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## Woman's World

By MAIR M. MORGAN  
"A Woman's Place is in the Home."

### Fish For Salads.

A fish salad does not necessarily mean canned fish. Canned fish does make delicious salad, and some should always be kept ready for this use, but excellent salads may be made from boiled or steamed fish and, indeed, from any leftover fish.

There are two ways of making a fish salad. One is to place a portion of fish on a plate and flank it with sliced cucumbers, lettuce, etc., and then put a spoonful of salad dressing on the side. This is perhaps the popular way, designed to serve "eye appeal"—and it accomplishes this very thing. It looks delicious.

But the proof of the salad, like the pudding, is always in the eating. And the dish just described will be disappointing. Each item on the plate is unseasoned, innocent, even of salt, which reduces the whole plateful to flat insipidity, and the small size of the plate makes impossible any satisfactory mixing of the dressing and salad materials. You sigh, then sprinkle little salt around, getting too much here and not enough there, put a forkful of the salad in the dressing and eat it without zest, meditating on the waste of fine materials when "dressed" only for eye appeal.

This dish was once served to a Frenchman at a hotel. When the salad came, Monsieur, an epicure, looked at it. It was not necessary for him to taste. He knew.

He called the waiter and the head waiter and the salad was removed. In a minute or so it was brought back. It did not look as well. Salad never does when mixed. But it had taste and flavor.

The mixing bowl had been rubbed with a cut clove of garlic, the lettuce shredded, the tomatoes and cucumbers cut, and the fish flaked. It was then salted and mixed with a mayonnaise dressing (made with oil) until each fork portion was marinated in dressing and lemon juice to taste. It was redeemed from a flat, insipid salad to a triumph of deliciousness and piquant relish.

"Eye appeal" should always play second part; taste first.

### Your Diet

Perhaps there is no time of year when the appetite is so jaded and in need of healthful stimulants to a natural hunger as in the spring time. The foods which were perfectly legitimate for us to eat when we needed energy for resisting cold should be put aside and fruits, vegetables, cheese, eggs and fish used in abundance.

Tart foods such as grapefruit and rhubarb are especially desirable since they have a tendency to whip the appetite into action. Pickles, usually considered indigestible and taboo, are found valuable for their piquancy and appetite provoking qualities.

Lemon sauces, tart sauces and horseradish sauces whet the appetite and add food value to the meal.

Foods rich in iron will do much to overcome "spring fever," and should be used freely.

### Watch Iron Supply.

A study of many dietaries shows them to be lacking in iron, carefully selected though they may be. Too little iron in blood and tissues causes them to misbehave. The external indications of this internal "misbehavior" are apparent in poor color, listlessness and lack of vigor—"spring fever."

Spinach has the highest iron content of any of the vegetables and of course is rich in vitamins, but there are other spring vegetables that are splendid sources of mineral salts and vitamins.

Dandelion greens, beet greens, mint and asparagus are in season and offer variety.

Radishes, spring onions and carrots are valuable raw foods and should be used frequently.

### Endive Spring Favorite.

Endive with its slightly bitter taste is relished at this time of year and now cabbage with a lemon dressing is preferred to the rich cream dressing of the winter months.

Fruits and vegetables must be relied upon to furnish the necessary iron, grams and keep the body "fit."

### Bulky foods that will give the digestive tract its much needed exercise are essential. Nearly all fruits and vegetables are mineral rich foods and have a decided tonic-like effect.

### FUR RUGS

Motor rug sand cushions which are made of fur should not be overlooked during spring-cleaning, as such articles harbor dust, which is not properly removed by brushing. Take the articles out of doors on a fairly windy day and beat them thoroughly. Then rub them all over with hot bran, penetrating right to the skin. Clean one small portion at a time, leaving the bran on the fur for a time; then beat again and leave out in the wind for several hours. After this treatment the fur rugs or cushions will be clean and fresh.

### PARSLEY—SPRING TOUCH.

It is a good idea always to keep a bowl of chopped parsley on the kitchen table when you are preparing a spring meal. Almost everything you serve can be garnished with the bright green leaves and they go far toward toning up languid appetites.

### BABY'S "PLAYGROUND."

It is an excellent idea to cover the sides and bottom of the baby's play pen with oil cloth. Oil cloth is easily washed with soap and water and, in gay colors, presents a very cheerful appearance.

### PLAIDS FOR STYLE.

Printed silk dresses are smarter than printed ones this spring. Many of them have jackets of solid colors, and it is very chic to have a jacket of the same colored plaid in larger squares.

### IN COOKING MEATS.

Tough meats will be made tender by adding a teaspoon of lemon juice to water in which they are boiled.

## London Tennis Courts Feature New Fashions

London, Eng.—Miss Mary Heeley and Mrs. Whittingstall (Eileen Bennett) have started the lawn tennis season with sensational dress fashions.

Mary Heeley led the way. She sported designed for shoulder freedom, outfit designed for shoulder freedom, held up by cross straps. People craned their necks to see. Photographers snapped Mary and her shoulders a hundred times.

Then came the popular Eileen to the Paddington tournament at Malda Vale, and showed Mary how the thing really should be done.

She appeared with her back considerably bared, and nobody can say but that she was greatly admired.

It is thought highly probable that the Heeley-Whittingstall lead will gather adherents.

### Mode That Failed.

This march in clothes emancipation became pronounced two years ago, when, after the bare-legged brigade had almost won the day, Senorita Alvarez appeared at Wimbledon in widely cut, um-pantalons, a kind of divided skirt that suddenly went all trowsery down to the ankles.

The fashion did not catch on.

Next year Miss Tomblin appeared at Chiswick in shorts and a sweater. But shorts did not become popular.

Men are taking to shorts. Brans Hillyard has worn them for years with a linen cap to match. "Bunny" Austin has taken to them recently.

One prominent player has started on the road to bare-backs for men. He has gone in for a one-arm shirt—left arm cut short above the elbow, as usual, right arm cut right off at the neck and shoulder.

### Named After Canadians

Independence, Kas.—Son of Mr. and Mrs. Roy Drago, born in the Neodesha, Kansas, hospital after arrival there of Canadians injured in the aeroplane crash which resulted in the death of five persons, was named Col. Bruce Drago in honor of "Colonel" A. C. Samson, President of the Toilers' basketball team, and Bruce Dodds, player.

# Sunday School Lesson

May 14. Lesson VII—Jesus Asserts His Kingship—Mark 11: 1-10, 15-18. Golden Text—Behold, thy King cometh unto thee: he is just, and having salvation.—Zechariah 9: 9. ANALYSIS.

I. THE PRINCE OF PEACE, Mark 11: 1-11. II. THE PREACHER AND THE PROFITEERS, Mark 11: 15-18.

INTRODUCTION—Into the stronghold of his enemies Jesus was now about to enter. Holding nothing back, he had submitted himself to his Father's will. That submission brought him to the gates of Jerusalem—Jerusalem that had slain the prophets. He, himself, expected no other fate.

I. THE PRINCE OF PEACE, Mark 11: 1-11. After the long ascent from Jericho, (Mark 10: 46), Jesus and those who went with him arrived at the Mount of Olives, within three miles of Jerusalem. Standing on its rocky promontory twenty-five hundred feet above sea-level, the holy city was about fifteen miles from Jericho. Across the Valley of Kedron it lay, now thronged with pilgrims arriving for the Passover. Jesus now completed his preparations for a solemn and conspicuous entry to the city. From Bethany, where he lodged for the next few days, he sent to the neighboring village, probably Bethnaze—which was not more than a mile from the city—for the colt, Mark 11: 2. We may assume that he had arranged the matter with the owner beforehand. He was able to tell the disciples where they would find the colt, and to give them the necessary password, v. 3. "And straightway he will send him hinder" is a promise that the Master will return the animal promptly, as soon as he has finished with him.

The picture we so often give of Jesus as a man going up to his death deserted by all but a few faithful friends, his popularity completely gone, is entirely untrue. The Master entered Jerusalem on a tremendous wave of enthusiasm. On his way from Galilee he had moved leisurely, halting here and there to preach, teach and heal. His followers had doubtless thrown out hints that he might prove to be a greater man than any one suspected, greater even than John the Baptist or Elijah. He was thus surrounded by an atmosphere of excitement which grew more tense every day. The Galilean pilgrims, knowing that he was on his way, would wait for him on the Mount of Olives. There they formed a procession. They cut branches from the wayside trees and together with their garments, carpeted the road as he rode along on the ass which the unknown friend in "the neighboring village" had provided. As they went along, they sang a triumphal hymn, vs. 8-9.

Why did Jesus, who had always avoided parade and self-advertisement, enter Jerusalem as the chief figure in a shouting procession? One reason was that he knew that his enemies were waiting for him in the city. The danger to be most dreaded was a secret attempt on his life. If he entered Jerusalem as an unnoticed pilgrim, it would be easy to assassinate him. If he must die, he would die openly, in the sight of the world. Also, by surrounding himself with publicity, he would be able to avert the cry until he had time to make his mission plain to the multitude. Later events show clearly that what protected him for the few days he had still to live was the continuous presence of his enthusiastic supporters. See Mark 11: 18; 12: 12; 14: 1, 2.

# A Jumper Suit Practical and Smart

By HELEN WILLIAMS  
Illustrated Dressmaking Lesson Furnished With Every Pattern



That bow! And those cute little puff sleeves!

And besides, it has a smart cape, has this attractive jumper dress. See the miniature view!

A navy and white crepe silk print, so lovely for Spring, made the jumper and cape.

# Drapery in Art

Draperies, as such, is always ignoble; it becomes a subject of interest only by the colors it bears, and the impressions it receives from some foreign form or force. All noble draperies, either in painting or sculpture (color and texture being at present out of our consideration), have, so far as they are anything more than necessities, one of two great functions; they are the exponents of motion and of gravitation. They are the most valuable means of expressing past as well as present motion in the figure, and they are almost the only means of indicating to the eye the force of gravity which resist such motion. The Greeks used drapery in sculpture for the most part as an ugly necessity, but availed themselves of it gladly in all representation of action, exaggerating the arrangements of it which express lightness in the material, and follow gesture in the person. The Christian sculptures, caring little for the body, or disliking it, and depending exclusively on the countenance, received drapery at first contentedly as a veil, but soon perceived a capacity of expression in it which the Greek had not seen or had despised.

The principal element of this expression was the entire removal of agitation from what was so pre-eminently capable of being agitated. It fell from their human forms plumb down, sweeping the ground heavily and concealing the feet; while the Greek drapery was often blown away from the thigh. The thick and coarse stuffs of the monkish dresses, so absolutely opposed to the thin and gauzy web of ancient material, suggested simplicity of division as well as weight of fall. There was no crushing or subdividing then. And thus the drapery gradually came to represent the spirit of repose as it before had of motion, repose saintly and severe.

Thus treated, drapery is indeed noble; but it is an exponent of other and higher things. As that of gravitation it has special majesty, being literally the only means we have of fully representing this mysterious force of earth (for falling water is less passive and less defined in its lines). So, again, in sails it is beautiful because it receives the forms of solid curved surface, and expresses the force of another invisible element—John Ruskin, in "The Seven Lamps of Architecture."

THE DAILY ROUND.  
Each child has his own toothbrush, hairbrush and comb.  
Here is the daily round of the sunshine children—  
9 a.m.—Putting on overalls, hair-tidying, handkerchief drill, and hygiene lessons.  
9.30.—Prayers and singing.  
9.50.—Milk lunch.  
10.15.—Eurythmics, color work, nature talks, stories and free play.  
Noon.—Hat dinner, with food scientifically adjusted with balanced vitamins.  
12.30 p.m.—Lessons in hygiene.  
12.45-2.30.—Rest.  
3.10.—Free play.  
3.30.—Preparation for home.  
Infants living some distance from the school are taken home by omnibus under the supervision of teachers.  
The Shipley Town Council has given special consideration in allotting places at the school to children who are likely otherwise to be undernourished.  
Calves in Holland are baptized before being sent out to graze, in the belief that the sprinkling is an antidote against anthrax.

# Exercise Effects on Human Beings

Evolution of Mechanized Society Brings About Changes in Physiologic Functions

The evolution of a mechanized society, about which so much is heard at the present time, has brought about changes in the physiologic functions of the man of today as well as in his economic relationships, says The Journal of the American Medical Association.

"Hard physical work, once the lot of the majority of people, is gradually being relegated into the category of the less usual experiences of daily life," continues the writer. "As a consequence the bodily conditions formerly resulting so largely from muscular work as a part of the customary routine of living are now being developed through voluntary exercise and athletics. It has been stated that athletics consist of physical exercise plus more or less of emotional exercise, while work is likely to involve less and less of the emotions.

"A modicum of muscular effort—of work—has always been regarded as wholesome to the healthy organism. There is a widespread belief that certain physiologic advantages are attributable to physical exercises and training. How real are they, and what is their nature? An elaborate discussion of these questions has recently been presented by A. H. Steinhaus of the Young Men's Christian Association College of Chicago.

"As he points out, increases in muscle size, strength and endurance are probably among the best recognized chronic effects of muscular exertion. One cannot proceed far in the consideration of the contractile tissues without being brought face to face with the problems of their blood supply; for through this the removal of waste and the replenishment of energy alone can be insured. The inter-relationship between the skeletal muscles and the circulatory apparatus seems to have been recognized by the discovery of the circulation of the blood. In 1628, Harvey wrote:

# German Women Hold Exh'bit

Home-Making, Professions, Public Works and Crafts Included in Displays

Berlin.—Increasing recognition of the importance of women's activities not only in the profession and in official positions, but in the realm of the family was contained in the recent exhibition, "The Woman," at Berlin's large fairsground.

German industry, which is also beginning to recognize the full measure of politico-economic importance of the woman as a consumer, seized the opportunity to portray its own efforts in helping that women in the difficult task of maintaining a sound standard of living, despite the lowered incomes.

Distribution in Professions. The section, "The Woman of the German People" presented a significant picture of the distribution of women among the professions. An illustrated display showed that of 22,500,000 women in Germany 11,000,000 confine their activities to the home. Of the professionally employed, 6,800,000 were single women and 4,700,000 married. Of the married professional women the earnings of two-thirds were indispensable to the upkeep of business of their husbands.

The charge of the "dissolution of the family" was also strikingly refuted by the fact that 4 per cent of the German population are living alone, while 96 per cent are living in families. Their economic importance as "consuming communities" was shown in specially attractive illustrated form.

Apartment Data Given. The apartment question which has been of so much concern to women, was illuminated by figures which show, for instance, that in Berlin, 95,000 persons live in 52,700 one-room apartments.

# MUTT AND JEFF—

By BUD FISHER

