

## THE HOME-TOWN PAPER.

Edgar A. Guest in the North American.

It's like a smiling friendly face, It's like a voice you long have known, You see it in some distant place And rush to claim it for your own. The paper from your old home town Has bridged the long and dreary miles And with it you can settle down Among familiar tears and smiles.

you wait for that.

Alberta.

Faugh!"

an eager hand.

she has given quite a number of peo-

It speaks for every friend you know, It tells of scenes you yearn to see; It brings back joys of long ago And tells of joys that are to be. And as you run its columns o'er

Your yesterday's come trooping back; You fancy you're at home once more, And golden seem the letters black.

Its speech is one you understand, It tells of griefs that you can share, It brings you, in that foreign land, Glad messages to banish care.

There, among scenes and faces strange, The old-home paper seems to be The faithful friend that doesn't change,

A friend that you are glad to see. I know not just what heaven is like, Nor just what joys beyond life's tide

Await for me when death shall strike And I shall reach the other side. But this I know when I have gone

To dwell in realms divinely fair, My soul shall yearn to look upon The old-home paper over there.

# AT THE DOCTOR'S DOOR.

At about the hour of ten of a night in early spring the romantic setting being the city of New York, those sophisticated gentlemen who act as stage-managers of Bohemia were gathered in Parnassus Hall, attend-ing to the finishing touches of the an-nual festival which was published on the bill-boards as the Aztec Ball. Decorations of a barbarian coloring and design were tacked along the galphisticated gentlemen who act as stage-managers of Bohemia were gathered in Parnassus Hall, attendand design were tacked along the gal-leries, an improvised Court of the Incas blazed goldenly from the ugly lit-tle stage of Parnassus, a contractor had laid in a stock of inferior liquor for the occasion. All, in fact, was in readiness for the swinging of the big front door, and the managers looked forward to a profitable night of it.

young man went the rounds, punctil-On the south side of Washington iously paying his addresses to the swollen Bolbys and nodding jauntily to Dr. Plaisted, who returned a friend-Square there was a scampering up-stairs and down, an improvisation of ends and a generally successful at-tempt on everybody's part to wear a different disguise from that worn at the Apache Saraband, or the Vert different disguise from that worn at the Apache Saraband, or the Vam-ing and sat beside Alberta, making no pires' Ball, or any other of that close chain of midnight festivals which Bo-sought. chain of midnight festivals which Bo-hemia's management had arranged for the winter. Complaint with this general idea, a girl who occupied an untidy studio on the third story of a decrepit house near the compare of the decrepit house near the corner of the but the chap who was with me fell Square was patching an old Peter Pan costume which had done service since the meridian of Mr. Barrie's play the meridian of Mr. Barrie's play many season's ago. Her name was Wanda Holt, and she was rather a small, plain, scrawny person with mud-colored hair bobbed below the ears plaintive eves and a look of ab-

Then first you know it's daybegin. light! constituted her serious condition to Home, James. Channing's career. He was making money, a great deal of it for a doctor. You're describing Paradise!" she cried rapturously. "I've got two tickets," he announc-

money, a great deal of it for a doctor. They were dining off rich men's dam-ask nowadays, being invited every-where. But the sight of her Chan de-voting his splendid talents, applying his fine head, to the uses of these over-fatted Bolbys and others of their bind! Wall L Branner Bolby was ed. "But of course there's your hus-band." "Chan?" she laughed. He won't mind. We have a perfect understand-ing about these matters. We work

over-fatted Boloys and others of their kind! Well, J. Branner Bolby was worth a number of millions and Chan had a dozen patients of as good a rating and better. She had done it, Chan followed her advice, and they had aut out a sortimental attitude to together and play separately." "Bertie, you've brought sweetness and light into my embittered life," he assured her as they walked back to-ward the closed door of the Bolby box. had cut out a sentimental attitude to-"I'll go home, get into my costume and call for you at twelve." "You'll find me game, as you say," she smiled back at him as she opened ward the humbler world which paid only three dollars a visit and made

The curtain swept down and ap-plause began crackling like giant the door which carried the engraved twigs under a pot. The distraught name of J. Barnard Bolby.

It was after the performance, just as the party was breaking up, that Alberta went to the cloak-room and prima donna, smiling after her bout with three peevish monarchs, came forward for her ovation. "Three kings!" wheezed old Mr. Bolby, turning fishhy eyes toward her. "Well, whatever she gets serves her right." took a little silver scent bottle from her beaded bag. She measured out ten drops of the liquid in a glass of water the attendant brought her and "Oh, be a little kind to her," smiled swallowed the dose. By the time she berta. "Think of the excitement had gone to the foyer and begun say-"Think of the excitement ing a hypocritical good-night to her hostess she was feeling quite normal "There's the point." Mr. Bolby raised a tallow-like finger. "Some again for the first time in several hours

women-merely because they happen As they were driving home in the to be born pretty-think they can run with the hare and hunt with the doctor's car Alberta began taxing her wits for a natural approach to the topic of Ronald Prawl's peculiar invihounds. Giving beauty to some wom-en is like giving dynamite to a baby. tation.

"What's wrong, old dear?" she ask-"You might make it illegal," suged affectionately, passing her hand over the rugged cheek of the man begested she in a vaguely satirical tone. Mr. Bolby pondered her suggestion for a while, then responded pompousside her who maintained an attitude of fatigue and resignation.

"I'm paying an income-tax on thir-ty-five thousand a year," he groaned. "And if the government knew how ly: "That would be a very difficult thing to do. There will always be a certain attraction held by women who—" The door of the box opened and a many times over and over again I earn my money they wouldn't have the heart to charge me a cent." plump young man with a row of sap-phires down his ample bosom bowed "The Bolbys are bores," she conced-

himself into the presence. He had a ed. ed. "Hang it, Bertie, they're all bores!" he replied carelessly. "If they don't talk a leg off you they freeze you to death or keep you capering for them like a dancing-master or flattering their cilly little orgos or playing their their silly little egos or playing their stupid games. They call a doctor in the way they call in a barber—to give This was her bright delivery. Air had been let into the sluggish circle. 'em what they want and take his tip Reacting as she had been against the heavy dinner and liberal wine of the Bolby establishment, the sight of the merry, vinous Ronald Prawl came to her like a reviving cocktail. The

'em what they want and take his tip and get out. And they never want a doctor to practice medicine honestly and scientifically, as he's been taught to do. Anything but that." "There now, dear boy," she soothed, well knowing this class of rebellion into which he plunged occasionally. "After all we can't let the rich die without proper medical attention." without proper medical attention."

"That's exactly what most of 'em do die without," he replied savagely. "They don't want to be cured. They want to be flattered; and as a conse-

want to be flattered; and as a conse-quence they call in a medical dummy like myself and pay an exorbitant sum to be flattered to death." "There, there!" She wound a slen-der arm about his neck. "He needn't go to the Opera any more if it makes him so savage."

"With the poor it's different," he stormed on unheedingly. "I go into a poor man's house with the idea of taking charge of the case. I don't check my honesty at the door—or hand it to the butler the way I'm ex-pected to do when fat old Mr. Croesus gets sick. With a poor patient I act on my best scientific judgment, earnestly and squarely-or that's what I "What would you prefer to do?" she she asked, settling back against the up her mind to have an unbroken sea-son of it; and she entertained the hope that she would look better as Peter the vening had progressed with Ron-file, dimly outlined by the reflected asked archly, wondering a with Ron-ny Prawl. "Came—and the first thing I saw was you and the retinue entering the foyer. Bully glad I came—rotten op-foyer. Bully glad I came—rotten opthree dollars when I can get three hundred; but it would give me a grim satisfaction to know that I was in the battle again, giving something really useful to the world. I'm too busy now getting rich to accomplish much of anything. I have to spend my days hanging around languid ladies, telling them they're anemic because they don't like to be told they're alcoholics. I've given up answering night calls from people who really need emergency help, because it might interfere "Oh, Chan! You know you're too successful to be tumbling out of bed at night for charity cases!" She sighamong the evening-clad couples. Al-berta following delightedly along the had buried that silly hobby long ago around her. She was a lovely picture of a woman in her early thirties, sup-ple and smooth of skin, and with eyes the color of sea water; a shade also under the color of sea water; a shade also were of his rambling, frivolous mon-digue. "I'd confess anything to you, Ber-tie," he chattered on. "You have a under the color of sea water; a shade also under the color of comfortable, I'll admit, to roll out of sweet dreams for every telephone-call find the address of a truckman whose wife has decided to increase the population at three in the morning. You were perfectly right when you showed me that other successful doctors didn't do it—that they left the nightriding to younger men who had to take the rough stuff—" "Well, what are you getting at, who had brought the Bolbys into it warding she was parched with thirst channing's practice, just as it was it, for she was parched with thirst she who had turned the conscientious, and that sensation of sinking, sink- "Forgive me, Bertie!" He reached across and drew her to him in a bear across and drew her to him in a bear off had, too, a thirst for some excitement that would send her spinning on till morning. Her nerves were up in re-bellion against being hored and the is. You mustn't think I'm ungrateful to you, dear, for the way you've boosted me up to where I am. And as far as night work is concerned, it's really a sentimental regret with me. I hate the sound of a telephone after eleven p. m. It's a dreary life, that living like a fireman, always ready to pull on your boots and slide down the pole.

# Health and Happiness, Number 46 Cereal Foods.

The text and illustrations of this article are from Farmers Bulletin, 817, United States Department of Agriculture.



Fig. 2 .- Flour, bread, and macaroni in quantities having the same general food value.

#### WISE USE OF CEREAL FOODS.

In "What The Body Needs," Farmers Bulletin 808, U. S. Department of Agriculture, an excerpt from which was published in last week's "Watchman," the diet as a whole is considered and a simple way of planning wholesome, economical, and attractive meals is suggested. The housekeeper is advised to think of the common food materials as grouped under five heads, and to make sure that the diet every day includes something from each of the five groups.

The five groups are as follows:

(1) Fruits and vegetables. Without these there is danger that the diet rious war-relief drives into one, and may be lacking in mineral matter and other substances needed in the making

of tissues and for keeping the body in health. (2) Milk, cheese, eggs, meat, fish and dried legumes (peas, beans, etc.). Without these there is danger that the diet may be lacking in protein, an indispensable tissue builder.

(3) Cereals (wheat, oats, rye, corn, barley, and rice) and their products. Without these the diet would contain practically no starch, the cheapest kind

(4) Sugar, molasses, sirups, honey, and other sweets. Without these the diet would be lacking in sugar, valued as body fuel and for its flavor.
(5) Fats (butter, lard, meat fat, and olive, peanut, cottonseed, and other fats and oils). Without these the diet might be lacking in fat, which has a birth real sector.

high value as body fuel and gives to food an agreeable quality commonly called "richness.

The term "cereal foods" may mean: (1) The kernels of corn, oats, rice, rye, wheat, etc.; (2) the flours, meals, breakfast foods, starches, etc., manufactured from them; or (3) bread, crackers, cakes, pastry, etc., in which they form an important part. It will be easier to understand their use in the diet if these three general forms are borne in mind.

#### KINDS OF CEREALS.

The most common cereals are wheat, rye, corn, oats, and rice. They differ somewhat in appearance, taste, and food value, but all have many features in common.

Besides the more common cereals named in the last paragraph there are a few others which may be briefly mentioned. Barley is one used chiefly in gruels or in soup. Buckwheat is not a cereal in the botanical sense of the word, but its seeds resemble the true cereals in general character and food value, so that it is usually classed with them. In this country it is chiefly used for making griddle cakes. The so-called grain sorghums (kafir, milo, feterita, etc.) are cereals, the use of which is increasing in this country, especially in the semiarid sections of the Southwest.

The most abundant food material in cereals is starch, which serves the body as fuel. This makes up nearly three-quarters of most grains. The next idea that it saves time, effort and exmost abundant material is protein, which supplies nitrogen for tissue build- pense by concentrating the energy ing. This makes up about one-eighth of the grain. There is also a little fat, particularly in corn and oats; it is found chiefly in the germ. Another im-Red Cross, Young Men's Christian portant material is the "roughage," or cellulose, which is most abundant in the skin of the grain and which gives hulk to the diot. The kernels also con-machinery for the Liberty loan drives, the skin of the grain and which gives bulk to the diet. The kernels also contain actually small, but relatively high, proportions of mineral matters need- gifts, are not accounted as war relief. ed for body building and other purposes and other substances very important for regulating body processes.

plus energy—too much 'pep,' as they say, that makes me so wild to go." "Then I'd be a poor doctor if I did to be a poor doctor if I did

not let you," he said gently, patting, her shoulder. " Make Ronny take good care of you and get you home

early—and incog. most certainly." "I love you so!" she cried impul-sively, kissing him. "And I knew you'd understand about Ronny." "A little flirtation in the matter of

business," he chuckled as their car drew up in front of their pretty brick house in Tenth Street. Continued next week) .

## The War Chest.

In the public square of Salem, that old New England town, there was recently erected a mammoth iron-bound chest, like those in which the ancient mariners used to store the treasure they brought back from the Spanish main. This great ark belonged to no man, but to all the people of Salem town-was in fact a community coffer, and, as any boy in the street would tell you, was Salem's "War Chest," an object lesson, symbolizing the om-nibus war-relief fund for which the city was being canvassed. 'The War Chest is nothing more than

the application to civic affairs of the method which we Methodists still per-sist in calling the "new" financial plan. The origin and popularity of the idea are easily accounted for. Just as the churches, finding them-selves embarrassed and burdened by the multiplication of special appeals and spasmodic drives, have turned eagerly to an arrangement which provides for an annual every-member canvass, with an omnibus pledge for all the benevolences, coupled with weekly payments, so in many cities the need of consolidating all the vaall pouring a steady stream of offerings into a community war chest, has found immediate favor. A single every-citizen canvass is made at a definite time. Each person is asked for a pledge, to be paid in instalments covering a year. The money is ad-ministered by a board of representative citizens and paid out only to such war activities as are indorsed by the President of the United States, the Secretary of War, the Secretary of the Navy, or are approved by the Board of Directors of the War Welfare Council. These activities include among others:

The American Red Cross.

The Young Men's Christian Asso-ciation War Work Council. The Young Women's Christian As-sociation War Work Council.

Armenian and Syrian Relief. The Knights of Columbus War

Fund. The Young Men's Hebrew Association.

The Commission on Training Camp

Activities. The Salvation Army War Relief. Jewish Welfare Board. The Boy Scouts of America.

The Community Recreation Service, together with similar national and local approved war-relief activi-

ties. It is claimed for the War Chest and talent of a community upon a sinwhich being for investments and not It is further urged that it reduces the number of calls for money, offers protection from unworthy war-relief can be paid without disturbance, excitement or delay, and without interfering with local charities. The plan is now squarely on trial. Columbus, Ohio, Albany, Syracuse, Rochester and Ithaca, N. Y., are men-tioned among the cities which have undertaken it with large promise of undertaken it with large promise of city, which is second to none in its support of all patriotic enterprises, of the next twelve months that can now be foreseen. Objections have been urged against placing the disbursement of such large funds in the hands of a board, its responsibilities in this respect. Time alone will tell also whether a budget made up a year in advance be flexible enough to meet the will sudden emergencies of a world-war, spread to new places, and reduce whole nations to the misery which America alone can relieve. If the War Chest plan proves to be all that its sponsors claim—and we hope it will have a chance to demon-strate its value—it is probable that it will be continued, after the country has returned to the paths of peace, as a means of providing steady support for hospitals, orphanages and relief works of every sort that have a fair claim upon the common purse. If the committee in charge of the appropriations is proof against sectarian or partisan control, and administers its trust to the satisfaction of the great body of the contributors the War Chest idea will be welcomed as one of the lessons of efficiency which America has had to learn at the dear cost of her present hard exper-ience.—Christian Advocate.

ears, plaintive eyes and a look of ab- cons er disgusted with herself for wanting to go to this dance, but she had made Pan than she had as Carmen or Rob ny Prawl. Roy. Vanity, it seems, will never strike her plumed colors until every other heroic weakness lies dead upon the field

At this very instant a fashionable audience at the Metropolitan Opera House was raising its white gloves to applaud the falling second-act cur-tain in "The Love of the Three Kings." Alberta Plaisted, who occu-pied a golden chair in J. Branner Bol-by's family box, wasted none of her mercious thoughts upon the Azter Ball audience at the Metropolitan Opera precious thoughts upon the Aztec Ball, for the very good reason that she did not, at that moment, realize that such an institution existed upon earth. She ter than a stokehole in here.' was largely concerned with her own feelings, the fact that she was bored, the fact that she felt ill, the fact that she craved some vague excitement to things which her ambition and her ambition for her husband had brought

Across the box she watched her much-enduring husband, Dr. Chan-ning Plaisted, struggling to be agree-able to the elderly Bolbys, dreadful bores who reminded her of over-dress-od rether warden and the rest of the start of fact, "Tell me," she pleaded, half-fooled. "I have a craving for drink," he re-plied dramatically. "I have it right for the man she loved and whom she "What a conicidence!" she rippled. had gotten into this; for it was she had brought the Bolbys into scientific drudge, her husband, into the fashionable physician he had now become. Alberta, as she looked across forty-eight who sat subserviently smiling at old Mrs. Bolby's droned platitudes, reflected that she was much cleverer than Channing. And with whot a plating composition and the way you've boll with the plating composition of the plating of the pl with what a plain common-sense Channing had admitted the fact and permitted her to take the leadingstrings. Dear old boy, how she loved him!

The lady who endeavored to divide her melodious love impartially between three jealous monarchs was at that moment beating her breast at center stage, despairing walls ema-nating from her golden throat. Al-berta was thinking of something else

. . there was that "gone" feel-ing under her breast-bone . . . Chan-ning had caught her in one of those queer spells about eighteen months ago and had given her some medicine which she was to take within a half the use of saying anything to Chan-ning about it? He had his work to engross him and, for the matter of

solute determination. She was rath- you?' So I consulted watch and watch said, 'Go to the Opera and see something that you'll be glad to see.'" "What would you prefer to do?" "So you followed directions?"

to see how near he, too, had come to

don't have to sit here—we're not sub-scribers, thank the Lord. Let's walk outside the blaze of jewels. It's hot-She smiled over at her hostess and

gave her husband an understanding look before she followed Ronald Prawl out into the carpeted promenade. draw her out of that mass of dull Laughingly they wound in and out

the color of sea water; a shade also reflected in the coils of her hair, which was silky and almost white in its blondness.

able to the elderly Bolbys, dreadful bores who reminded her of over-dress-ed, rather venomous toads. She felt a surge of amused pity, momentarily, were out, unchaperoned, on Broad-

Inwardly she was quite serious about and that sensation of sinking, sink-ing had begun again. . . . She

saying, standing stockstill and pre-tending to think. "If I could hire you a dress-suit, now, we might go up to the cafe and drink together like old college chums. That would be sim-

"Too simple," she objected. "Ladies don't do it, do they—not en

tete-a-tete. And yet-He came up to an abrupt halt and snapped his fingers. "Bertie, if you're game—and I think

you are—there's something better than cafes and sordid highballs. I offer you lights, music, brave women. He hesitated, an infantile grin suffusing his fat face. "Oh, hurry and tell me," she plead-ed. "The curtain will go up in a min-

"It's too terribly Bohemian," he temporized. "Maybe if I tell you you'll be cross about it." "I'm the soul of amiability." She

looked it at the moment.

that, she would rather die outright than have him putting her on a diet tec Ball. Perfectly dreadful art-stuand curtailing the pleasures which dents and desperate poets—some real had become to her the breath of life. people, too, mixed in to see the fun—

To go about with the right people everybody masked up to the hour and play hard and dress well, she felt, when squeams cease and confidences everybody masked up to the hour

Actually I'm glad I've handed my night-practice over to Dr. Chase.

"And you're really enormously well known," she told him as her head rested against his shoulder and she n his good-nature. fingered the lapel of his rough coat. She loved him so, and if she could only teach him to accept things!

"That's the funny thing about it!" he laughed. "I seem to be gaining power in the medical profession. I never go to the hospital any more but what the internes gather in knots and point me out. I've been asked to read a paper on uremic poisoning before the Medical Congress, not because I know much about the subject, but be-cause I've been called in to cure John D. Hellig, the banker."

"Don't underrate yourself," she pleaded against his coat.

"Oh, I'm a fake and I'm very hapmask all evening andpy and successful and I love my girl," he replied, never losing his cynicism

The protein is not alike in all kinds of cereals. Part of that in wheat is schemes, and assures a bank account out of which the community's quota a tough, elastic sort, called gluten. It is because of this gluten, which can be expanded into air bubbles, that light, porous bread can be made from wheat. Rye is most like wheat in the character of its gluten, though light, porous bread can not be made from it alone. Barley, buckwheat, corn, oats, and rice are so lacking in gluten that they can not be raised by yeast.

### PREPARED CEREALS.

By prepared cereals are meant such manufactured goods as flours and meals, cracked wheat, steamed and rolled oats, puffed or flaked grains of all great city to adopt it. The Quaker kinds, macaroni and other pastes, cornstarch, etc. They may or may not contain all of the original grain, and for this reason they differ more widely than has stored enough in one week to meet the grains themselves in appearance, composition and flavor. The cooking every proper war-relief requirement which some of them undergo during munufacture also causes changes. Of course, unless something is added to them, they contain no food material not present in the grains from which they are made.

Prepared cereals differ so much in form that their appearance gives little and the final success of the plan will idea of the amount of nourishment they yield. For instance, the amount of mainly be judged by the way in which flour which will fill a cup weighs 4 ounces: that of rice, 8 or 9 ounces: and the War Welfare Council discharges flour which will fill a cup weighs 4 ounces; that of rice, 8 or 9 ounces; and that of flaked breakfast cereal, hardly half an ounce; and it is this weight rather than bulk or volume which indicates food value. Such differences in weight and volume must be remembered by those who wish to buy their food as cheaply as possible. Some breakfast foods retail at 48 cents a pound (15 when the conflagration is liable to and pull my trowsers over my paja-mas and plunge into a snowdrift to cents for a 5-ounce package); others cost 5 or 6 cents a pound.

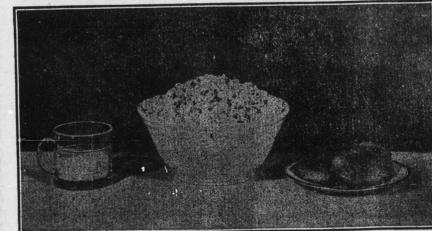


Fig. 3.-Corn meal, pop corn, and corn pone in amounts having the same general food value.

(To be continued next week).

There was a reserve in his voice. "Of course the Aztec Ball is regarded as "Chan, dear!" It now seemed ripe time to bring forth her topic. "Do

"He just gave me the foolishest in-vitation," she faltered; then, hurry-ing to the occasion, "he wants me to

citizen—I can't stand it." Plaisted looked at her a long time, and in the half-light his scrutiny seemed terribly accusing. "Bertie, are you quite well?" he

ing to the occasion, he wants he to go with him to the Aztec Ball." "Oh yes. When?" "Tonight," she hurried on. I can put on my old Balkan costume that everybody's forgotten and I'll wear a mask all evening and——" asked. asked. "Absolutely," she lied eagerly, turning a furtive thought to the lit-tle bottle in her beaded bag. "I never felt better in my life. I think it's sur-"That would be all right, I'm sure."

\_\_\_\_Long before the first contin-gent of American soldiers set foot in London, the "folks at home" had foreseen the possibility of a "Sammy" finding himself a stranger in a strange land. They therefore set about to provide him with a "home from home." Whenever a party of United States soldiers or sailors obof voluntary workers. There are dor-mitories and a concert hall and din-ing room, and it is gratifying to be told, so comfortable and inviting are the conditions within that the temptations outside are reduced to a min-

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which they say his mother spends ten thousand a year on her ""He just gave me the foolishest in-""" ather an unconventional place—es-pecially for the wife of an ambitious fashionable physician." "Till not stay late and I'll come health." "He just gave me the foolishest in-"" the idea of stop-ing and going to bed like a regular "He just gave me the foolishest in-""

imum.-Monitor.