GETTING A START

By
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HEALTH AND SALARY.

Good health is not always a gift of nature. Like other commodities, it may be acquired or earned.

Seventy-five per cent of our ailments are self-made or self-induced.

Nature intended to start us in health and to keep us well, and most of us can have the health we want if we will, unless we are prenatally handicapped.

Nature does her part, is forever giving us health, and attempting to dispel disorder. But nature alone can no more guarantee good health than can glassware insure itself against breakage.

Business has not time or inclination for sympathy. It is its province to make money, and it cannot, under present conditions, tolerate either indifference, inefficiency, incapacity, or ill health. It demands the best there is in us if we would succeed.

If one cannot meet business requirements in the main, it will have nothing to do with him, and will relegate him to the scrap heap. It is just as much your duty to keep in good health, if you can, as it is to be on time at the office in the morning and to work faithfully during the business day.

Your employer has a right to demand health of you, as well as faithfulness. While he may sympathize with you if you are suffering from some ailment for which you may or may not be responsible, he cannot depend upon you, or promote you, or give you full opportunity unless your physical condition is up to normal or strong enough to permit you to do your duty with a fair degree of efficiency.

Statistics show that poor health is second only to dissipation and extravagance as the cause of commercial disaster.

The physically weak man who takes care of himself is often better able to work than is one of robust health who [illegible] and careless.

You cannot make a normal success of business unless you are normal both physically and mentally; your brain cannot do its full work unless it is supported by a healthy body, and your body cannot be in good condition unless it is given as good care as that bestowed upon the heartless engine or the nerveless loom.

Late hours, overeating, lack of exercise, and every form of mild or other dissipation predisposes one to physical downfall, resulting in mental incapacity and in the inability to accomplish.

To abuse your body is robbing yourself and your employer as much as you would be doing if you deliberately cast your savings into the sea or emptied his cash drawer.

Your body has been given you as a sacred heritage. It has been placed in your care and you will be held responsible for it.

Health stands for comfort, pleasure, peace of mind, and prosperity.

If you are strong, keep yourself strong; if you are weak, take all the more care of yourself. Look upon your body as not a mere physical asset, but as an investment, to be husbanded and to be protected more than you would the family jewels or the savings of your lifetime. You can lose money and regain it. If you lose your health, you may not be able to find it.

HE CLOSED THE DOOR.

John was an iceman. For years he had driven his wagon along the city boulevards and through the back alleys. He was a strong, husky fellow, popular with the boss and with his customers. He was accommodating, and his ringing "Good morning" was always welcome. He was ambitious, but didn't know it; was satisfied because over his horizon little had arisen save a horse and an ice cart.

Among his customers was a multimillionaire, the president of a bank and the owner of the largest factory in the city. The basement door was located under his library. Every morning this man of business sat before the open window, or before the glowing grate, and read his morning paper. Old as he was, busy as he always had been, his eye had not lost its power of penetration or his ear its acuteness. He saw and he heard more than most men.

The grocery boys, the market men, and others delivered their goods below his window, and every one, save the iceman, slammed the door when he went out; but John always closed it softly.

One day, as John was leaving, the millionaire poked his head out of the window and exclaimed: "Say, you man, why don't you slam the doors like the other fellows?"

John was confused for a moment, then he pulled himself together and replied:

"What's the use of being a nuisance when you don't have to be?"

"Got a moment to spare?" asked the millionaire.

"Sure," replied John.

"Come upstairs."

John, in heavy boots and overalls, with hat in hand, stood at the library door.

"Sit down, my man," said the millionaire.

John perched himself on the arm of a chair.

"Get into that chair, so as to be comfortable."

John slid into the seat.

"Here, have a cigar," and the business man pushed a box toward him.

The iceman held the cigar in his fingers, not daring to light it.

"Light up, sir. While you're smoking, I have something to say to you. Like your job?"

"Why, yes, sir," replied John in surprise.

"Ever thought of getting something better?"

"Guess I ain't fit for anything else."

"I differ with you," said the millionaire emphatically. "You are the only gentleman who delivers goods at my house; the only one who is considerate, who thinks while he works. I won't ask who you are or what you are. I want a doorkeeper at my factory office. The job is yours."

In a week John was at his post. In a year he was promoted. Today he isn't a partner, and he isn't superintendent of the factory, but he is drawing two thousand a year, and is the most popular man on the premises.

Shutting the door softly isn't much, is it? But it is [illegible] little things, which people don't have to do, that mark the man who does them.

In the arithmetic of life the decimals as well as the big figures count.

Don't take chances with little things. They are often more important than those which seem to loom larger on the horizon.

Why Glass Doesn't Stop Light.

Why doesn't the closed window shut out light just as much as it shuts out sound? Both light and sound travel through the air and their waves come in contact with the glass. The light, after it has gone through the window, seems just as strong or stronger, while the sound seems ever so much weaker. Why is it? many of us have wondered.

The reason is that light is not a wave of air, while sound is. Light is a wave in the ether which is in the glass as well as in the air, so that light in passing through glass still has its natural path of ether.

But when sound waves strike the window glass they must put the glass into vibration, and the glass in turn must make the air inside vibrate. All this lessens the strength of the sound waves and they reach our ears capable of producing a less startling effect than the light waves which reach our eyes.

Utilizing All the Ground.

This country is so new and so given to thinking of farms as huge areas for cultivation that the idea of utilizing every bit of land as Europeans do, makes little headway here. Intensive cultivation is practiced, but on the outskirts of eastern cities, where some farmers are making good livings by intensive cultivation of small tracts of land there are other tracts just as good lying idle which at least could be made to yield vegetable supplies for several families and at the same time pay a small rental if cultivated by a few workmen in their spare time. School children's gardens on vacant lots in various sections of this city show the possibilities of such ventures. The old American idea that every family with access to a bit of land should have its own garden was an excellent one. It would be good to have it revived.—New York Tribune.

Perfume.

Ever since the days of Plato, philosophers have been studying the various phenomena and the esoteric meanings of perfumes, and ever since several thousands of years before Plato's day, women of the Orient have practiced various tricks of perfume which they could never have explained by the principles of psychology.

NEED CARE IN COOKING

CEREALS MUST BE PREPARED WITH EXACTITUDE.

To Bring Out the Full Food Value of the Grain Requires Skill and Thought on the Part of the Housewife.

We have no fault to find with the many excellently prepared and so-called cooked cereals which from time to time are found appetizing and agreeable in appearance, but there is also need of cereals which require long-continued cooking to extract the full value of the grain and bring it to a delicious creaminess. In this class are oatmeal, wheat, hominy, rice and corn. By whatever name the various ground preparations are called, they all need continued, intense cooking to burst the starch cells, soften the surrounding husk tissues, and make them thoroughly fit for human food.

Cracked wheat is a coarse form of wheat with a particularly nutty flavor. So-called "whole" or "pinhead" oatmeal has advantages over the more usual "rolled" form. Good hominy, which is now no longer prepared with lye, is another breakfast food which should be more frequently used. Cornmeal, although fallen into disrespect and considered common, perhaps, is one of the best of cool weather cereals. It is rich in starch and fat and thus in heat-producing qualities.

Oatmeal is the one cereal containing the largest amount of protein or muscle-forming nutriment. That is, it is comparable to meat or any cereals, and contains less starch. It is therefore, perhaps, the cereal which should be most frequently given to the growing child. The whole grain must be soaked all day and then steamed several hours, but in this form it furnishes a splendid and sufficient breakfast cereal.

Next to oatmeal comes wheat with a higher per cent of starch. It should, however, be used in as nearly the natural state as possible—that is, the cracked grain with the outer coat remaining in which are stored the important mineral elements which make bone and the best kind of tissue. Hominy is almost entirely starch and therefore needs the most perfect cooking in order that the starch cells may be adequately burst and cooked.

For all of these cereals either a steam cooker or a fireless cooker is [illegible] boiling at night they may be placed in the fireless cooker, preferably with the heated radiator under them, and allowed to cook slowly with the retained heat of the fireless. Sufficient water should always be put on them to allow perfect swelling of each grain. Such cereals, when properly cooked, are not a "mush" but of a uniform, creamy consistency. It may take time or rather a little more effort to cook cereals properly, but the effort is more than repaid in the quality of the food. The cool weather cereal should be a point of special care with the housewife.

Paprika Potatoes.

Select large potatoes for baking. As soon as done slice crosswise, once each way to the depth of an inch. Turn up the ends of the skin loosened and with a fork loosen the potato well inside; season with salt and add a generous piece of butter, plenty of paprika. Stand in the oven for a moment and serve.

Minced Lamb With Peppers.

Add one shredded sweet pepper to remnants of cold lamb which have been chopped fine. Put two tablespoonfuls of butter in a hot frying pan, add the lamb and peppers, season well and dredge thoroughly with flour. Then add enough stock to moisten. Serve on small squares of buttered toast.

Curried Oysters.

Drain and wash 25 oysters. Make on an ordinary pancake griddle. Throw the oysters, three or four at a time, on the griddle and brown on both sides. Lift quickly and place in a double boiler, which stands beside the griddle. When all the oysters are cooked add to them one tablespoonful of flour, one-half tablespoonful of salt, one tablespoonful of curry powder and a dash of cayenne pepper. Stir until the ingredients reach the boiling point and add one tablespoonful of lemon juice and one small onion grated.

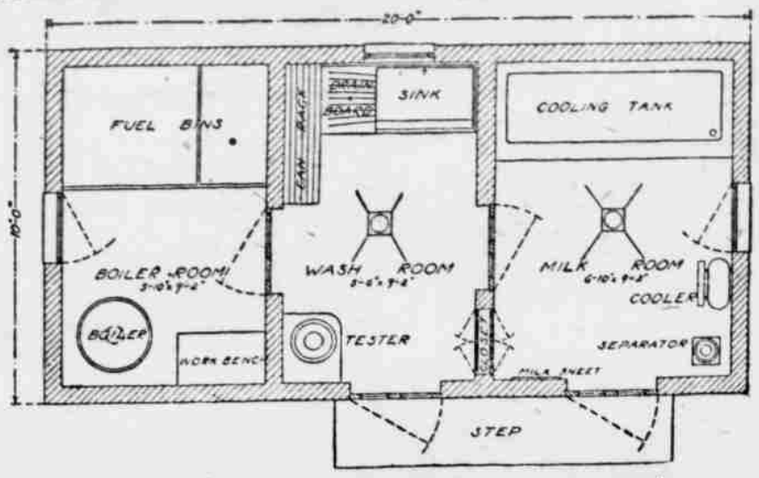
Handy Kitchen Tool.

A fruit jar wrench is an implement which is serviceable the year around and costs but a dime. The metal levers are hinged together at one end and each bears riveted clamps to clasp the sides of the jar lid. Just press the handles together and you have a firm grip.

For Chocolate Stains.

Borax, slightly moistened and left on the fabric for several hours, will remove chocolate stains from white dresses and table linen.

EXCELLENT PLAN FOR SMALL DAIRY HOUSE



Floor Plan of Dairy House, Showing General Arrangement.

(By E. KELLY and K. E. PARKS.)

Recent developments in dairying have caused a large demand for a dairy house which will fulfill sanitary requirements and at the same time be practical and inexpensive. For those who are striving to improve the quality of their products such a building is an absolute necessity. Milk which is poured or strained in the barn, or allowed to stand there, is liable to be contaminated by bacteria and to absorb stable odors. As soon as the cow's milk is drawn it should be carried to the dairy house, to be cooled immediately to 50 degrees F. or lower. An up-to-date sanitary dairy house is provided with all the facilities for cooling milk in the most economical and expeditious manner.

For convenience the dairy house should be near the barn, yet so far from it that no barn odors can be detected in the house, and should be on well-drained land which slopes from the house.

The principal purpose in building a dairy house is to provide a place where dairy products may be handled apart from anything else. To carry out this idea it is necessary to divide the interior of the building so that the utensils do not have to be washed in the same room where the milk is handled. The idea of absolute cleanliness must always be kept in mind; therefore there should be no unnecessary ledges or rough surfaces on which dirt may lodge. Ventilators are necessary to keep the air in the milkroom fresh and free from all odors [illegible] washroom. Windows are of great importance, as they admit sunlight and fresh air and facilitate work. In summer the doors and windows should be screened to exclude flies and other insects.

It is imperative that there be a plentiful supply of cold, running water at the dairy house. If it is not possible to have a regular water system water may be piped from an elevated tank fed by an engine, windmill, hand pump or hydraulic ram. The dairyman can ill afford to spend his time carrying water in a pail to cool milk and wash utensils.

For the proper sterilization of utensils an abundance of steam or hot water is needed. A pail or can may appear to be clean and still may contain numerous bacteria which will hasten the souring of milk, cause bad flavor in butter or cheese, or spread contagion. After the utensils are thoroughly cleaned they should be either scalded with boiling water or steamed.

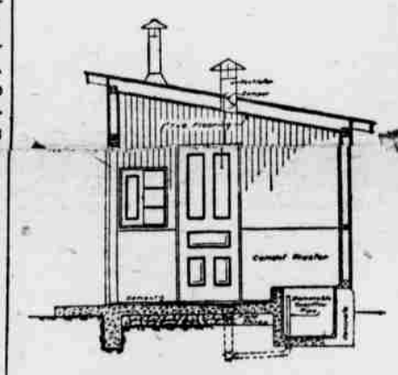
The dairy house should be so built as to economize labor to the greatest extent. To do this the building must be arranged to avoid unnecessary steps.

It is not possible to submit a plan that will suit all conditions, but it is believed that the accompanying description of a dairy house will meet the needs of the average dairy that ships either milk or cream in cans. This plan is capable of considerable variation to adapt it to a wide sphere of usefulness. For larger dairies the same arrangement may be used on a larger scale, each room being made of greater size.

The building described is 20 feet long, 10 feet wide, 8 feet 6 inches high in the front, 6 feet 6 inches in the rear, and has a shed roof. The exterior of the building may be covered with sheathing and building paper or with weatherboarding and shingles, the deciding factors being expense, durability and appearance. The interior, however, should be carefully finished so that the walls and ceiling may be smooth and free from corners or projections on which dust or dirt may accumulate.

The building should have a good concrete floor pitched to drain through bell traps. The side walls as high as the window should be plastered with cement on metal lathing. The remainder of the walls and ceiling may be covered with matched boards and then painted with a white, washable enamel paint. Ventilating flues should extend through the roof from the ceilings of the cooling room and washroom. The windows should be hinged and set to be flush with the inside wall when they are closed.

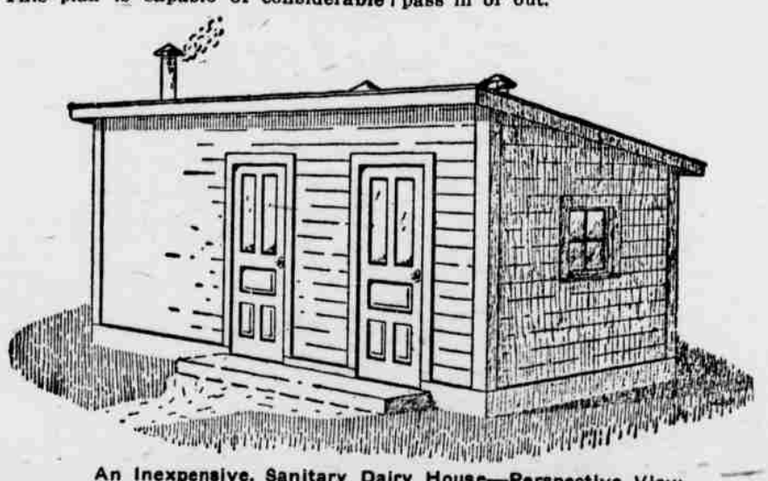
The equipment of the dairy house consists of a 1½ to two horse power



Cross Section Through Dairy House.

vertical boiler, which supplies steam to the sink and to the steam jet in the drain board, a galvanized-iron wash sink, a can rack, a Babcock tester, a concrete cooling tank, a milk cooler, and milk scales. A separator may also be located in the milkroom.

After each cow's milk is drawn it should be carried to the milkroom, weighed, recorded, sampled for the composite test, and strained. It is then run over the cooler, using cold running water for the first cooling. When a can is filled with milk from the cooler it is put into the cement tank, which should be filled with ice and water well up on the neck of the can, and the contents should be stirred frequently until thoroughly cooled. When the milk is not being stirred the cans should always be kept covered, to prevent the entrance of dust, dirt, insects, etc. Never mix warm milk and cold milk or cream. The doors of the milkroom should be kept shut except when necessary to pass in or out.



An Inexpensive, Sanitary Dairy House—Perspective View.

Good Live Stock Pays.

It makes farming permanent.
It returns highest price for farm crops.
It furnishes market for waste feeds.
It reduces bulk of marketable crops.
It distributes labor throughout the year.
It makes cleaner farms.
It makes income steady.
It helps to keep boys on the farm.
It makes farm life more pleasant.

Cost of Keeping Calf.

The cost of keeping a calf during its first four weeks is nearly double that of any other four-week period of its life.