

## Large Numbers of Population Who Violate Laws of Good Health

By IRA S. WILE, M. D., Associate Editor of American Magazine

"Haste makes waste."  
The rushing, surging, hastening communities waste time, money and energy.  
"Haven't time," is the excuse for large numbers of the population who violate the laws of health and sound sense.  
Consider the simple matter of chewing food.  
Carelessness, inattention, laziness, nervousness, gluttony, haste, interfere with proper mastication.  
Eat and run or eat on the run characterizes the rapid swallowing of food by many otherwise intelligent persons.  
Food is cooked until it falls to pieces and chewing it appears unnecessary.  
Fluids are drunk to wash down food before it is adequately pulverized. Hard or tough foods are cast aside as requiring too great efforts on the part of the eater.  
Even the children receive moistened foodstuffs that call for little chewing.  
What is the purpose of chewing?  
Chew food to grind it into small particles that are more easily attacked by the digestive fluids and ferments.  
Chew starchy foods to mix them thoroughly with the saliva, which begins to change the insoluble starch into the absorbable sugar.  
Chew all foods to prepare them for swallowing.  
Chew actively to stimulate the stomach to prepare adequately for the digestion of the meal.  
Thorough mastication tends to prevent overeating.  
If you take the time to grind your food you are more likely to escape indigestion.  
Starchy foods demand careful attention to the small detail of chewing them thoroughly that they may receive the advantage of salivary action.  
Spinach, salads and green bulky foods must be finely divided in order to yield their small measure of nourishment.  
Chewing is the first essential step in the process of digestion.  
Exercise strengthens muscles.  
Use develops power in the organs of the body.  
Chewing improves the nutrition of teeth and adds to their vitality.  
The teeth of primitive people, forced to chew hard nuts, uncooked fruits and poorly cooked meats show comparatively little decay. Chewing increases the blood supply of the teeth, and at the same time serves to cleanse and scrape the enamel surfaces free of harmful debris.  
The act of chewing induces a flow of saliva which is a natural purifier of the mouth and a protector against bacterial invasion.  
Take your time at the table.  
Chew more and eat less—is a safe rule for the average man.  
Relish every bite you eat—but do not depend upon overflavoring for palatability.  
Prescribe a few minutes' dental exercise on food at each meal instead of a digestive medicine after meals.  
Chew your food.

## Only One Sentiment Permissible Today and That Is Absolute Unity

By CARDINAL O'CONNELL

There is but one sentiment permissible today; that sentiment is absolute unity.  
Our country is at war—our nation therefore needs us all, every man, woman and child of us, to strengthen her, to hearten her, and to stand faithfully by her until her hour of trial has passed and her hour of glorious triumph shall arrive.  
God and our nation! Let us lift up that cry to heaven. Neither base hate nor sullen anger may dim the glory of our flag. But let the love of true freedom—blessed, God-given freedom—which above all other lands our country has cherished and defended, let that be the thrilling power that will quicken our pulses into a still greater love of America than we have ever known till now.  
We are of all races; today we are one—Americans. Whatever we can do in honor and justice, that we must in conscience do to defeat our enemies and make our flag triumphant.  
Christ is risen. He has triumphed over iniquity and death. Let us look up to where he now sits in glory, and read anew from the story of his passion and his triumph the greatest of all lessons man can ever learn—that evil is conquered only by divine courage; that death has no terror for the man of faith, and that not all the riches of this world are worth a passing thought in comparison with the things which endure forever. Let us hasten now to act. We have spoken enough.  
May God preserve and bless America.

## Let Us Watch and Avoid Slackers in Ranks of Our Civilian Army

By M. T. BENNETT

In war time the most damning tag we can tie to a man is the despised "Slacker." Any deserter disgracing his country's uniform, and coward shunning the uniform, we call a slacker. But the army of the United States is not all uniform, and the western front is not confined to France and Flanders. Our army includes all that host of men and women supplying our food munitions of war. They are heroes as much as their more conspicuous soldier relatives, and there is desertion and failure to enlist in this army as well as in the force to cross the Atlantic. There are slackers on our western front.  
This battle line which we protect over here is under the control of a civilian army. In our factories and fields we are waging war against our enemy. Are we fighting as hard as we can? Are we putting all our force into supplying the necessary food and munitions for our soldiers in France? We must fall to and do our work to make their worth while. For all the fighting in France will fail without our campaign for work in America. Our farmers and manufacturers have been called to join the ranks. Will they dodge the work, the self-sacrifice? Let us watch and avoid the slackers in our civilian army.

# What Can We Do?



Knitted articles in either gray or khaki colored yarn are acceptable to the Red Cross for use in the army. Yarn and knitting needles may be procured either from Red Cross chapters or from stores, provided the yarn is of the same grade and needles of the same size as those described in this circular.  
The needles referred to in these directions are standardized Red Cross needles. Their diameter is given opposite their respective number.  
Knitting Needles No. 1—135-1,000 inches.  
Knitting Needles No. 2—175-1,000 inches.  
Knitting Needles No. 3—200-1,000 inches.  
**General Directions.**  
Stitches should not be cast on too tightly.  
Knitting should be done evenly and firmly and all holes should be avoided.  
Joining should be done by splicing or by leaving two or three inches at each end of the yarn to be darned in carefully.  
All knots, ridges or lumps should be most carefully avoided, especially in socks, as they are apt to blister the feet.  
**Sleeveless Sweater.**  
Two and one-half hanks of yarn

( $\frac{3}{4}$  pounds); one pair Red Cross needles No. 3.  
Cast on 80 stitches. Knit 2, purl 2 stitches for 4 inches. Knit plain until the sweater measures 25 inches. Knit 28 stitches, bind off 24 stitches for neck, loose. Knit 28 stitches. Knit 7 ridges on each shoulder, cast on 24 stitches. Knit plain for 21 inches. Purl 2, knit 2 stitches for 4 inches. Sew up sides, leaving 9 inches for armholes. Two rows single crochet around neck and 1 row single crochet around the armholes.  
**Wristlets No. 1.**  
One-half hank of yarn ( $\frac{3}{4}$  pound); 1 pair Red Cross needles No. 2.  
Cast on 48 stitches, knit 2 and purl 2 for 12 inches, and sew up leaving 2 inches open space for thumb 2 inches from the edge.  
**Wristlets No. 2.**  
One-half hank of yarn ( $\frac{3}{4}$  pound); 4 Red Cross needles No. 1.  
Cast on 52 stitches on 3 needles: 16-16-20. Knit 2, purl 2 for 8 inches. To make opening for thumb, knit 2, purl 2 to end of third needle, turn; knit and purl back to end of first needle, always slipping first stitch; turn. Continue knitting back and forth for 2 inches. From this point continue as at first for 4 inches for the hand. Bind off loosely and buttonhole thumb opening.

## Pre-Easter Parade of New Blouses.



White, blue, flesh, maize, bisque, tea and rose—these are some of the colors in new georgette crepe waists that appear in the gay troop of spring styles, passing in review before Easter. Along with them are dainty organdie blouses in white or light colors or combinations of white and a color, and dark colored blouses of crepe or silk that lend dignity to the company. There are few innovations in style. Sleeves continue to be long and necks open in a "V" at the front with much graceful management of collars.  
But the high-necked blouse is to be reported as represented in all the showings of new models, along with many that are not high. It is to have a place of honor even if it cannot hope for as great popularity as blouses with open throats or round necks. These are cooler and more comfortable, also more practical, but the high-necked blouse has much distinction and is suited to certain styles and types that do not wear the open throat with equal success.  
A slip-over blouse of georgette crepe is shown in the picture with Chinese collar and a smart sleeve. The collar at the back is widened into a narrow sailor effect. Sleeves are cut in kimono style and the blouse fastens at each side with small buttons and button holes. What looks like hand embroidery in colored silk floss, appears as an embellishment of the front, but it is really done on a machine built for this kind of work.  
The sleeves are widened by a puff set in at the elbow and this is gathered into a deep plain cuff that fastens with small buttons like those on the front of the blouse. The buttons are extended along the back of the puff.  
Blouses cut in one with their sleeves, kimono fashion, are becoming only to slender figures. A popular set-in sleeve for this season is full from arm's eye to cuff and is gathered into a deep close-fitting cuff that buttons in the same manner as shown in the picture. Blouses of white georgette, with collars and cuffs of colored, printed foulard are among the novelties for spring and blouses of fine, white voile with convertible collars of colored gingham and cuffs to match, suggest something new and attractive for the thrifty woman who makes many of her own waists at home.  
*Julie Bottrill*  
**Embroidery Trimmings.**  
Chinese embroideries constitute an unusual bit of interesting trimming.  
**Spring Styles.**  
The silhouette for spring? It is straight with the fullness in front.

## IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute, Chicago.)  
(Copyright, 1918, Western Newspaper Union.)

### LESSON FOR MARCH 3 JESUS BRINGING PEACE.

**LESSON TEXT**—Mark 4:35-41.  
**GOLDEN TEXT**—Jehovah hath done great things for us whereof we are glad.—Ps. 126:3.  
**DEVOTIONAL READING**—Ps. 147:3-5, 11-18.  
**ADDITIONAL MATERIAL FOR TEACHERS**—Matt. 8:23-34; Luke 8:22-39; Matt. 14:22-33; Luke 9:37-44.  
**PRIMARY LESSON MATERIAL**—Mark 4:35-41.  
**MEMORY VERSE**—Even the wind and the sea obey him.—Mark 4:41.  
**INTERMEDIATE TOPIC**—Telling the good news about the Prince of Peace.  
**MEMORY VERSE**—Mark 6:9.

This lesson is a most dramatic one. Surprise and revelation, rebuke and encouragement are rapidly interchanged. Leaving the multitude to whom he had been preaching, Jesus asks the disciples to pass over with him to the other side of the lake (v. 35). "Let us pass over," Jesus never asks his disciples to go where he will not go. How vivid is the touch in v. 36: "They took him as he was." He was tired and weary, he whose invitation is to "all who are weary and heavy laden." He who "had not where to lay his head," is carried by loving hands into the boat, and is soon lost in restful slumber. Both Master and friends are soon to meet a great sinner but first they must encountered a great storm.

**I. The Great Storm.** The Master of forces sleeps calmly on. Why not? Who else could afford to be so apparently indifferent? Not so these disciples. They have yet to know him perfectly, and hence it is natural that in their alarm they should awaken him as they view the rapidly filling boat, and exclaim, "Master, carest thou not that we perish?" Weary and unconcerned as he appears to have been, he arose and rebuked the wind and the waves. Wind and waves are material things and therefore not susceptible to rebuke. Jesus fronted the intangible cause; he rebuked the devil who was responsible for this turbulence; and the calm was commensurate with the storm. The Psalmist says, "Great peace have they that love thy law." Individuals and nations are now in the midst of a "great storm," a day of crime, stress, distress and tragedy; struggle, temptation, grief and loss, and the cry "Lord save us!" is growing louder and more insistent. Some of us look for the early return of the King, but all should listen for his words "Peace be still" for it is the peace which he alone can give that has power to calm the growing turbulence of this age.

**II. The Great Sinner.** Reaching the other side, they entered the land of Gadara and there met a demoniac who is, we believe, a type of the great sinner, for he was, (a) without restraint; "no man could bind him" (v. 3); (b) he was injuring himself, "cutting," etc. (v. 5); (c) he was separated from his friends, "dwelt among the tombs" (v. 3); (d) he was "unclean" (v. 2). There was also evidence of the futility of human resolutions and the vainness of attempt at control or reformation (v. 4). "No man had the strength to tame him." Note the torment of his life (v. 7). As he healed this man, the people saw their illegal gain interfered with, and hence the selfish request that Jesus should "depart out of their coasts" (v. 17), and this even in the face of what had been done for the stricken one. Selfishness knows no law. The Jews could not eat pork but they were raising it to sell to the Gentiles of the land, which amounted to an insult to their God, and an evasion of their law. Jesus "permitted" the demons to enter the swine thereby rebuking the avarice of the people and conclusively showing that they had left the demoniac. Luke tells us (8:37) that the Gadarenes were "taken with a great fear." Fear of what? Surely no fear of the Galilean teacher, but rather of the effect of the restored man's testimony on their material prosperity. Big business will have many sins to account for in the face of greed for gain while ignoring the cry of the afflicted amid unsuitable and unsanitary living conditions. Church members have no right to condemn the liquor traffic, while they rent stores to carry on this destructive business.

A suggested outline for this lesson would be as follows:  
**I. A Great Storm**—Ch. 4:35-41.  
The command of Jesus—v. 35.  
The weariness of Jesus—v. 36.  
The alarm of the disciples—v. 38.  
The indifference of Jesus—v. 38.  
The great calm—v. 39.  
**II. A Glorious Cure**—Ch. 5:1-20.  
The Gadarene a type of the sinner—vv. 1-5.  
(Unclean, separated, no restraint, self injury).  
The Gadarene denounced—vv. 6-15.  
(He recognized purity—desired communion—was assigned to service).  
**III. The Great Mission**—vv. 16-20.  
An improper request (v. 17).  
A proper request (v. 18).  
A hard request (v. 19).  
A great result (see Luke 8:40).  
The nations are in storm. The demons of passion, hate and lust of power are loosed in the world; let us "be-seech him" to return that he may speak "peace."

## American Women No Slackers

We can well be proud of our American girls and women. In France and England women are taking up the work of men resolutely, and have shown their ability to do almost all kinds of work. When it becomes necessary women will show their worth in countless shops, stores, factories and offices. No one hears them complain of their hard work. These are the days when American men have cause to respect, love and honor their mothers, wives and sisters. If a woman is borne down by the weakness and sufferings of womanhood, she should be helped by a herbal tonic, made with glycerin which has had such uniform success during the past half century. She should be well, instead of sick and suffering; healthy and vigorous, instead of worn-out and weak; bright eyes, clear skin, rosy cheeks—you wouldn't think it was the same woman, and it's all due to the use of a few bottles of Dr. Pierce's Favorite Prescription. All druggists. Tablets or liquid. Tablets, 60c.  
What this medicine has done for thousands of delicate women, it will do for you. If you're over-worked and debilitated, it will build you up—if you're borne down with the chronic aches, pains and weaknesses peculiar to your sex, it relieves and cures. It regulates and promotes the proper functions of womanhood. This old and tried Prescription of Dr. Pierce's invigorates the system, purifies the blood, improves digestion, and restores health, flesh and strength. Consult the specialist at Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for free confidential medical advice or for free book on Women's Diseases.—Adv.

## HAD USE FOR ROCK CANDY

In These Days of Sugar Shortage Its Employment Was Quite a Good Idea.

It was hellish Monday. A little girl entered a drug store and approached the prescription counter, where she timidly asked if it would be possible to buy some rock candy. He told her they were not supposed to sell candy, but she assured him that she didn't want it for candy. So he asked the proprietor about it, and the proprietor said yes, to sell it to her—that her mother probably wanted it to make cough syrup of, and that it was therefore a proper purchase.  
So the clerk wrapped up the rock candy and the little girl paid for it. And then the clerk said: "Is your mother going to make some cough syrup?" And the little girl answered: "Oh, no. But you see we're out of sugar, and the grocery hasn't any, and mamma wants the rock candy to sweeten her tea."  
It's a good idea, at that.

## GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble bringing on headache, coming up of food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

## Remove Smoke Stains.

The suggestion will be beneficial to housewives who have not the convenience of electricity or the modern gas fixtures. Frequently the ceiling above an old-fashioned gas jet becomes discolored from smoke and heat. The discoloration may be removed if a layer of starch and water is applied with a piece of flannel. After the mixture has dried it should be brushed slightly with a brush. No stain or mark will remain.

## No Older Than Your Face.

Is true in most cases. Then keep your face fair and young with Cuticura Soap and touches of Cuticura Ointment as needed. For free samples address, "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

## His Recipe.

Thyme—Hello, O'Beese. You're getting fat. What are you taking for it?  
O'Beese—"Food."

**Piles Cured in 6 to 14 Days**  
Druggists refund money if PAZO OINTMENT fails to cure itching, blood, bleeding or protruding piles. First application gives relief. 60c.

The pearl is the only gem that does not require the lapidary's art to bring out its beauty.

If Worms or Tapeworm persist in your system, it is because you have not yet tried the real Vermifuge, Dr. Peery's "Dead Shot." One dose does the work. Adv.

A girl's idea of masculine revenge when her best beau elopes with a chaperon.

**Are Your Livestock and Poultry Free From Lice?**  
Don't use a liquid insecticide in cold weather. It is dangerous—Use DR. DAVID ROBERTS' **POULTRY AND LIVESTOCK POWDER**. Effective and powerful, easy to apply, 50c and 10c. Read the Practical Home Veterinarian book for free booklet on lice and other ailments. Toebees Specialties Co., Saranac Lake, N. Y.

**DOCTOR BILLS ADOLPHUS**—Mm, go, best system regulator known. Am over 70, attribute good health to MURATO. Prepared. See Mista, Sloga, Ohio.

Send for Free Samples Cold Cream, Corn Cure, Foot Cream, Mentholine, Pile Cure, LABORATORIES CORNELL CO., Inc., Ltd., Great Barrington, Mass.