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Editorial

THE SEVEN NATURAL CRAVINGS.

Dr. Daniel Russell Hodgdon, authority on the science of dietetics, believes every housewife should examine the menu she prepared for friend husband, and see if it contains the seven natural cravings of a healthy appetite. These are summed up as a bulky food, a muscle building food, a fat food, an acid food, a salt food, a sweet food, and finally a live food. The seven cravings, says the doctor, should be satisfied every day.

For guidance of our queens of the kitchen, bulk comes in bread, potatoes, cabbage, and other vegetables. Fish, eggs and cheese are muscle builders, olive and other oils are fats, while vinegar covers the acid requirement. Salts are salts and sweets are sweets, so that no explanation is needed, and thus we reach the seventh requirement, the live food, which means raw food such as oysters or clams or rare meats. All of which is interesting and doubtless enlightening. The doctor of medicine has provided his bit to the sum total of useful knowledge. May we now look for some doctor of economics to come forward with the seven requirements to enable the people to satisfy the natural appetite and yet remain out of the bankruptcy court. Perhaps it will require the seventh son of a seventh son to provide the answer. It will be interesting to the poor devils who are sweating in the coal mines at top speed when coal is needed and then thrown out of work when the supply is thought sufficient, to read during their idle moments, and so improve their minds, just what their overworked wives ought to put on the table to keep the family in proper trim. Surely Dumas had a glimpse of life, when, in Les Miserables, he caused that rich and noble lady, stirred by the sight of abject poverty and suffering, to give in her generosity to the great French derelict, a golden manure set.

HOMEY PHILOSOPHY FOR 1922.

Russell Sage, in his day the wealthiest money lender in the world, said he bought his straw hats in December and his winter overcoats in July so he could save money, and then folks wondered why he was rich and they were poor. Maybe it was good reason to him, but was he ever rich in all his life? They tried to blow him up with a bomb, he was always scared to death, he never knew the joy of life, he didn't get a chance to mix with his fellow men. The chap that wears a felt hat when straw hats are in season don't fit, and neither does the fellow who buys 'em that way. The world's a big family and it pays to march with your brothers and sisters. If we all worked at cross purposes, business would close up and nobody'd be rich in friends or money.



Poem by Uncle John

BE AN AMERICAN.
If a feller wins success, tear him down. . . . Let yer keynote be duress.—tear him down. . . . If your neighbor seems to thrive, better eat him up alive.—let the drones that fill the hive tear him down!
If a man is truly great, tear him down. . . . Though he steers the ship of state,—tear him down. . . . Let the worthless speckled skunk fill yer noodle with his bunk,—let the grand old ship be sunk,—tear him down!
When you hear a statesman praised, tear him down. . . . Though the stench of hell be raised, tear him down! "Peace on earth" is simply bosh; "Brother-love" is all a josh,—all we need is nerve, begosh,—tear him down!

Your Own,
From Uncle John.



STUFF BY GILKY SWIPES

GILKY'S DIARY.

Friday—Jimmy witch is mrs Gillups neffew and is visting her now at the present time can ast more foolish questions than enny 1 I ever seen or herd tell of. This morning he ast Jake where does a wink go to after you open yure eyes. Jake cudent answer him. And even I had to keep in silence this one time.
Saturday—I gess I am lucky to be liveing with the parents I got at that even if they do make me wirk to much at times. Joe Whites pa gives him a dime every time he mows the lawn and makes him put the money in a saveing bank. then when they are enuff dimes his pa takes them out and pays to have the lawn more sharpened up.
Sunday—Little Jimmy up at Gillups house is a frade in the Dark at nite. The other nite Mrs. Gillups put him to bed and he wanted her to leave the lite on but she sed When I go out you must remember they is a Angel stays here and watches over you. Jimmy answwes and says If its all the same to you you can take the Angel and leave the lite.
Monday—ma sent me down to



CIVIL DISTRICT COURT
Jos. P. Skelly vs. Board of Commissioners of Port of New Orleans; motion subpoena duces tecum.
Mrs. Rita Ramos vs. Henry Kline; judgment of separation from bed and board.
Real Estate Transfers
Felix Terrebonne to Pauline Calais, two lots, subdivision of Home parkway, \$750 cash.
Andrew O. Collette to Third District Building Association, two lots, Sumner, Diana, De Armas and Olivier, \$2500 cash.
Purchaser to vendor, same property, \$2500, terms.—Wegener.
John Moynagh et al. to Albert Menott, lot, Atlantic, Pacific, Eliza and Evelina, \$1400, terms.—Puig.
Bernard De Roccha to Louis De Roccha, portion, Newton, London, Diana and Orleans, \$200 cash.—Hennessey.
Mrs. Jos. A. Fortier to Edward Campbell, lot, Le Boeuf, Thayer, Alix and Pelican, \$400 cash.—Puig.
Permits
L. T. Anderson, owner and builder, double cottage, 442-44 Le Boeuf, \$2000.
J. L. Cunningham, owner and builder, residence, S. Miro, Gen. Pershing, Milan and Galvez, \$5000.
L. Chisolm, owner and builder, vegetable shop, 1003 Homer, \$100.
Mrs. E. McDonnell, owner; O'Keefe & Killeen, builders; single bungalow, Belleville, Eliza, Evelina and Elmira, \$3600.
Union Homestead Association, owner; O'Keefe & Killeen, builders; residence and drug store, S. Lopez, Rendon, Baudin and Banks, \$8000.

YOUNG BOYS EXPERT JOCKEYS

Mongolian Youths at Home in the Saddle at an Astonishingly Tender Age.

If a daring traveler braves the dangers of a trip into Mongolia he is fascinated by the natives at the time of their summer festivals. Then every Mongolian family puts on its best bibs and tuckers and goes to the fair, much in the same way the people in our own country sections go to the county fair. However, at the Mongolian county fair one does not "hit the baby" and get a five-cent cigar, or throw rings at canes to obtain a prize, but one does see horse races.

Instead of sitting in a grand stand and watching the entire race, as you do here, you see only the start or finish. For the races in Mongolia are 30 miles long.

The Mongolians are great horsemen, and learn to ride at a very early age. Their lives are spent with and on horses. The women ride as well as the men, and by the time a boy has reached the age of ten he is an expert horseman. In fact, the jockeys are ten-year-old boys.

These little fellows are mounted on the very fast Mongolian ponies, without saddles. Their only trappings are a bridle, a whip and a handkerchief.

They start on their wild ride over the steppes with the courage and spirit of men, whipping their horses fiercely, but often reaching over kindly to wipe the dust from the eyes and nostrils of their ponies.

GREAT SOUTH AMERICAN HERO

Memory of Simon Bolivar Worthily Honored by the Nations He Served So Well.

Simon Bolivar lived during that period in the history of mankind when political revolution was the order of the day. He was born in Caracas, Venezuela, July 24, 1783. The American War of Independence had just then come to an end, and while visiting Paris Bolivar had an opportunity to witness the closing scenes of the French Revolution. By this time the Spanish colonies in South America were beginning to make their various struggles for political independence, and when Bolivar returned to his native land he soon found himself allied with the agitators who were struggling to free their country from the domination of Spain. He rapidly rose to a position of great prominence, both as a statesman and a soldier, and he was again and again appointed as dictator until such time as political independence would be assured. He achieved the political independence of three states: Colombia (in 1819), composed of Colombia, Venezuela and Ecuador (from which the last two withdrew in 1830); Peru (1824); and Bolivia, named after Bolivar (1825). When he died, December 17, 1830, he did not have any public money in his possession, although he had had complete control of the treasures of these republics.

"HAMLET" AND AMY ROSBART

Why Shakespeare Camouflaged a Story That Could Not at That Time Be Told.

It seems strange, so far as I know Shakespearean literature, that no critic has perceived the remarkable ability of the tragedy of Amy Rosbart to Hamlet, James Westfall Thompson writes in the North American Review. The language of the play most startlingly fits in with the case of Amy Rosbart, the suspicion resting upon Leicester of having compassed her murder, and the suspected liaison between Leicester and Elizabeth.

As long as Elizabeth lived even guarded criticism was dangerous. It required a change of dynasty to release even veiled speech. As for flat, open discussion of the mystery of Amy Rosbart or any other murder case of note, it was still quite impossible. Hence Shakespeare's resort to a drama in which under camouflaged guise Londoners might perceive the real spirit and condition of the age. Hamlet is the most brilliant assortment of double-edged language, covert criticism, cutting allusions to contemporary men, women and events, burning scorn, withering irony, to be found in any literature. If read aright, the play dazes and astounds the reader by its keenness, its satire, the stinging lash of its language, its mockery or condemnation of some of the very greatest personages in Elizabethan England.

Rhone Most Rapid River.

The most rapid river in the world of any size is the River Rhone, in France, whose current ranges as high as 40 miles an hour.

THE HERALD EIGHTEEN YEARS AGO

Cleanings From Algiers News And Happings During The Fourth Week In June 1904, When This Paper Was A Husky Infant

Believing that Herald readers, new ones as well as the faithful old-timers, will be interested in a glimpse of Algiers events as recorded in this newspaper exactly nineteen years ago, when The Herald was then only ten years old. Even at that early age it was bristling with fresh news chosen by the same editor and publisher that is serving you today. We trust our selections will prove interesting to all.

The marriage of Miss Laura Donnenfeller to John Duffy was celebrated by Rev. Dr. Quinius at the home of the bride, 219 Olivier Street. Miss Edna Braun and Dr. A. J. Babin were the attendants.

Miss Estelle Peterson and Mr. Eugene LeBoeuf were married at the church of the Holy Name of Mary. Rev. T. J. Larkin officiating. Rita Humphrey was ring bearer and Miss M. Collins was bridesmaid.

At Mt. Olivet Episcopal Church, Miss Lea Baker and Mr. Hy. Vogt were married by Rev. W. S. Slack. The attendants were Miss Mamie Stinson and Mr. Jos. Crowley.

The wedding of Miss Mary J. Pollock to Mr. Addison B. Smith took place at the home of the bride's parents, Mr. and Mrs. Thos. Pollock in Vallette Street. Rev. K. W. Dodson officiated. The attendants were Miss Eva Pollock and Mr. W. H. Green. Mrs. Chas. Corbett played the wedding march.

The exercises of the Boy's Parochial School took place, medals being received by Michael Donner, Edwin Stenger, Ralph Nolan, Alphonse Fryon, Alvin Malain, John Murphy, Alvin Foster, Harry Nolan, Frank Smith, Jos. Collins, Clifford Smith, Dan Ford, John Wambagan, Ernest Leatham, Leo Baudier, Harold Mitchell, Peter Tool and Jos. Leady.

At the closing exercises of the Girls School, there were four graduates.

PECULIAR IN PLANT WORLD

Strange and Valuable Property Possessed by the "Compass" Indigenously to America.

One of the world's most curious plants and one that is indigenous to this country alone is the compass plant, which was first brought to the attention of the scientific world by Gen. Benjamin Alvord in 1842. It received its name from the strange property exhibited by its leaves of presenting their faces to the rising and setting sun.

This remarkable species, says the New York Post, is a perennial plant of the order compositae. The first year it bears only radical leaves; the second year and after it is a flowering herb, with four or five leaves from 12 to 30 inches in length.

It is found in the rich prairies of the Mississippi valley, from Minnesota to Texas. The polarity of the leaves was known to hunters and settlers long before General Alvord discovered it, and they would resort to it when lost on the prairies on dark nights, as by feeling of its leaves they could easily get their bearings. Many lives have been saved by this plant.

By the movements of the "weather plant" an expert is able to foretell the weather and warn of forthcoming storms, cyclones, earthquakes, fire-damps and volcanic eruptions. This plant, which bears the scientific name of abrus preatorius, is a native of Cuba. It bears no flowers, and consists merely of a long stalk from which branch numerous twigs containing rows of delicate looking leaves. The leaves frequently change color or close, while the twigs bend themselves into curious positions.

Says Smallpox Cleanses System.

Smallpox, unlike vaccination, cleanses the system. It is a manifestation of the vital force in the act of house-cleaning. Properly cared for, it rarely endangers life. When cases are severe, it is because the waste to be expelled is too great for the power of the vitality to cope with.—W. A. Turner.

Famous English University.

Oxford university, in England, is composed of more than 20 colleges, with an average of 150 men each. Every college has a library, chapel, lecture rooms, students' quarters, professors' quarters, dining hall and kitchen, where expert cooks prepare the meals. An athletic field is attached to each college.

ASOP'S FILM Fables

THE MODEL DAIRY

On perfumed grass the cattle browse, And from their udders, contented cows The farmer gets his milk with ease, And makes the rich cream into cheese.

His milk is watered quite a lot And labeled cream—which it is not. For this is one of many jobs The farmer plays on city folks.

Here is the moral of this fable; You cannot judge things by the label!

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HEALTH-WEALTH SICKNESS-POVERTY

Which Class Are You In? If you are sickly, run-down, or in poor health, you haven't a chance unless you must step aside for the strong and healthy. Are you allowing ill-health to stand between you and success? You don't count if you are not strong, healthy, and happy. You must win life's battles.

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