

THE HOME-TOWN PAPER.

Edgar A. Guest in the North American.

It's like a smiling friendly face. It's like a voice that has known you since it was a distant place...

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...

On the south side of Washington Square there was a scampering upstairs and down, an improvisation of costumes, a borrowing of odds and ends and a generally successful attempt on everybody's part to wear a different disguise from that worn at the Apache Saraband...

At this very instant a fashionable audience at the Metropolitan Opera House was raising its white gloves to applaud the falling second-act curtain in "The Love of the Three Kings." Alberta Plaisted, who occupied a golden chair in J. Branner Bolby's family box...

Across the box she watched her much-enduring husband, Dr. Channing Plaisted, struggling to be agreeable to the elderly Bolbys, dreadful bores who reminded her of over-dressed, rather venomous toads.

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 wails emanating from her golden throat.

constituted her serious condition to Channing's career. He was making money, a great deal of it for a doctor. They were dining off rich men's damask nowadays, being invited everywhere.

The curtain swept down and applause began crackling like giant twigs under a pot. The distraught prima donna, smiling after her bout with three peevish monarchs, came forward for her ovation.

"Oh, be a little kind to her," smiled Alberta. "Think of the excitement she has given quite a number of people."

"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 plump young man with a row of sapphires down his ample bosom bowed himself into the presence."

"It's the first time I've been since last season," he was chatting on. "I'd been thinking of doing the Winter Garden for the second time this week, but the chap who was with me fell among the daisies—said he was a mermaid and had to be carried from place to place because his legs were sewed together—or something. I put him to bed in my room and consulted my watch. That's what you do, you know—my thought. Quandy—"

"I'd confess anything to you, Bertie," he chattered on. "I've got a plum for my conscience—like letting a golden fish-hook down into a deep, dark well—never fail to bring something up. As a matter of fact, I've got a secret on my mind."

"What a coincidence!" she rippled. Inwardly she was quite serious about it, for she was parched with thirst and that sensation of sinking, sinking had begun again.

"Too simple," she objected. "Ladies don't do it, do they—not en tete-a-tete. And yet—"

begin. Then first you know it's daylight. Home, James. "You're describing Paradise!" she cried rapturously.

"What's wrong, old dear?" she asked affectionately, passing her hand over the rugged cheek of the man beside her who maintained an attitude of fatigue and resignation.

"I'm paying an income-tax on thirty-five thousand a year!" he groaned. "And if the government knew how many times over and over again I earn my money they wouldn't have the heart to charge me a cent."

"There now, dear boy," she soothed, well knowing this class of rebellion which he indulged in occasionally. "After all we can't let the rich die 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 consequence they call a medical dummy like myself and pay an exorbitant sum to be flattered to death."

"Well, it may sound crazy of me, but if I had my way I think I should like to go back to my three-dollar practice. Not that I prefer to make three dollars when I can get three hundred; but I don't want a grim and awful knowledge 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 beautiful because they're fat, and to be told they're alcoholics. I've given up answering night calls from people who really need emergency help, because it might interfere with—"

"Oh, Chan! You know you're too successful to be tumbled out of bed at night for charity cases!" she sighed and bit her lip. She thought he had buried that silly hobby long ago—and here it was again.

"I know you don't like me to talk about it, honey," he said huskily, taking her unresponsive hand. "You're perfectly right when you showed me that other successful doctors didn't do it—that they left the night-riding to younger men who had to take the rough stuff."

"Well, what are you getting at, dear?" she suggested more gently. "Forget me, Bertie!" He reached across and drew her to him in a bearlike hug. "I'm just blowing off steam. As a matter of fact I'm much too comfortable and happy to want anything different than it 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 freeman, always ready to pull on your boots and slide down the pole. Actually I'm glad I've handed my night-practice over to Dr. Chase."

Cereal Foods.

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

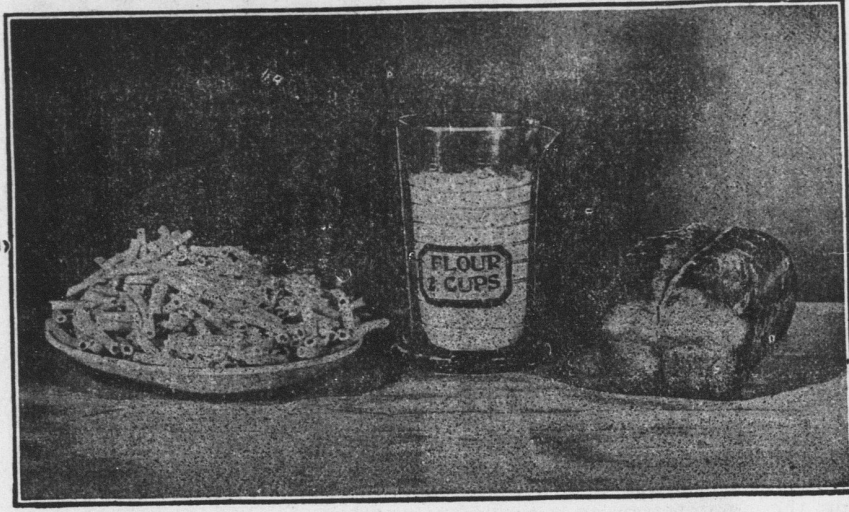


Fig. 2.—Flour, bread, and macaroni in quantities having the same general food value.

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 five groups are as follows: (1) Fruits and vegetables. Without these there is danger that the diet 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 of body fuel.

(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 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 (kafr, 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 most abundant material is protein, which supplies nitrogen for tissue building. 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 important material is the "roughage," or cellulose, which is most abundant in 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 needed for body building and other purposes and other substances very important for regulating body processes.

The protein is not alike in all kinds of cereals. Part of that in wheat is 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 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 the grains themselves in appearance, composition and flavor. The cooking which some of them undergo during manufacture 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 idea of the amount of nourishment they yield. For instance, the amount of 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 cents for a 5-ounce package); others cost 5 or 6 cents a pound.

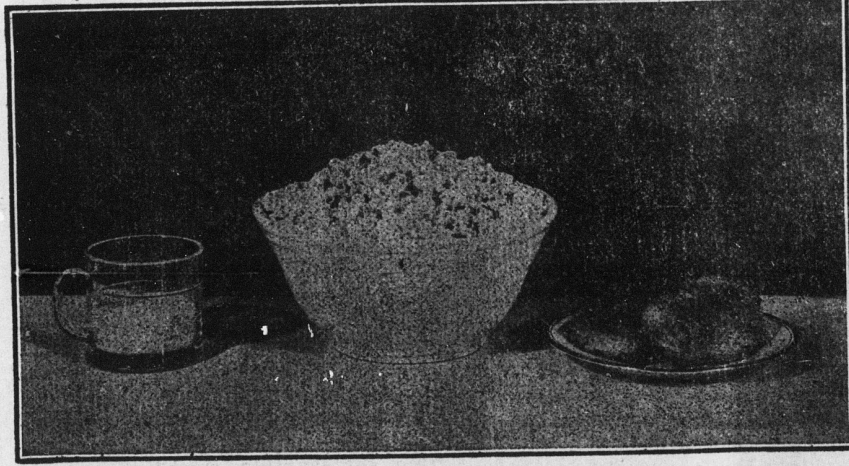


Fig. 3.—Corn meal, pop corn, and corn pone in amounts having the same general food value.

(To be continued next week.)

There was a reserve in his voice. "Of course the Aztec Ball is regarded as rather an unconventional place—especially for the wife of an ambitious fashionable physician."

"I'll not stay late and I'll come home before they unmask," she pleaded like a child. "I just seem dying for a little whirl tonight. The idea of stopping and going to bed like a regular citizen—I can't stand it."

plus energy—too much 'pep,' as they say, that makes me so wild to go."

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 omnibus 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 the Methodists still persist in calling the "new" financial plan. The origin and popularity of the idea are easily accounted for. Just as the churches, finding themselves 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 various war-relief drives into one, and 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 administered by a board of representative citizens and paid out only for such war activities as are endorsed 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 Association War Work Council. The Young Women's Christian Association 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 activities.

It is claimed for the War Chest idea that it saves time, effort and expense by concentrating the energy and talent of a community upon a single campaign, taking the place of Red Cross, Young Men's Christian Association, etc., and releasing this machinery for the Liberty loan drives, which being for investments and not gifts, are not accounted as war relief.

It is further urged that it reduces the number of calls for money, offers protection from unworthy war-relief schemes, and assures a bank account out of which the community's quota 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 mentioned among the cities which have undertaken it with large promise of success. Philadelphia was the first great city to adopt it. The Quaker city, which claims to none in its support of all patriotic enterprises, has stored enough in one week to meet every proper war-relief requirement 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, and the final success of the plan will mainly be judged by the way in which the War Welfare Council discharges its responsibilities in this respect. Time alone will tell also whether a budget made up a year in advance will be flexible enough to meet the sudden emergencies of a world-war, when the conflagration is liable to spread to new places, and reduce whole nations to the misery which America alone can relieve.

If the War Chest plan moves to be all that its sponsors claim—and we think it will have a chance to demonstrate 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 claim upon the common purse. If the committee in charge of the appropriations is proof against sectarian or partisan control, and administrators of 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 experience.—Christian Advocate.

—Long before the first contingent 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 returns leave to visit the capital, their arrival is wired in advance, and the train was met by officials in smart uniforms. The American hut to which they are conducted bears the welcome, "Come in out of the weather," and the men's wants are attended to by a number of voluntary workers. There are dormitories and a concert hall and dining room, and it is gratifying to be told, so comfortable and inviting are the conditions within that the temptations outside are reduced to a minimum.—Monitor.

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