

STAFF OF LIFE IN MANY COUNTRIES

Various Methods of Making Bread Described.

Washington, D. C.—"Though bread may pose as the pancake, the scone, the tortilla, the carta di musica, and the biscuit in various countries, getting the wherewithal to buy it or the preparation of it is of necessity one of the chief interests of man and woman in every clime—even though in the South sea islands it grows on trees," says a bulletin from the Washington (D. C.) headquarters of the National Geographic society.

"The Arab woman digs a pit in the sand and builds a hot fire in it. Then she rakes away the embers and places her dough on the hot sides. When the bread is done, she picks it off with a pair of tongs.

"Wrapping Paper" Bread.

"The deliciously crisp Persian bread which is bought in enormous flat pancake-like sheets sometimes 30 inches long, is prepared in a number of ways, but that customarily seen for sale in the capital city of Persia is baked in large ovens in which the dough is spread out on great piles of red-hot pebbles. And in older days there was no proffering in the staff of life in the Persian kingdom. A baker who left the straight and narrow path of his just profits was thrust into his own oven and nicely browned.

"In some parts of the Arab kingdom the husband does the household marketing and after having purchased various necessary commodities, he then buys a large sheet of native bread, which is of doughlike pliability, and rolls up his purchases in it.

"The Egyptian baker makes 'puff-balls' because he wishes to get the largest loaf out of the smallest amount of flour. One writer describes it as a hole wrapped in a crust. The dough is rolled out as thin as a pie crust and the edges of two pieces joined all around; the heat does the rest.

In Norway "Bread Hangs High."

"The Ecuadorian woman follows a very interesting old custom. She bakes bread in the shape of people and animals for All Saints day.

"The Sardinian housewife has a big baking day once every week. Flour is kneaded in large earthenware bowls and rolled very thin on a table that is so low that the cook must kneel before it. Nearly every home has its own flour mill made of black lava and fashioned almost like those unearthed at Pompeii and Herculaneum. The woman performs the whole process of cleaning and grinding the wheat, sifting the flour, and baking the bread. She uses very little yeast and her baking must be done to a turn because the supply must last for a week. The large thin circular pieces are called 'carta di musica,' meaning paper to write music on.

"The well-known flat-bread of the Norwegian peasant is made by mixing coarse barley meal and water, rolling the dough thin and baking it over a round flat baking-stone under which a fire of fagots is kept burning. Enough of this bread is made at one baking to last a whole winter. Holes are punched in the cakes so that they can be strung on a pole and placed across the ceiling. It often happens in some of the peasant homes of northern Norway that a man can reach up and tear off a piece of this bread as he wants it.

Tortillas for Mexicans.
"In Syria the hearth is often two stones between which fagots are placed and the bread is cooked on an iron plate placed on top.

"Some of the Indian tribes of the Pacific slopes of the United States make a kind of flour from acorns which they soak in boiling water, mould into a flat cake and cook in the sun. The tortilla of the Mexikan is almost as much a part of his costume or background as his huge peaked hat. It is a kind of flapjack which it takes a cultivated taste and a gastronomic trick or two to appreciate. It is made from Indian corn which has been parboiled and crushed into a paste and is baked on an iron or stone plate but not enough to make the tortilla brown.

"Cassava root makes one of the principal foods of the people of tropical America. From the coarse meal, somewhat resembling oatmeal, thin round cakes are made.

Scotch and Indians Have Scones.
"In India the natives eat round, flat cakes of unleavened wheat bread called 'chapatties.' The cook shapes them with his hands and bakes them on a griddle on the coals. They resemble to some extent the thin sheets made of wheat flour and water, called scones, which are eaten in Scotland.

"One of the most interesting of the unleavened breads is the Passover bread which has been used by orthodox Jews since the time of Moses. It is made much like the most primitive bread—a mixture of flour and water baked in round cakes—and resembles the calcined remains of cakes made from coarsely ground grain which have been recovered from the Swiss lake-dwellings of the Stone Age. In those days, however, the grains used were barley and a one-grained wheat.

First Bread From Barley.
"Egyptologists believe that barley was the first grain used by the ancients in their bread-making, but wheat must have come into use soon after barley. Leaves of bread are

represented in sculpture on ancient monuments. There were two quite familiar varieties—a small round loaf somewhat like our muffin and an elongated roll sprinkled on top with seeds like the modern Vienna roll. Incidentally the Vienna roll was introduced into the United States during the Civil war when a 'war bakery' operated in the basement of the United States capitol turned out products to feed the populace of Washington.

"The Egyptians evidently first learned the use of leaven and taught it to the Greeks, Jews and Romans who passed it on through the nations they subjected.

"No story on bread would be complete without at least a reference to the black bread of Russia, which has for so long been the staff of life to the masses. The United States has its distinctly typical forms of bread, such as the hoe-cake, the corn-pone and the 'spon bread' of Dixie, and the rich brown mass that is served with Boston's Saturday night beans."

Ancient Jade Axes Are Found in Philippines

Washington.—Jade axes, which have retained their cutting edge despite their age of 20 centuries, are among the relics obtained as a result of the first year's archaeological investigation carried on in the Philippines under the leadership of Dr. Carl E. Guthe, a scientist sent out for that purpose by the University of Michigan, according to advices from Manila.

These scientific explorations, it is declared, have revealed specimens of Chinese art as well as native Philippine relics dating back as far as 2,300 years, some of the specimens being from the Tang, Sung and Ming dynasties of China. In addition there are many specimens of native Filipino handicrafts which are expected to assist in clearing up beclouded points in the history of the islands.

Among the relics discovered were a number of skulls, which have been classified by Doctor Guthe as of three types. The most primitive of these was associated with the Stone Age implements, though some of these were quite highly developed and evidently used for cutting and shaping timbers for ships or boats.

The jade axes and adzes were found in the Pasig river at a depth of 20 feet or more.

1923 Was Greatest Year for Consumption of Meat

Washington.—Production and consumption of meat was the greatest in American history last year. An estimate made recently by the Department of Agriculture placed the consumption at 18,481,000,000 pounds. Detailed estimates of production, however, were not made public.

The per capita consumption was 167 pounds, or 17.3 pounds more than in 1922, when 170.9 pounds per capita were consumed. Total consumption was 2,000,000,000 pounds over the average for the last five years, and the per capita consumption was 18 pounds over the average. Ninety per cent of the increase was represented by pork products. The per capita consumption was: Beef, 62.5 pounds; veal, 7.9; mutton and lamb, 5.2, and pork, excluding lard, 91.4 pounds. Lard consumption was 16.4 pounds per capita.

Operation Reduces Pain for Victims of Cancer

Philadelphia.—Dr. William G. Spiller and Dr. Charles H. Frazier of the University of Pennsylvania hospital recently announced the perfection of an operation to relieve pain in persons suffering from incurable forms of cancer.

The operation known as "chordotomy," is a severing of the sensory nerves in the spinal column. It is performed only when the pain is too intense to be alleviated by drugs.

Doctor Spiller said the operation would not be entirely successful in every case "since some pain fibers occasionally will escape the knife." It had been performed sufficiently often, he added, to justify a belief in its efficacy.

Washington.—The 79 American cities having a population between 50,000 and 100,000 in 1922 spent \$91,344,000 for educational purposes, other than libraries, in that year. Census bureau statistics show 44 of the cities spent more than \$1,000,000 each and 4 spent more than \$2,000,000 each. The average per capita expenditure for teachers' salaries and other expenses of maintenance, exclusive of outlays and permanent improvements, amounted to \$12.77 for 1922, as compared with \$5.55 in 1917.

Sacramento had the largest expenditure with \$2,950,000, of which \$1,770,000 was for permanent improvements. Canton, O., spent \$2,194,000, including \$1,072,000 for improvements; Schenectady, \$2,174,000, including \$929,000 for improvements, and Hoboken, \$2,111,000, including \$1,031,000 for improvements.

Waterbury led in expenditures for teachers' salaries and other expenses of operation and maintenance, exclusive of permanent improvement outlays, with \$1,525,000. Oklahoma City was second with \$1,479,000 and Tulsa third with \$1,280,000. Other cities which spent more than \$1,000,000 for that purpose were: Jacksonville, \$1,082,000; San Diego, \$1,274,000; Bayonne, \$1,271,000; Wichita, \$1,087,000; Sioux City, \$1,188,000; South Bend, \$1,038,000; Rockford, \$1,010,000; Terre Haute, \$1,045,000; Berkeley, \$1,148,000; Fresno, \$1,145,000; and Pasadena, \$1,223,000.

CHURCH BOMBED AT MIDNIGHT

(By The Associated Negro Press)
New Orleans, La., April 25.—Investigation of an alleged dynamite plot has been begun by the police as a result of an explosion Sunday night which partly wrecked the St. John Baptist Church. At midnight, an hour after the Sunday services had been concluded, an explosion occurred un-

der the floor, causing approximately \$500 damage. Investigation disclosed a strong smell of gunpowder and it is the belief that a bomb had been placed with the intention of demolishing the structure. Rev. William Jones is the pastor.

Earth is Smaller Than Neptune.
Neptune, most distant of all the planets that swing around the sun, is seventeen times as large as the earth.

betrayed

! Their first conversation betrayed the fact that she was not fastidious

At a distance she had appeared unusually neat, immaculate. But upon their first face-to-face meeting he discovered that her teeth were not clean. And he soon lost interest.

So many people overlook this one matter of fastidiousness. And so in spite of the fact that in conversation the teeth are the one most noticeable thing about you.

Notice today how you, yourself, watch another person's teeth when he or she is talking. If the teeth are not well kept they at once become a liability.

Listerine Tooth Paste cleans teeth a new way. At last our chemists have discovered a polishing ingredient that really cleans without irritating the enamel—a delicate action finally solved.

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STATEMENT OF THE OWNERSHIP, MANAGEMENT, CIRCULATION, ETC., REQUIRED BY THE ACT OF CONGRESS OF AUGUST 24, 1912.

Of the Monitor, published weekly at Omaha, Neb., for April 1, 1924.

State of Nebraska, County of Douglas, ss.

Before me, a notary public in and for the state and county aforesaid, personally appeared John Albert Williams who, having been duly sworn according to law, deposes and says that he is the editor of the Monitor, and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management, etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, embodied in section 443, Postal Laws and Regulations, to-wit:

1. That the names and addresses of the publisher, editor, managing editor, and business managers are: Publisher—The Monitor Publishing Co., Omaha, Neb.; Editor—John Albert Williams, Omaha, Neb.; Managing Editor—John Albert Williams, Omaha, Neb.; Business Manager—Lucinda W. Williams, Omaha, Neb.

2. That the owner is: John Albert Williams, Omaha, Neb.

That the known bondholders, mortgagees, and other security holders owning or holding 1 per cent or more of the total amount of bonds, mortgages, or other securities are: None.

(Signed) John Albert Williams
Sworn to and subscribed before me this 12th day of April, 1924.

(SEAL) Guy B. Robbins.
My commission expires July 18, 1928.

Thought for the Day.
It is just as much an injustice to allow another to do you a wrong as it is to do another a wrong.

WILBERFORCE ELEVEN TO MEET WHITE COLLEGE
(Preston News Service.)
Wilberforce, O., April 11.—For the first time in several years of football history, a colored college eleven will meet a white college eleven in Ohio. According to a report of the schedule committee arrangements have been made for a game on October 4, 1924, when Wilberforce University's powerful aggregation opens the season against a white team, Carroll College, of Cleveland, Ohio.

Several years ago when J. Sherman Hunnicutt, now principal of McKinley School, Topeka, Kansas, was manager of the football team at Wilberforce, the local eleven played annually with Antioch College (white) at Yellow Springs, Ohio, and Cedarville College (white), Cedarville, Ohio, and Tippicanoe City team. He also managed the baseball team and played with Otterbein, Springfield, Ohio, Tippicanoe City, Cedarville, Antioch, Capital City College and Ohio Medical College of Columbus, Ohio. These same teams also were on the Wilberforce University schedule during the ten years prior to Hunnicutt's regime, when Richard C. Holland, now of Washington, D. C., was manager of the baseball and football teams. At least for fifteen years Wilberforce played white teams throughout Ohio. It is, therefore, nothing new, but really the old school is getting back to be recognized by her former white friends throughout the great state of Ohio.

DENOUNCE KU KLUX KLAN
(Preston News Service)
Harrison, Ark., April 11.—Several hundred people attended an anti-klan meeting in Bellefonte, last Thursday night and heard Jeff F. Fowler, of St. Joe, a lawyer, denounce the Ku Klux Klan in the most scathing manner the klan has ever received in the State.

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TWO RACE JURORS SERVE IN THAW CASE

Philadelphia, April 25.—Two colored jurors were chosen among the 12 last week to try the sanity plea of Harry K. Thaw.

EATS 75 ORANGES; DIES

(By The Associated Negro Press)
Cleveland, Tenn., April 25.—Wesley Craigmiles, Jr., 17, ran into a fruit sale where oranges were going at a penny each. He bought 50 and ate them. They were not enough. He bought 25 more. They were disposed of also. Then the trouble started. He was seized with a violent physical ailment which resulted in insanity. Pneumonia overtook him during exposure due to his insanity. He is now dead.

AFRICANS EAGER TO LEARN
Lagos, Nigeria, W. A., April 10.—Sir Hugh Clifford opening the Legislative Council here recently, declared he had served in India and the West Indies, but nowhere had he found the children more eager to learn than the 7,000,000 boys and girls under his charge in Nigeria.

BEAUTY CLAY FOR NEGROES
(By The Associated Negro Press)
New Orleans, La., April 25.—Beauty clay for Negroes will be made here, the first factory of its kind in the United States, by the Volcano Products Company under the direction of Harold S. Bavin. The plant will start with a force of twenty-five about May first.

(By The Associated Negro Press)
Memphis, Tenn., April 25.—Mrs. Minnie Aldridge has sued the Piggly Wiggly Stores, Inc., for \$10,000 for injuries sustained when she was knocked down by clerks of one of the stores who were chasing a thief.

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FOR RENT—Neatly furnished rooms for rent. Strictly modern. On car line. Webster 6557.—1t. 4-1-24.

WILL RENT my modern home furnished to suitable small family. Call after 6:30, 1703 No. 33rd St. Web. 1805. W. P. Wade.

FOR RENT—Neatly furnished room for married couple in a private home. Modern conveniences. Webster 5372. 4t-3-21-24

FOR RENT—Furnished room for gentleman. 2228 Madison street. Phone Market 4075.—4-11-24

FOR RENT—6 room steam heated apartments. Well arranged. \$35.00. For rental call Western Real Estate Co., 414 Karbach Bldg., Jackson 3607, Eugene Thomas, Mgr.

FOR RENT—Rooms, strictly modern. One block from Dodge and Twenty-fourth street car lines. Webster 5652.—1-11-24.

FOR RENT—Furnished rooms for rent, in a modern home, one block from car line. Webster 1760.

FOR RENT—Nice room in modern home, near car line. Web 4281 2t

FOR RENT—Beautiful front room in private home. Home privilege. Webster 5880. Also 3 unfurnished rooms.

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WANTED—Colored men to qualify for sleeping car and train porters. Experience unnecessary, transportation furnished. Write T. McOaffrey, Supt., St. Louis, Mo.

Wanted—Wide awake boys to sell The Monitor every Saturday.

Miscellaneous

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Madame A. C. Whitley, agent for the Madam South and Johnson hair system, wishes to announce to her many friends and patrons that she has moved to 3718 Miami street. Tel. Webster 5047.—Adv.

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