EVENING CAPITAL NEWS

AN INDEPENDENT NEWSPAPER.

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Here's to Their Health.

THE Tahitans and dwellers on adjacent islands died by the thousand from influenza. Their sunny skies, their out-of-door life could not save them.

In icy Alaska the native Indians and the Esquimaux perished, whole villages together. Maddened with fever they rushed out into the freezing air and died before they could be brought back.

The Indians in northern Canada have gone the same way, victims of one of the great epidemics of history.

As a rule these simple folk of the out of doors are fairly healthy until the civilized trader arrives at their homes and brings to them not only his goods but his diseases. Unaccustomed to illness, with no doctor for perhaps a hundred miles, only the most primitive knowledge of nursing or appliances for it, they stand little chance before the inroads of the white man's plagues.

Nobody knows just where the influenza started, but one thing is certain, upon the shoulders of the civilized world lies the culpability for its spread. Every individual or group of individuals, public or private, who knew even the simplest laws of sanitation and quarantine and failed to observe them is guilty.

The great nations are to assume a beautiful guardianship over the small; under the shadow of our wings the little people are to wax strong.

And we inaugurate the era with one of the worst epidemics in history.

Here is food for thought. It will profit the small nations but little if we destroy them physically while we build them politically. We offer them a fine healthy government. It is just as incumbent upon us to perfect ourselves in the laws of health and the prevention of disease, so that we may offer them also the example of a fine, clean, physical life.

Diplomatic Trouble-Makers.

A LOT of undesirable residents are now en route for Europe under the auspices of the federal departments of justice and labor. They are being kicked out of the country under the authority of the immigration act, because they have urged the overthrow of the government that sheltered them and sought to destroy the economic system that gave them a living.

Anarchists, Bolshevists, no matter by what name they are called, they are being swept up onto Uncle Sam's dust pan. Fifty were sent across the continent lately from Seattle. They have been joined by brethren from Chicago, Pittsburg and other cities, for deportation to Russia, Finland and wherever else they hail from.

The nation has too long endured their insolent plots against American institutions and their denunciations of American ideals. They never had any standing as citizens. They never wanted to be citizens. They came as enemies of Americanism. They have accepted the hospitality of the country and bitten the hand that fed them. Uncle Sam is long-suffering, but his patience has a limit, and the limit is reached.

Let the work go on until every community in America is rid of these alien vermin. Then, and then only, Americans can resume living their own life and solving their own problems in their own way.

Diplomacy and Hair.

FROM the tonsorial standpoint the peace conference affords an interesting study. President Wilson is said to stand out in striking contrast with his colleagues because he is the only bare-faced delegate present. All the others wear some sort of hirsute camouflage.

The contrast is made all the more vivid by the fact that the other delegates nearly all have bald pates. They wear their hair on their faces, while Wilson wears his on his head.

There may be some deep significance in this. Just why professional diplomats should be bald is a question that has never been satisfactorily answered. Neither is it apparent why they should wear beards or mustaches, or both.

Americans instinctively suspect the man behind the beard. And yet the beard seems to be held in honor abroad.

We give it up, feeling that there must be some fundamental relation between the barber business and the league of nations, but unable to say exactly what it is. Philosophers should study the matter.

Proper Use for Prisoners.

GERMAN prisoners of war are being used in large numbers in reconstruction work in northern France and Belgium.

It would hardly be possible to imagine a more appropriate use for those prisoners. It would be justifiable, in any case, for the French and Belgians to use captured Germans for a while for any purpose necessary, to help make up the deficit in their own man-power caused by Germany. But there is a peculiar and appealing fitness in making the Germans work at restoring the cities and towns which they wantonly destroyed.

To make this peace of poetic justice complete and perfect, it would be necessary to assemble and use in such work the very Germans who battered and burned those public buildings, churches, houses, bridges, etc. This cannot be done exactly. But in general the purposes of human and divine justice are served as they rarely have been on this wicked earth.

PUTTING IN THE PUNCH.

By PEPS.

"PEPS has been laying off intermittently," writes a young lady admirer. "What's the matter?" Dear heart, we have been hiding out, fearful of legislative inquiry as to our activities in behalf of the ham and egg lobby.

SO FAR no one has suggested government honership of barber shops.

A PEACE congress was supposed to be an institution to make people happier, yet we find men in congress who are perfectly miserable over it.

THE German republic plans to have its president to serve 10 years. Ye gods! Somebody better give those boobs a tip that these are things worse than war.

SOME of the peace commissioners, peeved, threaten to pack up their doll rags and leave Paris. We'll buy a pool they'd like to bring a lot of Paris home with them.

NOT to muss anybody's feelings, but we'd like to know what's to become of that dear old Prohibition party.

ONE writer marvels that Nat Goodwin only left $6000. Don't the mutt know he was married five times?

By way of boosting a meritorious institution, we are glad to note from an eastern exchange that Charles M. Pickle is engaged in conducting a matrimonial bureau.

WE HAVE WITH US THIS EVENING

One evening when little Mary had fractured one of the rules governing table behavior she was removed from the family board and made to eat her dinner at a little table in a corner. Her presence was ignored by the other members of the family.

After a period of silence the family heard her giving thanks. "I thank thee, Lord, for preparing for me a table in the presence of mine enemies."

And that was the last time that Mary ate away from the family.

The preacher was in the middle of an exhaustive discourse when he suddenly looked around, then beckoned to the sexton.

"Jones, open a couple of windows on each side of the church, please."

"Beg your pardon, sir," was the reply, "did I understand you to say open the windows?"

"Yes," was the retort, "it is not healthful to sleep with the windows shut!"

Mike, a New Yorker who never lost his brogue, was "over there" with the A. E. F., and his two companions happened to be an Englishman and a Scotsman. These two gave their Yankee friend a lively time with their jokes and teasing.

One day Mike was called away, and left his coat on a nail. The Englishman and Scotsman, seeing some white paint near, seized the opportunity of painting a donkey's head on the back of Mike's coat.

The latter soon returned, and looking first at his coat, and then fixing his eye on his fellow fighters, said slowly: "Begorra! and which of you has wiped your face on my coat?"

WINIFRED BLACK WRITES ABOUT Living Disappointments

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Winifred Black

HIS name is not Leonardo, nor Edgar, as it ought to be from the romantic position he takes—I cannot give his name to the world, for the world wouldn't be interested—so we'll call him Thomas. Poor Thomas, then, has been in love for seven long years, and although the girl of his affection has now flirted with him and then flouted him, never for a moment giving any evidence that she cared for Thomas, the poor fellow still declares that he's miserably and unhappily in love with this same damsel.

He told me the other day that he was anxious to find out how he could stop thinking of Lorraine day and night. I couldn't say very much at the time, for there were so many persons around us that anything like earnest talk was out of the question, but I have thought more than once of poor Tom and always with the hopeless feeling that he is one of those who haven't strength of character enough to overcome a foolish passion and to live the life of a real man.

Tom is a "throw back" to the old-fashioned time when it was quite the thing to shut one's self up from the world and live a useless life because of some disappointment. How many lives have been wasted in this manner no one can tell. But the world has grown wiser in some ways and no sensible man or woman feels it right to give way to weakness and make a wreck of his or her life because things haven't gone exactly as could have been wished.

And the real truth is that the early disappointments most of us suffer are really the best things that could happen to us.

Changed an Entire Life

The world has little patience in these days with any one who indulges in the luxury of woe.

Is it not a strange absorption in self which often ruins an otherwise promising life?

I saw a man come out of his house the other day and he slammed the door, and kicked the gate, and went scowling along the sidewalk with his face as black as a thunder cloud—all because he had just received a letter announcing that it wasn't convenient for his sister, who lived in a nearby city, to receive him as her guest for a few weeks.

Mr. Grouchy had proposed this visit because he found it very dull at home, business was slack, and he didn't know what else to do with himself. His sister, evidently, knew him too well, she didn't want that lowering face at her table, nor that figure of moody selfishness planted in her living-room among her children. She knows him too well.

Now this man, without doubt, is thoroughly unhappy. Life to him is a series of disappointments, great and small. He can't even catch the car he wants. The exact shade pleasing to him for a necktie is never to be found. He is a lawyer, and his business has dwindled away until he can hardly pay his office rent, yet a few years ago when things were better with him, it wasn't uncommon for him to be so indifferent to his clients that they left him in large numbers.

Now this all came about, I've been told, through this man's disappointment a few years ago over the loss of the political office he was seeking. He fixed his eye upon one position in a federal administration, and exhibited great activity and cleverness in getting the support of men of known character as well as of the citizens in general with whom he came in contact. Flushed with hope he went to Washington, and there met his Waterloo. Another man was appointed to the place he coveted.

Why Wasted Life

He came home a broken man. To those who sympathized with him he only snarled, and from the day of his defeat he submitted to being a defeated man with no ambition in any direction apparently. People who had first felt sorry for him soon learned to despise him. He had given up all that is best in life because he couldn't have what he wanted.

I wonder how a man like that, or a man like Tom, could be awakened out of the false dream in which they live. I cannot think how it could be done, but perhaps to either of them might come a stunning sorrow, a really great calamity which would take them in its reality into a new world of thought and feeling. Perhaps they would see, under such a trial, how foolishly they had allowed their lives to be spoiled by mere selfish indulgence in chagrin over defeat.

Life is too great and too fine to be wasted by any of us. There's something worth while for all of us. But the world has no place for those who sulk or storm over personal disappointment. Something like this I may get up courage to say to Tom—but certainly I shall never attempt to expostulate with the thunder cloud of a man who kicked the gate open the other day.

KITCHEN ECONOMIES

By ISOBEL BRANDS

Of the Applecroft Experiment Station

Solving Meat Cost Problems with Delicious Stews.

PERHAPS the cheapest and most palatable dish for its price among meats is stew. For in a stew the humblest of meat cuts can be used, and give as much if not more flavor than the tenderer bits. Stray vegetables, good flavoring and generous gravy make a stew flavorful and most satisfying.

Stew is not an American dish, for we see its prototypo in the cookery of all nations. The Mexican Chili con carne, the Hungarian goulash, Irish stew, and even chop suey, all adapted to American palates, nevertheless have had their origin in other countries.

Stew may be made with beef, cut from the shin or flank or from the bottom round, from pork, or from shoulder or breast of lamb. Left-overs from a leg of lamb, roast beef, chicken or other meats may be combined with diced potatoes, carrots, celery and other vegetables into a delectable stew.

Chicken Stew.

2 cupfuls of cooked diced chicken
1 cupful of tomatoes
2 cupfuls of cooked lima beans
2 cupfuls of canned corn
1 onion
2 tablespoonfuls of butter substitute
Salt and pepper

Cook the onion and chicken together with the butter substitute for a few moments, then add the other ingredients and stew gently for half an hour.

Chop Suey.

2 cupfuls of lean, diced pork
1 cupful of sliced celery
½ cupful of fresh mushrooms
2 cupfuls of water
2 onions
3 tablespoonfuls of soy sauce
1 cupful of rice

Trim the fat off the pork and heat in an iron frying pan. When melted add the onions, cooking slightly without allowing to brown. Then add the celery, cook for five minutes, then add the meat, soy sauce, water and cover, cooking for about 30 minutes. Watch to prevent burning, and add a little more water if necessary. If stock is at hand use instead of water. The cooked rice may be served separately or the stew may be mounded in the centre of a large platter and the rice placed in a border around it.

Irish Stew.

2 pounds forequarter of lamb
2 quarts of boiling water
4 tablespoonfuls of flour
4 potatoes
1 onion
1 carrot
1 white turnip
2 teaspoonfuls of salt
¼ teaspoonful of pepper

Cut the meat in dice, removing the fat. Then cover with boiling water and simmer gently for about one hour. Add the seasonings and the various vegetables cut into cubes, cooking for one hour longer. The sliced potatoes are added last and cooked with the rest of the ingredients for 30 minutes longer. The stew is then thickened by adding the flour mixed with cold water to a paste.

Round Steak Stew.

Sprinkle a thin round steak with flour and then pound. Heat an iron frying pan containing some drippings, then place the steak in it to sear. Brown on both sides, then cover with boiling water, add diced carrots, a sliced onion, salt and pepper and cook for about an hour and a half, adding water whenever necessary. When ready, mix one tablespoonful of flour and one-quarter teaspoonful of curry powder with cold water and add to meat. Bring to a boil and then serve.

Little Stories of the Nations

TIME'S ASTONISHING CHANGES IN THE GROUPINGS OF THE EARTH'S PEOPLES.

By Albert Barrett Sayres

Why the Various Peoples of Britain Became One.

WHILE the nations of France, Germany, Burgundy and Italy were rising into individual being, out of the breaking up of the great Frankish empire, a new nation was rising in the British Isles.

The first Aryan inhabitants of Britain, as we have seen, had been conquered in part by the Romans, and later had been pushed westward and their lands taken by the Jutes, the Angles, the Saxons and other low Dutch peoples from the mainland of Europe. But Britain had never been a part of the Frankish Empire. It had remained independent and so much alone that men sometimes spoke of it as another world.

As the Welsh were driven into the western part of the island the Angles and the Saxons and the other newcomers gradually became merged into one people, who were known as Angles or English. But they were not one nation politically. There were many principalities, only four of which we need mention now.

The oldest principality was the kingdom of the Jutes, in Kent. Then there were the kingdoms of the West Saxons, the kingdom of the Mercians in the middle of England, and the kingdom of the Northumbrians, which sometimes had one king and sometimes two kings. All these kingdoms and the others of their blood fought with each other as well as with the Welsh and the other Celtic tribes—the Picts and the Scots—to the north of them. Even to the Britains themselves it must have seemed that the island really was a separate world with its own special wars and troubles.

It was about 150 years after the first settlement of the new inhabitants before the English were converted to Christianity. As the Jutes of Kent had been the first conquerors of Britain, so now they became the first Christians of the island. It was Augustine, sent by Pope Gregory, in 597, who converted the King of Kent to Christianity. Gradually all the English became Christians.

For many years the various kingdoms of Britain strove with one another for the mastery of the island. At the beginning of the ninth century there appeared a force that came upon all as a common enemy. This common enemy was the Norsemen.

An Aryan people of the same branch as the English, the Norsemen—Swedes, but more particularly the Danes and the Norwegians—set out toward the close of the eighth century to sail about and to plunder various parts of the mainland of Europe. Previous to this time the Norsemen had had as much as they were able to do to hold their lands against the Turanian inhabitants, the Finns and the Laps. The Danes in the southern peninsula in some instances had been compelled to submit to the Frankish Empire. Those in the north had always been independent.

When the Frankish Empire was rent asunder the Norsemen were able to ravage almost as they wished. Later they found it desirable to settle Iceland, the Orkneys, the north of Scotland, towns on the east coast of Ireland, and parts of northern Gaul. It was their attempts to settle in England that forced the English to forget their differences and to present the unbroken front of a single nation to meet the invaders.

Grapefruit was introduced into Florida by the Spaniards. The true name of the fruit is "pomelo."

Italian scientists have perfected a highly nutritious bread that is made from partly sprouted grain.

A process has been discovered by which leather scrap can be converted into a valuable nitrogenous fertilizer.

The first apparatus to enable persons to enter a noxious inflammable atmosphere was called an "aerophore," and was the invention of M. Denayrrouze, a French inventor and scientist. It was first tested at Chatham, England, 44 years ago, and was reported successful. Vast improvements on this device, which comprised an air pump, lamp and flexible tubing, have since been made ,and these have saved the lives of hundreds in mine accidents and other disasters where rescue work would be impossible without their use.

The bureau of fisheries reports that its work in rescuing fishes from the pools due to overflows of the Mississippi river before the drying up of the same was more successful last summer than ever before. In July alone the number of fishes salvaged and replanted was 7,709,706. There was an unusual number of carp and black bass During the fiscal year ending June 30, 1918, the number of food fishes rescued by these operations was 25,580,779. The expense ranged from 9 to 54 cents per 1000 fish in the different fields.

Secrets of Health and Happiness

Why Laughter Really Is One of the Best of Tonics

By DR. LEONARD KEENE HIRSHBERG

A. B., M. A., M. D. (Johns Hopkins University)

DR. HIRSHBERG

PAINS are due to some irritation of the mechanism either by direct physical contact or some shock or mental strain. Under any such condition the emotions are adversely affected and a feeling of greater or less pain is the result. Just as a pain is produced by direct physical contact, a laugh can also be caused by a certain irritation of the skin called a tickle.

The laugh produced by tickling is a kind of forced laugh, made by stimulating the emotions. It is not a kind of laugh, therefore, that is most conducive to a genuine lightness and buoyancy of spirit.

Unlike the laugh produced by physical contact, the laugh made by appeal to the mind is the kind most stimulating to health and happiness.

Your eyes behold a certain funny situation. It may be highly exaggerated and very ludicrous and makes a very definite impression upon the mind. The mind then acts like a battery, sends a current through the emotions, and a laugh is emitted through a contraction of the muscles.

Speeding the Circulation.

The emotions are stirred up by a laugh, and the muscles are contracted to make the laugh an external reality. Because these parts of the mechanism are involved in the production of this phenomenon, as a natural consequence, the scarlet stream is made to flow faster and thus carry food to every part of the mechanism.

Because the blood flows rapidly throughout the mechanism, food in the stomach is more readily churned and carried in an absorbed state to the remotest part of the anatomy. This means that digestion is much more rapid and more efficient, and food is more quickly absorbed into the blood stream of the bodily mechanism.

Radiance and Cheer.

When the scarlet stream flows fast the mechanism is always warm and well, and disease cannot menace it as it otherwise would. It is for this reason that laughter-producing devices, such as comic sheets and other funny creations do so much for the human mechanism. They not only dispel worry and anxiety, but stimulate the flow of the scarlet stream and accelerate the movements of the heart, which are conductive to health and happiness.

Not only does laughter keep the blood flowing rapidly, but it also keeps the spirit light, buoyant and carefree. This means that you are happy and gay, and all this reflects itself in your eyes and face. Good cheer makes your eyes sparkle and your face radiant, and altogether you are not only a healthier, happier individual, but also a more beautiful person as a result of your cheerful nature, and well able to bring radiance and cheerfulness into the lives of others as well as into your own.

Answers to Health Questions

S. W. W. Q—Kindly advise me what to do for a dry skin.

A—Try a little of the following:

Lanolin	1 ounce
Cocoa butter	1 ounce
Glycerine	1 ounce
Rosewater	1 ounce
Elder flower water	1 ounce

* * *

L. B. G. Q—Kindly advise me what to do for indigestion.

A—Of the dozens of different stomach disorders, non-medical persons may call any one of them "indigestion." However, that does not make it so. The real disorder is to be sought for by an analysis of the digestive juices and by test meals.

* * *

V. W. Q—Kindly advise me what is the cause of palpitation of the heart.

A—Over-exertion, excitement, sleeplessness, constipation, kidney disorders, diseases of the heart, anaemias, convalescence from nervous fevers, physical deficiency and shortness of breath may cause palpitation of the heart.

* * *

J. B. Q—Kindly advise me what to do for perspiring feet.

A—Bathe the feet in formalin—one-half teaspoonful to pint of water. Bathe them each night in warm water. Wear non-leather shoes and thin hose; change the hose every morning.

* * *

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is enclosed. Address ALL INQUIRIES to Dr. L. K. Hirshberg, in care of this office.

ADVICE TO GIRLS

By ANNIE LAURIE

DEAR ANNIE LAURIE:

We are two young girls of 16, and we would be so glad if you would answer some questions for us.

How can we overcome bashfulness? How can we be attractive? We are very quiet girls, but would like to have beaux, but all of the boys in town like the more so-called "frisky" girls, and the ones who do not like them like the girls at the little nearby towns on in the country. Please give us some advice along this line.

TWO BROWN EYES.

TWO BROWN EYES: Bashfulness is self-consciousness, and self-consciousness simply means thinking too much about yourselves, that's all. Learn to be more interested in the people about you, more sympathetic about their little affairs. I do not mean to be inquisitive, but just interested.

You are too young to have beaux for a while, but as for being attractive, I am sure you are most attractive right now. Girls who like good things, good books, who have the high ideals which seem to be a part of your make-up are sure to be popular when they are old enough. Don't try to rush things, girls, but be satisfied to wait until you are old enough, meanwhile learning the things which will be useful to you in later years, sewing, cooking and home-making.

DEAR ANNIE LAURIE:

I have been in love with a boy of 18 for two years, but he went away this fall without even kissing me good-by, and I feel so hurt that every time I think of him I have to cry over it, and to think of the good times we have had and then he would do that.

He used to write to me three times a week, but lately he writes only once a month. In the last letter he wrote me he said he was going with another girl, and said she was prettier than I was, and I don't know what to do.

Please give me your best advice, as I am so troubled over it.

BROKEN-HEARTED.

BROKEN-HEARTED: Shame, shame, little girl, where is your American independence? Surely you wouldn't allow any boy to behave in this way and still care for him, would you? How can you think of him at all except with disgust?

Forget about him—don't answer his letters, and the next time a letter comes just put it in another envelope and send it back to him without a word at all—just your writing on the outside of the envelope to show him that you are alive and well, but too busy for such a man as he has shown himself to be.

Dry your eyes—tears are too precious to waste on him!

Annie Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper, and will reply to them in these columns. Letters to Miss Laurie should be addressed to her, care this office.