

Don't Turn Out Your Toes Or You'll Get Flat Feet; High Heels No Guarantee

Do you turn your toes out further than necessary when you walk? A good many people do, asserts an expert, and there are two reasons why the practice is a bad one—for one thing, it gives an awkward and affected gait, which may even be a mining gait if the habit is very pronounced; for another thing, it is apt to produce flatfoot, that unsightly and often painful disability.

One hears a good deal about flatfoot these days, and it is shocking how many otherwise able and efficient candidates for the army have to be turned down by physical examiners because of this disability—flatfoot. So much attention is being paid to the welfare of the foot now that flatfoot is likely to be far less prevalent in the next generation, but those who have been fortunate enough to escape the trouble so far in this generation should be very careful not to let it come upon them.

The common causes of flatfoot are improper shoes and faulty ways of walking or standing. Flatfoot will not be prevented, as many women seem to fancy, by the continuous wearing of high heels. There are people who wear heelless tennis shoes all summer long without injury to the arch of the foot. It all depends on the way one steps. Barefoot people for the most part walk with the toes pointing straight forward—if anything a trifle inward. The Indian always walks in this way; so—if you will note—does the barefoot lad in the country. The toes in this method of walking get a firm grip on the ground and help to propel the body forward.

To avoid flatfoot wear supple, roomy shoes and take care not to toe out excessively. Make all the toes do their work in propelling the body forward.

German Birth Rate Shows a Drop of Forty Per Cent Since Beginning of War

The birth rate in Germany for 1916 fell off 40 per cent from the figures for the year 1913, according to Dr. Charles Greene Cumston of the University of Geneva, writing in the New York Medical Journal.

Doctor Cumston's figures are taken from a report prepared by the intelligence department of the local government board of Switzerland. Doctor Cumston says in part:

"During the war there has been a heavy fall in the German birth rate. The first three years of the war alone reduced by more than 2,000,000 the number of infants who would have been born had peace prevailed. I would add that the infantile death rate has been kept well down, but is 50 per cent higher than in England.

The birth rate, which had risen from 36.1 per 1,000 inhabitants in the decade 1841-1850, to 39.1 in the period 1871-1880, fell in the succeeding decades to 36.8, 36.1 and 31.9. The rate for the last year of the decade 1901-1910 was 30 per 1,000 inhabitants, and the continuance of the fall brought the rate as low as 28.3 in 1912. In 1913 there were 1,839,000 live births. In Germany, in 1916, there were only 1,103,000, a decrease of 40 per cent as compared with 1913."

Musical Notes.

Some musicians have sharp eyes and flat feet.

Of course the sharp eyes are the more essential. Unless a fellow can C natural he may play off key.

Most any musician can pass a double bar without stopping if he is pressed for time.

Bill Shakespeare must have been at least a dub musician or he couldn't have written "Measure for Measure."

Man is like a violin. Somebody is always stringing him. And he is also like the string—soon broke.

Must Purchase Sugar Every 15 Days Instead of Weekly

Approximately 20,000,000 pounds of sugar will be saved per year by a new ruling of the food administration which will prevent anyone from obtaining more than two pounds of sugar per month. Many people were unconsciously breaking the regulations regarding the distribution of sugar by purchasing their sugar on the basis of one-half pound per capita per week. On this basis of four weeks to the month there would be only 48 weeks to the year, or 336 days. This would leave 29 days, or practically another month, during which sugar would be consumed on a basis of two pounds per capita. With a population of 100,000,000 people this would require about an additional 200,000,000 pounds of sugar. The new regulation requires the consumer to purchase his allotment of sugar every fifteen days, or semi-monthly, rather than every week.

Increases of Food Prices.

Retail prices of food increased 4 per cent from August 15 to September 15; 14 per cent from September, 1917, to September, 1918, and 72 per cent from September, 1913, to September, 1918. The bureau of labor statistics announced. The increases were determined from reports by retail dealers.

Potatoes Feed the World

Different Ages and Sizes of Tubers Demand Special Preparation and Aid in Keeping Body Tissues Alkaline

The general use of potatoes in the average family and the better customs prevailing in many homes in preparing the tubers for food are based on sound economic and dietetic reasons, according to specialists of the office of home economics of the United States department of agriculture.

Potatoes are easy to cook in a variety of ways. From the point of view of dietetics, they furnish starch in one readily digestible form, contain mineral substances of importance to the body, and—a fact less generally known—tend to make the tissues and fluids of the body alkaline, so counteracting the tendency of meats, eggs, fish and like foods to create acid conditions. Since the body does its work, best when its condition is either neutral or slightly alkaline, potatoes, like most vegetables, perform an important function in the diet besides furnishing energy-producing material. This scientific fact justifies the custom that is prevalent in many families of serving a goodly supply of potatoes or other vegetables with each helping of meat.

Potatoes, however, while a valuable addition to a mixed diet, alone are not suited to meet the needs of the body because of their poverty in proteins and fat. Of these latter important elements protein is furnished in meats, eggs, fish, milk, beans and similar foods, and fat in butter, bacon, table oils and the fats and oils used in cookery.

Greater care than commonly is exercised should be taken in peeling potatoes. Very often 20 per cent of the potato is pared away. This results not only in the waste of considerable potato but also in the loss of one of the most valuable portions of the tuber, since the soluble mineral salts are present in the material near the skin, which should be removed and thrown away. These salts can be preserved by a more careful removal of the skin, as by shallow paring or rubbing, and also by boiling or baking the potatoes in their jackets.

Paring before boiling, however, may be the most desirable method of cooking potatoes, which through an undue exposure to light may have acquired a bitter taste, or those which have been kept until late in the spring, since in this way more of the disagreeable flavor is eliminated. Such potatoes may also be soaked before cooking.

While these methods may be desirable with potatoes which have been exposed to light, they result in the loss of considerable food value without compensating advantages when applied to new or well-matured potatoes. If such potatoes are boiled after paring, they should be dropped into boiling water instead of being placed on the stove in cold water. By the latter method there is twice the loss of protein, or tissue-building elements, resulting from the former. The loss of mineral matter is about the same by each method. There is no loss of starchy material in boiling unless portions of the tuber break off.

Practically the only loss when potatoes are baked in their skins is of the water which escapes as steam. The more or less common custom of pricking holes in the skin of baked potatoes or breaking them is explained by the fact that unless the steam which is formed inside the skin is allowed to escape it will change back into water and produce soggyness.

Potatoes which have turned green and sprouting tubers have present a considerable quantity of solanine, an acid poisonous substance which, though not dangerous in the quantities ordinarily met with, gives a disagreeable flavor. It is best, therefore, to avoid such potatoes or to cut out green or sprouting portions.

Balloons and Pigeons Were Used to Carry Mail During Siege of Paris in 1870-71

Although airplanes were unknown in 1870, balloons played an important part in the siege of Paris, relates a writer in New York Evening World. So closely were the Prussian lines drawn about the city that communication with the outside world was cut off. The military authorities called upon the aeronaut Durof to make a balloon flight from Paris. Carrying 250 pounds of letters, he made the attempt, and after a flight of three hours landed at Evreux, far beyond the zone of Prussian control. A regular mail service was then established, and though many flights ended in disaster, it continued until the surrender of the city. It was in this way that Gambetta, the statesman, made his escape from Paris to Tours, where he recruited a new army, which offered a desperate but vain resistance to the invaders.

The balloon service was maintained throughout the investment, from September 23, 1870, to January 28, 1871. Letters to be sent "par ballonnet" were written on very thin paper, and among the most interesting relics of the siege are the letter journals, invented by Le Petit Journal. The news of the besieged city was printed in very small type on one side of a thin letter sheet and the other side of the sheet was left blank for personal communications. About a score of Paris papers issued these novel sheets, and practically all letters were written on them.

Getting letters into the beleaguered city presented a more difficult problem, but this was partially solved by sending carrier pigeons out with the balloons. Letters and dispatches were photographed and so reduced that a single pigeon homing its way to Paris often carried thousands of dispatches in a quill attached to its tail. One pigeon carried to Paris dispatches representing 300,000 francs in postage.

Why Troops of the Kaiser Were Given Title of "Huns"

The Huns were a brutal race of savage people who invaded Europe about 350, slaughtering the inhabitants and destroying property. When the Kaiser sent his troops to China, July 27, 1900, he said to them: "Use your weapons in such a way that for a thousand years no Chinese dare look upon a German as a Hun." Because of the Germans' brutality and wanton destructiveness in the present war they have been called Huns.

Gives \$1,432,374 for Belgians.

For relief work in Belgium during the ten months ending last June 30, the American Red Cross appropriated \$1,432,374 and it has set aside \$1,947,325 for the remainder of the present year.

Salt From Salt Lake.

The inhabitants of Palmyra get all their salt by dipping buckets into the neighboring salt lake and allowing the water to evaporate.

IT IS TO SMILE

Working Friend Wife.

Jinks was always complaining of his wife's memory. "She can never remember anything," said he. "It's awful."

"My wife was just as bad," said Brown. "I'll find a capital recipe." "What was it?" asked Jinks eagerly. "Why," said Brown, "whenever there's anything particular I want the missus to remember I write it on a slip of paper and gum it on the looking glass."

Jinks is now a contented man.

Old Familiar Faces.

"Did you ever have the feeling that you have met a person before and perhaps had an unpleasant experience in the dim past?" "I often have that feeling in hiring a cook."

War Sharpened His Wit.

Tommy (just off train, with considerable luggage)—Cabby, how much is it for me to Latchford? Cabby—Two shillings, sir. Tommy—How much for my luggage? Cabby—Free, sir. Tommy—Take the luggage. I'll walk.

In the Making.

Boarder—This tea is very weak. Landlady—I buy only the best tea, sir. Boarder—Doubtless! Its weakness is wholly structural, I believe.

In Right Class.

"So your friend the baker has enlisted. What part of the service has he joined?" "I don't know, but I guess he's gone with the doughboys."

Inconsistency.

Patience—Why do you look so disparagingly at that man? He stood up for you at the meeting the other night when you were being abused. Patrice—Yes, I know he did. But I came up on the same trolley car with him tonight and he wouldn't stand up for me there.

May Find Priceless Tables With the Ancient Furniture

There is a tremendous demand today for old mahogany or oak tables. If there are any historic associations attached to these tables they bring fabulous prices. There are plenty of tables in the country possessing real historic interest, but none of them is in the least likely at the moment to come on the open market. The table on which Napoleon signed his abdication may be priceless. In England there is a mahogany table which, tradition says, was washed up on the coast of Clare after the wreck of the Spanish armada.

"Machinery of Mercy"

Helps in Production of American Red Cross Garments



The knife blade of this electric cutter revolves at the rate of 6,000 times a minute. With an efficient, modern machine of this kind garments can be cut so rapidly that hundreds of workrooms can be supplied with materials for sewing.

Up to August 31 of this year, the American Red Cross had sent to France 10,637,201 hospital garments—made in Red Cross workrooms throughout the country and by Red Cross workers. That such a great number of these important garments were turned out in just about a year, is due largely to the use of machinery, not only in the sewing, but in the cutting.

The accompanying illustrations show the machines used in marking and cutting the patterns, and which are operated by electricity. The garment material is placed, layer upon layer, several hundred deep, then an electrical perforating machine marks



An electrical stenciling machine burns little holes to mark the pattern so quickly that with it and the cutting machine the department is able to cut garments at the rate of 70,000 yards for every 5 1/2 days' work.

The pattern, burning tiny holes into the cloth. After this stenciling machine, as it is called, has marked the pattern, the chalking machine comes into use. This contains either white or black chalk, to contrast with the material in use at the time. It is moved over the holes burned by the stenciling machine to accentuate the outlines of the pattern.

The cutting of the material is done with a ten-inch blade. It is estimated that this machine saves from three to seven cents on each garment. The knife blade on the cutter revolves at the rate of 6,000 revolutions a minute. The combined machines—stenciling, chalking and cutting—are able to convert 70,000 yards of material into garment sections, ready to sew, every five and one-half days.



Mother's Cook Book

Be no longer a chaos, but a world. Produce! Produce! Were it but the pitiful infinitesimal fraction of a product, produce it! In God's name! 'Tis the utmost thou hast in thee; out with it, then. Up, up! Whatever thy hand find to do, do it with thy whole might—Carlyle.

Cranberry Frappe.

This is especially good with a turkey dinner. Stew the berries and add the sugar as for sauce or jelly. Cool and add the juice of two lemons and freeze to the consistency of mush. Serve in sherbet cups with chicken or turkey.

Baked Cranberries.

Choose a wide earthen dish to bake the berries, large enough to take a pint of berries to cover the bottom. Pour over them a sirup made with two cupsful of sugar and one of water. Place in a slow oven and bake until done. Take from the oven but do not stir until cold, when each berry will be coated with jelly and when piled in a pretty glass dish look like candied cherries. These may be dried on waxed paper and used in place of cherries as a garnish.

Mock Venison.

Lay a leg of mutton in a dish of diluted vinegar, one-fifth vinegar and four-fifths water; add two small sliced onions, six peppercorns, six cloves, a dozen allspice, four bay leaves and a tablespoonful of crushed juniper berries. Roast the mutton after it has laid in this solution four days. Use the vinegar to baste the meat while roasting.

Veal Kidneys With Cider Sauce.

Remove all fat and fibers from three veal kidneys. Add a tablespoonful of hot fat to a frying pan with a heaping tablespoonful each of chopped parsley and onion; then drop in the kidneys and steam, well covered, for fifteen minutes; then pour over a half-cupful of cider. When hot add seasoning to taste and serve.

Cape Cod Pudding.

Cream half a cupful of butter substitute, add gradually one cupful of sugar and three well-beaten eggs. Mix and sift three and a half cupfuls of flour with two teaspoonfuls of baking powder; add a half cupful of milk and one and a half cupfuls of chopped cranberries. Turn into a buttered mold and steam three hours. Serve with thin cream and powdered sugar, flavored with nutmeg.

Nellie Maxwell

A DOUBTING HEART

Where are the swallows fled?
Frozen and dead
Perchance upon some bleak and stony shore.

O doubting heart!
Far over purple seas
They wait, in sunny ease,
The balmy southern breeze,
To bring them to their northern homes
once more.

Why must the flowers die?
Prisoned they lie
In the cold tomb, heedless of tears or rain.

O doubting heart!
They only sleep below
The soft white ermine snow
While winter winds shall blow,
To breathe the smile upon you soon
again.

The sun has hid its rays
These many days;
Will dreary hours never leave the earth?
O doubting heart!

The stormy clouds on high
Veil the same sunny sky
That soon (for spring is nigh)
Shall wake the summer into golden mirth.

Fair hope is dead, and light
Is quenched in the night.
What sound can break the silence of
despair?

O doubting heart!
The sky is overcast,
Yet stars shall rise at last,
Brighter for darkness past,
And angels' silver voices stir the air.

—Adelaide Anne Procter.

PAPER ECONOMY HINTS

Don't Be Ashamed to Carry An
Unwrapped Parcel

The good American housewife should go shopping with a basket. It's the fashion! No longer can you be ashamed to carry an unwrapped parcel, thinking perhaps the market basket will mark your snobbishness. The war industries board has made an appeal for co-operation to the American women to help the retail stores comply with the recent order for discontinuing the wrapping of package merchandise; so do not protest when your dealer asks you to carry home your cabbage, your beets or carrots, your fancy cracker box or lurid sirup can unwrapped. Put your pride in your pocket and your unwrapped parcels in your basket and trudge home cheerfully with them. It is the fashion!

Disdain the paper bag that you really do not need. Only bread, pastry, sugar, tea and such things are entitled to be wrapped just now.

Save paper and help gas, the Hun, for it means more gas for Fritz every time you say, "Don't wrap it."

CULL THE FLOCK

At no time has it been more important to cull the flock carefully than now. A good hen is returning to its owner a good profit; a poor one, a corresponding greater loss. With the general purpose breeds the pullet year is the most profitable. In fact, it will take two pounds more feed to produce a pound of eggs with hens than it will with pullets. No farmer can afford to keep any hen of the general purpose type after she has passed through the second laying season. All females which have passed the first year of laying should be marketed unless they are to be kept for next year's breeders. If the farmer cannot tell the age of his hens, he can avoid future guesswork by putting a ring on the legs of the pullets.

Some features that will help the farmer distinguish hens that have been good egg producers have been noted by the University of Missouri College of Agriculture. In October the poor layers will have yellow shanks, a small dull comb, pin bones close together, and will have completed molting. The good layer will be in the molt, will have pale or almost pink shanks, will be ragged in appearance and, if laying, the pin bones will be well spread apart. The good layer, even though in the molt, will start laying just as soon as the early molt. The good layer will have a soft velvety skin while that of the poor layer will be thick and coarse.

It will pay to cull the flock if the culling is done right.

One of Several Theories as To Origin of Wedding Ring

Among several theories as to the origin of the wedding ring is one which is to the effect that before the time of mints and coinage the gold money in Egypt was made in the form of a ring, usually worn on the finger as a convenient method of carrying and safe-keeping. The men and women, therefore, had all their gold or wealth made into rings, and for the majority of people these rings were no larger than the plain gold bands of today. Thus, when the groom placed the ring on the bride's finger, he meant exactly what the modern service makes him say—he did exactly endow his bride with all his worldly goods.

Amber and Jade Mines.

It is at the sources of the Chindwin, or western branch of the Irrawaddy, that the famous amber and jade mines are which have supplied China with these much prized stones for centuries.

Microbes on the Screen.

Apparatus with which it is possible to make motion pictures of living microbes has been perfected by a California scientist.

Do You Know That—

No Jew may purchase land in Russia.

The only maritime country in Europe without a navy is Belgium.

Out of every hundred of the population in England and Wales seventy-eight live in towns.

An Englishman used to eat more butter than any man of any other nationality. His yearly average was thirteen pounds.

Important Improvement in Snow Sheds for Railways

Important improvements were introduced by the Southern Pacific railroad in the design of their snow sheds, says Popular Mechanics Magazine. One of these consists of telescoping units having a maximum length of 93 feet, which make it possible to divide long sheds into isolated sections as a means of protection against the spread of fire, or for other purposes. Each unit is made with removable outside braces and is mounted on rails, so that a locomotive can draw it into the adjoining structure, purposely made larger to receive it.

Portugal's Former Name.

Portugal was formerly known as Lusitania. The present name is derived from Port Callo, the ancient name of the town now known as Oporto.