

A PRISONER'S THANKS.

Recently on a Sunday afternoon the boys' choir of St. John's Orphans' Asylum paid a visit to the Eastern State Penitentiary and for an hour sang to the inmates...

AN APPRECIATION.

A child note, like a lark note, Is ringing in my ears; And like a magic carpet bears Me back along the years...

GREATER PROSPERITY AHEAD.

From the James Barn Magazine for June. In business, prosperity awaits the American nation—not business depression or panic.

For two years we have had prosperity more universal than at any time most of us can recollect. Farmers have had good crops and have made money.

The entrance of America into the war means a tremendously increased demand upon the farmers for the products of their toil.

Even though the government may find it necessary to establish maximum prices for the protection of the consumer, nevertheless, it is certain that this maximum price will be large enough to leave the producer a satisfactory profit.

The expenditure of the vast sums of money—such as the seven billion dollars (\$7,000,000,000) recently appropriated—even though it be for war purposes, stimulates business in every other line.

All of us recall that two years or so ago, many factories were not operating, hundreds of thousands of laboring men were unemployed, and we were in the midst of a real business depression, even though all basic causes indicated business should be prosperous.

When the allied governments spent their first fifty million dollars in America for war materials, business started to boom.

Our present prosperity was started by that first \$50,000,000 purchase. How tremendous then, will be the increase in business prosperity that will follow the expenditure during the next twelve months of the \$7,000,000,000 recently appropriated for war purposes?

Have you any conception of how much \$7,000,000,000 is? There are 6,362,000 farms in the United States. If the seven billion dollars were all spent for farm products, it would be the equivalent of an \$1100 order for each farm in the country.

There are approximately 3,000 counties in the United States. If the seven billion dollar order were divided equally by counties, the average would be two and a third millions. In Wisconsin, with its 71 counties, the total for the State would be \$165,000,000.

Would it increase property values? Would it benefit your farmers, your retail merchants and your traveling men? Of course it would.

PROSPERITY NECESSARY FOR VICTORY.

The cost of the war in money will be enormous, and sooner or later the tax payers of the country must foot the bill.

Happy it is for our land and for our people that conditions are right for even greater prosperity than we have heretofore experienced.

Panics and business depressions may easily be brought about, wholly without any basic reason, simply by a general pessimistic state of mind.

Profits and business depressions may be that of using the emergency brake when the car is running at high speed. The shock may be ruinous.

DON'T RETRENCH.

If folks generally, simply because war is on, believe they should retrench rigidly in their personal expenditures, wear their old clothes, buy no new furniture for their homes, hoard their cash, postpone new buildings, stop the construction of roads and other public work, they are putting the emergency brake on national prosperity at a time when our nation's future may depend on national prosperity.

Warning along this line is timely, because some folks, even high in official circles, have given this subject too little serious thought and are making the mistake of advising curtailment of all expenditures of whatever nature, stern retrenchment and rigid economy.

Some States and municipalities are stopping road building and other public work. Some folks are hoarding cash when gilt-edged securities are available in any quantity.

There is, of course, the usual need for the elimination of waste, all along the line, and particularly prevention of waste of food and other things needed in war.

The time may come when certain unnecessary expenditures should not be made, and if they are for things requiring labor which is needed elsewhere for war purposes.

They did not realize that if folks generally followed their example, the retail clothing would have "hard sledding," forcing them to discharge clerks and curtail their purchases from jobbers.

The men discharged from retail clothing stores, from jobbing establishments and factories, would all have far less money to spend.

The Philadelphia "North American" says: "The surest way to lose the war would be to permit the natural processes of our economic existence to become disorganized through depression, the surest means of bringing victory and early peace is to stimulate those processes by steady concentration upon our ordinary affairs and steady adherence to rational habits of life."

Howard E. Coffin, chairman of the National Council of Defense, publicly urges: "We need prosperity in our time more than when we are at peace. Business depressions are always bad, but doubly so when we have a fight on our hands."

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Would orders totaling \$2,333,333 placed in your county this year for farm and manufactured products of all descriptions help your business?

How To Regulate Your Weight.

BY ROBERT H. ROSE, M. D., in "American Magazine."

No healthy person need be too fat or too thin. He has just as much right to say what he shall weigh as what church he shall attend or what political ticket he shall vote.

To those folk who are wont to look on lankness as undesirable but inevitable, who regard fat quite as much a family heritage as blue eyes or a pug nose, this statement may seem surprising. But it really is true.

"I've tried but I can't reduce my weight," is a statement so frequently heard, "Go without food today and you will lose a pound, probably much more. Just as certainly you will lose, though more slowly, if you eat a little less than you need for a longer period of time."

Obesity is more common than underweight and much more dangerous as we march into middle age. It has just two causes: The first is disease, usually an affliction of the thyroid gland, the second is nothing in the world but overeating.

Overeating is not necessarily gluttony, or anything approaching it. A small meal made up of certain foods will furnish more fuel—and more fat—than the body than one twice as large and less discreetly chosen.

The stout person must learn that he has both friends and enemies at the table. His enemies are sugar, bread, cereal, desserts, butter, cream, olive oil, bacon, cocoa, and rich sauces.

How to take off flesh. We eat—or, at least, we should eat—to provide protein (tissue builder) to replace the small amount that is worn out each day, and to supply fats and carbohydrates (the latter meaning sugar and starches) to be converted into heat and energy.

Suppose there comes to me a patient forty-two years old, five feet six inches tall, and weighing 170 pounds. By consulting my table of normal weights for men of various heights and ages I may fix the fact that he is twenty pounds too heavy.

What Men Should Weigh. Ages: 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64. 5 ft. 0 in. 125 128 131 133 134 134 134 131

What You Should Eat. It is really a rather simple mathematical problem to determine the proper caloric diet for any one. One multiplies the normal weight for a person of his age and height by .5, if he does light work; .25, if he does moderately hard work; .25, if he does very hard work.

For him a well balanced diet that will furnish him approximately 1,600 calories. I might do it thus: Breakfast Bread 2 slices 140 Butter 1 ball 80 Eggs 2 160 Milk in coffee 2 ounce (liquid) 20 Sugar 1 teaspoonful 33

This diet is well balanced in proteins, carbohydrate and fats. "What to Do if You are Too Thin" with table "What Women Should Weigh" in next week's "Watchman."

The primary duty in this country today is for every State, municipality, corporation and individual to go about business promptly, intelligently, and with the optimism which the situation fully justifies.

The last year's output of copper in this country shows a marked increase over any previous year's output.

1. For proteins take one-third of a pound of meat and two eggs daily. Most of your other foods will contain a small amount of protein, which will make up the balance of what you need.

2. Select one highly carbohydrate article, besides sugar, for each meal. You may choose from bread, cereals, soup, macaroni, potato, corn, custard, ice cream, almonds, dried figs, dates or raisins.

3. Limit your sugar to three teaspoonfuls daily. 4. Fats should be cut down to a minimum. From one and a half to three balls of butter—which is entirely fat—should be sufficient for this division of your diet.

5. If you obey the foregoing instructions, you may appease your appetite by eating unsweetened fruits, salads without oil, and such vegetables as carrots, squash and string beans, without cream sauce.

First. One egg, one chop (lamb), three ounces of lean meat, two slices of bread, one and a half balls of butter, three teaspoonfuls of sugar.

Second. Three articles of unsweetened fruit—such as an apple, a pear, and an orange. Third. The equivalent of two tablespoonfuls of any two of the following: Lettuce, carrots, tomatoes, celery, lima beans, cauliflower, squash, boiled onions, turnips, asparagus, string beans, cabbage.

Fourth. One salad, excluding nuts, cheese, potatoes or olive oil. Add a little real exercise and your scales are likely to show a drop of at least two pounds a week.

All the foregoing instructions have been general. Since persons vary so much, however, in build, age, and activity, I feel that I ought to tell the reader a simple way to figure out exactly the proper reduction diet for his or her own individual case.

The decoration of the long narrow table, in the long narrow dining room, has always been more or less problematical. It is fairly easy to arrange flowers, of course, but when one wishes to use four candles, then comes the difficulty.

Another hostess whose table and room are wide enough to allow a different treatment arranges her candlesticks in diamond formation around a bowl of roses, and adorns the empty spaces at the ends with china baskets of fruit.

Corn Dodgers.—Two cupfuls of corn flour, one teaspoonful of salt, two tablespoonfuls of molasses, one cupful of cold water, eight tablespoonfuls of lard, which is put in the pan for cooking.

Pineapple Toast.—From slices of stale sponge cake cut out as many rounds as there are persons to serve. Have the rounds of the cake of the same size and a little larger than the slices of the pineapple to be used.

Don't set the brakes. Open the throttle and keep up "Business as Usual."

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FOR AND ABOUT WOMEN.

DAILY THOUGHT

All material questions are of little importance in comparison with the sole object of our life: to preserve love amongst all men with whom we come in contact.—Tolstoy.

The most effectual way to prepare all dried or evaporated fruit is: First pick over the fruit carefully after selecting as good a quality as can be afforded. Wash well in luke warm water, as it removes any foreign substance much more quickly and effectually than cold water.

Set over a slow fire in a saucepan to cook very slowly in the water in which they were soaked. Bring to the boiling point and set on the back of the stove or on an asbestos mat; or cock in a double boiler, although the small size is too small to allow the prunes or other fruit to swell.

The sport coat has become a veritable craze. One cannot have too many. There is the sport coat for morning, supposed to be worn over thin lingerie blouses that go with the gay sport skirts.

Over the afternoon frilly frocks goes the knitted silk sport coat and the silk or satin coat. These are difficult to make, but the sport coat is made only by the finer material and a trimming of fancy borders.

To preserve the freshness of the skin it is a good idea to use a good massage or cleansing cream after a day in the sun, wind or dust. Gently rubbing in the cream will remove dust and foreign substances from the surface and will also feed the tissues, healing the dry and stretched cuticle and restoring the skin to its natural resiliency.

Almost every gown today has its sash. Braid sashes are among the novelties. The braid is decidedly new. It is silk—soft, pliable, in Chinese colors and printed in Oriental designs.

The present substitute for the bunch of purple violets is the patriotic boutonniere in red, white and blue. Ribbon forms the violets. Neck ribbons also show the national colors.

Flag ribbon can now be bought by the yard. It comes in different widths.

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FARM NOTES.

—The best roughage for breeding ewes is alfalfa and clover hay, shredded corn stalks and oat straw. Be careful not to feed too much of the shredded cornstalks to the breeding ewes, for fear of their getting too fat and causing trouble at lambing time.

PROFITS LARGE IN BEE KEEPING. The study of bees is interesting, and the profits in keeping them is large, considering the amount invested.

The worker bee hatches in 21 days from fresh eggs, and a drone in 24 days. The queen does not go to the fields in search of honey, but devotes her time to depositing eggs.

For a few days after hatching the worker bee devotes its time as a nurse in the hive, either feeding the queen or young brood, or maybe in helping to build comb, on pleasant days taking exercise flights in front of the hive to develop wing power and learning to make their way home.

In normal conditions when a swarm leaves the hive, the old queen goes with a greater portion of the workers to make for themselves a new home in some distant tree. There is left in the hive a small colony of worker bees and an abundance of drone bees, and all the way from two or three to 20 or 30 queen cells, and the most of them nearly ready to hatch.

Only one queen will stay in a hive, so it often happens that there will be two or three of these young queens, who, rather than fight for life, will take a portion of the bees in the hive and go to the woods. Some seconds after swarms are seldom of any profit unless returned where they came from.

All queens when four to seven days old will, if weather permits, take their wedding flight, select the drone of her choice, and while on the wing become mated once only and for life. When several colonies of bees are near together, as in an apiary, it is not necessary to allow but a few drones to hatch in each colony. Better select the colony and raise all in that one, as the above mission is all the drone is good for.

The queen, when from eight to ten days old, or three to five days after mating, will begin to lay eggs, only a few the first day, but rapidly increasing the number until during the best of the brood-rearing season 2000 to 3500 eggs are deposited daily.

Some bee men clip every queen as soon as she is laying. It is no damage to her. She will live as long and produce as much brood as if she had both wings, and it will prevent her from going to the woods with a colony of bees. They clip the feathery portion of both wings of one side of her body. To clip her they take her in their left hand, holding her by the waist or thorax with thumb and finger, leaving the legs and wings free.

If several colonies of bees are ready to swarm, it is a great convenience to the owner on a bright morning when swarms are coming out to take their leisure time, to go to each hive where a swarm has just issued, and in the grass near the hive find a bunch of bees and the queen with them. He has no tall tree to climb to get the colony. Simply return the queen after taking out all the queen cells, and if necessary remove one or two brood combs for empty ones. In short, he does with the bees as he thinks best, and he has no bees going to the woods or trouble in getting them hived.

All the precautions necessary to keep my large stock of extracting combs are to space them one less to the hive than they are used in the summer, and then leave them where they will freeze during the winter, writes an apiarist. The moths pass the winter usually in the egg stage, and a good, solid freezing will kill them, so in the spring there are no worms to eat the comb.

Combs used for extracting seldom have any pollen or other nutritious food for the worm in them. The combs which are in the hive where the bees have died are the most liable to their attacks.

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