

About the House

Eight Commandments for Children

1. The growing child must have plenty of sleep. Up to six years he should sleep ten to twelve hours; out of twenty-four hours. Part of this time may be divided in the daytime nap.
2. His food should be plentiful and nutritious. Each child should have at least three pints of milk a day. Part of this may be in some other food, such as custard or ice cream. He should also have limited quantities of meat and plenty of eggs, cereals, vegetables and fruits.
3. He should have plenty of out-of-door play—not too much work, nor too long continued.
4. He should have a daily bath or rub-down and a cleansing bath with warm water and mild soap at least once a week, if possible.
5. His bowels should move freely at least once a day. If they do not, his diet and exercise should be so regulated as to bring about that result.
6. He should be successful in life. Frequent failures of children are frequently the result of the want of interest in life. Such a child should be watched to discover if possible, what he does enjoy and where his future interest lies, and it is thought that to stimulate his interest in life is the best attitude to be maintained.
7. He should be taught simple lessons of good hygiene; the use of individual towels, handkerchiefs, toilet articles; care of teeth, nose, eyes, hands and feet.
8. He should be taught to be clean and to be healthy is one of the finest possible achievements in the world, and must be taught.

How Food Can Be Saved at the Table

Smaller portions should be served. Persons at the table should be given an opportunity for choice, so that no food is served unless a person wishes it.

How Food Can Be Saved After the Meal Is Served

Bits of vegetables should be kept for soups, stews, etc. Meat from a canned fruit can be used for the biscuits or for favoring puddings. Left over cake and other crumbs should be used in puddings or to re-plate flour in biscuits. Juice left from cooked vegetables should be saved for soup. All bread crumbs should be saved. All left over muffins, biscuit, bread of any kind should be baked, made into crumbs and used in savored dishes, baking, etc. No bit of food is too small to be saved.

How Food Can Be Saved Before It Reaches the Table

The butcher is often allowed to keep bones and trimmings. These should be taken home. The bones and meat should be used for soup. The fat should be tried out for cooking.

Fresh Fruit and Vegetables Should Be Purchased as Needed

Overbuying of perishable food results in spoilage and waste.

Perishable Fruits and Vegetables Should Be Carefully Put Away and Not Allowed to Wilt

Vegetables and fruits should be pared thinly or scraped. Cereals should be kept in clean, covered jars to prevent their becoming wormy.

Mixing Bowls and Cooking Utensils Should Be Carefully Scraped

Much food can be saved in this way. Food should be carefully cooked, for burned or badly cooked food is wasted.

Care of House Plants

In caring for house plants it should

CAMOUFLAGE

A Little Episode on the Western Front Described by Eyewitness.

The road ran almost due north and south along the crest of the ridge. Eastward the land sloped gently away to our front line of the valley. You could just distinguish the white-green belt of No Man's Land, and on the top of the next ridge, 2,000 yards away, you could trace a broad dark brown strip which curved and twisted now on the crest, now just over it, and now out of sight on the other side—the wire of the Hindenburg line.

One night a party of engineers had come to the road, driven in a row of posts along its edge, and nailed from one to the other a strip of camouflage netting 5 ft. high, which successfully screened the road from Boche observers in the enemy's line.

So peaceful was this part of the line that for many months the camouflage had stood unimperturbed, save for a few shell-splinters which had torn holes here and there, and save for a dozen gas-shells which had plopped through on the road on one particular night.

As a matter of fact there had been very little traffic along the road. Now and then a mess-cart bringing up a case of whiskey to bathe the hands of a soldier, or once a week a G.S. wagon filled with wire and sandbags, and once a lorry which had brought up a ton of material and a party of men to build an O.P.

One day, as the camouflage was beginning to sag and rot, a trio of senior officers walked along the road, peered cautiously at Heaven knows why—through the netting in the camouflage, jotted down things in their notebooks and went away again. The camouflage swayed uneasily in the winter wind.

A week later there was a fierce activity behind the camouflage. Many men and many horses arrived, and with the horses came something else. The wind howled round the posts, and the camouflage quivered with excitement.

Early next morning, about five past six, a man went out each post, up to the netting and stood by holding it in position. A few minutes later a whistle blew faintly. Each man threw down his post and jumped back out of the way. It was a beautiful day; there was absolute stillness along the whole front, such as there had been for months and months. A Boche observer from his post in the enemy's line saw the screen suddenly fall, and barely had time to wonder what it meant.

A platoon of a minute later he saw a terrific flash nearly a quarter of a mile in length. There was a deafening roar, for fifty guns, standing wheel to wheel and naked to the world, had spoken as though fired by one man. North and south for miles round the same stuporous roar.

The battle had begun.

The Judgment's Behaviors

We knew Wars broken bread would be unrequited. For in a world ruled by the Holy Child, Some home for blessed Peace must be found. And Freedom, Reason, Truth must be exiled.

THE PULSATIONS OF THE WEATHER

Influence of Atmospheric Pressure at Certain Parts of the Globe.

There appear to exist in the earth's atmosphere centers of action, which have wide control of local climatic conditions and make it possible to forecast the character of the weather long in advance.

Ham and Potato Cakes

Combine leftover mashed potatoes with leftover ham. To each three cups of the mixture allow one egg. Mix thoroughly, form into flat cakes, dip in flour and fry in hot fat. If desired, a beaten egg may be put upon each two patties.

HAVE INCURRED UNENDING SHAME

Germany's Four Most Infamous Pirates

Out of a Long List of Criminals They Stand Out as Guilty in a Special Degree.

Among those names which must survive the war and remain forever as a part of its history and character, four may be selected from that list of 150 German submarine commanders killed or captured by our naval forces, which was recently made public. To them, says the London Daily Telegraph, is insured such an immortality as perhaps a German naval officer may desire. First in the catalogue comes the man who placed upon his forehead the crown of supreme achievement by the torpedoing of the Lusitania. He was Kapitän-Leutnant Schwieger, commanding U-20, and later U-88. He had entered the navy in 1903, and reached, therefore, the summit of his career, the greatest murder the world has known, before he was thirty-five; it was only in November last that a mine in the North Sea put an end to his memories and to his purposes.

Unenviable Reputation

It is claimed in Germany that Kapitän-Leutnant Rudolf Schneider, of U-87, that he sank H.M.S. Pomona, and destroyed altogether 150,000 tons of merchant shipping. One of the vessels sunk was the Arabic. In October, 1917, Schneider was washed overboard from the decks of his craft and drowned, and upon her next voyage the submarine met a British patrol man day; she saw her enemy in time and submerged to escape. The patrol boat had depth charges where the U-boat had vanished; their terrific explosions tore her delicate mechanism to pieces and forced her to the surface. The patrol boat attacked her unawares, and cut her in half. She sank, floundering and cut her in half. She sank, floundering and cut her in half. She sank, floundering and cut her in half.

But Four of Many

The officer who torpedoed the Sussex in March of 1918 was Oberleutnant-Zur-See, Herbert Pustkuchen, commanding U-29. He was younger than the others mentioned above, having entered the navy only in 1906, but he had had time in his brief service to earn for himself the Honor Cross of the First Class and the Order of the House of Hohenzollern of the Third Class. He afterward was given command of the UB-66 and was lost in his country in June of last year, when a trawler sighted the jumping wires of a partly submerged submarine which was proceeding at four to five knots. The trawler immediately headed for the submarine, which disappeared below the surface of the water. A depth bomb was dropped and found its mark, for a series of heavy explosions followed, one in particular causing an upheaval three times the height of the others. In the meanwhile other trawlers had joined in the fray and had dropped depth bomb charges. Their there was a great silence; not a sound was heard by the eager listeners on the trawlers, but a mass of oil on the surface bore witness of the fact that the submarine

Deliberate Policy

It now appears that his purpose was not of his own-initiating; he was selected by his superiors as a suitable officer to carry out a plan devised and prepared as a part of the deliberate policy of the German Government. According to the evidence which is available, his actions appalled him rather than otherwise; the world's outcry of horror was audible even in Berlin, and upon his return there he showed himself little—possibly by order of his superiors. Even his reward was stealthily forwarded; it took the form of the Order of the House of Hohenzollern.

Winning With the Game

A Weapon Which Struck to the Heart of the Matter

There is no question of that Fritz does not like the game. He has always led the world with him. He favored the kind of game that are not using, which bear resemblance to the old-style football. It is a one-edged knife with which he is able to cut the throat of his opponent. At close quarters this often he employs to great effect as a knife, which he uses as a Roman soldier uses a sword. It is held level upward at the enemy's waist, and that is hard to avoid. It is the best weapon of the day, our fighting, ready.

When Our Family Dolled Up

CHAPTER II
The next afternoon, after the housework was done, I saw Agnes out at the back of the house drying her hair. I thought: "Mother is sure taking her hint to heart!" Turning the thought over in my mind I decided it was up to me to drive into town and get a haircut. I had intended doing this the day before, but had not had time. I got a haircut and a shampoo.

Communing With the Dead

That is a pretty picture of Empie faith that Mrs. Nina L. Duryea gives in her article on The Soul of Fighting France. Among the sand dunes of Brittany, she says, superstitions flourish for the soil. Bretons are less superstitious than any other class in French-speaking countries. They have little fear of death, and they are deeply religious. A cemetery is a place where children play, and on fete days it is the meeting place for gossips and swains. Relatives go always once a week with flowers to deck the graves; and they do their own shrines above them as they do their own homes.

Care of House Plants

A Briton apparently is not entirely convinced that the dead has really departed to another world; he believes as if the lost one were still near, hearing, seeing, and interested in his former associates. A discreet watcher will hear a widow say in a pleasant, conversational tone, while she tends the grave:

"Was the rain cold on thee last night? I thought of thee when I lay with the children in our snug bed behind the lattice. Perhaps thou wouldst care to hear that Jean has twins. That has proved a happy marriage, though Marie had no other dot than her good looks. Also the apple crop is excellent, and next week we begin to make cider. An revoir, my well-beloved. Sleep well, for all goes well, and I have money in my stocking!"

With a tender pat on the cross she will then return home to her hard life, consoled by this chat with her husband.



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