

My Lady Nicotine



SIR WALTER RALEIGH

By JOHN DICKINSON SHERMAN.

MY LADY NICOTINE is a most interesting personage. As is frequently the case with ladies with a past, she is more interesting than those who have only a future. Her present certainly is a going concern. And her future has added fascination of sufficient mystery to induce considerable speculation.

My Lady Nicotine's influence is not always soothing. Like all great personages she has made enemies. Men began to fight over her a long, long while ago, and only the other day the newspapers told of the first of a possible recurrence of the night raiders' outrages in Kentucky. Urban VIII and Innocent XI fulminated against her. Sultan Amuret IV decreed death by torture to her devotees. James I of England issued his "Counterblast to Tobacco," in which he denounced her as a creature of the "pit that is bottomless." Lucy Page Gaston of Anti-Cigarette League of America fame is suspected of a desire to shy her bonnet into the presidential ring. Low on the horizon, no bigger than a woman's hand, is a cloud which rumbles "tobacco next!"

Possibly some of My Lady Nicotine's famous devotees have loved her for the enemies she has made. Anyway, Spenser wrote of her as "divine." Byron said "sublime." Lamb declared his affection thus:

For thy sake, tobacco, I
Would do anything but die.

Bulwer-Lytton wrote this: "The man who smokes thinks like a sage and acts like a Samaritan." Kipling profoundly reflects that "a woman is only a woman, but a good cigar is a smoke." Mark Twain suspects that the man who doesn't smoke loses "an appalling aggregate of happiness."

This sort of worshiper clings to the heresy that this is a pretty good old world after all. He isn't worrying about spirit manifestations and is not concerned over the doctrine of the subliminal soul. He suspects Lucy Page Gaston of being a spiritual descendant of the Puritans who condemned bear-baiting not so much because it gave pain to the bear as because it gave pleasure to the spectators.

"When doctors disagree who shall decide?" The doctors are as divided in their opinion of My Lady Nicotine as are the literary lights. Some see in her a veritable plague to humanity. Others maintain that she is rather a benefactor. Of course most physicians hold that smoking is bad for young and growing specimens of the human species. And probably most of them are not prepared to advise that women should smoke. And there are certainly some men who cannot smoke without ill effects—just as there are men who cannot eat strawberries or drink coffee without harm. A cold bath in the morning is meat and drink to some men; it would put others under the sod in short order. Probably the majority of up-to-date medical men are of the opinion that it has yet to be proved that smoking in moderation hurts any normal man.

At one extreme of human judgment is that of the man who wrote that a nation which smokes tobacco perishes. At the other is that of the man who predicted in 1918 that America would win the war because it was the heaviest smoker of all the nations. My Lady Nicotine needs no press agent and has no trouble about breaking into print. Some enthusiastic collectors of "Nicotiana" have whole libraries about her. There is one—George Arents, Jr., of New York—who is the proud possessor of more than 2,500 books, booklets and pamphlets devoted wholly or in part to her. These libraries tell pretty much everything about the lady.

No European ever heard of tobacco until the first week of November, 1492. The commonly accepted version of the story is that two sailors sent by Columbus to explore the island which he named San Salvador returned with a tale of natives who carried firebrands



A FIELD OF TOBACCO



LUCY PAGE GASTON

whose smoke they inhaled and puffed out of their mouths and noses. Later they discovered that the leaves of a plant were rolled in the leaf of maize.

The first clear account of smoking was given in 1526 by Gonzalo Hernandez de Oviedo in his "Historia General de las Indias." He said the practice was pernicious and "used to produce insensibility." He reported that in Cuba and most of the islands the natives smoked rolls of herbs, "which they called tobacco," while on the mainland they inhaled through the forks of a Y-shaped hollow cane which they inserted in both nostrils. This instrument the natives called "tobago." The Spaniards thought the name was that of the fuel instead of the pipe, hence our word tobacco. Oviedo pointed out the mistake, but "tobacco" had worked itself into the white man's language, and there it stayed. The herb itself was variously known among the natives. It was "cobiha" to the Caribs, "petun" to the Brazilians, "pieceli" to the Mexicans and "uppowoc" to the Indians of Virginia.

Nicotine, the active chemical principle of tobacco, is an intensely poisonous alkaloid, named from Nicot, who introduced tobacco into France as a medicinal plant. Hence, finally, "My Lady Nicotine."

Not essentially new are any of the modern forms of tobacco using. The leaves wrapped about with corn husk roughly correspond to our civilized cigarette; the leaves rolled without wrapping of another material to our cigar. Tobacco was powdered into snuff and taken into the nostrils, as now. Tobacco was also chewed by various Indian peoples. The pipe was in almost universal use; among the American Indians the stone pipe, "calumet," was a necessary implement in many ceremonial functions.

Tobacco arrived in Europe apparently by several different routes and under several different disguises. Probably Sir Walter Raleigh deserves the credit—or blame—of introducing the smoking of it. Up to his time tobacco had camouflaged as a medicine, the few smokers professing to be smoking for their health. The Englishman—his pipe is shown herewith—blew the smoke from his nose defiantly and said he smoked because he liked it.

The ants of the seventeenth century had a high old time. Pagan, Mohammedan and Christian monarchs alike attempted to crush the habit of "tobacco drinking," as it was then called in England. But despite all opposition tobacco eventually was established as a favorite luxury all over Europe.

The cigarette attained commercial importance after the Crimean war. English officers got the habit from association with the Turks, French and Italians, who, like the Indians, "rolled their own." Other Englishmen imitated this new smart diversion of the army officers. America, which somewhere



SIR WALTER RALEIGH'S PIPE

along the path of the centuries had almost lost the cigarette, found it again in England, and so it came back to us.

For a time most cigarettes were made from the Turkish leaf. Then it was discovered that the "bright" American tobacco, now grown in Virginia, the Carolinas and eastern Tennessee, made an agreeable cigarette. Eventually cigarette-making machinery was invented, and today American cigarettes, both "straight" and "blended," are smoked all over the world.

In 1908 not enough cigarettes were consumed in the United States to be subjected to the internal revenue tax. In recent years the increase has been by billions. From 1899 to 1914 it was 500 per cent. In the past two years the demand has advanced prodigiously, probably largely because of the war.

In 1910, for the first time, the manufacture of cigarettes exceeded that of cigars, their relative numbers being 8,500,000,000 and 8,000,000,000. Since then, while cigarettes have multiplied, cigars have just about stood still. In the year ended June 30, 1919, the number of cigarettes was 46,500,000,000, and of cigars approximately 8,000,000,000, as in 1910. For the first time more leaf tobacco went into cigarettes than into cigars, the two numbers being 177,000,000 pounds and 162,000,000 pounds.

The government derived from the internal revenue tax on tobacco \$200,003,061, an increase of \$40,814,431 over the preceding year. More than \$95,500,000 of the tobacco money came from cigarettes. Recently the tobacco tax has been heavily increased.

Altogether we used 407,079,920 pounds of tobacco last year. We got away with 174,697,408 pounds of plug, 17,499,465 pounds of twist, 9,899,225 pounds of finecut, 257,803,440 pounds of smoking tobacco and 37,180,882 pounds of snuff.

The value of the tobacco crop to the farmer was estimated last year, at \$542,547,000. The average price he got for it was 39 cents a pound. He gets more now.

More than \$1,500,000,000 a year is the value of tobacco products manufactured in the United States. More than a million and a half acres of land are devoted to the growing of the "weed." On the manufacturing side the government estimate of the capital invested in 1914 was \$303,830,000, which was a low figure even then and is greatly exceeded now. The number of wage earners in manufacture in that year was 178,872, and their annual earnings \$77,836,000.

It is variously figured that 70 per cent of our adult male population and a third of our total population use tobacco in one form or another. The per capita consumption, counting each man, woman and child, is seven pounds a year. The average consumption among the tobacco users is twenty pounds. There are, according to one of the compilers of data, 25,000,000 smokers and chewers whose average capacity is 22 pounds per person, 8,000,000 cigarette smokers each lighting 4,500 cigarettes a year and 5,500,000 cigar smokers each destroying 1,500 cigars.

economical to label his beer bottles with Austrian kronen notes.—London Morning Post.

Evil Always in Hatred.
A man should not allow himself to hate even his enemies, because if you indulge in this passion on some occasions, it will rise of itself in others; if you hate your enemies you will contract such a vicious habit of mind, as by degrees will break out upon those who are your friends, or upon those who are indifferent to you.—Plutarch.

Rann-dom Reels

By HOWARD L. RANN

BARNSTORMING

BARNSTORMING is a pastime of the crude and untrifled amateur actor who draws whatever salary is left after paying car fare to the next town and who welcomes any kind of applause, from fresh eggs to early vegetables.

Most of our barnstormers leap to the role in "St. Elmo" with so much success that they are often confused for the real article. They have a very complex and exhausting life, as they are obliged to get up at noon, dress

expects some day to make E. H. Fothering look like the end man in a home talent minstrel. To that end, he memorizes Marc Antony's oration between meals and cultivates a stage stride which is a cross between the stilt-walking crane and a cripple with a club foot.

In some localities which never have a chance to see the drama except when somebody in a touring car runs over a setting hen, the barnstormer is welcomed as a refreshing change from pitching quoits and betting on the duration of the Mexican war. It must be admitted, however, that not all of the barnstorming now in progress takes place in the rural precincts. A pretty fair imitation can occasionally be found in theaters which "et a man back \$4 for the family circle. This tends to prove that true merit often goes unrecognized, while a superior quality of nonchalant nerve gets the coin.

(Copyright.)

Brazil Takes Forward Step.

Arrangements have been made by the English commercial delegation in Brazil whereby a number of Brazilian technical students will be placed in British factories in order that they may get acquainted with the manufacturing methods and so become well trained for positions afterward as agents in their own country.



He memorizes Marc Antony's oration and cultivates a stage stride.

carefully for the parade, learn which side of the stage to come in on, and strangle the English language throughout the evening performance.

There is quite a little acting concealed on the barnstorming circuit. Some of it is concealed so successfully that the audiences remunerate by decorating the drop curtain with floral tributes in the form of cabbage and pink carrots. Every barnstormer

Last Night's Dreams

—What They Mean

DID YOU DREAM OF PRISON?

"**O**UR LIFE is twofold; sleep hath its own world," says Byron, and Joseph Glanville, that eminent seventeenth century divine and philosopher who is thought to have anticipated by his inventions the electric telegraph, says: "We dream, see visions—one half our life is a romance of fiction." Sir William Petty, the great ship-builder, proposed it to Pepys of the famous "Diary" as a thing truly questionable, whether there really be any difference between waking and sleeping," while Ellis says, "Dreams are true while they last—can we at the best say more of life?"

This idea of duality of existence—a dreaming and a waking life, both of equal reality—is the basic idea of Calderon's wonderful drama, "Life Is a Dream," which nobody reads nowadays, but which everybody ought to, for it is worth while. The hero of that drama is part of the time a prisoner and part of the time a king and cannot decide which part of his life is a dream.

The dream of being in prison is not an uncommon one, although it is not classed by the scientists as a "typical" dream. It could be easily interpreted by the disciples of the Freudian school, though they would require all the details of the dream in order to do so. As for the mystics in spite of its being a rather disagreeable dream, they nearly all account it to be one of favorable omen, an indication of good luck and happiness. To dream that you simply see a prison is regarded by

some as indicative of luck. As to escaping from your dream-prison, the authorities are divided on that, some saying that it means temporary success, others danger. So if you find yourself in jail in your dreams, better stay there until you wake up—unless you are pardoned by some Dreamland governor, or dream that you have applied for such pardon, both of which are excellent omens.

(Copyright.)

To Induce Sleep.

When one is overtired or worried and cannot sleep, being gently rubbed all over with a towel wrung out of salt water generally has the desired effect. Deep breathing in fresh air is also excellent.

MOTHER'S COOK BOOK

by Nellie Maxwell

What we do makes us what we are. Better make palaces and live in a hut than to make huts and live in a palace.—Helen Campbell.

Corn Oil as Fat.

The smooth delicate flavor of the oil made from corn may be used in many dishes in which butter is used and in others to take the place of olive oil. Cakes, puddings, salad dressings and even pastry are commonly made with corn oil as fat in place of lard.

Pastry.

Take two cupfuls of sifted flour, two teaspoonfuls of salt, one teaspoonful of baking powder, seven tablespoonfuls or one scant half cupful of oil, and one-fourth of a cupful of cold water. Sift the dry ingredients, add the oil, mixing it with a fork, then the water and roll out. This recipe makes a covered pie and one extra crust.

Mayonnaise Dressing.

Beat the yolk of one egg in a deep bowl, set in ice water, add one-half teaspoonful of salt, one-quarter teaspoonful of mustard, a few dashes of cayenne; add a tablespoonful of corn oil and beat vigorously; add another and a teaspoonful of lemon juice or

vinegar; beat vigorously again, then add more oil until a cupful is used and three tablespoonfuls of vinegar. Beat until thick and creamy. The dressing should be stiff enough to keep its shape when dropped on a salad. Use whipped cream to thin dressing when it is mixed with the salad. Various vegetables may be added to give flavor and variety such as finely chopped onion, peppers, parsley, chives or capers. For further seasoning add Worcestershire sauce, catsups of various kinds, tabasco sauce and chili powder.

White Loaf Sugar.

Take one cupful of sugar, one-fourth cupful of oil, one-half cupful of milk, one and one-fourth cupfuls of flour, one-fourth cupful of cornstarch, two teaspoonfuls of baking powder, one-half teaspoonful each of salt and vanilla with the whites of four eggs. Mix the sugar and corn oil, sift the flour and baking powder, salt and cornstarch, add the milk alternately with the dry ingredients, then the oil, and fold in the whites the last thing. Bake in a moderately hot oven.

For frying in deep fat, for shortening and griddle cakes, gems and hot breads of various kinds, the corn oil may be used as any other fat.

(Copyright, 1920, Western Newsman, Tulsa.)

Just Folks

By EDGAR A. GUEST

SHOW THE FLAG.

Show the flag and let it wave
As a symbol of the brave;
Let it float upon the breeze
As a sign for each who sees
That beneath it, where it rides,
Loyalty today abides.

Show the flag and signify
That it wasn't born to die;
Let its colors speak for you
That you still are standing true,
True in sight of God and man
To the work that flag began.

Show the flag that all may see
That you serve humanity.
Let it whisper to the breeze
That comes singing through the trees
That whatever storms descend
You'll be faithful to the end.

Show the flag and let it fly,
Cheering every passerby,
Men that may have stepped aside,
May have lost their old-time pride,
May behold it there and then
Consecrate themselves again.

Show the flag! the day is gone,
When men blindly hurry on,
Serving only gods of gold,
Now the spirit that was cold
Warms again to courage fine,
Show the flag and fall in line!
(Copyright by Edgar A. Guest.)

SCHOOL DAYS



The home guard Copyright.

Sober Second Thought

By GEORGE MATTHEW ADAMS

THE Impulses of our Nature do not lead us, they arouse us. And no man is fit to contend gloriously for a Cause until he is thoroughly aroused. But to act upon FIRST Impulses is an unwise and most disastrous policy.

Halter your Impulses with Sober Second Thought.

You will never lose anything by carefully thinking things over before you act. In fact, it is our Sober Second Thoughts that give us courage to carry through successfully what comes to us as necessary to be done. Cool heads are always wiser than hot heads.

Halter your Impulses with Sober Second Thought.

Most of the regrets of the world arise from important things done on impulse, which if but introduced at once to Sober Second Thought, would not have been done at all. Many a man has resigned a good position on impulse only to be left for months and years working up to where he left off. Sober Second Thought is a companion word cultivating.

Halter your Impulses with Sober Second Thought.

Jud Tunkins.

Jud Tunkins says he doesn't believe there's any use of tryin' to draw a word picture of heaven that'll look as attractive to a small boy as a circus poster.

MILITANT MARY

The sunshine has an added warmth, the trees are tipped with GREEN—Alas for me! Its springtime, AND I HAVE NO HOUSE TO CLEAN

PROFIT IN A FINE

The existing peculiar conditions in the international money market can produce very strange and paradoxical phenomena. Here is a case in which the exchange actually transformed a punishment into a reward. In 1916 a man from across the Baden frontier was arrested in Switzerland for smuggling. He was released on bail of 5,000 francs, which then cost him 7,500 marks. For some reason the case

dragged on and was decided only quite recently. The accused was sentenced to a fine of 3,000 francs cost. He received as the balance of his bail, 1,700 francs, which he changed for 24,000 marks. Consequently, his little adventure brought him in a net profit of 16,500 marks. As one of the humors of the exchange this deserves to be coupled with the case of a Swiss brewer, which is said to have found it