

Professional Cards

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Covington, La.
Office in Covington Bank and Trust Company building. Office Phone 223. Residence Phone 195.

FRED. J. HEINTZ,
ATTORNEY AT LAW
COVINGTON, LA.
Opposite courthouse. Notary public's office.

E. ELMO BOLLINGER,
ATTORNEY AT LAW
SLIDELL, LA.
Office in bank building. Notary public in office.

JOS. B. LANCASTER,
Attorney at Law,
Covington, La.
Will attend to civil business in connection with his office as District Attorney.

B. B. WARREN,
PHYSICIAN AND SURGEON,
Covington, La.
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Residence: New Hampshire street, near Rutland.
Office Phone 68. Residence Phone 53.

Harvey E. Ellis. W. A. White.
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TO LIVE AMONG POOR

HORACE FLETCHER WILL TEACH CHILDREN TO CHEW.

Is Exponent of Thorough Mastication and Will Spread Knowledge of Proper Nutrition in Tenement District of New York.

New York.—Six flights up in an East side tenement in New York city is living a wealthy man who has given up the comfort and pleasures of a palatial home in Venice to bring more health and happiness into the lives of the children of the district in which he now resides.

He is Horace Fletcher, sociologist, writer, philanthropist and globe trotter; a native of Lawrence, Mass., and the originator of "fletcherism."

Now in his sixtieth year, Mr. Fletcher has voluntarily given up his life of ease in Venice and has settled down in the East side to teach the young there his gospel of the proper mastication of food. A couple of weeks ago he was living at the Waldorf-Astoria, now he has to climb 90 separate steps to reach his rooms on the top floor of 331 East Thirty-first street.

While his plans for the enlightenment of the children of the East side are tentative, they are comprehensive. "I have moved here to get in touch with the people," said he. "I am going to spread the knowledge of proper nutrition—if you will, of fletcherism. I want to teach these in greatest need of it how to eat, and that is an important matter. There can be no economic reform until there is proper nutrition and proper nutrition depends upon a proper system of eating."

Mr. Fletcher says he is in the field to assist, and that he purposes to take



a section with definite boundaries and to begin his crusade there. At the beginning and at the expiration of six months he will arrange to take account of what has been done and to ascertain what progress has been made, if any.

He thoroughly believes in beginning with the children and says that slovenly parents when they see the child attempting to be neat and cleanly involuntarily attempt to live up to the standard brought home by the children. He does not care to form any special organization for the pushing of his ideas as to the dietary care, but intends to use the existing organizations at work in that section of New York.

This New Englander, whose name has become famous through his ten years' experience in following the gospel of thorough mastication of food, has in preparation also a series of tests to be used at the summer chalet. He proposes to have a food commons for the teachers, combined with systematic and scientific experiments. Then he believes the teachers at the chalet will return to their home districts and give out to those localities the experience they have gained. In this way he hopes to spread his doctrine of economy and health through the proper chewing of food.

Mr. Fletcher is a wonderful example of the effects of the system he advocates. After an eventful career he found himself in 1884 suffering from too much flesh, and his health greatly impaired. Life insurance companies declined to accept him as a risk.

These things led him to a systematic study of relief, and the result was fletcherism. He found the system of thoroughly chewing everything he ate and slowly sipping what he drank toned up his system wonderfully. It did more, for on his fiftieth birthday anniversary—he was born in Lawrence in 1839—he rode 190 miles on a bicycle without any training and without apparent exhaustion.

J. M. YATES,
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IN THE HOUSEHOLD

VARIOUS TOPICS OF INTEREST FOR EVERY DAY.

Tinted Walls That Can Be Washed Are Growing in Favor—Safe Way to Fill Lamps—Use for Sacks.

Tinted Wall Waterproof—Tinted walls that can be washed down are becoming more and more in favor for bathrooms, nurseries or school rooms, and if properly done they can be washed down and kept sanitary. One painter says now that the preparation of such a wall is not always thoroughly understood, so backlocking streaks follow the first washing. A tinting material should be used that has no glue in it and does not need a glue size on the wall. This natural cement is applied directly to the plaster, and is then covered with a water enamel, which is given a coat of varnish when dry. With such treatment the wall can be washed down whenever necessary. The cost is comparatively little more than ordinary tinting, depending naturally upon the size of the room. For use in a schoolroom care should be taken that the tint is light enough to make a cheerful room and not absorb color in a way to injure young eyes. A warm yellow or a light green, almost a Nile, is, either one, an excellent choice.

To Fill Lamps—If the oil for the lamps is kept in a five-gallon can in the porch, set it upon a shelf breast high. Then the lamps can be held directly under the faucet to be filled. It will save much in the way of an aching back and tired hands, and possibly leaking oil. If the lamps are kept on the same shelf, keep cleaning cloths and scissors hanging below the shelf. Save the paper bags and slip one over each chimney after cleaning so as to protect them from flies. If the lamps burn badly and give out a disagreeable smell, take them apart, put them in the wash boiler with a spoonful or two of soda and boil for an hour.

A Cleanly Precaution.—The housekeeper who every three months washes all the woodwork in her house with ammonia water and fills all the corners of shelves, bureau drawers, along the edges of the baseboard and every crevice that can be found in the house with powdered borax will find that she is not troubled with insects of any kind. When moving into a new house, before waiting to see if it is roach or ant infested, it is well to be prepared for them by this ammonia-borax treatment.

A Use for Sacks.—Save all the salt and sugar sacks; wash and boil and they can be put to various uses. Salt sacks are nice to strain jellies through; are also nice for baking veal or beef roll in. Sugar sacks make nice dish towels. Always keep some furniture glue in the house and when any of the furniture shows signs of coming apart apply. A very good liquid glue can be made by dissolving glue in nitric ether.—Housekeeper.

Scotch Snow Cake.
One pound of arrowroot, one-quarter of a pound of powdered white sugar, half a pound of butter, the whites of six eggs, flavor to taste with almond, vanilla, or lemon; beat the butter to a cream; stir in the sugar and arrowroot gradually, at the same time beating the mixture; whisk the whites of the eggs to a stiff froth, add them to the other ingredients, and beat well for 20 minutes, put in flavoring, pour the cake into a buttered mold or tin and bake it in a moderate oven from one to one and one-half hours. This is a genuine Scotch recipe.

Black Betty.
Select pan of right size, put tablespoonful of butter in pan, put in a layer of buttered toast and then a layer of sliced apples, sprinkle with sugar and grated nutmeg, then a layer of raisins; repeat until dish is full, with buttered toast on top. Beat two eggs, add two cups of milk and pour over all; bake until apples are cooked. Serve with cream and sugar.

Jolly Boys for Breakfast.
Sift thoroughly two and a half heaping tablespoonfuls yellow cornmeal, two heaping tablespoonfuls flour, one tablespoonful sugar, one saltspoon salt and one teaspoonful baking powder. Beat one egg, add to dry mixture with enough milk to make a drop batter. Stir in quickly half a teaspoonful melted butter. Beat well. Drop by teaspoonfuls into smoking hot lard.

Ten-Cent Coffee Cake.
One cup brown sugar, one cup seedless raisins, mix together and chop; four tablespoons of drippings, one teaspoon ground cinnamon, one-quarter teaspoon ground cloves, one teaspoon nutmeg, one cup cold coffee, one level teaspoon soda, 1 1/2 cups flour, one teaspoon vanilla. Bake in moderate oven one hour. Cost about ten cents. Excceedingly good.

Hint for Digestion.
If you value your own and your family's digestion, don't serve tea with fish. The tannic acid in the tea hardens the fiber and makes it indigestible. It should not be offered with any form of fish or shell fish. Iced tea and soft shell crabs, for example, are a combination that should be avoided.

Sweep Sickroom.
When a patient is sick and a room cannot be thoroughly swept take a Turkish towel and wring out of strong salt water and wipe the carpet all over. It will take up all dust and make the room clean and sweet without disturbing the patient or raising dust.

When Icing Runs.
When boiled icing runs and has been taken off the stove before it has spun a heavy enough thread it can be given the proper consistency, even though added to the white of egg, by standing on the stove on an asbestos plate, stirring constantly until it begins to stiffen.

strictly construction drawings of the whole building.

We are working more and more into the different conveniences that enter into modern household economy every year. What is generally termed cabinet parts of houses are receiving more attention all the time. A sideboard, for instance, is made in a large factory in accordance with certain designs carefully selected to match the interior finish of the house. These

sideboards are made in large quantities, perhaps 50 or 100 of the same design being brought through at a once, so that the completed article may be bought much cheaper than it could possibly be made by hand in the house, and the work is much better done.

The sideboard is shipped in the knock-down, each piece being carefully fitted and numbered so the carpenter can put it together quickly in the niche prepared for it in the double partition between the dining room and the kitchen. These sideboards usually are large and roomy and the cost is much less in proportion to its capacity than a piece of movable furniture, and the convenience and decorative feature is much more pleasing.

The same idea is carried out in building factory-made stairs. Factories are now turning out designs in open stair work that go together in the same way and fit lengthwise in the hallway or turn the corner up near the ceiling or down at the floor, or both, as desired. They are designed to fit carefully so the top riser is the same height as all the others.

The time is near at hand when we shall go through the house in this way. Each room will have something in it that is factory made, so that the problem of the architect and the carpenter and the factory are becoming more intimately connected and we are gradually working more system into the building of dwelling houses.

In building a house as large as the

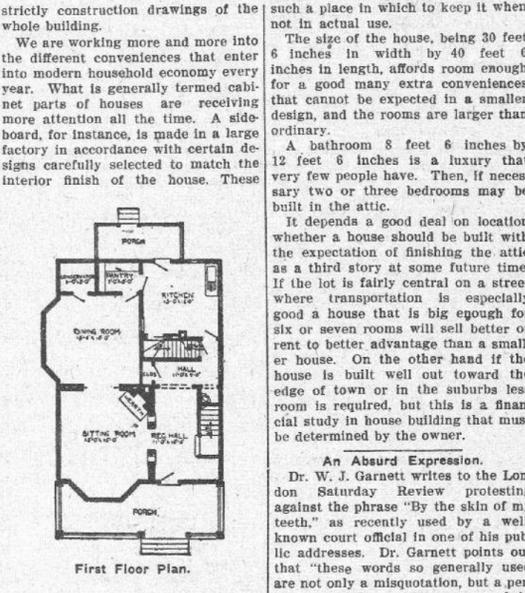
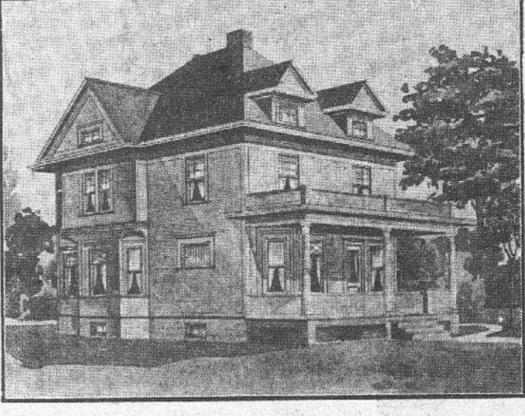
THE AMERICAN HOME

W. A. RADFORD
EDITOR

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 124 Fifth Ave., Chicago, Ill., and only enclose two-cent stamp for reply.

Many house details that were formerly considered superfluous are now receiving careful planning in detail by architects, in fact, architects are complaining that the small house details run into so much extra work and eat up so much more time than the old style structure work that an increase of fees must follow. Men who formerly charged five per cent on the cost of a building are now getting 7 1/2 and ten per cent.

Not only are the different rooms planned more carefully and the partitions fitted with ventilating flues, sound deadeners, and the new windows, patent sliding doors and a hundred other inventions are required, but houses nowadays are often fitted up with two kinds of heaters, one to warm the house and the other to heat the water so that hot water may be kept on tap for use at any hour night or day the year through. Then the finish in different rooms varies and each style is carried out in the different details to match. All good houses are piped for gas and wired for electricity and often gas and electric fixtures enter into a general decorative plan that must harmonize down to the minutest detail in color as well as form, so that the selection of these accessories in accordance with the organized plan often takes up more of the architect's time than the



such a place in which to keep it when not in actual use.

The size of the house, being 30 feet 6 inches in width by 40 feet 6 inches in length, affords room enough for a good many extra conveniences that cannot be expected in a smaller design, and the rooms are larger than ordinary.

A bathroom 8 feet 6 inches by 12 feet 6 inches is a luxury that very few people have. Then, if necessary two or three bedrooms may be built in the attic.

It depends a good deal on location whether a house should be built with the expectation of finishing the attic as a third story at some future time. If the lot is fairly central on a street where transportation is especially good a house that is big enough for six or seven rooms will sell better or rent to better advantage than a smaller house. On the other hand if the house is built well out toward the edge of town or in the suburbs less room is required, but this is a financial study in house building that must be determined by the owner.

An Absurd Expression.
Dr. W. J. Garnett writes to the London Saturday Review protesting against the phrase "By the skin of my teeth," as recently used by a well-known court official in one of his public addresses. Dr. Garnett points out that "these words so generally used are not only a misquotation, but a perversion of the meaning conveyed in the poem by the true text. Reference to the Book of Job, 19:30, will show the protagonist as made to say, not, 'I am escaped by the skin of my teeth,' but 'with the skin,' meaning, not 'I have escaped with great difficulty,' but 'destitute of everything I possessed, just as the teeth are destitute of skin.'" Dr. Garnett concludes: "The latter is appropriate and forcible, the former an absurd metaphor, and it is high time it were relegated to the same category as 'creating a Frankenstein,' and similar corrupt texts."

Electrically Driven Ferryboat.
The new ferryboat at Gullibout, near the mouth of the Seine, has two paddle-wheels, which are driven at 30 revolutions a minute by two electric motors making 540 revolutions. Current for each motor is supplied by a De Dion gasoline engine and dynamo of 70 horsepower.

British Trade Falling Off.
In the 11 months ended November, British imports decreased \$267,500,000 and exports \$295,000,000, a total decrease of \$552,000,000, or \$34,000,000 more than the American total decrease of \$468,000,000 for the entire year.

Claims Perfect Fireproof Door.
An English inventor has perfected a more nearly fireproof door than the steel one generally used, by armoring a wooden door with steel sheets, so attached that they can expand when heated without permitting flames to reach the wood.

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