

HOW WAR HAS BROUGHT ABOUT CHANGE IN MAN AS A HOUSEKEEPER.
—How many times has hubby as housekeeper provided the cartoonist with rich material? He burns all the saucepans if he attempts to cook, brings every room to a state of chaos if he tries to tidy up, allows the crusts to accumulate in the bread pan, and the tea leaves and vegetable parings to disfigure the kitchen sink, struggles with bed making and darning, can't light a fire or lay a table—in fact, as a housekeeper he is a notable failure.

At least he was. Nowadays things are different, remarks London Answers.
Among the minor effects of war has been the domestication of men. The up-to-date warrior always carried his "housewife," and he can easily compete with a woman when it comes to darning a stocking or sewing on a button. He knows more than a little about the washtub, after his experiences in the streams of foreign lands, and he has learned the value of tidiness by the restrictions of a dugout.

After making a fire in a field where a dry spot was absolutely unknown, he won't empty the sugar bag and the oil tin in order to get the kitchen range going. After catering for companies, a good many men will be able to calculate how much bread is needed for one household. In fact, as a housekeeper man can no longer be laughed at.

War spoils some men, but it made others. A good many women are finding their husbands extremely useful about the house since they came home. They get their own shaving water, do not leave the "water mark" on the bath, clean up their splashes, put away their clothes, and in more than one house the husband is as good as a butler at meal times.

In some instances men have returned to their homes quite unfit for the post as breadwinners and their wives have had to obtain work to keep the home going, leaving hubby to keep house.

Woman's real place is as home maker, but when she has had to turn breadwinner she has usually found man as a housekeeper quite a success.

How a man whose whole larynx has been cut out can continue to talk is told by Dr. T. Hoshino of Nagata, Japan, in the "Annals of Otolaryngology and Laryngology."

Dr. Hoshino describes the operation by which he removes the larynx in serious cases of cancer and provides for respiration after it has gone.

He furnishes the patient with a rubber tube, one end of which is inserted into the trachea (windpipe) and the other end is held in the mouth. By sending his breath through the tube and working his lips, teeth, tongue, palate and pharyngeal muscles the man can whisper in such a way as to be understood.

Artificial larynges have been made for such cases, but they are complex affairs, and Dr. Hoshino says patients much prefer the tube.

How Raccoon Washes Meat.
The raccoon has a habit that is not indulged in by any other animal. If given a piece of meat, he will not touch a mouthful until he has washed it in as clear water as he can find, and he will allow no one to do this for him, writes Dr. R. W. Shufeldt in the American Forestry Magazine of Washington. So thoroughly does he perform this task, that he not only soaks all the blood out of the meat, but actually reduces the morsel to a very uninviting, flabby piece of pale flesh. He will roll it over and over in the water with his forepaws, and give it occasional shakings by seizing it in his mouth. Finally, when it is semi-macerated to his liking, he will devour it with apparent relish.

WHY We Should Eat More Brown Bread and Butter

For the same reason that butter is more nutritious than margarine, brown bread is more nutritious than white bread, that is, because of the vitamin content of butter and brown bread, says the New York Medical Journal. White bread made from highly milled flour is lacking in vitamins. The grain is entirely denuded of the husk which contains the vitamins, and although white bread is more palatable it is not so nourishing nor so conducive in many respects to the maintenance of health as brown bread or as bread made from a mixture of white and brown flour.

In addition to the vitamin content, brown bread provides work for the jaws and incites the salivary glands to action and from its composition exerts a gently aperient effect. A good deal of the prejudice which obtains against brown bread is due to bad cooking. When it is well made it is palatable. In short, brown bread and butter are greatly to be preferred to white bread and margarine, however pleasing these may be in appearance and taste.

Too much faith should not be placed in the caloric value of a diet. A well balanced diet contains a sufficient caloric value and a satisfactory vitamin content. The ideal diet is nourishing, appetizing, and satisfying, that is to say, it is well assimilated, by flavor and odor it excites appetite, and it is not deficient in bulk. Of course it must be adapted to circumstances, climate, occupation, and so on, but it cannot be termed a thoroughly nutritious and wholesome diet if it does not contain a sufficient amount of vitamins. Brown bread and butter, to a limited extent, are an excellent example of such a diet.

Why Swat the Fly Now.
No matter how long the winter lasts, the chrysalis of the fly is safe. When the warm spring weather comes the fly inside the chrysalis goes on growing again. At the right moment it bursts open its horny case and comes out like a chicken from its shell. All that it has to do is to dry its wings; then it can fly away full grown.

Flies reach their full size before coming out of their shell-like covering, says a writer in an exchange. When you see small flies and big flies together you must think that the little ones are young and the big ones old. They are different sorts of flies, but full grown. They reach full size before they are released from the cradle in which they have passed the winter. It is because most of the old ones are dead, and the young ones still in their eggs, that we seldom see flies in winter.

The common house fly when it wakes in the spring lays over a hundred eggs, which hatch in a day or two as maggots. These grow rapidly, become pupae and within two weeks

from the eggs are full-grown flies, ready to lay eggs themselves. You can see how many billion flies there would be if none were destroyed and all the eggs hatched and grew into flies. The house fly usually lays its eggs in filth and if we keep our premises clean we shall have fewer flies.

Why Bread Gets Stale.
The reason bread becomes stale has been investigated recently by Professor J. R. Katz of Amsterdam, who has discovered that the staleness is due to loss of moisture, and not merely to loss of moisture. The experiments of Professor Katz were based upon the keeping of bread forty-eight hours after it was taken out of the oven. He found that if the temperature was maintained at 140 degrees Fahrenheit the bread was quite fresh at the end of the period, but if the temperature was reduced to 122 degrees Fahrenheit a certain amount of staleness was discernible, the process becoming more rapid until a temperature of about three degrees below freezing point was reached. Curiously enough, at lower temperatures than this the degree of staleness is reduced, until at a temperature of liquid air the bread is again perfectly fresh. On the strength of these experiments it has been suggested that bread be kept fresh till required for use by placing it in a fireless cooker immediately after removal from the oven.

Why Scots Would Ban "Macbeth."
A resolution demanding the elimination of Shakespeare's "Macbeth" from school curriculums on the ground that it was a libel on the Scotch in its "misinterpretation in presenting King Macbeth as a traitor and murderer," was adopted at New York by the League of Scottish Veterans of the World War. The resolution was addressed to the Newark (N. J.) board of education, which recently barred "The Merchant of Venice" from the schools because of the alleged slander to the Jewish race.

"If they have banned Shylock, I see no reason why they should not ban Macbeth," said Capt. Ian McTavish. "If the Jewish gaberdine is to be cleaned they should also remove the stain from the Scottish kilt."

Why Pastor Is Worried.
From California comes the story of a woman who made her pastor heir to \$87,000 on condition he would take care of 85 canaries, 31 dogs, 18 cats, and a bunch of rabbits. He is getting along pretty well with most of the menagerie, the story goes, but the rabbits are multiplying so rapidly he fears he will have to spend all the money to buy a ranch for them a year from now.

Most Satisfactory.
First Little Girl—Your papa and mamma are not your real parents. They adopted you.
Second Little Girl—Well, that makes it all the more satisfactory. My parents picked me out and yours had to take you just as you came.

THE CHEERFUL CHERUB
When it rains at baseball games we get a rain check. At least our disappointment's lessened then. I wish that God would give us each a war check so later we could try this world again.

Taking as its inspiration a suggestion of Blasco Ibanez, the Spanish novelist, the Bronx Society of Art and Science has decided to erect a memorial in honor of Edgar Allan Poe, whose cottage in Poe park, the Bronx, Senor Ibanez visited the other day. The Spanish writer started the fund with a contribution of \$100.—New York Times.

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