

FROM INDIA.

By One on Medical Duty in that Far Eastern Country. House Keeping as Conducted Here Danger of Contaminated Wells. Nervous Disorders Plenty.

Dear Home Folk:

JHANSI, AUGUST 29th.

Miss Morrison, who has been the house-keeper, went off on her vacation and gave me the house-keeping to attend. It was laughable, as I have my tea and toast at six o'clock, or shortly after, and leave the bungalow sometimes at six-thirty, and always before seven. The servants did not come to me for orders and I did not get back until ten-thirty, or just in time for my breakfast. You can imagine my horror when I was told, "you have given no orders for breakfast and the cook will give you only porridge." As you know, that would not worry me much, but poor Miss McLean is a great big woman and eats plenty of food and she would share my starving. But fates were kind—the matron was the one who happened to discover this state of things and she told the cook to be sure to prepare something for us we could eat. Since then, each morning I must sign a slip to send for milk and bread, giving the order for breakfast at the same time and when the breakfast is over I must hear the "hisrub" (cook's) report of the money he has spent, and give the dinner order. In the afternoon I must send for ice and a new supply of milk and butter.

But this is not all; the "mali" or (gardener) is just doing as they wish and I think it is too bad, so here is where my scolding propensities came in. Taking Mrs. Ree, the matron, with me, for she is a good, fast talker, I departed for the garden, and found absolutely nothing done, when the garden should be almost in full bloom. The way I felt and talked, Mrs. Ree telling the "mali" what I said. Completely tired out I came away to find that the "chaprassi," (head-servant) had been stealing. Well, I got over being tired at once and to be very American "it into him," through Mrs. Ree, but there is little satisfaction in scolding that way and I was weary, when just then the "Sais" or groom came along demanding money for the horse, when I had been told he would not need any for a week and here it was but three days. I said "I will not give you a pice" the horse can lie on the bare ground," and lots more that did not sound any better. He took it meekly and told Mrs. Ree I was mistaken but I (having been warned that all servants in India will "do you" if they can) told him that Miss Morrison had told me. Home I went in disgust to look at the books and found that he was right. I was game and acknowledged my fault. But that was only the beginning. I have had to "go at" the cook, the nurses, the patients, and even their friends, until I wonder whether any one will ever hear me use decent language again and my poor temper resembles a porcupine—mightily prickly and ready to have anything agitate it. Poor friends! that may have to live with me when I get back.

They say each one sees things from their own standpoint; well, Miss McLean is one of the driving kind and things have been flying since she came back from the hills so that it has been like regular house-keeping with house-cleaning added. She thinks everything must be done in one day and I am wondering how long she will stand such a pace in this country, and really I almost came to the place that I think it almost a crime to use such enormous expenditure of energy over trifles, when there seems to be so many big things demanding one's best efforts.

Your days will be getting cooler by this time and you will begin to think of the winter again. Would that we could have a wee bit of your nice frosty weather. Of course, there is plenty of frost in the mountains in this country, but none where we are.

My housekeeping has not bothered me today and the various servants have decided to do their work without fussing. I must tell you about the wells here. When cholera gets busy the horror begins and the wells become contaminated so that the authorities put Pot. Permanjanate into the wells in order to purify the water. You can imagine my disgust when last night I found a native woman with her dirty native buckets and dirty rope, taking water from our well, and when we remonstrated with her she replied, "your well has no 'denai' (medicine)." At once I had to send to the hospital and have the girl who attends to the drugs give the "Bisthi" some Pot. Permanjanate for both wells else ours would be contaminated with not only leprosy and cholera, but other bacteria too disgusting to mention. It seems a shame to forbid people water but there is plenty everywhere now so there is no reason for their coming to our well, especially when there is no pump or other proper way of drawing the water except by bucket.

Would it not seem strange to you to be constantly on the alert against infection from some of the very worst diseases you ever imagined, such as typhoid fever, diphtheria and pneumonia. Well, there are plenty here, except diphtheria; but one seldom thinks of them as they are

truly mild in comparison with those others.

Somehow this seems such a country of extremes and one has to learn to live in exactly that same way, so that it is the placid individual, the one who does not worry, that gets away from India in good condition. So many of the workers here are not satisfied with the way things are run and try to do ten people's work instead of just their own—the result you know without my telling you, and I have met and tried to help as many nervous breakdowns here as I ever saw at home. (Continued next week.)

FOR AND ABOUT WOMEN

What your heart thinks great is great. The soul's emphasis is always right.—Emerson.

The hostess should know how to make the most of ordinary inexpensive crackers. In case of an emergency, when the cake box is empty or the baker has failed to come, a knowledge of how to utilize plain crackers is by no means to be despised, says the New York Times.

For instance, on a cool day, when something hot will prove acceptable with a cup of afternoon tea, serve soufflé crackers. These crispy puffs are made of ordinary Boston crackers, split and allowed to soak in ice water for five minutes.

Remove them carefully with a cake-turner to prevent breaking, and place these water-soaked halves on an inverted baking pan. Dot each one with butter and sprinkle with paprika. Place in a hot oven. The change from extreme cold to extreme heat expands these wet bits of cracker and causes them to puff in a most surprising way.

These are easily and quickly made as soon as one has learned the little trick of rushing the cracker halves from the ice water to the hot oven. Served with tea or chocolate, they are delicious. They are equally appropriate as an accompaniment to soup at a regular meal.

A cracker novelty, easy to prepare and sure to please, can be made from graham crackers, brushed with melted butter and sprinkled with finely chopped nuts or with caraway seed, according to preference. Place in a moderate oven until the crackers are well crisped and the nuts or seeds slightly browned.

The cheapest of soda or milk crackers can be entirely transformed by brushing over with melted butter and then coating with a mixture of granulated sugar and powdered cinnamon. Put a few small raisins, or one large one, in the center of each cracker and place in the oven for five minutes. Served either hot or cold, these cinnamon crackers are suited for the afternoon tea table.

As a substitute for the dainty sandwiches of the tea table try spreading small crackers with sardine or anchovy paste, and drying them for a moment in the oven. A few drops of lemon juice will improve the flavor, and, if liked, a half of a stuffed olive can be used as a center decoration. The time required for this work will be less than half that necessary to make sandwiches, and it is probable the guests will enjoy the novelty of these appetizing little crackers.

The combination of crackers and cheese opens up a long list of easy possibilities. A simple arrangement is to place in the center of each cracker a cube of cheese slightly smaller than an ordinary cracker. When placed in a moderate oven the cheese will melt sufficiently to cover the cracker entirely. Yet at the same time there will be some of the original cube still remaining. Sprinkle this with paprika. Crackers so prepared are excellent to serve with salads.

Where cream cheese is liked it may be softened with cream, so as to pass through a tube, such as is used when decorating with whipped cream. By selecting the smallest tube a delicate line of cream cheese can be piped around the edge of each cracker. In the center put a bit of guava jelly or currant jam. Such a combination is just the thing to serve with a plain, green salad. English walnuts and cream cheese also combine well. A flattened mound of cream cheese topped by half an English walnut makes a good addition to any small, plain cracker, and is appropriate to serve with a salad course or with a cup of afternoon tea.

Once the hostess realizes the possibilities of common crackers she will find it easy and pleasant work to originate appetizing morsels with crackers as a basis.

To the invention of new sashes there seems no end. These long lengths of supple material are worn by women and girls of all ages.

Some of the newest sashes are tied directly in front, in a large, full bow; others are tied at the side rather low down; others, again, are wound round the hips in Fatima fashion and simply knotted at the back.

All the art shades of blue are in demand of these sashes, especially the blue known as Madonna.

For wearing with pure white dresses we find smart sashes and printed gauze, which exploit various shades of red intermingled with touches of black and deep blue. Almost all the sashes of this season are fringed in order that they may fall heavily.

Swiss Rarebit—Here is a meat substitute which the Swiss use, as many of the Alpine people are vegetarians: To a third of a cup of mashed potatoes add two thirds of a cup of lentil pulp, half a cup of cream, a grated onion, a few stalks of grated celery and salt and pepper to taste. Mix well together and spread a thick layer of nut butter over the top and bake brown.

Mock Terrapin.—Chop together the meat from a cold roast or stewed chicken and a half pound of calves' liver, parboiled. Put into a saucepan a heaping tablespoonful of butter, a tablespoonful of flour and a cupful of onion. Stir until the sauce begins to thicken. Add the chopped meat, with salt and pepper to taste, and finally the yolks of two eggs and a wineglassful of sherry.

Who Is Kephart

Candidate for Judge of the Superior Court?



JOHN W. KEPHART, of Cambria County.

Every qualified voter in the State of Pennsylvania can vote for this office September 16th.

Mr. Kephart was born at Wilmore, Pennsylvania. Left an orphan at the age of two—at five sent to the McAllister Soldiers' School—a telegraph operator at sixteen earning money for college—two terms at Allegheny College followed by two years at the Dickinson Law School completed his education. Today County Solicitor of Cambria County and a leader of the Cambria County Bar. He deserves your vote.

Two thousand five hundred voters from Indiana, Somerset, Blair, Huntingdon, Westmoreland, Adams, Lackawanna, Luzerne, Clearfield, Fayette and Cambria Counties signed Mr. Kephart's nomination petitions.

FARM NOTES.

—No honest breeder will sell a culled ram to an ignorant farmer. It is as bad as passing counterfeit money.

—The richness of the stripping is one reason why we should milk the cow dry. Another is that the cow will soon dry up altogether if not milked out twice a day.

—Lined meal is made by grinding flaxseed from which the oil has been more or less completely extracted. "Old process" contains more fat and somewhat less protein than "new process" lined meal.

—Shade in the calf and cow pasture is indispensable during the hot months. If the cows are to give a good milk-flow, and the calves are to thrive and make a profitable growth for the feed they consume, they must be protected from the burning sun.

—A young sow should not be expected to produce more than one litter the first year. Her second litter may be farrowed when she is slightly less than 2 years old, and she may be expected to produce one litter every six months after that, provided she is properly fed and handled.

—The outside wall of a horse's hoof should never be touched with a rasp or file, as the covering (periole) provided by nature is removed, thus permitting the penetration and absorption of filth that causes the hoof to become contracted and brittle, producing a predisposition to quarter-cracks.

—Moldy corn will produce blind staggers in horses, and it should never be fed to them. Every year there is considerable trouble with this disease in the west, and in almost every case the cause is moldy corn. If this corn does not produce blind staggers it will tend to injure the physical condition of the animal. So do not feed it, and be careful about pasturing the horses in stalk fields where there is moldy corn.

—Alfalfa is just as good a feed for horses as timothy or prairie hay, provided it is handled correctly. It is too rich to feed alone, and must be diluted by bulkier feeds. If alfalfa forms a portion of the horse's ration one must supplement that ration by timothy, prairie grass, corn stover, straw or something of that sort. When this is done, and when only a reasonable amount of alfalfa is fed, farmers will have no trouble in feeding alfalfa to horses.

—A dairy cow should be large and roomy, so that she may consume considerable silage and hay, or in summer a large amount of grass, in order that she may make a heavy flow of milk. At the Wisconsin Experiment Station Professor Wolf has determined, after keeping records of 395 dairy cows of different types, that the largest cows in the different breeds are more profitable than small cows, and they have also found that the cows that consume the largest amounts of roughage and concentrates are the most profitable.

A roadster foal should show his form as a yearling, and a trained eye should be able to detect evidences of speed or promise of development. Liberal feeding and activity are prime factors. Their growth must not be interfered with nor their exercise halted. Flesh does not injure, if it is put on rightly. On the other hand, scant rations dwarf development, and not only decrease size, but sap vitality and vigor, thus weakening his endurance stamina. A roadster without staying qualities is like a cartridge without powder.

—It is more economical to use only pure-breds in the breeding stock than it is mongrel stock. Both the boar and the sow should be pure in blood. Where this is not possible the boar at least should be pure. The young from a scrub or grade bore would never be able to make the number of pounds gain from a given amount of feed that would those from a pure-bred, and, besides, would not be of uniform shape and color. This matter of color is important where one is feeding a carload of hogs for market. It is a fact that a uniform bunch, all of the same color and practically the same type, would top the market, while a bunch of mixed colors, sizes and types would sell at from 10 to 20 cents per 100 pounds lower. This would make a dis-

count of from 25 to 50 cents per hog, according to weight. In the selection of sows for the production of pigs for market care should be taken to pick out such as give promise of becoming large, roomy sows, with good length of body, deep sides, good strong backs, good hams, neat heads, short noses and good legs and feet.

—Coweeps have a combined value in furnishing hay and seed. To make good hay, the crop must be carefully handled. The plant should have made its growth, and have at least the first pods ripe, when the mowing takes place. To secure best results there must be a uniformity in maturing. By not handling the hay when the leaves are dry and brittle, the serious loss of leaves can be avoided.

The curing should be done in small cocks, and when no moisture can be wrung from the stem by twisting it with considerable force the hay is ready for stock or barn.

If grown in a mixture with sorghum, Johnson grass or soy beans, coweps have been grown very advantageously in the South for hay production. By this method there is a better yield and the curing is easier performed.

While it is not a very economical practice to pasture coweps, it is frequently done on account of the small expense it entails. For grazing hogs, coweps are especially suitable.

Cowpea hay is nearly equal to wheat bran as a ration. It is very nutritious. For work stock, or for beef or milk production it is satisfactory. It also is fed to poultry in some sections of the country. The grain is a rich food and highly relished by fowls. Cowpea straw is an excellent roughage and almost as valuable as the hay.

Coweps furnish nutrition to the soil and improve its mechanical condition. They are most profitably grown with other crops. The fact that cowpeas, as a rule, produce something upon the poorest soil, is a most commendable feature. While good preparation is absolutely necessary in the culture of any crop, a large portion of its benefit is lost if not supplemented by cultivation, if the nature of the crop admits of it.

To get an idea of the prevalence of "stomach trouble" it is only necessary to observe the number and variety of tablets, powders, and other preparations offered as a cure for disorders of the stomach. To obtain an idea as to the fatality of stomach diseases it is only necessary to realize that with a "weak stomach" a man has greatly reduced chance of recovery from any disease. Medicine is not life; Blood is life. Medicines hold disease in check while Nature strengthens the body through blood, made from the food received into the stomach. If the stomach is "weak" Nature works in vain. Dr. Pierce's Golden Medical Discovery must not be classed with the pills, powders and potions, which have at best a palliative value. The "Discovery" is a medicine which absolutely cures diseases of the organs of digestion and nutrition. It purifies the blood, and by increasing the activity of the blood-making glands increases the blood supply. It is a temperance medicine and contains no alcohol, neither opium, cocaine, nor other narcotics.

On putting parasols away at the end of the season remember that they may be saved from "cutting," as it is commonly called, by adopting this simple device: Take a double sheet from a newspaper and roll it up to form a cornucopia, or in the shape of an ice cream cone. Pin it or sew it to keep it in place. Make as many of these "cones" as there are sections of the parasol, and drop one in each section. The silk cannot fall into creases or get "cut" if this care is taken, and your parasol will last twice as long.—Ladies Home Journal.

Popovers.—One cupful of rich milk, one cupful of flour, a little salt, beaten together. Fill buttered custard cups half full and bake in hot oven half an hour.

What, When and How to Eat.

Man Has Advanced Along All Lines Except in Science of Eating.

By EUGENE CHRISTIAN, F. S. D.

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MAN begins his struggle with the food question a few hours after his birth and continues until a few hours before his death. It is the one thing that engages most of his attention. It is, after all, the dominant thing in life.

He could live as his anthropoidal ancestors did—entirely without clothes or houses—but food he must have. He is in active contact with the food question about one-eighth of his entire life.

If any intelligent man should take three lessons a day from a competent teacher in any of the arts or sciences for thirty, forty or fifty years he would no doubt be master of his chosen profession, especially if his teacher could not err—always taught him the truth.

Man eats three meals a day, or about 1,605 meals during the year. Every meal is or should be a lesson, a sort of clinic, and Nature, his great teacher, never makes a mistake. Every symptom she gives to him is a truthful one. She speaks in a language that never deceives him, and yet at the close of a life, after eating three meals a day for forty, fifty, sixty or seventy years, the average man acknowledges defeat and declares that he knows nothing about feeding his body, and even if he does not acknowledge defeat disease is his accuser.

Disease Is Not Normal.

The natural man is a healthy man. It is disease that has to be "caught," and most people chase it for years before Mother Nature will permit them to possess it.

Nature's laws are so simple, especially that of nutrition, that most people have entirely overlooked them.

The human body is composed of fifteen well defined chemical elements. A normal body weighing 150 pounds contains these elements in about the following proportions:

Table with 3 columns: Element, Pounds, Ounces, Grains. Lists elements like Oxygen, Carbon, Hydrogen, Nitrogen, Phosphorus, Sulphur, Sodium, Chlorine, Silicon, Potassium, Magnesium, Iron, Manganese.

Man could subsist indefinitely upon as few as six different articles of food, and, taken in certain proportions, he could with them keep his diet thoroughly balanced at all seasons of the year.

Perfect Health Is Natural.

If these natural foods were prepared in a simple way and the taste trained to accept them they would appeal to the highest sense of hunger and eating would be far more enjoyable and the human body would get back the natural rest, which is perfect health, but most everything man does to his food injures it.

I have before me a bill of fare sent by the proprietor of one of the large eastern hotels in order to show me his elaborate offering to the public. It is in booklet form and contains sixteen pages. There are fewer than half a dozen things on this entire menu that are really good food. About half of the things, however, were originally good, but they have been roasted, toasted, boiled, mixed, fixed, soured, sweetened, chopped, mashed, baked, canned and fermented until they are a veritable olla podrida of dietic confusion.

Food, air and exercise are equally important. In fact, all forms of inanimate life are governed largely by these laws. The roots of plants and trees take in nutrition from the soil, while the leaves and buds take in oxygen from the air and throw off carbon dioxide the same as the human lungs, and the more the plant or tree is cultivated, exposed to the sunshine and blown about by the wind the more it will grow and the higher it will develop.

Curative Feeding.

Man has drifted along for many thousand years without giving any scientific attention whatever to his eating. He has selected his food and drink largely according to his appetite, and this has very often become warped and perverted by bad habits. As an illustration, from the standpoint of the scientist, all stimulating and sedative articles, such as liquor, beer, tea, coffee, tobacco and many drugs, are things that tear down instead of build up human tissue. Hence, from a scientific viewpoint, the man who takes these things is acting as foolishly as the architect who would put one crew of men to constructing a building and another smaller crew to tearing it down.

We have, however, a great deal of disease to contend with caused by man's bad habits and in order to deal with this subject scientifically it brings us directly into the question of curative feeding—that is, selecting, combining and proportioning food so as to remove the causes of disease. This subject, however, will be discussed more thoroughly in the latter part of this series. What I desire now is to point out the results of man's bad habits or lack of attention and obedience to the fundamental laws above named.

Nearly all animals on this globe except man live under normal conditions about eight times their respective periods of maturity. A horse, dog or cow that will obtain its growth in four years will live under ordinary conditions about thirty-two years. This rule applies especially to all anthropoidal and quadruped specimens.

Life Needless Shortened.

Man matures or gets his growth at about twenty-four years. Measured, therefore, by the scale governing the lives of all other animals, he ought to live eight times twenty-four, or about 200 years; but reckoning from the age of six, which takes him out of the infant class, man dies at a fraction over thirty-eight years of age, which is about one-fifth his natural period of life, while if we calculate from his birth his period of existence in all civilized countries is brought down to less than thirty-two years.

Man drinks the same water, lives under the same sunshine as his brother animals, but differs from them mainly in his food, air and exercise, the three fundamental laws above referred to. It is fair to assume that man is no exception to the general laws governing all other animals—that is to say, if he did not commit some very grave errors he would live his normal period of years, as perhaps did his ancient ancestors.

Man has greatly increased the productivity of labor by invention and the productivity of the soil by the science of agriculture. He has almost conquered the air and carried the transportation of intelligence (talking through the air) to its limit, but he has forgotten himself. In fact, just to the extent that he has progressed in all the other sciences he has retrogressed in the science of preserving his own health.

Where Science Has Failed.

Man is entitled by inheritance to live 200 years. Science therefore can boast only when it has carried him beyond this period. If he had given as much attention to the science of health as he has to that of mechanics and the accumulation of wealth there is every reason to believe that he could have doubled his present period of life or perhaps brought it up to or beyond the 200 year mark.

The difference between youth and age is, in fact, only a chemical difference. The differences between the stiff and flexible cartilage, the hard and soft artery, the normal and irritated nerve, the rich hemoglobin (red) and thin blood, the black and white hair, are only chemical differences. They represent deposits, things taken into the body which in some way the body could not cast out.

If man had studied his construction and maintenance and made of them a true science these chemical differences could have been known and their causes removed, and man would perhaps today be in possession of his birthright of 200 years. If he had carried the science of physiological chemistry and food chemistry to the same degree of development that he has carried industrial chemistry no doubt he would be able to prolong his life even beyond the 200 year mark.

Vegetable Diet Ideal.

But his eating has been haphazard. The most important thing in life has been guessed at. Is it any wonder, therefore, that he is sick, weak, has gas fermentation, nervousness, indigestion, constipation, insomnia, backache, headache, gout, rheumatism, is too fat or too thin? Is it any wonder he is only 51 per cent efficient and lives only an average of thirty-eight years when he guesses at the material that makes his blood, bone and brain? All of this has changed hunger into appetite and health into disease.

All the chemical elements composing the human body can be found in the vegetable world in their best and purest form. It requires, therefore, but little knowledge to enable man to select his food from articles that will supply all these elements in approximately the right proportions, but to this important matter man gives practically no thought.

It is the boast of many a housewife who has a good cook that she does not know what is coming on her table. Feeding the family, therefore, is a system of thoughtless guesswork. Building the temple divine, the heritage of a million years of evolution, making the blood that feeds the little engine in our breast that pumps over twenty tons of blood above its own level every day, is left to mere chance, is left to the judgment of one who knows absolutely nothing about the chemistry or needs of the body or the chemistry of the material that builds up that wonderful structure.

Little Care Selecting Food.

No intelligent mother would give her child or husband medicine compounded by a druggist that knew nothing whatever about the chemistry and action of drugs, yet she is putting a prescription of food upon her table three times a day without any knowledge whatever of the chemistry of food or the nutritive demands of her family.

These are a few of the things that justify thoughtful people in the conclusion that the period of human life is only about one-fifth of what it should be. These are also some of the things that justify the calculation that about 90 per cent of all disease originates in the stomach and that incorrect eating is one of the principal causes of man's shortened period of life.

Don't Be a Slave.

Don't be a slave to slavery. Every pill user is in danger of such slavery, unless he recognizes the fact that violent purgatives are hostile in Nature. Dr. Pierce's Pleasant Pellets are small sugar-coated pills, which act on the bowels, stomach and liver with an invigorating action. They cure disorders of these organs, and do not beget the pill habit.

—Have your Job Work done here.