

HAPPENINGS

in the BIG CITIES

Winter Bathing by the "Snowbirds" of New York

NEW YORK.—The sea gods and mermaids who happen to get into some of the breakers that wash up on Brighton Beach have many surprises these cold days. On almost any day of the season during the winter months, but especially on Sundays, a great many men and women go into the water at Brighton Beach. They like it best when the snow falls and they can send the blood circulating through their veins with a brisk snowball battle on the shores. All sorts of games are played on the sands or in the snow before the plunge, and the women as well as the men play leapfrog and a modified form of baseball. The snowbirds come from their bathhouses through the biting air with nothing over their bathing suits. With the exception of the fact that all of them wear slippers, while in summer there are always a few girls who do not trouble to do this, their attire is exactly the same as it is in the hottest weather. For about two hours there are games before the plunge is taken. The time spent in the water varies with the coldness of the weather.



In the late autumn or on a mild winter day the swimmers will spend 15 minutes in the water, while in midwinter not more than two or three minutes will be spent in the water. All of the snowbirds are swimmers, and most of them take the time to do a little swimming even on the coldest days. No matter how athletic and how unafraid is the typical snowbird she never lingers on the beach after the plunge. The snowbird wears no wraps after coming out of the water, as it has been found that the time taken in putting on the wrap is better expended in sprinting for shelter. Spartan to the last, the snowbird dresses in a room which is unheated. The bathhouse is provided with a warm room, but this is very little used, as the genuine winter bathers prefer to dress in an unheated room. Another tradition of the snowbird is that no warm drink or alcoholic drink of any sort is taken before or after coming out of the water. After a quick alcoholic rub the snowbird emerges from the bathhouse in a glorious glow, with eyes shining, cheeks glowing, full of high spirits, strong and gay.

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Chicago Man Flees Hospital to Get Big Steak

CHICAGO.—For four days Con Coleman lived on sympathy, science and gruel at the Passavant hospital. Then he rebelled. "I can stand the pneumonia," he said to the nurse, "but I haven't got pneumonia of the stomach—can't you get me some corned beef and cabbage?"

"Lie still and go to sleep," said the imperturbable young woman. Coleman obediently closed his eyes and the nurse went out. When she had gone the invalid leaped from his bed, went on tiptoe to a locker and dressed in a few seconds. Then he walked out of the hospital. And when the nurse returned she gasped only once—and called the police.

"Patient escaped, eh?" said the desk sergeant at the Chicago avenue station. "All right—I'll send a policeman."

"But you don't seem to understand," protested the nurse. "He's got pneumonia."

The desk sergeant whistled softly.

"Why didn't you say so in the first place? I'll send two policemen."

Follicemen Hassett and Quinn found Coleman at his home eating a steak ten inches long, eight inches wide and two inches thick.

"Nothing doing till I finish," warned the sufferer. "Stand back."

He ate the steak and three boiled potatoes and half a loaf of bread. Then he arose and consented to return to the hospital.

"Sorry to worry you," he said to the nurse, "but I'd rather die of pneumonia than starvation. What's on the menu for supper?"



Kansas City Boasts the Most Courteous Burglar

KANSAS CITY.—A disk of white light danced along the floor of Miss Florence Boyle's bedroom. Finding the bedposts, the light climbed, like a will-o'-the-wisp, and settled quietly on Miss Coyle's head and shoulders. Miss Florence rubbed her eyes. Then she sat up in bed and brushed the strands of hair away from her face.

"What do you want?" Miss Florence asked, in an even, polite, well modulated tone.

Came back, out of the darkness behind the light, an even more polite, soft, courteous voice:

"Please don't be disturbed. Just don't say a word."

"But you're in my room. Won't you at least tell me your name?" The light flashed off, and a slender burglar hesitated, and then decided not to form gilded out the door.

Miss Coyle put on her slippers and awakened her father and mother. Together they searched the house, but the slender, polite, courteous burglar was gone. So was about \$50 worth of Miss Coyle's jewelry, a gold lavalliere, a gold bracelet and several rings, one a small diamond.

Miss Coyle is a teacher at the Bancroft school.

"If the burglar should read about it," she said, "I'd like him to know that if one must be robbed it's so much nicer to be robbed by a courteous, gentle burglar."

Miss Coyle lives with her father and mother. The house is a large, old-fashioned structure. The burglar entered by prying the lock from the kitchen window. He took all the dishes from the kitchen table and carefully piled them outside in the snow without breaking one.

Miss Coyle said the burglar must have been in the house about four hours. He ransacked every bureau, went through the rooms of Mr. and Mrs. Coyle without awakening them, and then closed their door and locked it.

Picture Brides From Japan Will Marry in Frisco

SAN FRANCISCO.—The scores of "picture brides," who will cross the Pacific from Japan during 1915 to embark on matrimonial seas with husbands place their affairs in the hands of Dr. B. C. Haworth, whose appointment as secretary of the Japanese Association of America was announced recently.

Before leaving Japan a register marriage is performed by the government. This consists of transferring the bride's name to the register containing that of the bridegroom. She then is supplied with a photograph of her husband and, after a physical examination, is given a passport.

In the meantime the husband in America has received a photograph of his approaching bride and is informed of the date of her arrival.

Doctor Haworth, in his new capacity, will see that the exchange of photographs is made correctly, and that each man gets his own wife. The bridegroom is obliged to show a certificate issued by the Japanese consulate that he financially is able to support a wife. These formalities disposed of, an American ceremony is performed.

Doctor Haworth has been interpreter at Angel Island since 1907.

New Industry.

One of the new industries is the making of optical glass. The United States has been famous for the grinding of lenses, big and little, but the rough glass has come from Europe, and generally from Germany. As 10,000,000 of us wear glasses and about half that number carry cameras, the prospect at the beginning of the war was discouraging; we did not need lenses to see that. But in Pittsburgh and some other places good optical glass is now made.

Historic Dutch Cities.

In the fifteenth and sixteenth centuries the fame of Middleburg and Flushing, in Holland, extended all over Europe. The latter especially was so important that it was called "the key to the Dutch seas." The Emperor Charles V visited the city, and spent some days in the small adjoining town of Zuytburg. It was there that in September, 1556, he dated his act of abdication, before sailing from Flushing to Spain and retiring to the monastery of St. Juste.



Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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MANUFACTURE OF MALT.

The more we investigate the causes which have made each individual what he is today the more we become convinced that every being has affluences which link him with the whole past; that there is a continuity of germ plasma and also of protoplasm which goes back to the very beginning of life on this globe; and that if we could only know all the factors which are concerned in producing any single organism, "however simple it might be, in all its relations and proportions, we could explain the universe from top to bottom and evolve an infallible remedy for all our ills. Consequently the study of the beginning of life in any organism is immensely interesting and illuminating to such of us as are not egotists and do not insist on learning in the most expensive of all schools—that of personal experience. Hence, the open minded study of the manufacture of malt should be most suggestive and instructive.

Any live seed or grain can be malted, and barley, oats, rice, wheat, rye and maize are used, but because of its flavor and other important qualities barley is the prime favorite for this purpose. The average time required to malt barley is 12 days. The operation is started by "steeping" or soaking the barley corns in tanks of water for about forty-eight to seventy hours.

Steeping the grain does not consist merely in the taking in of a certain amount of water, but is necessary in order to bring about germination, and to do this the water must remain within the corns for a certain length of time. It is quite possible to force the necessary amount of water into the grain in less time than the forty-eight to seventy hours given to the steeping process; but the grain is not "steep-ripe" until certain changes initiated by the water have taken place, and it requires a definite amount of time to bring these changes to completion. When "steep-ripe" the corns contain about sixty per cent water; at the same time about 15 per cent of matter has been removed from the grain in the water drawn off, and the total volume of the seeds has been increased about twenty per cent as the result of the water absorbed.

After the barley is removed from the steeping tanks it is made up into rectangular heaps sixteen to twenty inches deep known as position No. 1, or the "couch," the object of this being to enable it to gather heat and start active germinating. It usually remains in couch twelve to twenty-four hours, or until the interior of the heap registers a temperature of 60 degrees Fahrenheit. At this point the barley is moved to position No. 2, or "young floor," and there thinly and evenly spread in order that it may be controlled. When germination begins enzymes are secreted and these act on the reserve material, starch and proteins of the endosperm, converting them into simpler compounds, capable of diffusing to various parts of the growing germ.

But the limited germination which constitutes the malting process retains all the soluble compounds in the finished malt. Starch and the proteins are reformed, the former being deposited in the tissues of the germ and the cells of the scutellum which previously were almost free from starch; the latter disappears to a considerable extent and the protoplasmic content of the cells constituting the root which protrudes from the base of the grain.

After the first rootlet has broken through the ends of the sheath it is followed by others until there are perhaps five or more. The cotyledonary sheath, or seed leaf, begins to elongate on the third or fourth day of germination and ruptures the true covering of the grain; it then grows upward between this and the husk and forms the acrospire or "spire" of the maltster. The temperature during six or seven days is kept down to about fifty-five degrees by turning or plowing the grain about every six hours.

About the eighth day the grain is moved to position No. 3, known as "old floor," where it is spread thinly and slowly allowed to dry for the purpose of withering its roots. At this stage the acrospire should be about three-fourths the distance up the corn. The treatment now requires thickening the pile up to about ten inches. The rootlets now having withered and died off, the temperature increase resulting from thickening the grain pile is accompanied by little if any increase in the growth of the acrospire, the action being confined chiefly to the mellowing of the grain by the enzymes. Under normal conditions the temperature in "old piece" is allowed to rise as high as about seventy degrees during the six hours previous to loading it into the kiln. At this stage the moisture content is about forty per cent and it is easily possible to break down the corn between the thumb and finger; the grain is soft, mealy and soluble; it is mostly lodged. The next stage consists in loading the malt into the kiln and there thoroughly drying it to stop all further digestion, then roasting it for the desired flavor.

Just why water produces these profound metabolic changes in raw grain, releasing the energy stored therein by the sun and causing it to follow in orderly manner step by step the many stages necessary to repeat the evolution of the ages in another plant life,

we do not know. That is as much a mystery to us as is the development of life in an egg by the heat from a kerosene lamp, or the birth of a human individual. But we do know that the same principles are involved in all three forms of life, the only difference being one of degree. We do not know why or how these phenomena take place, but we do know that the slightest interference with the normal process prevents the completion of the evolution.

Animal life is but a continuation of plant life, a part of a cycle, but a cycle in which the animal is dependent on the plant, not the plant on the animal. Animal life cannot exist without plants. Therefore, in consuming deficient plant food, we are cutting our life chain.

In this fact will be found the reason for the effectiveness of malt tonics in low states of vitality. Coating practically all these vital elements, malt supplies in part what our food has been deficient in, and is exceedingly valuable as an emergency food.

HORMONES.

Taken from the Greek language and meaning to arouse or excite, the word "hormones" is intended to designate a series of chemical bodies manufactured within the cells of one organ and entering the circulation to excite or stimulate distant organs into activity.

It has generally been supposed that the digestive functions were carried on solely under reflex nerve control. But Edkins in 1906 carried out a series of experiments to determine whether a chemical mechanism may not also account for the secretion of gastric juice, which is excited by the introduction of substances into the stomach. In a series of carefully controlled observations it was proved that the mere introduction of a neutral solution into the stomach caused no secretion of gastric juice and that there was no absorption of the solution, the fluid removed at the end of an hour having the same bulk and the same neutral reaction as the solution originally introduced.

The injection of pepsine, of acid, of broth, or of dextrin into the blood stream produced no secretion of gastric juice, but if in the course of the hour during which the fluid was allowed to remain in the stomach a solution made by boiling mucous membrane from the pyloric end of a stomach with water, or with acid, or with pepsine, was injected into the blood stream at intervals of about ten minutes, then the fluid withdrawn from the stomach at the end of the hour was to be distinctly acid and to have protein digestive powers—that is to say, it now contained hydrochloric acid and pepsin.

Similar solutions made from the cardiac end of the stomach will not produce any secretion of acid and pepsin, and this is held to prove that the pyloric end of the stomach produces a substance which is absorbed into the blood stream and carried to all the glands of the stomach, where it acts as a specific excitant of their secretory activity. This substance has been called the gastric "secretin"—it is what Starling named a "hormone." This substance is produced in that portion of the stomach where the process of absorption is most pronounced, and it stimulates into activity that portion of the stomach which is under direct nerve control.

Normal gastric secretion appears to be due to two co-operating factors. The first and most important is the secretion arising from nerve impulses produced through the pneumogastric nerve and originating in the idea of food in the higher parts of the brain, from the sight of food and by the stimulating of the mucous membranes of the mouth. The second factor provides for the continued secretion of gastric juice long after the mental effects have disappeared. This is chemical and depends on the production in the cells at the pyloric end of the stomach of a specific stimulant or hormone, which being absorbed into the blood, where it acts by exciting all the various glands concerned in the digestive act.

The researches of Pawlow and others seem to indicate that the quantity and the properties of the secretions vary with the character of the food eaten. The quantity of the secretion varies also, other conditions being the same, with the amount of food to be digested.

On a given diet the secretion assumes certain characteristics and Pawlow is convinced that further work will disclose that the secretion of the stomach is not caused normally by general stimuli affecting it all alike but by specific stimuli contained either in the food or produced during digestion from the food contents the action of which is of such a kind as to arouse reflexly the secretion best adapted to the particular food ingested. Undoubtedly this is due to the hormones in the general circulation.

Another significant hint of this action is furnished by the experiments of Starling and Lane-Clayton on the mammary glands. These investigators found that the extracts made from the body of the fetus when injected repeatedly into the blood stream of a virgin rabbit caused a genuine development of the mammary glands, closely simulating the growth that normally occurs during pregnancy. Similar extracts made from ovaries, placental and uterine tissues had no such effect; hence, they conclude that a specific chemical substance, a hormone, is produced in the fetus itself which being absorbed into the maternal blood acts upon the mammary gland, stimulating it to growth.

There is indisputable evidence of the existence of similar bodies which determine the secretory activity both of the liver as well as of the intestinal glands. Obviously these substances must be derived from the general food supply, and, therefore, it is easy to grasp the significance of Funk's statement that the vitamins, those complex nitrogenous molecules contained in the germ and the bran coats of seeds and grains, are the mother substance of the hormones.

PROPER COOKING OF MEATS

Various Treatments Necessary for Their Effective Preparation for the Table.

Fresh meats which are to be served cold should be put to cook in a pot of boiling water and boiled hard for 15 minutes, covered, then boiled gently until tender throughout. The seasonings may be any combination of herbs or vegetables desired. Salt and pepper should be added when meat is half done.

Salt meats take different treatment. First soak over night in plenty of cold water. Then scrape and clean the next day, and put them on to cook in a pot of cold water.

Cook tongue very gently until the small bones in the root can be easily pulled out. This is a matter of four hours. Leave in water until cold. Then lift out, trim, skin and serve. It may be put away cold in the ice box, wrapped in a coarse clean cloth, or may be returned to some of the water in which it was boiled. This will help it retain its succulence.

Ham. If very dry, may be soaked 48 hours, changing water once or twice. Put to cook in plenty of cold water. It should simmer five to eight hours. It is done when the small bone in the hock can be pulled out easily. When nearly cold draw off the skin; do not cut. Cover the top with a mixture of egg, bread crumbs, pepper, salt, sugar and a little made mustard, and set in a slow oven to brown. Baste frequently with two tablespoonfuls of vinegar and a little boiling water in the pan. Bake from one to two hours. Save ham fat from the pan. It is fine for frying potatoes, hominy or rice. Save the ham skin and use it to cover the ham under a coarse cloth.

KEEPS DRAIN PIPES CLEAN

Arrangement That May Be of Home Construction Has Been Recommended.

A device for the kitchen sink that has proved successful in keeping the drain pipes clean is made of a wooden frame and ordinary window screen. Make a wooden frame, about two inches high, just wide enough to fit nicely into the sink, and not quite as long as the inside of the sink. On one end of this nail a board, covering about half the length of the frame; on the other end, on the opposite side, nail a piece of wire window screen. This device may be kept in the sink always, the dishpan set on the wooden part, and anything poured on the other part will be strained before reaching the pipes. This may be easily cleaned, and the wire screening renewed at small expense, when worn through. It is better than the ordinary sink strainer, as it covers the bottom of the sink, and catches everything thrown into it.—Holland's Magazine.

German Potato Salad.

Boil 'n their jackets two dozen small potatoes until tender. Peel, and while hot, cut in thin slices and mix carefully with two white onions, a cucumber, a green pepper and half a dozen radishes, all sliced thin. Season with salt and pepper and while hot, mix with the following dressing: One-quarter pound bacon cut into small pieces, one-quarter cupful each of water, vinegar, sugar and one-half teaspoonful of mustard, one-quarter teaspoonful of salt, and a dash of cayenne pepper. Fry the bacon slowly until brown; then pour over both the bacon and the fat that has been fried out the vinegar to which has been added the water. Mix the sugar, mustard, salt and pepper and add this mixture to the other. Cook until the sugar is dissolved and while hot pour it over the potatoes. Heap on a platter and around the sides of the dish; garnish the top and sides of the mound of salad with radishes cut like roses.

Harlequin Ribbon Cakes.

Two cupfuls sugar, one-half cupful butter, four eggs, scant cupful milk, three cupfuls flour, two teaspoonfuls baking powder, flavor. Cream sugar, butter and eggs, then add one cupful flour, then milk and remainder of flour, little salt and baking powder, and last the beaten whites of the eggs. Divide into three parts, add one square of chocolate or one tablespoonful of cocoa to one portion, a little pink coloring to another and leave the third plain. Press together with white of the egg or a little jelly and frost with mocha or chocolate frosting.

Macedoine Vegetables.

Here is a way to use cold potatoes which may be new: Melt three tablespoonfuls of butter, add three tablespoonfuls of flour and add gradually 1½ cups of milk. When thickened add one cupful each cooked string beans, peas and cold jolied potatoes, cut in cubes. Season with salt and paprika and let stand 15 minutes over hot water before serving. As this calls for other vegetables it may help to use up the leftovers.

Liver Hash.

One pint of liver, chopped coarse and measured after chopping. In frying pan melt one tablespoonful of butter, add one teaspoonful of flour and blend well. Now add one cupful of water gradually, while stirring, and season with salt and pepper. Stir in the liver and simmer for 20 minutes. Just before serving add one teaspoonful of lemon juice.

Honeycomb Pudding.

Beat together one-half cupful of sugar, one cupful of molasses and 1½ cupfuls flour. Heat one-half cupful of milk and one-half cupful of butter, then add one teaspoonful of soda. Combine the mixtures and beat thoroughly. Add four well-beaten eggs and beat again. Steam in a buttered pudding mold three hours, or bake 1½ hours. Serve with creamy sauce.

To Keep Silver Bright.

To keep silver bright that is not in use, lay a piece of gum camphor in the drawer or box in which the silver is kept, and you will find that the silver will not require so much polishing.

BATTLE SCARRED BELGRADE



STREET IN BELGRADE

BELGRADE, "the little Paris of the Balkans," and perhaps the most bombarded city of the present war, has probably seen more battles fought under its walls, and experienced the surge, shock and eddies of war more often than any other city in Europe. Its whole story is one of conflicts of races, religions and governments, says a bulletin of the National Geographic Society.

Belgrade has more than two thousand years of history, and has had some seventy generations of seldom-side warriors. An important key to the Balkan lands on the north; a point dominating the traffic between the upper and lower Danube; at one time an outpost of Roman power; at another time considered the key to Hungary; for five luckless centuries situated on the borderland between Moslems and Christians, and now a Slavonian outpost, Belgrade never since its foundation has been able to feel any certainty about the morrow's peace.

The Serbian capital was founded in the third century before Christ upon a triangular, rocky promontory at the confluence of the Save and Danube rivers. It lies opposite the Slavonian town of Semlin, in Hungary. Upon one side the Danube, here about two thousand three hundred feet wide, divides it from Hungary, while the Save, 1,250 feet wide, bounds another foot of the triangle. The ground of the city is an unsymmetrical saucerback, sloping abruptly to the west and more gently to the east. At the apex of this triangle is a chalky cliff 200 feet high, which overlooks and guards both rivers.

Celts Built First Fortifications.

The Celts built the first fortification on this strategic rock. They called it Singidunum. The Romans were the next possessors, and they added to the city's strength. The Roman empire fell to pieces, and Belgrade became a battlefield for many races converging from every quarter of the compass. Huns, Samatians, Goths and Gepids were, in turn, its masters from the fourth to the sixth century. The Emperor Justinian brought it again under Roman rule, fortified and improved it. It was captured by Charlemagne's Frankish adventurers, overrun by Bulgars, reconquered by Byzantium, wrested from the Greeks by the Hungarians, and then battle-torn, with rapid-changing fortunes of war, among Greeks, Bulgars, Hungarians and Germans.

In the fourteenth century the city was in the hands of Serbian kings first, and later was held by the Hungarians. Then came the Turks. They waged a number of unsuccessful campaigns against the city, but finally it fell into their hands in 1521; a prize for the Sultan Suleiman. It remained practically in the power of these masters until 1867, bearing the brunt of every attack upon the Ottoman from the north and west. Internal dissensions kept things lively, even when Turkey was at peace with her neighbors. The Turks called the city "the home of wars for faith."

Between the sixteenth and the nineteenth centuries the Serbian capital was conquered a number of times, and besieged often. It, however, always found its way back to Turkey, and although Serbia practically became independent in the early part of the nineteenth century, the Turkish garrison at Belgrade was not withdrawn until 1867.

The Venetians were delighted, and granted him 6,000 golden crowns. Which seems even better pay than Horace Smith got from the king's brewer Strahan. In a jeu d'esprit of eight lines he suggested that the weakness of the brewer's legs was due to all the body's strength settling in the head. The brewer was delighted, and by his will paid Smith \$10,000, which works out at \$1,250 a line.—London Chronicle.

Will Prove It Himself.

There is no excuse for using abrupt and inelegant language in accusing a man of deliberate mendacity. Let him go on talking and if he is what you think he is he will tell it on himself.

Called "Shreds of Satan"

For Uncanny Knowledge and Prankish Audacity the Indian Crow Has No Equal.

Travelers in the Orient save much to say about the Indian crow, a bird that for uncanny knowledge and prankish audacity has perhaps no equal. Corvus splendens—thus have ethnologists flatteringly labeled him; but a famous naturalist who knows the breed at first hand has called them "shreds of Satan, cinders from Tartarus." To give these impish creatures their due, however, it should be said that life in India is not a little enlivened by their presence. A Companion correspondent witnessed the following incident:

A small hawk had seized a little bird and perched on a leafless branch to devour his prey. The spectacle drew two crows to the spot. They hopped and flapped from branch to branch, noisily discussing the strategy of their intended raid. One of them quietly slipped away through the surrounding foliage.

Failure.

The only failure a man ought to fear is failure in cleaving to the purpose he sees to be best.—George Eliot.