

WOMAN'S BATTLE AGAINST THE PETTY THINGS OF LIFE-MA SUNDAY'S TALK-FASHIONS

IT IS THE BIG THINGS THAT ARE RARELY ACCOMPLISHED

Time for Little Things Invariably Found While Greater Tasks Are Neglected-Meeting an Emergency

MOST persons are always doing little things; from day to day they perform their own special tasks. But they never do the big things they are always intending to do-and true greatness lies in doing the really big things.

There are many potential geniuses, men and women, who have really brilliant ideas they are going to carry out some time-but that time never comes. The little things always demand their attention.

The true artist is purposeful at the outset. He carries before him the vision of the big picture he is going to paint. Sometimes he does achieve it. But more times he finds himself well on in life still filling small orders in order to keep himself in bread and cheese. The man who has an ambition to write is much the same. That great novel is deferred from day to day and year to year while he grinds out-and sells-his "pot-boilers."

The woman in business doesn't lack aspiration. She wants some day to fit herself for something better than a clerical job. She intends taking a course of study. But other things claim her attention. She must do this and that and the other thing, and gradually she finds the years slipping by and she is still a clerk.

And speaking of the woman who is successful in business, it is not the girl whose work runs along smoothly, and who does just what is expected of her every day, who is singled out for promotion, but the girl who is able to meet an emergency, to assume an unlooked-for responsibility, to whom the opportunity to rise is given.

There are many of the former, superbly efficient girls, whose tasks, mere repetitions of those of the day before, are

Vyvettes



The trimming on this hat suggests the arms of a windmill. Here, of course, the arms do not revolve when the wind blows!

performed satisfactorily when the office routine is undisturbed. The other kind, the woman to whom responsibility acts as a stimulus, who when it comes does her best in a clear-headed way, will in the end achieve a position that is more than merely mechanical.

To represent the latter type a girl must constantly keep her mind alert; must learn more of the business than is necessary for her own small job; must, when she does not understand a phase of the work, not hesitate to ask questions and to be interested when information is vouchsafed. It is this very lack of interest which often prevents promotion.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

THE potato is one of the most valuable of foods, notwithstanding the fact that it is three-fourths water. A study of the nutritive value of various common food-stuffs shows that one pound of baked potato is equivalent in total nutritive value to the following foods in the quantities indicated: five and seven-eighths ounces beef; one pound of chicken; one and one-half pounds of codfish; two and one-fourth pints of oysters (solid); four pints of clams (in shell); four and one-half pints of beef juice; ten pints bouillon or beef tea; one and one-eighth pints whole milk; three pints skimmed milk; eight eggs; nine ounces baked beans; seven ounces bread; one and three-quarters pints oatmeal or cornmeal mush; one and three-fourths pints hominy (cooked); one pint boiled rice; one pound banana; two pounds parsnips (cooked); one pound green peas (cooked); three pounds beets (cooked); four pounds boiled cabbage; four pounds radishes; five pounds tomatoes.

From the above it will readily appear that the potato is one of the most nourishing of our common foods. Its value is still further emphasized by the fact that steamed or mashed potato digests in two or three hours whereas roast beef, for instance, requires four or five hours, or double the time.

As already noted, the potato is not rich in protein, although the amount of this element in the baked potato nearly reaches the Chittenden standard, 10 per cent of the total nutritive value, a proportion which is amply sufficient. The protein of the potato is of very fine quality, much superior to that of corn.

Also the proportion of fat is low. Three ounces of cream, or three-fourths of an ounce of butter, will balance a pound of baked potato.

The salts and vitamins of the potato are of highest value. The potato should be used much more freely. Experiments made by Hirschfeld, of Denmark, showed that men may live indefinitely and work hard on a diet consisting exclusively of potatoes with a small addition of fat.

Eating Fruits and Vegetables

How can I avoid trouble from getting fresh fruits and vegetables by preventing?

A precaution which will almost certainly prevent summer bowel troubles is the careful disinfection of fruits and all other fresh foods, such as lettuce, celery, radishes and cabbage. These foods are often soiled with sewage or soil water, and harbor many highly infectious typhoid germs and other parasites in the intestine. It is easy to render these foods entirely wholesome, as follows: Wash thoroughly in clean water for ten or fifteen minutes in a solution of peroxide of hydrogen, one part to twenty of water. After soaking in the solution, rinse. Fresh fruits and green things from an orchard should never be eaten until they have been thoroughly washed. Of course, vegetables grown in one's own garden may be known to be safe, but even these should be carefully washed.

Parasites in Meat

It is true that parasites of some sort are found nearly always in meat.

Preserved Eggs

The difficulty in preserving eggs is the fact that many eggs contain bacteria when laid. They become contaminated in the evident of the fowl. Disease of the ovary is becoming very common in fowls through infection with the B. pullorum, a germ which has habits and other small animals which feed in them in infected eggs.

Water in Hyperacidity

Should a person suffering from hyperacidity drink freely of water? If so, should it be hot or cold?

Amount of Acid

What is the amount of hydrochloric acid normally in the human stomach during digestion?

Mi-RITA Superfluuous Hair Remover

Dr. Margaret Ruppert's Mi-Rita Beauty Preparator

MANDO Remove superfluuous hair from face, neck, arms or legs

IN THE MOMENT'S MODES

The Separate Blouse of Silk Is Smart



The popularity achieved by the separate blouse of silk is nothing short of a sensation. After years of being classed as a strictly utilitarian garment, even branded as "dowdy" by some, it has come back with a vengeance. And, oddly enough, the style folk themselves are amazed at the sudden turn in its fortunes.

LIVING UP TO BILLY

By ELIZABETH COOPER

This powerful, human document, written in the form of letters to a young mother serving a term in prison, is one of the most gripping literary products of the twentieth century.

Dear Kate:

What do you think? Billy is an heir! Before the Smiths went away they tried to sell their place over in New Jersey, but they were going away too soon and an agent couldn't sell it for them in such a hurry.

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THE YARN SHOP

Good Shepherd Yarn Limited amount of Imported Angora Newest Styles in Hand-Knit Sweaters

Miss Cloud COMPLEXION EXPERT and Mrs. Exquisite Toilet Preparations

Safe Milk for Infants and Invalids

HORLICK'S THE ORIGINAL Malted Milk

Rich milk, malted grain, in powder form. For infants, invalids and growing children.

"MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

The Woman Who Did Not Want Children

IT WAS the first time I had met Hazel in six years. When I last saw her she was a young bride of twenty-two, just settling down into the soberness of married life after her honeymoon.

"Hazel!" I said abruptly, "why haven't you had any children?" "Has John been talking to you?" she asked suspiciously.

"So that is the trouble!" I said musingly. "No, my dear, he hasn't said a word. He hasn't needed to. Both of you give the impression of persons who somehow are not satisfied, who are groping for something they haven't attained and who are not quite sure of what it is."

Friday--"The Devil's Tea."

The Castle Builder

I built castles in Dreamland, Ages and ages ago; When the earth was green and pleasant And the skies were all aglow.

I built castles in Dreamland, Ages and ages ago; Hearing the storm-wind speaking I wove a web of cobwebs--

Now am I old and weary; My pulse is slender and slow And the sky and the heart beneath it Have lost their former glow.

THE CHEERFUL CHERUB

Instead of reaping useful hours And binding them in shining sheaves I hear the wasted minutes fall

With dried-up sounds like autumn leaves.

Arthur Goodenough

Tomorrow's War Menu

Breakfast: Pantaloons, Fried Smelts with Lemon Sauce, Corn Muffins, Coffee

Lunch: Cheese Souffle, Lettuce with Green Peppers, Wine Cake, Tea

Dinner: Veal Loaf with Tomato Sauce, Mashed Potatoes, Stewed Turnips, Watercress, Peach Pudding, Iced Coffee



Great Britain

The uniforms of Great Britain's mighty army and navy form the subject of the handsome art supplement to be given away FREE with next Sunday's Public Ledger.

Sunday's PUBLIC LEDGER