

## Fight the Good Fight

By F. A. WALKER

WHEN you come into this world there is given to you so much divine energy, upon which you may draw at will, as you make your little journey through.

This gift is for your personal use, to conserve or squander, as good or evil motives may direct.

It is your private fund, deposited in a bank that never fails to make a just accounting.

Countless millions have drawn upon the bank for ages and ages, yet it is as sound today as is the foundation of the world.

You have in the hidden vaults of this bank a priceless treasure.

What are you doing with it? If you draw your checks for ignoble things, you cannot draw them for distinction honor, renown, decency, or gentility.

You have not a surplus of energy, though you may imagine the supply inexhaustible.

You have merely enough for proper use, no more, no less.

If you really desire to succeed in your business or profession, or in your social obligations or duties to others, you will use this fund with utmost discretion.

You will avoid becoming bankrupt through dissipation and harmful associates.

These things rob men and women of rest, of vitality, of the keen edge of life, and leave them frail and ailing when they should be at their best.

They make a terrible impress upon the soul, change the whole trend of thought, dull vision and leave men and women discontented, morose and deficient in moral strength and inspiration.

It is an old story, stained with tears, told over and over again by derelicts on park benches, by beggars on the streets and by ash-faced convicts behind the frowning bars of prisons.

The story pains sharply whenever it is related.

Perhaps you heard it today as you came to your work, in the passionate cry of a mendicant, shrinking from the world, because he had wasted his substance.

Take warning. Gird your armor, fight the good fight and hold all the while to faith.

Never let it be said that you failed through squandering your divine inheritance.

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## Airplane View of Largest Medical Center in the World



An airplane view of the largest medical center in the world, which was formally dedicated recently. This great group of hospitals and school buildings is in New York city on Riverside drive between One Hundred Sixty-sixth and One Hundred Sixty-eighth streets.

## Community Building

### Regular Cleaning Up for American Cities

American cities are getting their faces scrubbed, and a new industry is rapidly assuming very interesting proportions, says Merle Thorpe in Nation's Business Magazine. Send your office building to the laundry, and get it back by Saturday night, nicely washed and ironed! Washington, a number of northern municipalities, and, in the South, Atlanta, and other cities, are going in for cleanliness, and as the dingy buildings shake off their soot and dust, and emerge with shining facades, all dolled up and well-lathered behind the ears, one has to rub his eyes to recognize his own home town.

In Washington, for example, a new white city, spick and span, is coming into view by the magic of soap and water, and within the past year, the artistic beauty of the nation's capital has been greatly enhanced. It costs around \$2,500 to steam clean and press an office building of average size, while the job of spick and shining the treasury or the Union station might run up as high as \$12,000. It is worth it. Beauty and cleanliness are real assets to any community.

### Retain Roadside in Its Natural Beauty

The problems of attractive communities in advertising their recreational and residence advantages should be linked up in the mind of the community authorities with the advisability of protecting the town's beauty by keeping the roadsides approaching it free from everything but their natural beauty, according to a report which has just been made by the Division of Housing and Town Planning for the commonwealth of Massachusetts. The building of a new main highway is not merely an engineering problem. On the contrary, it is primarily a social and economic problem, a problem of killing or making the region, the report holds.

"A region rendered uninhabited except by filling stations, hot-dog stands and billboards is blighted, not helped," the report says. "Let a town, particularly what we call a good summer town, protect every residence by a good zoning plan, and keep its roadsides free from everything but their natural beauty, and the whole country will know that town. No town differently treated can compete with it.—Detroit News.

### Beauty in Common Brick

No other exterior material offers such a rich variety of colors as the common brick. And color is imperative in present-day homes. Nor is any other so adaptable in the working out of softened textural effects. The common brick is in a class by itself in this respect. Other brick stress their uniformity of color and texture. Common brick are never alike; always there is a pronounced variation not only in color tones but in texture and form. They burn unevenly, their lines are irregular, their fire flashings never the same. And in these ever-present variations lie their greatest charm.—Building Economy.

### Prohibits Overcrowding

An attempt to limit the density of population in residence areas is made in a unique building code restriction adopted by the city of Madison, N. J., a suburban community which is attempting to protect itself against the piling up of congestion in its residence sections.

An amendment to the building code prohibits the erection in any part of that community of buildings to house more than one family for each 2,500 square feet of lot area. This is equivalent to limiting the maximum density of population to 17 families to the acre.

### Qualities Needed in Roof

A roof that is tricky is to be despised. It is to be made over. It can't go on with its undependable character. The worst thing about a defective roof is that its meanness will show when least expected and least desired.

There are artistic roofs that endure. Beauty and utility will be found the winning team in any building proposition. Nothing sets off a domicile to such good advantage as a top that is picturesque. But it must be waterproof and fire-resisting as well.

### Eliminate Excess Signs

The North Shore (Illinois) Real Estate board is working to eliminate excess "For Sale" signs or North shore properties. The board recommends that in order to prevent the injury to the sale value of properties occasioned by the presence of ten to fifteen signs on a single lot, as is sometimes seen in a site facing a highway, the present signs be removed and a single sign put in its place reading: "See Your Realtor."—Chicago Daily News.

### Electric Fountain

Electric fountains, in addition to beautifying the home, are an extremely healthful feature.

## The Sandman Story

MAGGIE was tired of doing the same things every evening and the same things every morning.

She thought really it was rather foolish and decidedly a waste of time. Every night she spent so long getting off her clothes and putting them on the back of a chair, and every morning it took quite a little while to get dressed.

Now she would have a great deal more time if she didn't do this.

Particularly it would be nice to have all that extra time on a Saturday morning when there was no school.

She had thought about this for some time. Yes, every single evening she did the very same things. First came off her shoes and stockings and then her dress and then everything else she had been wearing all day.

And just the same performance day after day and night after night!

It was one Friday that Maggie finally made up her mind. Of course, she knew that she would not be able to do this every night. Once in a while she would have to take off her clothes—in fact, most nights she would have to do this, she supposed. There was her bath to be taken every other night, anyway. Sometimes every night!

And one couldn't take a bath in one's clothes. There wouldn't be any sense to that. But still—to do exactly the same thing every night—to take off the same clothes and put them back of the same chair in just the same way, and to put them on in the

morning in just the same way, too! Well, once in a while she could do differently, and that would be pleasant.

It would be such a relief from the usual way, which was such a silly

habit that all people seemed to have.

So on this Friday, when Maggie had finally made up her mind, she said good-night to the older members of the family and went off to bed.

She took off her shoes. It would not be very comfortable to sleep with her shoes on, and besides it would not be nice to get into the clean bed with her shoes on which had been every-



She Looked About Her and Felt a Little Uncomfortable.

where—in the yard, out in the street—all over.

But it wouldn't take a moment in the morning to put on her shoes.

That she would do. It was not a bad habit to take off one's shoes at night and put them on again in the morning.

But that was all she would do for this time. She wouldn't even wash her face. That was clean enough. It didn't look dirty, and besides she would wash it in the morning.

She looked about her and felt a little uncomfortable because everything had become such a habit that she felt at a loss to know at once how to begin with this new scheme of things.

In the morning it would be so delightful. She would wash her face and put on her shoes. She would be ready

for play in a very short time and have a splendid long day off.

It was strange—that was because of the habit—but her dress was most uncomfortable. Well, she decided she would take that off. She would get that all mused up anyway and then that wouldn't take long to put on in the morning.

So she took off her dress. Then she got back into bed once more.

Her stockings felt very uncomfortable, and she couldn't make up her mind whether she felt cold with them on because she wasn't close enough to the nice, soft sheets, or whether she felt too warm with them on.

Oh, how long she stayed awake. Surely it was not because of the clothes.

When she at last fell asleep, it seemed that she woke right up again—although that couldn't have been because it was daylight now. Oh, how uncomfortable she felt.

It was a foolish habit perhaps, but yet maybe it was a pretty good habit after all to wear night-clothes at night and daytime clothes in the daytime only.

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## Silver and the New Moon

By H. IRVING KING

THE man who, when he first sees the new moon, turns a piece of silver over in his pocket "for luck" would probably be surprised if told that he was invoking the aid of the heathen goddess Diana. Yet that is what he is doing and the ceremony was performed by his predecessors on this earth long centuries ago in the days when the nations "hated Diana great." Though there were many moon-goddesses before her, Diana was the ancient Italian goddess of the moon; particularly it would appear, of the moon in its crescent state as the Italian Diana—who must be distinguished from the Oriental, or Ephesian, Diana—is always represented with the crescent on her head. Now silver was the metal particularly dedicated to Diana—a natural relation from the character of the moon's rays—"the silver moon." It would appear that there was some connection, also, between the Ephesian or Asiatic Diana and the moon as—though represented as a woman with numerous mammas instead of as the virgin huntress with bow in hand, a crescent in her hair—silver was also the metal dedicated to her. But we inherit the Roman cult of Diana. The Roman soldier brought it into Britain and though it vanished there with the power of the "slowly fading mistress of the world" the connection between silver and the new moon changed into folk lore and remained to spread to "regions Caesar

never saw." Therefore as the Roman legionary guarding the wall of Severus some seventeen centuries ago when he saw the new moon touched, if he could, a piece of silver; so some people today, when they see Diana's crescent in the sky, turn over a silver half dollar in their pockets.

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## SOME SAWS

By Viola Brothers Shore

**FOR THE GOOSE—**  
WONDER how many girls'd decide they wanted to live their own lives, if there was no such thing as dishes to wash at home?

It's easier to make a pig out of a pet than a pet out of a pig.

**FOR THE GANDER—**  
If you want a job done well, give it to a busy man to do. But if you want it done even better, do it yourself.

Two people might even agree on how to play a hand of bridge but never on the best way to build a fire.

Two fellers scrap and a third goes by and picks up a gold watch. And the fourth gets his eye knocked out.

(Copyright.)

## What Shall We Have to Eat

By NELLIE MAXWELL

WHEN you do not know what to have for luncheon try:

### Swiss Eggs

Spread a stoneware platter with butter and lay on it very thinly sliced cheese. Sprinkle with nutmeg and salt, then break over this enough eggs to serve the family. Pour over one-half cupful of cream, sprinkle with

salt and bake until the eggs are firm. Serve from the platter.

### Marshmallow Dessert.

Cut marshmallows into quarters, toast them with a few nuts and serve with whipped cream for dessert.

### Lemon Souffle.

Take six eggs, yolks and whites beaten separately, add one cupful of sugar to the beaten yolks, then the juice and rind of a lemon, fold in the stiffly beaten egg whites, place in a buttered dish, set in a pan of hot water and bake one-half hour.

**Chestnut Puree.**—Drain and mash cooked chestnuts and season with cream, salt and pepper and beat until light. Serve in the center of a platter with meat around it.

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## UNVEIL MEMORIAL TO EXPLORER



This is the beautiful memorial at Bonners Ferry, Idaho, which was recently unveiled to David Thompson, intrepid explorer and geographer for the Northwest Fur company, near the spot where he and Finnan MacDonald built the first trading post in Idaho in September, 1809. Duncan MacDonald, half-breed grandson of Finnan MacDonald, is at right.

## Babies Are the Most Helpless

By M. K. THOMSON, Ph. D.

OF ALL baby animals the human infant is the most helpless. The new-born colt has extremely long legs and is quite wobbly. But in a remarkably short time he is able to run about and shift for himself. The same is true of the young of all the herding animals. The safety of the herd depends on the speed of the youngest and weakest members, hence even the new born among them must be able to keep up with the herd.

The period of babyhood for a colt is three to four years, that of the calf is from one to two years, etc., approximately one-fifth of the normal span of life for the species. Man is the exception to this rule. His period of infancy is about twenty-five years. It seems like a great waste of time to spend half of one's life getting ready to live.

This is the chief reason why the human species is superior to all the other animals. The longer the period of infancy the better chance there is to become adjusted to new conditions and learn new ways. What seems

like a great handicap is in reality a tremendous advantage in the struggle of life. Babies remain plastic for a long

period in order to adjust themselves more favorably to the conditions of life. If the infant were to become an adult in a few years he would have that much less time to acquire new ways. Animals live mostly by instinct because that is all they have to go by. The bumble bee is said to be as big the day he is born as he will ever be.

The long period of infancy means opportunity for growth and development. Blessed is the man who maintains this period to the day of his death so far as it is mentally if not physically possible. The moment a plant ceases to grow it has begun to die. The moment a human being stops growing mentally he is already dead. He is walking around to avoid funeral expenses.

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### They All Do

"The worst of my husband is that he thinks he has all the sense."—Woman at Willesden (England) police court.



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