



Hello People!

MY NAME is Nineteen Nineteen—
You see I'm just brand-new;
With a big joyous shout, Daddy Time let me out
To bring new hope to you.

NOW that you've got my number,
Perhaps you rather doubt
That I have come here to scatter good cheer,
And all the glooms to flout.

DAD says the world's gone crazy
And things are all dead wrong;
But a new little boy brings a promise of joy,
So greet me with a song!

REMEMBERED and FORGOTTEN

By LAURA JEAN LIBBEY

"The heart is hard in nature and unfit for human fellowship, as being void of sympathy and therefore dead alike to love and friendship both, that is not pleased with sight of others enjoying life nor feels their happiness augment his own."

At the beginning of the New Year one should brush the dust off his list of friends, looking up those who have dropped quietly out of one's everyday life without a very good reason for it. Making new acquaintances is usually an easy matter. But to nurture those acquaintances until they blossom into friends, cemented by loyalty and constancy, is a different problem.

A man or woman may count acquaintances by the score—people who invite them to their homes to dine, to theater party, or merrymaking—yet they are still acquaintances only. Friendship means much more than this, while few actually understand it. Many a one has counted up a hundred so-called friends today. But if adversity assails one tomorrow there may not be one heart among the many one could turn to for solace and cheer.

Not one pair of hands would be extended to draw one in from the cold, the storm and darkness, if one is suddenly bereft of shelter. Past benefits are not remembered. Acquaintances find it easy to forget. Only friends remember the past and its hallowed memories.

A woman will remember every detail

of her courtship—where she first met her lover, their introduction, the impression she formed of him at first sight. She even remembers what her reveries were and her wonderment as to whether or not he thought of her. She remembers each call he made; all that was said or done; how she had detected his growing love for her even before he guessed it himself. She remembers the hour of their betrothal and the conversation that brought it quite unexpectedly about.

As for the man she married, not one man in a hundred can remember what emotion swept across his heart at his first meeting with her whom he was to love evermore till death did them part. Ninety-nine men out of a hundred will confess to their wives, "I'm blest if I just know just how I happened to propose to you." When a man can forget that most thrilling of all moments in his life he can forget anything. Such men find it very easy to forget their wife's or children's birthdays, realizing that remembrance would call for presents.

Many wives are glad to have the children not forgotten. But they are just as well satisfied that he has forgotten how swiftly time is running away with their good looks and aging them. Last, and by no means least, no man or woman, no matter how happily married, should allow the old folks at home to imagine themselves forgotten by them. It doesn't take much time to write a few lines once in a fortnight. We should always remember not to forget those who have been dear to us.

Only Keep Green Ones.

Don't carry over any old bills into the New Year—barring, of course, green bills.

A Good Resolve.

Resolve to be better natured during the coming year.

NEW YEAR'S DAY

I stood on a tower in the wet,
And New Year and Old Year met,
And winds were roaring and blowing;
And I said, "O years that meet in tears,
Have ye aught that is worth the knowing!
Science enough and exploring,
Wanderers coming and going,
Manner enough for deploring,
But aught that is worth the knowing!"
Seas at my feet were flowing,
Waves on the shingle pouring,
Old Year roaring and blowing,
And New Year blowing and roaring.
—Alfred Lord Tennyson.

GOOD NEW YEAR ADVICE.

"The old familiar wish rings true,
A Happy New Year, friends, to you."

A man who keeps up the custom of sending New Year cards to his friends included these words:

"Instead of returning evil for evil, try to return evil with good; to say nothing ill of others; to act kindly even with dumb animals.

"Live thus one day, two days, or more, and compare the state of your mind with its state in former days.

"Make the attempt and you will see how the dark, evil moods have passed away and how the soul's happiness has increased.

"Make the attempt, and you will see that the gospel of love brings the greatest and most desirable of all things."

On these cards is written, "This is Tolstoy's advice. It is good to pin on a calendar where it will be seen every day."

ADOPT MEASURES TO STAMP OUT FLU

Medical Men From All Parts of
Nebraska Confer at Lincoln
in Effort to Bring Epi-
demic Under Control

Lincoln.—Rigid quarantine of the homes of persons suffering from Spanish influenza is the principal recommendation of a program adopted by the Nebraska Board of Health. All counties and cities in Nebraska are advised to take this action in an effort to stamp out the epidemic.

The program was decided upon at a conference in this city of physicians and public health officers from all parts of the state. The health board estimates there have been 5,500 deaths in Nebraska from influenza since the disease first became prevalent.

The following resolutions were adopted, prepared by a committee consisting of Dr. William F. Wild, Dr. A. J. Jennison of Harvard, and Superintendent A. H. Waterhouse of Fremont:

"Inasmuch as in some counties, cities and villages in the state no local health organization exists, although such organization is already provided for by law, we urgently recommend that in such counties, cities and villages, health boards be organized for the purpose of assisting in the control of the present epidemic; and we particularly urge all local health boards to enforce the present laws relating to the control of contagious diseases, especially as applied to the present epidemic; and we recommend that in counties, cities and villages where the law is not enforced by local authorities, that the State Board of Health assume authority and establish a local health organization at the expense of the community involved, as provided by law, section 2738, revised statutes of Nebraska, 1913. And we recommend that in these places where the local organization is unable to cope with the situation, that additional help be employed at the expense of the county or municipality concerned.

"We strongly urge that each county, city or village organize a corps of nurses, to be trained along practical lines, to act under the instructions of the board of health, to be sent to places where, in the opinion of the board of health they are needed.

"We recommend that influenza be considered and treated as a quarantinable disease, under the present quarantine regulations of the state board of health.

"We recommend that public schools, as far as possible, adopt the policy of medical inspection; where this is not possible, that the teachers be instructed to send home any children showing signs of illness; and we also recommend that all employers of labor be requested to excuse any employee who shows signs of illness, recommending that a physician be consulted, to determine the character of said illness; and we recommend that in case of said child or employee, if distance requires, that a conveyance be secured for said person, in order to avoid undue exposure of the person himself, and the spread of infection to those with whom said person may come in contact.

"We recommend that all gatherings for the purpose of pleasure and all other unnecessary public gatherings, be discontinued.

"We particularly urge the immediate reporting by every physician or, if no physician is in attendance, by the head of the house, of all cases of communicable disease, including influenza, and we recommend that in localities where the secretary of the local board of health cannot always be reached that a suitable place be provided where these reports may be received."

Dr. Wild of the state board spoke of dissatisfaction caused by different methods of fighting the spread of the disease.

He said the duration of the disease is from four to eight days. Those affected should remain in bed at least a week, and not resume their normal work for at least two weeks. Vaccines, he said, has not proved satisfactory.

Due to perspiration and the proximity of the bodies, dancing is one of the surest ways to spread the disease.

Addresses were made by Rev. W. B. Moore, of Holbrook, who did not believe in the quarantine; Dr. Ely of Ainsworth who was strongly in favor of quarantine; Representative Trimble of Hazard, who thought the matter ought to be left to the state board, and Dr. Conway of Neligh, who was for absolute quarantine.

Dr. Manning, city health commissioner of Omaha, made an interesting address. He opposed the use of flu masks, except in the sick room and said, that the most effective way to handle the disease was to send people home who show symptoms.

Gloomy Reports from Rucala.

Washington.—Gloomy reports of the situation at Petrograd continue to reach the state department. The condition of the middle class is said to be extremely bad and great numbers are dying daily of starvation. No fuel is available and the people are obliged to keep to their beds day and night. No supplies have reached the city for more than two weeks. The bolshevik section is reported gaining numerical strength because it controls the distribution of food.

The Housewife and Her Work

(Special Information Service, United States Department of Agriculture.)

FOR CHEAP DELICIOUS MEAT, TRY RABBIT.



Girls as Well as Boys Are Members of the Rabbit Clubs.

RABBIT MEAT IS MOST DELICIOUS

Boys' and Girls' Clubs Being
Formed in Various Parts of
United States.

IS CHEAPER THAN CHICKEN

Great Many Hotels Now Regularly
Serve Hare Prepared in Some Particular Way—Pelts Are Used
to Make Felt Hats.

Fifteen hundred boy and girl club members are raising rabbits in Tacoma, Wash., and more are constantly joining in this enterprise to produce cheap and delicious meat. All over the country the boys' and girls' clubs, formed under the supervision of the department of agriculture in connection with the state agricultural colleges, are on the increase in size, number and popularity.

When the fact began to be realized that the number of domesticated animals ordinarily used for food was not equal to the demand, various other sources which might be used to help supplement the regular supply were investigated. One of the most promising discovered lay in increasing the number of rabbits and encouraging their use for food. This was in line with the findings in other countries on the same question. It is stated that 80 per cent of the meat used in Germany last year was rabbit.

Delicately Flavored Meat.

Those who know good food long ago realized that not even chicken could excel a young hare in delicacy of fiber and flavor, and to increase their use should not prove a difficult matter. Nearly all the best hotels now regularly serve rabbit prepared in some special way their chef has devised.

The rabbit associations in California and Nebraska are making special offers to boy and girl club members which will enable a youngster to start a warren at a moderate cost with good stock.

In Utah the rabbit industry among the boy and girl club members is increasing in importance, with many youngsters going into it this season and finding it profitable.

Demonstrations are given in the boys' and girls' clubs as to the best way to kill, dress and market rabbits. The young people are also taught how to tan the meat and tan the skins for home use. The popular use of rabbit skins by furriers of this country is evidenced by the import lists of last year, which show 90,000,000 skins were shipped here from foreign countries in the 12 months preceding. These pelts are also used by hatters to make better grades of felt hats.

Rabbits don't crow or lay eggs, but they are right there with the cheapest meat that can be produced.

Salads for All Winter.

For those who live away from the large markets, where green salad material is procurable the year around, the problem in the cold months of material for a salad is often a serious one for the cook.

A salad without lettuce, to many, is like mince pie without the mince, but necessary as lettuce seems, attractive salads may be served without it. Cabbage, if treated as follows, may almost take its place. Cut part of the stem of one off and set it in a bowl of water for several hours. The moisture which will be drawn up through the stem will make the flabby leaves crisp. The tender center thus treated may be used in the same manner as lettuce leaves or it may be shredded before the other salad material is placed on it, suggests department of agriculture specialists.

Small raw carrots or turnips put through a meat grinder may be suc-

cessfully added to cooked vegetable for a salad. Apples raw and sliced thin will furnish crispness when fresh plants are not available.

Dried apricots, peaches or plums, when fully soaked, are delicious in a salad. These are served uncooked. If stuffed with cottage cheese they make a dish fit to be served on any occasion.

Canned pineapple combined with cottage cheese, dates stoned and filled with the cheese, a slice of apple with a small ball of cheese on the center, bananas and chopped nuts are salad combinations which are popular and the material for them is available all the year in most localities.

Some Ways of Saving Fuel.

More heat will be obtained from less coal if all heat-absorbing surfaces are kept free from soot and dust. Hot-air pipes carry more heat if clean.

Circulating air is more easily heated than still air filled with impurities. To get the maximum of heat from coal, the air in the house should be changed once an hour.

Moist air heated to 65 degrees Fahrenheit is as comfortable as dry air heated to 70 or 75 degrees, according to specialists of the department of agriculture. The moisture can be supplied by evaporation of water at the point at which the heat enters the room, in the case of the furnace. A pan of water on the radiator or stove will answer the same purpose.

If a continual fire in the range is not absolutely necessary a combination of wood and coal is economical. Use wood for the preparation of breakfast and supper, and coal for the mid-day dinner and principal baking.

The fireplace is a luxury in winter but an economy in spring and fall. Coal should not be burned in the fireplace. It can be kept supplied in the rural home by prunings from trees and shrubs, bits of waste wood and broken boxes. The fireplace insures ventilation and affords a means of burning rubbish.

Make Delicious Sandwiches.

Nut bread, a favorite with both young and old, is especially good to have on hand to make sandwiches for the children's school lunch. The recipe below, recommended by the department of agriculture, conserves both sugar and wheat flour, but with wheat flour at present on the approved list it may be used if desired in place of the corn flour called for in the recipe.

Quick Nut Bread.

4 tablespoonfuls of 2 cupfuls rolled oats, corn syrup, ground.
2 eggs. 2 1/2 cupful corn flour.
2 tablespoonfuls fat, 4 teaspoonfuls baking 1/2 cupful liquid, powder.
1/2 cupful mashed 1 teaspoonful salt, potatoes. 1/2 cupful chop'd nuts.

Mix in order given. Bake 1 1/2 hours in moderate oven. Raisins may be used in place of nuts.—From Department Circular on Use of Oats.

Have Potted Meat Ready.

The end of a boiled ham or corned beef sorted, bone and gristle removed, fat and meat chopped fine, may yield more than could be used advantageously at a single meal. Heat it, with little water, in its own fat and pack solidly in jelly tumblers or small jars. There should be a quarter inch of fat on top to harden and form a seal from the air. With a tin cover on top, meat thus prepared will keep several weeks.

Seasoning may be added as for any potted meat. Meat thus prepared, both fat and lean, is ready to be used with from two to four times its bulk of potatoes or other vegetables for hashes, or for sandwiches, etc.

Cottage Cheese in New Ways.

Both city and country housewives have become familiar with the value of cottage cheese as a meat substitute. If your family is tired of your old recipes, in which the cheese is an ingredient, why not try some new improved ones? "Cottage Cheese and Its Uses," Circular 109, issued by the department of agriculture will be sent to anyone who writes for it.