

The Norfolk Weekly News-Journal

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A Virginia man cannot remember his name. What a great juror he would be.

He is nearest to the gods who knows how to be silent even though he is in the right.

Chickens and turkeys hold their present piece right up to Thanksgiving. We may all be "truly thankful."

To bear the spell binders talk, you'd think a man chose between heaven and hell by the simple marking of a ballot.

We do not share this feeling that Teddy wants to be king. He would soon wish he were a rough rider slouch hat.

If Mr. T. R. can learn to milk Pauline, the new white house cow, nothing can prevent his getting the farmer vote in 1912.

Two airplanes smashed by the gale in the Chesapeake, Baltimore, while Dobbin contentedly chewed his cud in the farmer's barn.

China's parliament in 1913 and the Chinese will show their talent for the laundry business by washing political soap suds.

Some people have the idea that T. R. has met his Waterloo, but Teddy may yet be able to float in from St. Helena on his big stick.

Attorney H. H. no breakfast cure for fourteen years, it does look as if the democratic party had got about down to his weight.

After reading about those political available, it looks as if the democrats were responsible for the landslide in the Culbra Cut.

After Governor Harmon's victory it looks as if Ohio had one favorite son too many to promote peaceful cultivation of the plum tree.

In view of the big corn crop, the consumer can start to smash the beef trust by handing out to the kids two pieces each of Johnny cake for breakfast.

The common people watch the orators hunch forth their avalanche of bomb, much as the inhabitants of Naples see Vesuvius throw up its hot incandescence.

Mr. Tatt says he may be a resident of Cincinnati in 1914, but after a diligent study of the newspaper for rent ads, we fail to find the white house there.

One hundred and eighty-seven tons of coal brought in from England, and the small boy will no longer be confined to spit balls for his school amusement.

When talking with Mr. Dix for governor of New York, if only he does not feel it necessary to recover the money spent with his wall paper.

Evening Charles Clark drives that pair of mules down Pennsylvania avenue, he may be able to get a balky congress to lift its hoofs from the ground.

For the first time in sixteen years the results of the 1912 election cannot be announced until the evening of the Tuesday after the first Monday in November.

Now it remains to be seen whether the New Jersey trusts can get by the exams at Woodrow Wilson's university, merely by a skillful flying tackle against the lined up consumers.

The czar and the kaiser kissed repeatedly when they met. In this country when that sort of thing happens, careful mothers require young people to be chaperoned.

The chauffeur who cut a corner and ran over four blind girls at once has established a splendid and inspiring record which it will be hard for any successor to beat.

In Massachusetts they said it was congress that made the \$10 hog, and then they discharged Governor Draper for not going to Washington and preventing the critter from growing.

The office boy does the politics for so many newspapers, that Mr. Roosevelt should have struck for a better position on the Outlook than political editor. The woman's column, for instance.

The windows of the capitol building at Washington has been washed, but inside congress will soon be acting

just like the boy who squirms under his Saturday night tubbing.

Many of the candidates who ran in the recent election couldn't have fared much worse if they had worn hobbie skirts.

Woodrow Wilson says an optimist is a man who can use the lemons handed him. And if we digested more lemons and less taffy, we could dispense with the services of some of our doctors of law and divinity.

Aviator McCurdy is to fly from a steamship fifty miles at sea. This suggests a convenient way for many passengers who desire to get out and walk on account of sea sickness.

The aviators can't agree over that goddess of liberty flight. They have not got near enough to heaven so that they have escaped the universal human passion for hanging, drawing and quartering the umpire.

The postoffice department threatens to suspend the rural mail service on roads which are too bad for comfort able travel. This might be an effective means of getting them put in better shape.

As we get a new generation of voters every thirty years, a democratic congress occasionally as an object lesson is useful, particularly as nine-tenths of the people never read the history books.

The trouble with the new nationalism as a political bill of fare, was that the voters under the Fletcher ideas of digestion wanted time for thirty chews on each mouthful, instead of the thing at one gulp.

The voluminous puffs worn by a young lady were credited by the physicians with saving her from a fractured skull when she fell down stairs. It is enlightening to the public to know why the things are worn. Of course, as life preservers they may be of great value.

The military appropriations during Mr. Roosevelt's second term amounted to \$1,454,377,668 which was more than the value of all the gold, silver and other metals, oils and minerals including coal and petroleum for the year 1908. Suppose this vast sum which was put into machinery which is never likely to be used, before it will be obsolete, had been spent in the development of the country, in proper housing for the poor of the cities, in good roads or a thousand different ways where it would have been a permanent benefit to mankind. What might not have been accomplished?

A great improvement is discernible in the people of Porto Rico since it came under American control. Ignorance, idleness and poverty were then well nigh universal. Eighty-three in every hundred inhabitants were unable to read or write and a condition similar to the slum districts in great cities everywhere prevailed. During the last decade school attendance has quadrupled, population has made a gain of 16 percent and wealth an increase of 22 percent, but there is still great room for improvement. The land is only half of it cultivated and with a dense cultivation the entire possible production is needed to support the people in comfort.

President David Starr Jordan alleges that we ourselves and all the world's inhabitants are paying now in increased cost of living for the wars of the last decade and a half. Within a period of seven years the world witnessed three expensive wars, the Spanish war, the Boer war and the Manchurian war. These three burned up capital measured by the billions of dollars. They also consumed a great deal of social energy. The nations whose soldiers did the fighting suffered the sacrifice of lives, but those nations did not alone foot the bills. The capital of the world is now international. The money market of one continent is quickly affected by that of the other. We are all paying day by day those war bills.

ANOTHER HOSPITAL CHARGE. J. A. Hayes of Antelope county, for a short time an inmate of the Norfolk insane hospital but recently being discharged as cured, makes the charge, according to the Tilden Citizen, that "much brutality is practised by the attendants at the asylum" and is of the opinion "that any sane man, compelled to spend a few months at the institution, would become demented from the excessive cruelty of those who are paid by the state to administer humane treatment to those under their care."

This is a serious charge that Mr. Hayes makes. It is so serious that it should be investigated by Governor Shallenberger and, if found true, followed by punishment of the guilty. If untrue, then the institution should be cleared of the charge. Mr. Hayes should be more specific in his accusations. If conditions are as bad as he suggests, it is his duty as a citizen to make formal complaint to the state authorities.

A Japanese inventive genius has prepared a device for discouraging garrulity in its legislative speakers. A

trap is arranged immediately beneath the spot where speakers stand to address the house, beneath which is a receptacle into which the members who have had enough of the particular style of oratory dealt in by the speaker, can roll a little lead ball, with which all the members are to be provided, through a tube, leading under the floor from each member's seat to the trap upon which the speaker stands. When a certain number of legislators have voted "enough" by depositing their leaden balls—it requires more than half the number of the full house—the trap descends automatically carrying the speaker with it. No point of order is necessary—all is silence and de coram. The will of parliament has been registered without waste of time, the obstructor disappears from view and better yet from sound. This seems to us to be a great invention for conserving the time and temper of congressmen, and we think a machine of this kind should be immediately installed in the congressional halls in Washington. It would be sure to attract a crowd to see the "grand disappearing act", too.

AS TO COUNTY OPTION.

The fact that Nebraska elected a republican governor and state ticket, and a democratic legislature, might seem queer to an outside observer, unacquainted with the situation. The result can have but one meaning. The only possible interpretation of such an election is that the people chose Aldrich and the republican state officials because they had more confidence in them than in Dahlman and the ticket named by the democrats, without regard to county option, and that they chose a democratic legislature because they were not enthusiastic over county option. The lawmaking body has thus been made very close on the option issue, while the other officers have been selected because of their superior fitness for the responsibilities involved, as compared with Dahlman and his ticket.

The News pointed out in advance that there was more involved in the governorship than county option. The legislature is where the county option was more of a real issue. Apparently the voters took this view and chose the republican state ticket without regard to option, voting for democratic lawmakers with county option in mind.

CALMER AFTER-ELECTION VIEW.

It is fortunate that neither party is so black and futile as the opposing orators try to prove in the campaign melee. Some people are always cherishing the dream, too, that some day the good men will all get together in one party, and bring on a day of stainless political purity.

Good and evil are inextricably mixed, and such alignment is not likely before the judgment day. There is so much amiable folly, that most people tie up with selfish men who have some common sense, rather than with spotless dreamers without tact and feasibility.

Political parties rather are grouped around differences of temperament as to the scope of government, and the choice between economic theories. Each party contains plenty of good men and of good business men. However wrong-headed the leaders, each must satisfy this conservative sentiment to retain power.

THE CRIPPEN CASE.

Were we a little too eager to give credit to the English for the speed with which their courts act in criminal cases? Without proving that the dead body found in the Crippen cellar was that of his wife or even that it was the body of a woman, an English jury, after a four days trial, deliberated thirty minutes and convicted Crippen of murder, sentencing him to hang within a month. The higher court denied appeal and Crippen is now doomed to be hanged November 23. Rumors sprang up later that Belle Elmore, his actress wife whom he said had run away with another man, was alive in America and a Canadian town was started by the belief that Belle Elmore was actually in the community. The theory of our law is that it were better for ninety-nine men to go free than for one innocent man to be hanged. There's a good deal of lax justice in this country, but the possibilities of the Crippen case suggest that there may be such a thing as too quick action, too.

THE REFERENDUM BALLOT.

A glance at the yards and yards of ballot used at the recent election in South Dakota, where the initiative and referendum prevails, is enough to make even the most ardent referendum supporters skeptical over the practical results of such a plan.

To a casual observer it would appear that not one man in fifty would ever read the great quantity of fine print on the ballots, giving the laws that are to be decided upon. And surely not one man in a hundred could give the time and thought for intelligent investigation that a vote upon such a proposition should require.

It has been proved that in a Nebraska primary campaign, where a multitude of candidates are to be voted on, the average voter will be acquainted with but a very few and will vote the

balance of the ticket on the hit or miss plan. It may be imagined how much more of an uninformed vote might be cast upon propositions so complex as laws.

In modern business, the specialist is permitted to do the important things because he can do them better than the jack of all trades. The manager of a big corporation will hire specially trained men to do their various work, and will hold them responsible for the results. The man who attempts to take care of the multitude of details, soon finds himself swamped and nothing done as it should be.

It's a good deal the same in the referendum ballot. The average citizen under our present system employs specialists to make the laws—men who have time to concentrate their attention upon the intricate propositions arising. It is difficult to imagine how intelligent legislation can arise from submitting a mass of technical reading matter to the voter for decision. The voter hasn't the time and won't take the time, in the average case, to intelligently cast his ballot upon these propositions.

AROUND TOWN.

What do you do for a cold? Ely got there that time.

If there should chance to be any neckties for Christmas, let them be red.

Our idea of the height of affluence is three handkerchiefs a day when you have a cold.

No matter how much of a crowd they have, football teams always seem able to make ends meet.

"Barring unfavorable weather," the paving people say, "Norfolk avenue will be paved this fall." That's what everybody's been saying all along.

A woman in Norfolk is so shiftless that when she undresses at night (we are told) she leaves her clothes lying around on the floor just where she steps out of them.

Why should a mother-in-law call your list of "Christmas gifts wanted" an extravagant one, when it doesn't cost you a red cent?

Speaking of lucky falls, fate must be with a man when he knocks his glasses to the floor and they drop in a bunch of soft cloth.

Here's a tip to B. M. J. H. Mc. and J. K.: It's a good scheme to wear your overcoat now and then just to prove to your friends that you haven't left it with Abe Levine.

If the man who ought to (but doesn't) get up the "twenty-years-ago" column on this rag would stick around the office a little more, instead of playing so much golf, he'd be doing more to earn his pay. We hope this hint is gentle enough to suit.

A customer in a Norfolk jewelry store who had ordered an initial engraved on a piece of jewelry he was buying for a gift was at the front of the store long before the hour of business the other day. When the doors finally opened he requested that the jeweler take his time about the engraving. "I believe I will have to change the initials," he said.

Regarding that pound of tobacco for Christmas, we've found a way of beating the tobacco trust. There's a certain kind of tobacco that comes at \$5 a pound. But the tobacco is too strong for your Uncle Fuller. He likes a grade that sells for 85 cents. So if the person intending to make the tobacco gift will buy the 85-cent kind and enclose the change along with the tobacco, we'll beat the trust out of \$4.15.

We're at work developing a bogey score for the new winter sport called "Furnace Golf." Like other golf, your score depends a good deal on the weather, and also like other golf you never can tell when you start in the day how much of a score you're going to make. Just for the time being, 6 shovelful in 24 hours would seem to be a difficult enough bogey. The man who can get under that won't win any \$10 prize, but he'll be saving coin at 7 cents a shovelful.

A Norfolk man is going to sue the railroad company. He was eating supper at the Junction eating house and had just started in on buckwheat cakes—the buckwheat cakes you get at a hotel are always crispier and more delicious than those you get anywhere else—he had just got his cakes when the hands of the clock pointed the minute for his train to leave. There was nothing to do but run for the train and desert the cakes. But imagine his chagrin when he had to sit in that blooming train twenty minutes before it started. The mental anguish, he thinks, is worth about \$40.

They say golf is an extravagant game, but it isn't. Here's the proof: As we pointed out the other day, shoveling coal into a furnace's mouth and shoving a golf ball into the cup, afford identically the same exercise, the same training for the eye and muscles, and the same recreation. One's a summer sport, the other a winter pastime. Both accomplish the same desired end. But you never lose a golf ball putting it into the cup, so that that act costs you nothing but your time and the time of the caddy who watches you do it, while on the other hand, as was stated in another column of this sheet Saturday, one little shovelful of coal costs seven cents and nobody was ever known to stop at one

shovelful. In fact, six shovelful a day is a common ration in this cellar diversion, which makes it exceedingly expensive as compared with golf—and not half so much fun. Also, in golf you get the fresh air. We hope nobody will make any more remarks about golf being an extravagant game to play—at least nobody who feeds a furnace.

ATCHISON GLOBE SIGHTS.

Every man feels like a hero when he turns in a fire alarm.

Every man carries a white feather in his pocket, and occasionally shows it.

The model husband you read about in books is the henpecked man of real life.

Hope is all right, but it takes more than that to win a world championship.

Look out for the man who is always telling you how square and fair he is.

After a man has passed 30 and a woman 50 they hear fewer noises at night.

If you do a good piece of work, don't stand around two or three days and admire it.

Health cranks who go without breakfast are like men who quit smoking; they quit for awhile and then eat bigger breakfasts than ever.

It is twice as easy to make a man sore as it is to remove the sore spot.

Some men make a living simply because other people feel sorry for them.

We are always hearing that people are "hard up" but it's the same people.

It usually happens that a mystery doesn't amount to much after it is solved.

It is always an agent's business to coax you to do something you don't want to do.

A reputation as a fighter might be a good thing if you could get it without fighting.

Is there really any excuse for French words on the menu cards in restaurants?

There is so much quarreling and sickness that lawyers and doctors will always do well.

Occasionally a man is affable who isn't running for office and hasn't anything to sell.

Some people are so good they commit little sins just to have something over which to repent.

By the time some men get a thing fairly started, they quit it, and engage in something else.

Nothing looks more out-of-place than a well-dressed woman and a husband who wears shabby clothes.

Of all the different brands of excitement, the excitement connected with a strike is probably the worst.

You can get up a discussion any time by asking this question: "Is a squirrel better to eat than a rabbit?"

Men who work in an office always excuse their poor handwriting by saying it was ruined by typewriting. Nothing in it; they never could write legibly.

You may have observed that a girl has more faith in her fiancé than a wife has in her husband; and there are other indications that men don't bear close acquaintance very well. The general opinion seems to be that the man who owns an automobile isn't entitled to much sympathy.

When you pay out a dollar, do you growl with it, indicating that you are in love with it? That's a poor way.

You needn't be very important to get a letter from a congressman; not much more important than the letter you get from the congressman.

It is said that an Atchison man is so stingy that he half-starves himself every fall in order to keep up with the shrinkage of his last winter's underclothes.

The poorest guesser on earth is the person who guesses how fast an automobile is traveling. He is even a poorer guesser than the one who guesses on the number of people in a crowd.

There is to be a party tonight, and this afternoon a woman called up her husband, and asked: "What shall I wear?" "Never mind, now," her husband replied, "don't be coy. You're going to wear that black dress; the only thing you have, and you know it."

The Topeka Journal administers a stinging rebuke to the "Johnnies" who hang around the entrance to the hall where the Christian church convention is meeting. The "Johnnies" try to flirt with the pretty girl delegates, although the pretty girl delegates have more serious business.

A plumber went into a barber shop today to get shaved and when he gave the barber a dollar, received two cents in change. "How's this?" the plumber asked in surprise. "Never mind," the barber replied; "you went up to my house the other day, worked fifteen minutes and the bill was 98 cents. I'm getting even. That's how it comes."

Home Course In Domestic Science

XVIII.—Food For Invalids and Children.

By EDITH G. CHARLTON, In Charge of Domestic Economy, Iowa State College.

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THE chief difference between cooking for the sick and for those in good health is that the sick person must have his food properly prepared and the one who is perfectly well ought to have it properly prepared. One is a case of necessity in order to regain health; the other is a case of prevention to ward off sickness. There is no medicine more important and powerful than the right kind of food cooked and served in the best way to make it easy of digestion and nutritious. Since this is true there is no part of nursing more important than that of preparing the invalid's meals. Selecting and cooking means more than choosing certain nutritious foods and cooking them well. They mean presenting the proper food to the patient in such an attractive way that an appetite will be awakened and there will be a desire to eat. It is essential, then, that special care be taken in arranging the patient's tray. A sick person is unusually sensitive to details. Little things which possibly would pass unnoticed by the person in normal health may cause actual discomfort to the one weakened by disease. The tray should always be covered with a clean cloth. The smallest stain or a rumpled appearance may take away the patient's desire for the food. The prettiest, thinnest china and glass, the brightest silver, should be sent to the sickroom. These in themselves will appeal to the eye and thus aid digestion. The food should be served in small quantities and by courses. It is not unusual for the sight of a tray loaded



A MODERN OUTFIT FOR INFANT. 1. Band. 2. Band to be worn after second month. 3. Stockings. 4. Shirt. 5. Petticoat. 6. Nightgown. 7. Cambric slip.

with many dishes on which generous helpings of food are served to take away the patient's appetite before he has tasted a mouthful. A well filled tray may be gratifying to the person convalescing from a long illness when food was limited to liquids, but as a rule it is unappetizing almost to every person. Before taking the tray to the patient make sure that his room is in order and that he is ready for the meal. Freshen the air in the room for a few moments, wipe the patient's hands and face with a dampened cloth, straighten the bedclothes and rearrange the pillows. Then bring in the tray with the food on it freshly prepared. Serve hot things hot and cold things cold. Have everything as nearly perfect as possible. Place the tray within easy reach of the patient if he is able to feed himself and then while he eats talk to him of interesting, pleasant things, which will cause him to forget his ailment and what he is doing. Do not sit down beside the bed and watch every mouthful he takes, occasionally remarking on his improved appetite or the lack of it. Such a procedure is very likely to make the patient feel he has eaten enough before he is fairly started on the meal.

The patient's diet is naturally somewhat limited. There are a great many kinds of foods that he is not allowed to eat, and even those that are permitted cannot be cooked in all sorts of ways. The physician in charge of the case will give a list of foods allowed, and in some cases he will state how they are to be prepared. But his directions are often general, as "give him soft cooked eggs" or "let him have a bit of chicken or a nice cream soup." Any specific instructions regarding recipes or different ways of serving the same food are not often attempted by the doctor. If the nurse—be she wife, mother, daughter or professional—does not know how to serve eggs in a variety of ways, how even beef tea and gruels may be given new forms and flavors, then the patient will probably weary of them, perhaps refuse to eat them. Fortunately the woman who knows how to prepare simple foods attractively, making old friends appear as new acquaintances,

But there are certain "don'ts" that must be observed when cooking for the sick.

Don't give an invalid or little child fried food of any kind. It is hard to digest, and the digestive organs of both sick people and children are weak.

Don't include pork in the invalid's bill of fare. A little crisp bacon or bacon gravy may be allowed occasionally.

Don't serve highly seasoned food. The sense of taste is generally very keen in sickness, and the natural seasoning of food is often enough. Basting, spices may weaken by overstimulation the digestive glands. Do not use pepper, mustard or vinegar and use salt sparingly.

Don't boil eggs for either invalids or children. Always cook them in water which has not quite reached the boiling point.

Don't cook milk directly over the fire; it is almost sure to burn. Even if it does not, milk should not be boiled for the same reason that an egg should not. Boiling temperature cooks the albumen tough and indigestible.

Don't cook cream soups or boiled custards directly over the fire. Use a double boiler to keep the temperature below boiling.

Don't rice insufficiently cooked cereals. Rice, oatmeal and cornstarch should be cooked for a long time over hot water. Rice requires about two hours and oatmeal at least four hours' steam cooking.

Don't serve fried potatoes. When they are allowed they are much better baked, because they are more quickly digested in that form.

Don't serve cheese and don't cook butter too long. In making cream soups add the butter just before serving.

Nurse's Care of Herself. The woman who is acting as nurse in her home is very apt to neglect herself. It may be hard for her to do otherwise, especially if there are other demands on her time and strength. But if the patient needs constant care then it is almost imperative that the person who is caring for him should be relieved of other duties and responsibilities. His recovery demands this, for the nurse's mental and physical condition has often a marked effect on the patient. If the nurse is tired out, has been obliged to do without sufficient sleep for several nights, she is not likely to be herself. She will be nervous, easily excited, perhaps irritable and utterly unfit to give her best effort to her task.

She should have regular hours for sleep, when her rest will be unbroken for at least seven hours out of each twenty-four. Then a short time should be allowed every day for outdoor exercise. Constantly breathing the air of even a well ventilated sickroom soon tells on even robust health. The nurse should have also good, nourishing, easily digested food at regular hours. When sickness comes into the family such matters as guarding the health of the nurse and keeping the other members of the household in good health are often overlooked, and a single case of illness very often becomes two or three just because of this neglect. Everything should be done to hasten the recovery of the patient as well as preserve the good health of the rest of the family.

The nurse should wear comfortable clothing—a washable dress and broad soled shoes—and if the disease is at all infectious she should be careful to wash her hands each time she touches the patient. Professional nurses learn very early in their training the importance of disinfecting and using every precaution to prevent further development of the disease germs, but the inexperienced sometimes find it hard to realize how very powerful and insidious are these minute germs.

It is not at all necessary for the home nurse to be versed in drugs and medicines, nor should she be required to put on complicated bandages, prepare dressings or administer treatments which require professional skill and experience. All such matters will be undertaken by the physician when a trained nurse is not employed. But the woman who knows how to put on a simple bandage, how to stop an ordinary attack of nose-bleeding, what to do when some one faints and also is familiar with simple remedies for simple ailments will always find her knowledge useful. In fact, it is a part of the all round woman's education to know these things and be able to apply them in a common sense way.

The Care of Little Children.

No woman should consider her education complete until she has an intelligent knowledge regarding the care of little children. When we consider that the material out of which either heroes or invalids are made is found in the nursery it behooves every woman to see to it that either by her personal effort or by her influence she is doing her part to have the future generation composed of strong men and women, capable of being heroes, and that the number of weaklings is lessened. One of the greatest errors made in the management of children relates to their nutrition. "If the child is properly fed he will stand a great deal of abuse by other directions," says one authority, but more is necessary than food if the child is to develop properly. He must have fresh air, suitable nutrition and a chance to live as a young child should, free from care, with nothing to excite nerves or prevent the proper development of body and mind; as nearly like a young animal as possible.

ATCHISON GLOBE SIGHTS.

When a man brings in an unreasonable bill now, he explains it by saying that automobiles have made the price of rubber so high.

What has become of the old-fashioned man who said to his departing guest, "Well, come back again, when you haven't so long to stay!"