

# News of the Churches and Religious Topics

**Directory.**

**Baptist—**

Mt. Moriah—Twenty-sixth and Seward streets. The Rev. W. B. M. Scott, pastor. Services: Sunday School, 9:30 a. m.; preaching, 11 a. m. and 8 p. m.; B. Y. P. U. at 6 p. m.

Zion—Twenty-sixth and Franklin (temporary location). The Rev. W. F. Botts, pastor; residence, 2522 Grant street. Telephone Webster 5838. Services: Devotional hour, 10:30 a. m.; preaching, 11 a. m.; Sunday School, 1 to 2 p. m.; pastor's Bible class, 2 to 3 p. m.; B. Y. P. U., 6:30 p. m.; choir devotion, 7:30 p. m.; preaching 8 p. m.

**Episcopal—**

Church of St. Philip the Deacon—Twenty-first near Paul street. The Rev. John Albert Williams, rector. Residence, 1119 North Twenty-first street. Telephone Webster 4243. Services daily at 7 a. m. and 9 a. m. Fridays at 8 p. m. Sundays at 7:30 a. m., 11 a. m. and 7:30 p. m. Sunday School at 12:45 p. m.

**Methodist—**

St. John's A. M. E.—Eighteenth and

Webster streets. The Rev. W. T. Osborne, pastor. Residence, 613 North Eighteenth street. Telephone Douglas 5914. Services: Sunday, 11 a. m. and 8 p. m., preaching; 12 noon, class; 1:15 p. m., Sunday School; 7 p. m., Endeavor; Wednesday, 8 p. m., prayer and class meetings. Everybody made welcome at all of these meetings.

Grove M. E.—Twenty-second and Seward streets. The Rev. G. G. Logan, pastor. Residence, 1628 North Twenty-second street.

Allen Chapel, A. M. E., 181 South Twenty-fifth street, South Omaha.—The Rev. Harry Shepherd, pastor. Residence, 181 South Twenty-fifth street. Services: Preaching, 11 a. m.; Sunday School, 1:30 p. m.

The Rev. Harry Shepherd is closing his fourth conference year and is urging members and friends to pay in their Dollar Money now. The fourth and last quarterly meeting will take place the third Sunday in August.

## Science Notes

BY WILLIAM G. HAYNES.

**Blood Bread.**

Not long ago attention was called to the fact that a flour from bananas was being used as a substitute for wheat flour. How the little children's mouths watered for a taste of that flour! Right on the heels of that comes the announcement that a bread made from blood has been in use for many years. The Scientific American gives the following note:

"Prof. Kober of Munich has published a little treatise on the utilization of blood as food, from which Die Umschau quotes the following statements concerning the use of blood in breadmaking. For centuries blood bread has been the staff of life of the Esthonians of the Baltic provinces and their colonies in all parts of Russia. It is made of rye flour, with an admixture of at least 10 per cent of whipped hogs' blood. In the vicinity of Petrograd ox blood is also used. Blood bread is very nutritious and is highly praised by Esthonian physicians because of its richness in organic compounds of phosphorus and nerve-restoring salts. Bread made with ox blood dries very quickly, but this defect can be remedied by the addition of potato flour, which is now a common practice in Germany. Blood bread is the most natural substitute for meat, and, with government control of the slaughter houses, it need cost little or no more than ordinary bread. According to the Frankfurter Zeitung, rye bread containing hogs' blood has long been used in Oldenburg.

**Hard Water.**

This sounds like a "tough proposition," but it isn't. It isn't nearly so hard as ice, the real hard water—hard to get and hard to keep.

Hard water, generally speaking, is water containing certain mineral substances dissolved in it. The hardness

of water is brought to the attention of the housewife by the fact that a larger amount of soap is necessary to make a good lather than is required when a "soft" water is used.

There are two kinds of hardness, namely: temporary and permanent. Water becomes temporarily hard by reason of the fact that it has dissolved in it a gas called carbon dioxide. Now, when the water comes in contact with calcium carbonate (or chalk as it is known), the dissolved carbon dioxide converts the insoluble chalk into a soluble form known as calcium bicarbonate. It is this substance that prevents the easy lathering of soap.

To remove temporary hardness it is merely necessary to boil the water, when the soluble calcium bicarbonate is decomposed, giving up the carbon dioxide, and reverting to the insoluble calcium dioxide, which may be found as a sediment in the bottom of the container.

Permanent hardness, on the other hand, is due chiefly to compounds of magnesium (a constituent of everyday Epsom salts). These compounds are not affected by boiling, so that the hardness is removed by a chemical method of treating the water and converting the magnesium salts into insoluble compounds.

A third form of "hardness" not designated in scientific treatises upon the subject is the topic of the following interesting paragraph:

"Do you realize how hard water is when a boat sails through it at full speed? Water passing at fifty miles an hour is not the limpid liquid we are accustomed to bathe in. If you put your arm overboard from a hydroplane running fifty miles an hour, and strike a wave crest, the probability is that you will break your arm or your wrist, because at that speed the water has not time to give or even to change shape, and striking it is like striking so much metal. If a swordsman should enter one of the great hydraulic quarries, where a stream of water, under enormous head, is used to wash down hillsides, and attempt to cut into one of those streams, his sword would fly to pieces without be-

ing able to penetrate the water. The stream is like a bar of iron.—The Youth's Companion.

**Device Which Prevents Listening on Party Lines.**

One of the most prevalent annoyances with which telephone subscribers have to deal is the "cutting in" by another person on a party line. Any attempt toward the elimination of the evil will receive hearty indorsement from all sides. The following description will no doubt be of interest to the long-suffering victims of the telephone eavesdropper:

An automatic licking device which prevents eavesdropping and interruptions on party lines will be of interest to many telephone subscribers. The lock weighs less than a pound and can be carried in the vest pocket. It may be connected to the telephone it serves or to the terminal box from which the several lines are distributed. The action is automatic, the mechanism being composed of a series of magnets and contacts which are brought into operation when a receiver any place on the party line is removed from the hook. A clear line from the subscriber to the central office is made automatically by the magnets and contacts. Telephone engineers have tested the invention and it is said to have worked properly and promptly.—World's Advance.

**"Turning the Stomach."**

How often have we heard a friend say, "Don't mention that while I am eating because it will 'turn my stomach'." Everyone has undergone the experience of having his or her stomach "turned" at some time or other. Now, what is meant by "turning the stomach?"

Some light is thrown on the subject by a recent article by Dr. Lusk of Cor-

nell medical school. The article is brief and is taken from the Journal of the American Medical Association," and follows:

"When food is taken without appetite, this important preliminary flow of gastric juice does not take place and proper digestion is rendered more difficult. . . .

"The appetite is like a magic wand influencing the whole of the digestive process. Fear and anger lead to a parched throat, and in an entirely similar manner to a parched stomach, so that food can not be well digested under these circumstances. It is familiar to all that the sight, smell or sound of anything repellant will cause loss of appetite. The writer has seen an artist faint when an operation of Dr. Carrel became the subject of a dinner conversation where men and women were present. The appetite is favored by the extraneous refinements of civilized life, such as a spotless tablecloth. It would also be affected by the cleanliness of the preparation of the food could one always look behind the scenes. It is affected by the atmosphere of cheer at the table. Neither scolding parents nor snarling children facilitate the digestion of a Christmas dinner. The question of flavor in all its ramifications is therefore a very important one. It is one of the pitfalls of the prescribing physician, because he is very likely to believe that what he likes is excellent and what he detests is bad. The great multitude of people like pickles, but some do not; the latter class must not argue that pickles are therefore injurious. The common foods of life, such as potatoes, tomatoes, and bananas, all have their personal enemies based on dietetic prejudices which are largely imaginary, although as a psychosis the manifestations of repulsion are very real."

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