

Tongue Has Played Greater Part in World War Than the Pen

By CYRUS TOWNSEND BRADY of the Vigilantes



The pen may or may not be greater than the sword. That depends upon use and the user. According to Richelieu the proverb only applied when the pen was in the hand of the truly great. However the matter may stand between pen and sword, how about the relative importance to them of the mouth? That the tongue is a fiery little member by which a great matter may be kindled has been marked a long time ago, and in Holy Writ. Its power has been eloquently set forth at length in phrases as familiar as household words. The effect of its abuse has been noted. But use and abuse should be and are opposite and equal. Which fact is frequently lost sight of, especially in this present world war.

Yet the tongue has played a greater part than the pen and almost as great a part as the sword in determining events, and on both sides of the game. Witness Von Bethmann-Hollweg's ineffable remark about the solemn treaty which he characterized as "a scrap of paper." Has anything more to fix the resolution of the enemies of Germany than that careless phrase? We intend that they shall not be permitted to regard treaties to which they are pledged merely as scraps of paper. By no means.

Again, has any single contribution to the world-war efforts by any single man equaled the words of that maker of telling and unforgettable phrases par excellence, President Wilson? When he speaks the world listens and its better part heeds and approves. He has contributed the equivalent of great and successful battles by his ringing words, and some of them are as immortal as the words of Lincoln or Luther or Shakespeare or Paul.

Nevertheless, it is impossible to speak too much and to lose sight of action in talk. I do not think we have approached that point yet. Indeed, when the history of what the United States has accomplished in its first year of war is known we shall be surprised as well as delighted at the amount. There is still room for talk, therefore, and it is my opinion that the more we talk about the issues of the day the more we discuss our problems, the more we seek to encourage each other with speech—in this instance more golden than silence—the better off we shall be and the more we shall achieve. Don't disdain speaking, it is still a power.

Talk on, my friends. If you do it the right way you will help greatly. But if you can also act, by all means act first and talk afterward.

Great Responsibility of the High School for Many American Ideals

By AURELIA HENRY REINHART
President of Mills College, Oakland, Cal.

The high school is not yet crystallized. The length of its course is still unsettled, varying from three to eight years. The number and kind of its departments differ widely. Curricula vary largely. The requirements for graduation are changing. The high school is striving to meet the most important demands today in modern public education. It is a good thing that the high school is thus in a state of flux. It bodes well for our future.

What, then, is the definite relation between this evolving institution and the formulation and inculcation of American ideals in American children in their teens? American high schools are using, more now than ever, American content in literature and history. At the same time, while we thus teach nationalism, we must maintain a proper perspective by the study of the language, art and literature of other peoples. Mental isolation is fatal. In the eighteenth century men generalizing broadly expressed their ideals oratorically. Today, while in spirit we still cry, "Give me liberty or give me death," we express our ideals ever more simply, soberly and concretely. We are the outcome of a noble past; we come of a people of large ambitions and large opportunities, but today our life is becoming more intensive, and each one must do his part with less waste and greater efficiency. Eternal vigilance for the preservation of the large view and the wide perspective is necessary to preserve the individual essential sanity of mind and nobleness of attitude toward life.

In all schools, in all variations of all schools, there are two stable factors: first, the open-minded teacher, so truly patriotic that he needs not talk about it and so patient that he strives ever to lift up the student to the best American ideals; second, the oncoming generations that are to be future American citizens. It is the chief business of the public school to provide an atmosphere and environment in which the fine personality of the teacher may best develop an intelligent world-enlightened patriotism in the minds of American youth.

Responsibility of Normal School for Training Teachers for All Work

By G. W. NASH, President of Normal School, Bellingham, Wash.

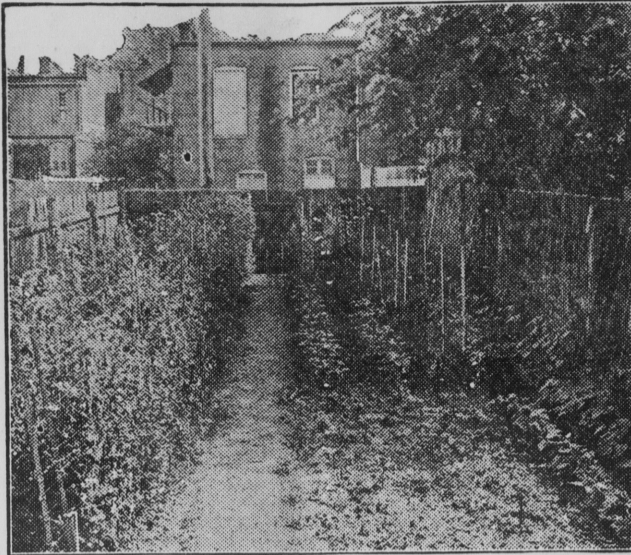
What is the proper function of the state normal school? Granted that its chief work is preparation of teachers for the elementary schools, must its labors end there? Is there any good reason why an institution maintained by the state for the sole purpose of preparing teachers should regard itself subordinate to the colleges, that count teacher-training as merely incidental to their larger work, or to the departments of education that are usually despised—but tolerated—by the general faculties of the universities?

I believe that the state normal school is peculiarly commissioned by the commonwealth to prepare teachers for its schools. It is alleged that universities and colleges have looked upon the state normal school with changing sensations—first with contempt, next with interest, and finally with alarm. "The normal school is becoming too popular, too important, is assuming rights and privileges sacred to the institutions higher up," declares the spokesman for college and university. In the face of dust thrown up to blind the public, the state normal school must boldly take its stand for educational leadership and maintain its right to train all kinds of teachers for the common schools.

By making normal-school work severely practical and suited to the needs of the public, we may eventually bring to the institution the complete recognition to which it is entitled.

The Housewife and the War

(Special Information Service, United States Department of Agriculture.)
MAKE THE MOST OF VEGETABLES



A Back-Yard Garden Capable of Furnishing Practically the Entire Table Fare for a Family.

MAKING MOST OF ALL VEGETABLES

Families With Back-Yard Gardens Will Need to Do Little Buying in the Markets.

PRACTICAL HINTS ARE GIVEN

One of the Safest Rules for Keeping Well is to Eat Variety of Food—Starch and Sugar Valuable as Fuel Foods.

All over the country war gardens have been planted to raise food to "help halt the Hun."

This summer millions of cans of vegetables will be put up by canneries and housewives for winter use, but everyone should have a chance to eat the fresh vegetables while they are at their best. If you have more than you can use now, sell them to your less fortunate neighbor who has no garden. What can't be used fresh, can for winter.

One of the safest rules for keeping well is to eat a variety of food. Vegetables are a great help in giving variety to your meals.

Eat vegetables every day; many are mild laxatives and they are better than medicine.

Use many kinds and lots of them. Let them take the place of part of the meat and bread you are using today. Don't think that because vegetables contain so much water they are not good food. They are one of the most valuable kinds of food we have. Vegetables have their own particular part in the diet which neither meats nor cereals nor fruits nor sweets can play.

Part That Vegetables Play. They are appetizers. Their delicious flavors stimulate digestion. They furnish fuel and protein. Vegetables, such as sweet potatoes, green lima beans, green corn, white potatoes, green peas, onions, beets, carrots and squash contain enough starch and sugar to make them valuable as fuel foods. Some of these are protein foods, too.

They help prevent constipation. The woody part of vegetables is valuable to give bulk to the food. For very small children it should be removed by rubbing the cooked vegetable through a sieve, but a grown person of sound digestion needs some of this woody portion. Don't cut out all the hard part from asparagus and such foods. The mild acid in such vegetables as tomatoes has some laxative effect.

Minerals Are Needed. They furnish mineral matter. This is one of the most important parts that vegetables play in the diet. Without small amounts of mineral salts no part of the body can be built; they are needed in nerves, brain, bone, blood and muscles. Even after growth these minerals must be furnished to replace the parts of the body used up by exercise. They have an important part in keeping the different parts of the body working smoothly. Eat a variety of vegetables to furnish these much-needed minerals.

They furnish other important food constituents about which we know but little as yet. We do know, however, that these substances play an important part in promoting growth in the young and bodily well-being for everyone through life. Eat the green leaf vegetables, lettuce, cabbage, cauliflower, Swiss chard, collards, Brussels sprouts, celery and onions. They are especially rich in these growth-promoting food constituents. Don't throw away your beet tops, onion tops, turnip tops and radish tops. Serve them for greens.

LIVE OUT OF GARDEN.

Live in the garden, if you like, but by all means live out of the garden. Every time you take a meal out of your own garden, you save the equivalent in other foods to be used in winning the war.

That is one side of it. Every time you take a meal out of your own garden you save money—good, hard money that can be used for any one of a score of things that would make the family more comfortable—or for investment in Liberty bonds, Thrift stamps and safety.

That's the other side. And the bed-rock bottom of it is that you have a better, more wholesome summer meal than if you had gone to market and bought a lot of meat and stuff.

Make the most of the home garden. Study it. Maybe you already know all of the delicious ways in which all sorts of garden truck can be prepared for the table. If you do, be a philanthropist. Impart some of your knowledge to your neighbor. If you do not, get the information that the United States Department of agriculture has gathered on that subject and apply it.

Card for Your Kitchen.

The States Relations service of the United States department of agriculture has recently issued "A Guide in Baking." The whole thing is printed on a card, ten by five and a half inches, suitable to hang on the kitchen wall. On it are the measurements of flour. The weights and measures were tested in the office of Home Economics. The table, adhered to, will enable the housewife to make good griddle cakes, muffins, cakes, cookies, drop biscuits and nut or raisin bread without using any wheat flour.

Whatever recipes she has used successfully with wheat flour, she may continue to use successfully with substitutes for wheat flour. For instance, the table shows that, if one cup of wheat flour was used in a certain recipe and it is desired to substitute barley flour, one and three-eighths cups will be necessary, while all the other ingredients remain as in the old recipe. A number of good combinations are worked out. By mixing two of the substitutes as indicated, the housewife will get better results than if she used one substitute. At the bottom of the card are half a dozen "cautions," aids in baking with substitute flours that have been carefully worked out by experts. A copy of the card may be had from the States Relations service, Department of Agriculture, Washington, D. C.

Planning the Kitchen.

In planning a new home or remodeling an old one it should always be borne in mind that the placing of the stove, sink and work table in such a way as to secure the advantages of a compact workshop will save the housekeeper many steps in the tasks of the kitchen. Time and energy will also be saved if the shelves, cupboards and drawers are located near the place where the supplies or equipment which they are to contain are to be used, and they will be even more convenient if they are so planned that their contents may be easily and quickly removed or replaced.

In selecting the equipment only that which is most convenient and durable should be purchased. As in any well-regulated workshop, all the equipment necessary for the convenience of the worker should be supplied, but that equipment should be installed first of all which will be used most often.

GETS HER WISHES

By ELLA R. PEARCE.

All the preparations were completed for Anna's wedding; and Anna herself, giving a lingering, wistful glance at the outspread bridal finery in her pretty room, turned to her mother with a sigh of relief. "Everything ready and ahead of time. Aren't we wonderful, Mumsie?" Then, suddenly ducking her head in a comically childish way, she slipped to the elder woman's side and wound loving arms about her. "So soon, dearest—so soon!" she murmured, with a catch in her young voice.

Mrs. Leeds gently stroked the shining head on her shoulder. "Everything has gone splendidly, Anna." The mother spoke with practical crispness. She would not let her own voice quaver. "And I suppose my little girl is very happy now."

Anna lifted her head and her eyes were twinkling. "Not absolutely happy, Mumsie." She tapped off her words on upheld fingers. "One, two, three—three things more I need to make me absolutely happy."

"Why, Anna!" Mrs. Leeds looked anxious. "I can't imagine what you have in mind. What more could you wish for?" "There are three things," repeated Anna. "Firstly, I wish Van Tredwell would fall in love with somebody else."

"What's the second wish, Anna?" "I wish Lois Mather was coming to my wedding." "Lois Mather?" Mrs. Leeds looked puzzled. "Why, I haven't heard you speak of her lately."

"But I've thought a lot," said Anna quickly. "So you want Van Tredwell to forget you, and Lois Mather to forgive?" "And come to my wedding," interrupted Anna lightly. "But of course she won't. And there's my third wish. What do you suppose it is?"

Mrs. Leeds shook her head. "Well, I wish that someone will give me a spinnet desk for a wedding present."

Then Mrs. Leeds laughed mirthfully. "Anna! Anna! you are such a child." She sat long after her mother had gone downstairs and thought over their late conversation. Anna was deeply in love with the man she was to marry. But she could not help remembering Van Tredwell's boyish attentions; his bashful gallantries; his bitter disappointment at the end.

Then the boarding school friendship with Lois Mather. How delightful and satisfying that had been while it lasted. No girl since that time had ever been the understanding friend, the entertaining companion Lois Mather had been.

Mrs. Leeds brought a letter to Anna's room in the sunset hour. "A big box has come. Something crated," she informed her daughter. "Shall I have Josh open it for you?" "Yes. And I'll be right down." Anna was opening her letter with a queer expression on her face. It was from Lois Mather.

"I've heard of your coming marriage and the news set me thinking of old times, Anna, dear," the letter ran. "And it seemed to me you would like to know of my new happiness, too. I never had a friend like you, Anna."

Anna winked back a ready tear. "He's a man from your own town—one of your neighbors. Isn't it strange?" But the moment Van Tredwell and I met it was a case of love at sight. You know how those things happen sometimes. It was Van who told me of your engagement. Van can't get away just now, but I want to come to your wedding, Anna, if you'd like me to."

"Oh!" cried Anna, dazed by the sudden surprise of the news. Van Tredwell and Lois Mather! Met—engaged—Lois coming to her wedding! She turned to the letter again. "The present is Van's, but the idea is mine," were the next words she read. "Men never know what to buy for weddings. But I remember how fond you were of old-fashioned things and—"

"Mother," called Anna excitedly over the railing. "Is that big box open yet? Is it from Van? Don't tell me—I know what it is before I see it."

EXPERT'S TRIBUTE TO WESTERN CANADA SOIL

That there is good reason for the wonderful crops of grain grown in Western Canada, which have made thousands of former residents of the United States wealthy, is not always given the thought that it deserves its quite apparent. But that there must be a reason is quite evident. Probably more than one—but the one that requires emphasis—is that the soil is of the nature that will produce good crops. It was not long since that the farmer selected his land in the most haphazard way. He need not do so today. He will select it on the soil analysis plan. Soil from Western Canada was submitted to Prof. Stevens, soil physicist of the State College of Washington, at Pullman, Wash. His report should no doubt further encourage settlement in Western Canada. It reads as follows:

"We have analyzed this sample and find that it runs high in lime, very high in potash, phosphorus and in nitrogen; that it has a splendid supply of organic matter and is in the best of physical condition. There is nothing wrong with this soil from the standpoint of crop production, and I am satisfied that it will give splendid results wherever put under cultivation."

It is soil like this properly worked, and on scientific lines, as is the rule today, that gives the opportunity to quote the experiences of farmers who have increased their incomes from \$500 to \$30,000 in two seasons, and whose story would read as follows:

"I have threshed altogether 7,000 bushels of No. 1 Northern wheat from 200 acres, which went from 24 to 56 per acre—soil breaking 24, spring plowing 36, back setting 56 bushels—the average being 35 bushels per acre."

The newspaper giving an account of this man's experience says: "When he disposed of his 1,600 acres from north of Brooks, Alta., to four Oak Harbor men, he was worth \$30,000. Two years ago he came here with \$500 and a few horses."

It is the soil of Western Canada, and the knowledge of what it will do that brings to Canada the hundreds of settlers that are daily arriving at the border. A growing enthusiasm for the fertile prairie lands of Western Canada is spreading all over the continent. This enthusiasm is the recognition of the fact that sufficient food could be produced on these prairie lands to feed the world. From the south, east and west, hundreds of men, too old for military service, are pouring into Western Canada to take up land or to work on the farms. A great many of the incoming settlers have arrived at such central points as Calgary, Edmonton, and Lethbridge, Alberta, and at Regina, Moose Jaw, and Saskatoon, Saskatchewan. Judging from the bulk of their household effects, the number of their horses and cattle, and the quantity of implements they are bringing with them, most of the new arrivals also seem well blessed with the world's goods.

Reports from North Portal, Saskatchewan; Coutts, Alberta, and Kingsgate, British Columbia—the principal gateways into Western Canada from the United States—indicate that the present influx of farmers is in such volume as has not been witnessed for many years. From Vancouver, British Columbia, people are going to the prairies for summer farm work, many with the intention of taking up land themselves at the end of the summer. The influence of this tide of farmer settlers on greater food production will be more readily appreciated when it is considered that the average settler takes up at least twice as much land as he has hitherto been farming—and land which, acre for acre, produces better and larger crops.—Advertisement.

A Camouflage Grace. Little Harry (after eating his meager ration of bread and margarine)—Must I say grace, mamma? Mamma—Of course, darling. Little Harry—Well, you said God could read our thoughts, and if I say I'm thankful he'll know jolly well what a 'hominable little liar I am!'

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For more than 200 years, Haarlem Oil, the famous national remedy of Holland, has been recognized as an infallible relief from all forms of kidney and bladder disorders. Its very age is proof that it must have unusual merit.

If you are troubled with pains or aches in the back, feel tired in the morning, headaches, indigestion, insomnia, painful or too frequent passage of urine, irritation or stinging in the bladder, you will almost certainly find relief in GOLD MEDAL Haarlem Oil Capsules. This is the good old remedy that has stood the test for hundreds of years, prepared in the proper quantity and convenient form to take. It is imported direct from Holland laboratories, and you can get it at any drug store. It is a standard, old-time home remedy and needs no introduction. Each capsule contains one dose of five drops and is pleasant and easy to take. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, gall stones, gravel, "brick dust," etc. Your money promptly refunded if they do not relieve you. But be sure to get the genuine GOLD MEDAL brand. In boxes, three sizes.—Adv.

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