

**Prevent Grape Juice Fermenting.**  
To keep grape juice after bottling, lay each bottle down on its side in a drawer or box and in this way keeping the corks moist with the juice. This prevents the air from getting in, as the corks never shrink, and it will never spoil.

**Window Ledges.**  
The men helpers of a household would not dread to lock up at night if they always felt sure that the ledges and locks of the windows were kept free from dust with a damp cloth.

**To Clean Matting.**  
To one gallon of water add one tablespoonful of ammonia. Wet a cotton cloth in the solution and wring as dry as possible, pin cloth over your broom and sweep; it will brighten your matting and will raise no dust, and will destroy numerous insects.

**Sugar Cookies.**  
One cup of sugar, one-half cup of milk, 3/4 cups flour, two teaspoons cream tartar, one teaspoon soda, little nutmeg. Sprinkle cookies with candied caraway before baking.

## Railway Problems

## Future Prosperity Depends on Sane Solution

By **GEORGE A. POST,**  
President Railway Business Association.

**T**HE railroad problems of the future are radically different from those of the past. Not the conquering of the wilderness; not the connecting of the east and west, but the development of a vastly improved system which shall concentrate every device of modern science to the increase of celerity in movement of traffic. We must have more tracks; freight tracks independent of passenger tracks, devices of acceleration at junction points; time-saving mechanism at terminals, and more and better equipment. It is upon these great problems of transportation that the American people and their representatives should concentrate their attention, dismissing the phantom problems, born of pique or prejudice, which have made recent railroad discussion at once tragic and ridiculous.

The crying need of the hour is that government officials and the public generally, in considering railroad problems, shall show, not their power, but their wisdom.

It is for railroads as America's most potent means to national prosperity and growth that I am an advocate; railroads with Herculean financial strength to cope with the problems of the future. Our mission is to clarify the atmosphere so that the people will look upon railroads as tremendous agencies of civilization, which have a record of glorious achievement, with their mental vision undimmed by too much contemplation of mere human error in their administration. Railroads must, of course, be operated by men, men with knowledge and genius, intermixed with human frailties. But men come, and they pass, adding their mental mite to the great work, while railroads must go on forever, growing greater and greater, and doing greater things as years go by. If Americans are wise to their own selfish interests, they will foster, they will guard them with the jealous care of patriotism and see that no harm shall come to them.

## Prolong Your Allotted Span

By **Dr. Carl A. H. Anderson.**

Whatever born with life must die, has so far in human experience been an immutable law. We grow old and pass away, leaving room for others, and they taking the places we once occupied. No more need there be said of that, but can human life be made to span a longer space between the cradle and the grave? The answer is "Yes." From what we know of the earliest statistics at the time of Buffon 150 years ago, the average probabilities of the duration of life were as follows: At 20 years of age, 33 years and five months; at 30, 28 years; at 40, 22 years and one month; at 50, 16 years and seven months; at 60, 11 years and one month. Now it is, at 20 years of age, 41 years and seven months; at 30, 34 years and six months; at 40, 27 years and four months; at 50, 20 years and two months; at 60, 13 years and nine months. From this it will be seen that, at least in the United States, we are doing well. The causes for this good showing are, mainly, better care of children than formerly, better sanitation, better understanding of the destructive germs, and better care bestowed on the sick by physicians and nurses. Little or nothing has so far been done for combating ailments peculiar to old age, not diseases properly so called, but a degeneration, a senile change, which to a considerable degree is capable of shortening human life.

It is a well-known fact that the atrophy of the nerve endings, and the hardening of the walls of the blood vessels—arteries, veins and capillaries—caused to not a small extent by calcareous infiltration and other senile changes, are the greatest factors in shortening life in old age. These senile changes commence their destructive work at about the age of 50, some earlier, some later. The deposit of lime-salt in the walls of the blood vessels is often associated with atrophy and fatty degeneration, increasing the rigidity, interfering to not a small extent with the proper function of the vessels.

We have at our command some very simple means by which to combat these senile changes, that life may be prolonged in persons of 50 or so, from 5 to 20 years, namely: Massage, prescribed movements, exercise and proper feeding. Massage should be had every day, or every other day, but not less than every fourth day, and this can be self-administered with a little practice.

## Young America Too Dainty

By **PROF. FRITZ KOCH,**  
of Lake Geneva New School, Switzerland.

Not least among the detriments to a natural development of children is fashion, a forced culture of vanity and extravagance. Not only do the parents but also the teachers set the example. To follow slavishly all the extravagances of fashion appears to be a far stronger tendency than the desire to be refined and simple. It is so utterly common to be fashionable nowadays that I should think teachers, at least, would refuse to imitate the great mass of humanity, unless the fashion happens to be adaptable to the particular personality of the wearer.

For the benefit of the children I would recommend that all "self-crippled" exponents of vanity be banished from the school room. Dressing fashionably, dressing elaborately is often so strongly impressed even upon the youngest children that it prevents them from concerning themselves about things of much greater value to them.

Cleanliness is a virtue not demanded from the factory hand while at work, but children while at play are constantly reprimanded because of their dirty hands, spots on their clothes, etc. So frequently are they called away from their real life because of this, and so dressed up are many of them (because the father can afford it and the mother likes it) that natural, intense, wild play is gradually replaced by occupations of lesser value, or by systematic games, like tennis, basketball and baseball.

Spontaneous action and natural growth take place when children are left unincumbered by critical adult supervision during their free play hours. They are naturally diggers of the dirt, waddlers in puddles, climbers of trees and fences and balustrades.

Real boys and girls are rovers in field and forest, in alleys and dangerous places. Real boys and girls are fascinated by the most ghoulish ghost stories, and they listen to the most impossible fairy tales with breathless attention and keenly enjoy the inner battle between fear and courage.

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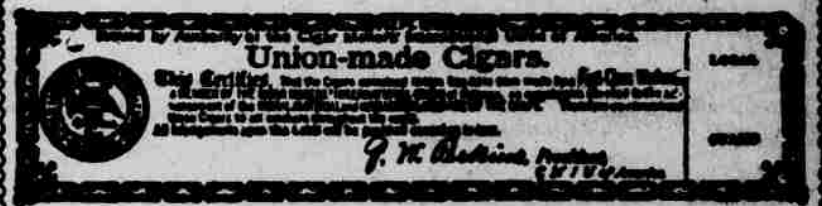
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