To Help You Win

Riches—power—happiness. The average man places these as his goal. He dreams about having them.

But the average man is slow to take a practical step towards that goal. He is content to dream about it—and never gets there.

The most practical start is to start a savings account. Rockefeller had to save his first thousand dollars. It earned the rest of his fortune.

Character Earns Credit

Saving men not only have capital for their efforts. In saving, they establish a reputation which will make it easy to secure additional capital when necessary.

A farmer has frequent need for capital if he is striving continually to improve his property. How important it is then that he build up his credit—establish his character.

The easiest and quickest way is to start a savings account.

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ALWAYS AT YOUR SERVICE

Boudoir slippers, now that spring is approaching, have decked themselves with flowers. A large, round, flat disk of satin covers the instep of the latest designs. From this bits of satin ribbon stand out like petals around a flower center, and sometimes the petals are bedewed with crystal beads.

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An interested reader has sent me the following poultice prescription for bad cases of pneumonia. She asserts that it has proved beneficial in many cases, and asks that I print it. I agree with her that there are probably many people suffering with heavy colds whom it may help: 2 cupsful chopped onions (raw), ¾ cupful flax seed meal, ¾ cupful powdered lobelia. Mix with hot cider vinegar. Apply one poultice on the chest and one on the back as hot as patient will bear it. Change every 12 hours.

Mustard and baking powder will settle from standing in boxes, therefore should be stirred to lighten them before using.

—

When meat or fish is to be fried it should be kept in a warm room for some time previous to cooking, and wiped as dry as possible. If cold, it decreases the tempertaure of the fat, so that a coating is not found quickly enough to prevent the fat from penetrating the food.

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The more unusual the design of a gown, the more pride may the wearer take in it; for the drape of silver lace falling from one shoulder, the side panel of elaborate pattern, and the side train, all combine to give an effect of uniquensess much desired by the woman who would have her costume worthy of comment among the varied styles of today.

Messages to Seekers of Success

New Fashions in Foods

By KARINE HOLMES

Sunday Dinner, Feb. 25th

Cream of Celery Soup
Mock Veal Roast Stewed Turnips
Asparagus Salad
Cheese Crackers
Apple Pie and Coffee

Cream of Celery Soup

6 Stalks of celery (tough outside stalks)
1 slice of onion
1 cup of water
1 cup of hot milk
1-2 teaspoonful butter
1-2 teaspoonful flour

Boil, mash and strain the first 3 ingredients, then add hot milk. Melt the butter, add the flour, pour on gradually the hot soup stock; season and cook thoroughly.

Mock Veal Roast ...

1-2 pint of shelled roasted peanuts
1-2 pint of lentils or other kinds of beans or peas
2 tablespoonsful of good fat
1-2 pint of toasted bread crumbs
Milk, pepper and salt to taste

Soak beans over night, drain and bring them to a boil. Throw away that water, cover with fresh water, and boil until tender; drain again and press them through a colander. Add nuts chopped or ground, the melted fat, breadcrumbs and seasoning, with sufficient milk to make it the consistency of mush. Pour into a baking dish and bake in a moderate oven one hour. It will be better to use a fireless cooker if you have one, and bake two hours or longer if you have the time.

Asparagus Salad

This time of the year, unless your purse is of the size of a Vanderbilt's, you will use canned asparagus (which every thrifty housewife in rural sections and small toyns has of her own canning.) Open can, drain the water off, pour over cold water several timos, and then lay the stalks on a bed of lettuce of shredded cabbage with whatever dressing you like—french, Mayonnaise, or boiled dressing—and serve.

I need not tell here how to make apple pie, for apple pie is the first pie every young housekeeper learns to make. All men like pie, and no one ever turns away apple pie.

Coffee

The poet says of coffee, it is "Sabean odors from the spicy shores of Araby the blest."

Composition of roasted coffee: water two parts, albuminoids, 12.5; caffaine 1; fat or oil, 12.5; tannin 5; extractives 14.4; cellulose 4, mineral matter 4.6.

Not until 1652 were the first coffee shops opened in London. Napoleon, Voltaire, Dr. Johnson and Boswell learned to enjoy their coffee. Drunken in moderation, coffee without sugar or cream is a mild stimulant to gastric digestion (gastric digestion is in the lower part of the stomach.) When you add milk you at once render the coffee very indigestible, and that is why som any physicians must tell patients to "give up coffee." Coffee also possesses a distinctive laxative effect.

How often in many households is this exhilarating beverage, "that comforteth the brain and heart and helpeth digestion"made muddy and ill flavored. Although we have less to do than our grandmothers, we somehow cannot take time to roast out own coffee. Roasting one's coffee is simply a chore which requires careful attention. Then the French say the pounded berry is more delightful than the ground coffee bean. The famous Turkish recipes all state that you must pound your own coffee every morning before making your beverage.

You may roast the berries "to the Queen's taste" and grind or pound them fresh every morning, and yet if your coffee pot is not in the most immaculate condition, fresh disappointment awaits you. If the coffee pot is not quite as clean as your plates there is a "pure culture of germs" waiting for your refreshing morning quaff. Never set your coffee pot aside with coffee in it. Occasionally boil your coffee pot with a little washing soda.

Boiled Coffee

Then is when you get the harmful content of your coffee, by boiling. Another best rule to follow is that if every member of the family is not ready for his coffee within ten minutes after it is made, then pour off the grounds before servng. In the best hotels your coffee must be served to you freshly made, and must not have stood on the grounds aftr it is finished the steaming process.

Scarcely a school child in even the smallest rural school but now knows the word "bacteria". They probably also know there are two kinds of bacteria. One is the harmful kind, the other is the harmless kind. The former are the ones which in some way have disorganized some of our orderly arranged life-giving functions, and we say "we are sick." We mean some law of nature has been interfered with. If you could look through a microscope you would see that these bacteria are of different sizes and shapes. They bear different names accordingly. There are the cocci, bacilli, and spirilla (or spirals). Bacteria is the general name for these little plants, just as grain is the general name for wheat, corn and oats. What are most interested in is to know how to avoid these harmful bacteria. We will put it in this way—

Lowest Cost of Health

"It costs nothing to select food best walk and breathe properly."

"Fresh air in the home is free."

"No expense taking a few simple exercises every mornng."

"It costs nothing to chew your food thoroughly."

"It costs nothing to clean the teeth twice daily."

"It csts nothing to select food best suited to the body."

"It costs no more to stop using patent medicine."

"It costs no more to read good books than trashy literature."

"It costs nothing to have a cheerful, happy disposition, and stop having grouches."

These things cost nothing, yet they will bring content and reduce your doctor's bills to nothing a year—for you.

Use plenty of fruit, drink quantities of milk, use eggs in abundance, eat green foods, if you would keep down your doctor's bills. Keep cheerful, and lead healthy, happy lives.

FEMININE TOPICS

The average height of the human race increases at the rate of 1¼ inches every 1000 years.

—

Fine white suede is appliqued on a blouse of rose-colored crepe de chine, and the effect is softened by the use of white embroidery.

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Many of the printed silks are in Egyptian designs, and have a range of colors running from quite dark shades for immediate use, to lighter ones for the later spring wear.

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If a woman has found a type of costume that is particularly becoming to her, she should not allow the changing of the styles to alter it very radically.

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A good home means a house well planned, safe and healthful, surrounded by congenial and friendly people, all interested in the welfare of each other and of the community.

—

There is a tendency among dress designers to trim foulard gowns, and to trim them more than heretofore. Narrow flounces of georgette crepe edged with narrow ribbon or merely picoted are to be met with on sleeves neck and skirts.

—

Shell flowers are the very newest of decorations to-day. You place a porcelain basket of them on a table in the boudoir. Or you hang a tiny spray of them to a chain and wear it around your neck with a dark costume.

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Four layers of chiffon make up the latest gorgeous negligees. The first layer is black. Over this are placed orange pale yellow and turquoise. Each layer is slashed into long points tipped with black tassels, the layer beneath glimmering through the skies.

—

A stroll along the city's streets today proves that the favorite footwear for cold or wet days consists of oxfords and silk and wool stockings. The oxfords in three cases out of five are brown. Russian boots topped with fur are seen more and more frequently these chilly days.

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Blouses have reached a remarkably fantastic stage. Some of them with a background of white silk are ornamented copies of a mosque arch in Persian colorings. Others are entirely plain as to sleeves and back but elaborately decorated down the front.

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A singular method of protecting prints of butter from deterioration is said to be practiced in France. It consists in coating the butter with a glaze of melted sugar, laid on with a soft brush. The surface of the butter is slightly melted and a protective varnish is formed. The process has also been introduced in England.—Washington Star.

Read The American Union—$1.00.

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)

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LESSON FOR FEBRUARY 25

THE PARABLE OF THE POUNDS

LESSON TEXT—Luke 19:11-27.

GOLDEN TEXT—He that is faithful in that which is least, is faithful also in much.—Luke 16:10.

REFERENCE MATERIAL—Matt. 25:14-30; I Tim. 4:13-15.

PRIMARY TOPIC—Working for Jesus.

JUNIOR TOPIC—Faithful and Unfaithful Workers.

INTERMEDIATE AND SENIOR TOPIC—The Fidelity That Jesus Expects.

YOUNG PEOPLE AND ADULT TOPIC—What Returns Does Christ Require of Us?

The purpose of this parable was to correct the misapprehension of the disciples as to the immediate establishment of the kingdom. They were on the way to Jerusalem and they thought that immediately upon their arrival there Jesus would begin the exercise of His kingdom rule. It is to be noted that Jesus did not correct them for believing in the reality of the kingdom, but for believing that it would immediately appear.

I. The Absent Lord (v. 12).

He pictures His going back to God as a nobleman going to receive a kingdom. This was a common occurrence among them. They knew how some of the Herodian family had thus done—gone to Rome and secured their appointment to rule over Palestine. Jesus ascended on high to receive from God, the Father, a kingdom. Let no one mistake the certainty of His return, though the time be unknown, and the event delayed.

II. The Distribution of the Pounds (v. 12).

These pounds represent Christ's gifts to His servants. When Christ ascended He gave gifts to men (Eph. 4:7, 8, 11, 12). To each servant was given the same amount, showing that to all a certain gift has been given and therefore all will be held responsible for its use. The distribution was made by the sovereign. It was also a purposeful distribution. They were to put their gifts to use during His absence. What the nobleman demanded was faithfulness. The pounds were to be used for the Master, not for the selfish enjoyment of the servant.

III. The Rebellious Citizens (v. 14).

They hated Him and sent messengers after Him, notifying Him of their refusal to be subject to Him. This pictures the unbelief of the Jews after Christ's ascension and their repudiation of His rule. It also pictures the unbelieving world in its hatred and rejection of Christ.

IV. The Accounting (vv. 15-27).

1. Its Certainty. Christ will surely bring everyone to account for the use made of His gifts. He has appointed a day in which He shall judge the world (Acts 17:31).

2. Time Of (v. 15). It will take place when Jesus comes back to earth. At that time He will summon His servants and reckon with them. This will take place when He has received His kingdom. He will receive His kingdom when he asks the Father (Ps. 2:8).

3. Rewards Given for Faithfulness (vv. 16-19). (1) The first report (vv. 16, 17). The pound had gained ten pounds. He did not say, "I have made ten pounds," but "Thy pound hath gained ten pounds." He recognized the Lord's ownership. To this the Lord replied by commendation. He praised him and promoted him. He was made ruler over ten cities. (2) The second report (v. 18). In this case the pound had gained five pounds. He did not get the Lord's commendation for he had not done so well, but he was appointed to a place of rulership over five cities. The reward in each case was proportioned to faithfulness during the Lord's absence. The principle of reward was shown to be that faithfulness in very small things prepares for larger responsibilities.

4. Judgment Upon the Unfaithful (vv. 20-27). (1) His report (vv. 20,21). This report was entirely bad. He had not put the pound to use, but laid it away, throwing the blame upon the Lord. He asserted that the character of the Lord was such as to produce fear. Men are falling today in their service because they have wrong conceptions of Christ. (2) Commendation (vv. 22, 23). The wicked servant is judged out of his own mouth. His excuse increased his guilt. He is called wicked. (3) Stripped of the pound (vv. 24-26). To fail to use one's gifts means to lose them. One of the losses of the next world will be the deprivation of what we have now. (4) Warning (v. 27). Those who reject Christ, refusing to submit to His authority, shall share the same deprivation as those who are unfaithful in His service.

Hypocrisy.

Hypocrisy, of course, delights in the most sublime speculations; for never intending to go beyond speculation, it costs nothing to have it magnificent.—Burke.

The Tears of Children.

Oh, banish the tears of children! Continual rains upon the blossoms are hurtful.—Richter.

The Lash in the Dark.

Many a lash in the dark, doth conscience give the wicked.—Boston.

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BURGLARS SUPPOSED TO BE AT WORK AROUND WILLIAMSBURG

A startling story with the thrills of a moving picture serial became known lately when it was learned that the home of Eli Quail, colored, residing in one of Mr. Phillip Cannon's tenant houses near Williamsburg, was visited late Monday night, February 5th by a trio of supposed burglars who employed a soporific gas, or a sleep-producing powder, in their operations. According to the statements of citizens living in the community, Quail had come home at near midnight, and was downstairs in a rocking chair when he heard suspicious sounds at the door, as though some-one was using a small bellous. Almost immediately after hearing the exhaust from the device, he was conscious of a peculiar ordor, and an almost overpowering desire for sleep seized him; fighting this off, Quail staggered up and fired with a revolver through the window of the room, frightening the intruders off, as a subsequent search failed to reveal anyone.

A second instance of the operations of what is said to be a trio composed of two men and a woman, was later reported from Jacktown, near Williamsburg, where the house occupied by a colored family named Pinkett was visited. In this case the husband who was upstairs, came down on hearing noises to find his wife unconscious in a chair, overcome by the gas or powder which had ben blown into the room through keyhole or crack by a bellows, as she afterward stated that she heard the "whoom" as the air was expelled, driving the substance into the room.

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