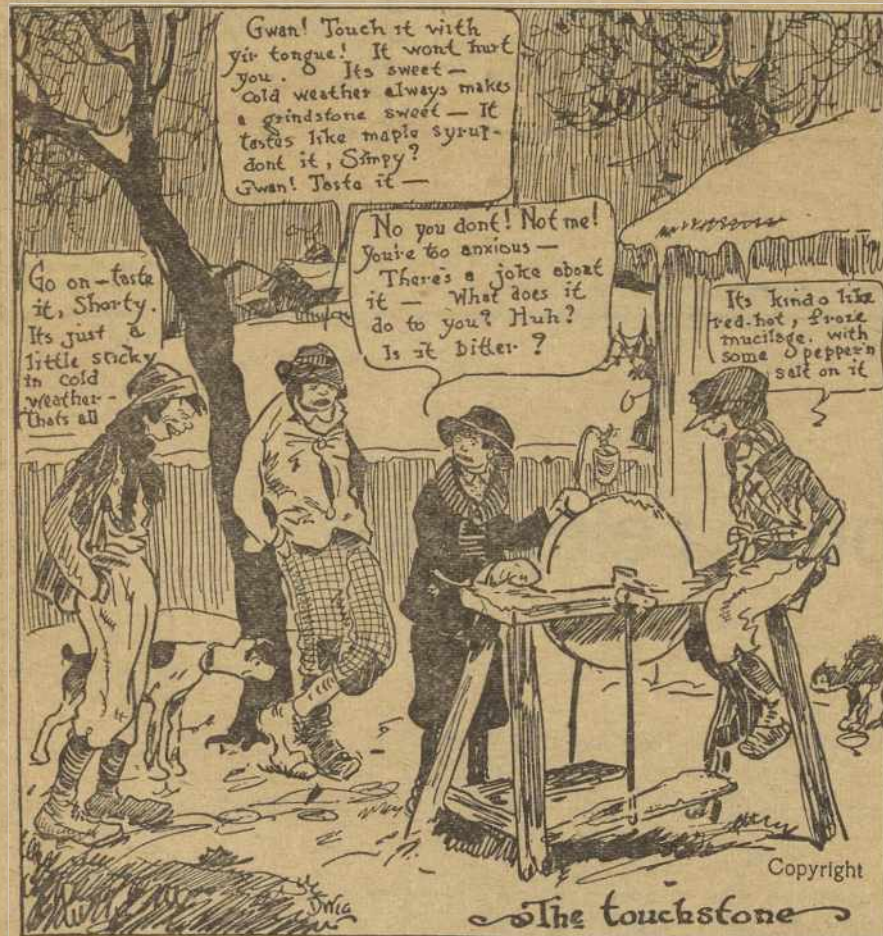
Different pastures will need different treatment, but they will all be improved by the application of a coat of manure.

### Value of Iowa Lands.

The average value of plow lands in Iowa is \$219 per acre.

Co-operative marketing is one way for the farmer to get cost plus a decent profit on his products.

## SCHOOL DAYS



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The touchstone

## MOTHER'S COOK BOOK by Nellie Maxwell

I know not where in all this world I'd find  
Another half so precious or so dear,  
Or one whose love would hold so firm and kind

Throughout the changing fortunes of each year,  
In all my life I cannot hope to pay  
That priceless debt of faithful loyalty;  
I ask no sweeter bondage than to stay  
A debtor to her precious love for me.  
For it I'd yield the honor men confer;  
For it I'd give all wealth and emolument;  
And all I have I humbly offer her—  
My deepest love and truest reverence.  
I know none other I could so enshrine  
Within my heart, save her—that mother mine.  
—Mildred E. Little.

### SEASONABLE GOOD THINGS.

TO SERVE three attractive meals daily for seven days in the week, the house mother must plan ahead several days to avoid monotony. The recipes below are but suggestive of what one may prepare and have variety:

#### Chicken au Lait.

To prepare this, take a five-pound fowl, one quart of milk, one

small onion, one tablespoonful of flour, one egg, one stalk of celery, one-half a bay leaf, four tablespoonfuls of butter, one teaspoonful of salt, one-half cupful of cream. Put the milk, bay leaf, celery and onion into the milk and let it simmer for twenty minutes, then remove the seasoning vegetables. Add salt, pepper and two tablespoonfuls of butter; let stand where it will keep hot. Prepare the fowl for roasting and stuff it. Brush with butter and dredge with flour, then place in a deep pan and brown well in a brisk oven. When nicely browned pour over the milk, cover the pan and cook slowly until the fowl is tender. Remove the fowl, strain the liquor and thicken with a tablespoonful of flour. Beat the egg, add it with the cream, very slowly, to the strained gravy. Heat very carefully but do not boil. Serve the gravy with the fowl.

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#### Ganges' Changing Channel.

The Ganges is constantly changing its channel.