

Oldest U. S. Sunrise Ceremony Still Greet Easter Morning

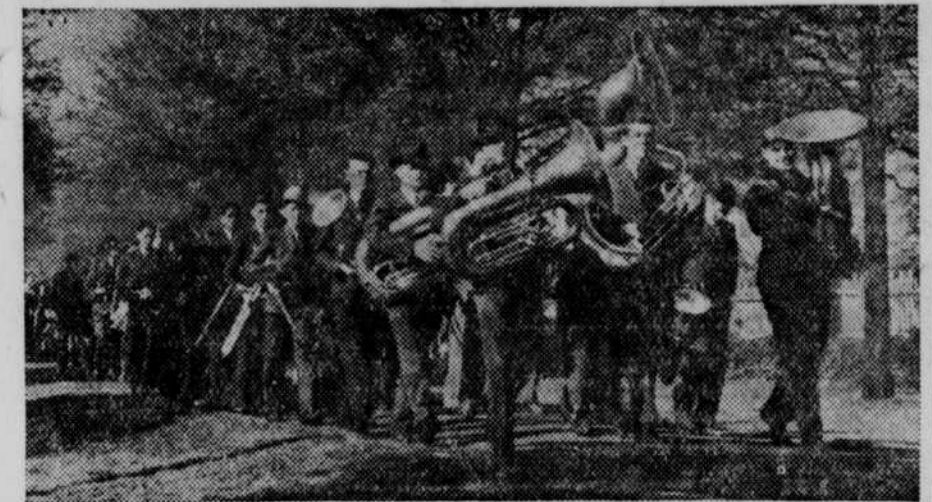


This Easter morning, B. J. Pfohl (left) leads for the fifty-first year a band which has played at Winston-Salem, N. C., every Easter morning for more than 175 years. The strangest band in the world, possibly the largest, this group draws from 300 to 400 players for its performance.

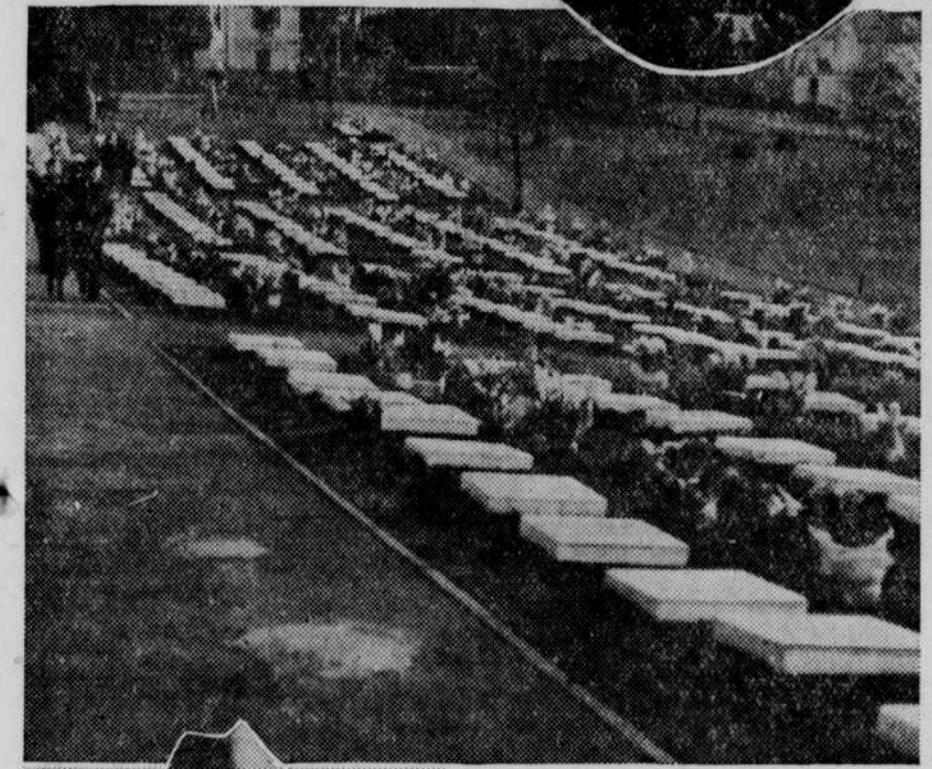
Picture Parade



Salem's band was founded by Moravian settlers from Germany but this Easter it awakens not a village but a city of 95,000. Above photo shows the group assembling for its rehearsal at the old Home Moravian church. Mr. Pfohl estimates he has inducted about 4,000 members into the band.



Touring the city in busses and playing under streetlights, the band awakens Salemites each Easter in a traditional ceremony that has gone unbroken through the years. Later bandmen go to the old Belo home where ladies of the Moravian church have a hot breakfast ready for them. Then they proceed to God's acre, the Moravian cemetery, to lead the ancient sunrise service. Right: The Moravian band starts them young. This lad began in Pfohl's Sunday school class.



Above: The democracy of the dead. In Winston-Salem, the Moravians permit no ostentatious marks upon their graves. This Easter morning scene includes a section of God's acre, showing how each member of the congregation has a grave marked with simple uniformity. The dead are buried in plots, according to age, sex and whether married or not. There are no "family plots" and no distinctions of any descriptions. Left: Oldest member of the musicians-for-a-day citizens' band is H. E. Pusey, 80, who never plays at any time except for Bandmaster Pfohl at the traditional Easter sunrise service.



WHAT to EAT and WHY HOW to SEW

C. Houston Goudiss Discusses Beverages of Various Kinds; Explains Their Role in the Diet

By C. HOUSTON GOUDISS

FOOD and drink are inseparably linked in any consideration of the nutritional needs of man. It is, therefore, in response to a fundamental need that we include some kind of beverage in every meal, no matter how simple or how elaborate the food may be. For primarily, beverages contain water which is as necessary to the human body as air.

Approximately two-thirds of the body is composed of water. It is found in the muscles, in the brain tissue, in the various organs such as liver and kidneys, and even in the bones. Every cell in the body is dependent upon water for its proper functioning.

Body's Need for Liquids

This precious fluid acts as a solvent of food materials and makes possible their digestion and absorption. Since it is an essential constituent of the blood, it helps to transport nutrients to every cell—this function alone requiring about 10 pounds of water in constant circulation. Finally, it helps to eliminate waste products from the body through the lungs, skin and kidneys.

The daily losses of water from the body must be replaced regularly or the consequences may be extremely serious to health. It has been shown that headaches, nervousness and indigestion may result when the intake of fluids is diminished below normal requirements.

Beverages Classified

The quantity of water needed by each person varies with the dietary and with the season of the year, much larger amounts being required when the temperature is high. But it is generally agreed that everyone should consume several glasses of water daily, in addition to the water obtained from foods, chiefly fruits and vegetables. Part of the need is met by milk, and by coffee, tea, cocoa, fruit juices and various other fruit-flavored drinks which add pleasure to mealtime, serve as wholesome, between-meal pick-me-ups, and provide a gracious method of extending hospitality to guests.

Aside from milk, which belongs in a classification by itself, and fruit juices which are consumed chiefly for their minerals and vitamins, beverages fall into two groups which overlap somewhat: those that are refreshing and those that are stimulating.

Refreshing Beverages

The refreshing beverages include fruit juices, fruitades and carbonated drinks, such as ginger ale and sarsaparilla. They are effective in quenching thirst and their appetizing flavors encourage the drinking of generous amounts of water. They also contribute energy values to the diet in proportion to the amount of sweetening used in their preparation.

Fruit juices are most frequently served as an appetizer at breakfast, lunch or dinner. Fruitades are useful as between-meal drinks and when entertaining. Children like to display their hospitality to friends and this type of beverage, served with a few crackers or simple cookies, makes an attractive snack.

Mothers will find it convenient and economical to utilize for this purpose beverage crystals which come in a variety of fruit flavors. These make wholesome, refreshing beverages at a minimum cost; the amount of sweetening may be determined by individual preference; and they are so easily prepared that children may do the mixing themselves.

Stimulating Beverages

The stimulating beverages are coffee, tea, chocolate and cocoa. When made with milk, chocolate and cocoa are rich in nutritive values, though their fuel value varies with the product used. Chocolate is much richer in fat than cocoa, and products labeled "breakfast cocoa" usually contain a larger percentage of the natural

cocoa fat than products simply labeled, "cocoa."

The food value of coffee and tea depends entirely upon the cream or milk, and sugar with which they are served. However, they have an important place in the dietary because their flavor and aroma add greatly to the enjoyment of other foods and they give a comfortable feeling of well-being.

The stimulating principle in these beverages is known as caffeine in coffee, and thein in tea. Doctors may forbid coffee because of some abnormality in health which makes a stimulant undesirable. But competent authorities hold that the effects of the moderate use of coffee by normal individuals may be disregarded. Neither coffee nor tea, however, should be given to children. First, because they do not need stimulants, and second, because the use of these beverages will tend to reduce the consumption of milk which is so important to their nutritional welfare.

Guard Against Staleness

The subject of coffee has been investigated from many angles by

competent scientists, whose findings should be of interest to homemakers. The flavor and aroma of coffee are derived chiefly from a volatile oil, which is developed during the roasting process. But it has been established that this substance is rapidly lost from the coffee upon exposure to air. Moreover, each pound of coffee contains about two ounces of fixed oil which may become rancid in the presence of air. These changes occur whether the coffee is ground or in the bean.

Since stale, flavorless coffee may have an adverse effect upon appetite, it is important to buy a product that is protected against the air, or to choose one that is freshly roasted. The homemaker should also buy coffee in small quantities so that it can be used up quickly once it is opened. After the coffee has been made, there may be a further escape of its flavor and fragrance with both heat and steam. That is why coffee should not be allowed to stand, but should be served the moment it is made, and why it should not be reheated.

Tea also deteriorates when it is stored for long periods. It should therefore be bought in small quantities and kept in air-tight containers.

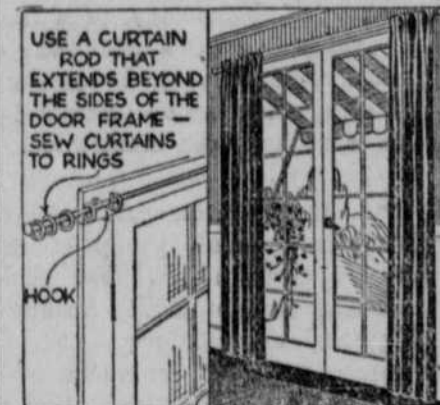
Questions Answered

Mrs. J. F. A.—Numerous investigations with children indicate that there is a definite connection between bodily well-being and mental ability. A child with poor appetite and digestion may exhibit poor powers of concentration, listlessness or irritability, all of which interfere with the ability to learn.

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HOW to SEW

by Ruth Wyeth Spears



Draperies for French doors.

"I NEED some help," my friend's voice said over the telephone. "The living room draperies are finished. I am bursting with pride over them, but I don't know how to hang the ones for the French doors."

"Yes, I want to cover the door frame at the sides, but I can't cover much of the door because it must open and shut without interfering with the draperies. I did want the curtain rod for the door to match the ones at the windows too."

Her voice trailed off in a discouraged tone as if there were just too many difficulties ever to be solved. But they all were

solved. The sketch shows exactly how it was done. The curtain rod was placed on hooks near the top of the door frame and extended a good 7 inches over the wall at each side of the doors. The curtains were sewed to rings. When they were in place, they covered both the hooks and the sides of the door frame, and allowed the doors to be opened.

NOTE: These curtains were lined and had a pleated heading. They were made from the step-by-step sketches in Mrs. Spears' Book 1; SEWING, for the Home Decorator, Book 2—Gifts, Novelties and Embroidery, is also full of practical, money saving ideas that will help you with your Spring and Summer sewing. Books are 25 cents each; if you order both books, leaflet on how to make Rag Rugs is included FREE; Address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

SAFETY TALKS

'Pedestrian Faults'

THE National Safety council has charged pedestrians with a large share of the responsibility for traffic accidents that killed 39,500 persons in 1937. Of this total 15,400 were pedestrians.

In "Accident Facts," a statistical review of 1937, the council said: "Many pedestrians show utter lack of caution in their use of streets and highways. Combined state reports for 1937 show that in 67 per cent of all fatal pedestrian accidents the pedestrian either was violating a traffic law or was acting in an obviously unsafe manner. In non-fatal accidents pedestrian faults appeared in 69 per cent of the cases."

The council described such things as jay-walking, failure to observe traffic lights, drunken walking, walking with instead of against traffic on rural highways, crossing streets in the middle of a block as "pedestrian faults."

To Correct Constipation Don't Get It!

Why let yourself in for all the discomfort of constipation—and then have to take an emergency medicine—if you can avoid both by getting at the cause of the trouble?

If your difficulty, like that of millions, is due to lack of "bulk" in the diet, the "better way" is to eat Kellogg's All-Bran. This crunchy toasted cereal—a natural food, not a medicine—has just the "bulk" you need. If you eat it every day, it will help you not only to get regular but to keep regular, month after month, by the pleasant means you ever knew! Eat All-Bran daily, drink plenty of water, and "Join the Regulars." Made by Kellogg's in Battle Creek. Sold by every grocer.

Patterns SEWING CIRCLE



ISN'T the dress with paneled skirt and lifted waistline (No. 1716) a lovely thing for larger women to wear? It's so simple, so soft and slenderizing, with a bodice that fits perfectly, because the shoulders are shirred and the waistline gathered. Make this of silk crepe, georgette, chiffon or flat crepe. Wear flowers or a jeweled pin at the becoming, deep v-neckline.

For slim figures, the bow-trimmed bolero frock (No. 1705) is particularly flattering, and it's new as tomorrow morning! The dress, even without the bolero, is a real charmer, with its high neck-

THE CHEERFUL CHERUB

How can I live a narrow life? The race is surging toward one goal. I'll just forget my petty griefs And try to join the cosmic soul.

CUT YOURSELF IN ON THIS REAL "MAKIN'S" SMOKE-JOY

Read Cliff Baggs' tip on this special-cut, extra-tasty tobacco he uses for his "makin's" cigarettes

IT DOESN'T SPILL OUT THE ENDS OR BUNCH UP — EASY TO ROLL — MORE RICH TASTE, TOO. SURE — I MEAN PRINCE ALBERT!

Recent snap of Cliff Baggs

70 fine roll-your-own cigarettes in every pocket tin of Prince Albert

Prince Albert is good goin' in pipes too

NO wonder "makin's" smokers say: "There's no other tobacco like Prince Albert." It's this way—Prince Albert is choice, ripe, and fragrant—better tobacco to begin with. Prince Albert is "crimp cut," too, for fast, easy rolling, and for slow, cool smoking. Roll-your-owners everywhere agree on Prince Albert as The National Joy Smoke.

SO MILD • SO TASTY SO FRAGRANT

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PRINCE ALBERT
THE NATIONAL JOY SMOKE

Jerry On the Job!



Lightning Service



Lightning Service



Lightning Service

