

Ella Wheeler Wilcox on This Busy World It is Getting Better All the Time. So Do Not Worry and Fret, but Improve Yourself and Keep Pushing Ahead

By ELLA WHEELER WILCOX

There are hundreds of otherwise senmible and goed men and women in the land today who are wasting preclous vital force, and losing great opportunities for achievement, in

useless and foolish worry and despordency over the finteral. rituation of the country.

re high; fuel is high, and the trusts from bad to worse.

ing. And all the time we are going toward a better era. Great men and

and working to

Brutal Apache Dance of the Paris Underworld

"The Apaches are generally young, and their dance is more or less acrobatic. The man expresses brutish passion and jealousy, the woman affection. and fear."

Michelson



Some Cow Talk

By ELBERT HUBBARD.

The other night, about 9 o'clock, a barr caught fire two miles north of East Aurora, on the Buffalo turnpike. We saw the smoke and the flames, and a half of its jumped

into an auto and hiked out to see if we could be of

There wasn't anything we could do, however. The had caught in the hay mow by the careless upturning of a lantern. All we could do was just to stand around and watch the barn

And as we stood there a cow out back of us came bursting through the line of men and boys. She was bellowing and in great distress. We tried to head her off. But it was no use. She shot past us and went straight into the door of the burning

barn. "What's the matter with that 'ere cow?" said a fellow near mo.

And the owner of the cow, standing by, answered: "She has a calf a couple of days old. We got all the cows out, and the calves, too, but this now and

milk instead of taking it in the good eld natural way, as bables do. Then the Yankee, instead of giving the

calf pure milk, such as nature provides. gave it skimmed milk. This was surely a Yankee trick.

But a calf fed that way is never sleek, ound, happy and fat, though it may live. Then the Yankee gradually diminished the amount of skimmed milk-for skimmed milk has a certain value-and he put in bran or meal. The calf's digestive ap paratus not being exactly fitted for coarse food would die. In truth, one calf out of ten, treated in this way, goes on a hunger strike and is starved to death.

All of this was in the line of economies Milk was too valuable to feed to calvesthat's the idea-and a substitute was de-

The idea spread throughout New England and neighboring states and all of the districts known as "The Dairy Country," stretched toward the middle west, adopted the scheme of taking calves away from their mothers as soon as they were born.

The habit has grown, simply because the farmer figures it out that milk is too valuable to feed to calves.

The Hollanders and the dwellers in the Isles of Jersey and Guernsey break even with the calf. They do business on a basis of fifty and fifty, as the theater managers say. It's a race between you and the calf and this kind of treatment evolved what is known as "The Great Milk Breeds."

Man has a wonderful brain. He is continually intent on getting the start of

A new-born calf weighs 100 pounds on

an average. So, say, \$3 a hundred against

\$8 a hundred is dog cheap (I trust I use

the right word.) And while there are

laws everywhere against the sale of "bob veal," yet the law, being administered

There are markets where improper food

is allowed to be sold-that is, tubercular

hogs, sickly cattle, bob veal-everything

goes, and the law doesn't known any-

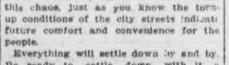
by men, is sometimes valueless.

Loud a high; rents

and monopolies are carrying things Yet all the time the world is improv-

women are thinking

bring about an improved system of life and labor; and more work is being done



Be ready to settle down with it, healthy, hopeful, useful citizen. Do not allow yourself to go to plece with old conditions. If you want to know some very inter-

esting things which are being done fo humanity get some leaflets and pamphalets describing the single tax propa-

It may be there is something in

on, after his body is mouldering in the grave.

Daily Fashions

ganda

There is something in the movement and the work being done for the wholworld by thinking people. The soul of Henry George is march'n



for the uplifting and enlightenment of the race than ever before since the earth came out of chaos.

do not dwell too much on the So troubled social conditions of the day and grow bitter and pessim'atic over them. The situation is one which calls for all

optimism and cheerfulness. The world has been wagging on for millions of years, and will continue to was, and humanity has been slowly improving and will continue to improve

slowly for many millions of years. The first important thing for you to do is to improve yourself, and that you cannot do if you grow bitter and despondent and harp continually upon the avil of the world.

It you allow your mind to dwell upon the searchty of coal and its high price. you will not increase the supply of coal or lower the price, and you will exhaust your own vital forces, which might, properly conserved, fire you with ambition nough to go forth and invent some new fuel.

Try in the moments of greatest gloom to realize that out of such strife and ohnow as exist just now new conditions are formulated and in time are materialisod. Be ready to meet these new conditions and be worthy of them.

It is useless to ask for a better social mystem unless the people who form it are better.

A govornment is made by the people. If it is faulty, it is because the people arn faulty.

If it is to be bettered, the people must become better.

Begin with yourself. Keep wholesome, and hopeful, and reasonable, and indus-

trions, and economical. Help others to do so-not entirely by

advice, but by example. Try to nave a little of what you earn to meet the emergency that may come, You think you cannot, but if you once realize how little you really need to sustain life and keep well and strong you

will find you can economize. Haif the food we now consume is more than enough. And the things which cost more are almost invariably the things we need least.

Consume fresh air, breathe deep and devolop your muscles with outdoor exer-

-----THE WORKINGMAN'S FOOD

The man who tolls bard all day needs strengthening food. A lot of meat is not essential to nourish and sustain the system.

A 10c package of Faust Spaghetti contains more nutrition than 4 ibs. of beef. Faust Spaghetti is made from Durum Wheat, the cereal that overflows in gluten-the foodcontent that makes muscle, bone and flesh.

the price of ment-contains more nt floh - is easier digested and mr 's a savory, appetizing dish. Write for free recipe book. Sold in bu and 10c packages-at all grocars'.

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The spangled gown is still the classical evening gown for some women. This whom he is lavishing his attentions for black dress or a plain shirtwaist and odel shows an effective adaptation to- the moment.

By MARGARET HUBBARD AYER, even their jaded nerves got a new sensa- changes in constant rhythm. The Apache

In the lowest slums of Paris live the the red man in vain. They have never that no Indian would look at a French terrible it all was and how degraded those holding it tight.

Apache except to watch him dance. The French Apache is the most degraded denison of the Paris underworld and is about as low as one can get. But

He is generally a thief at least, or something much worse, and he glories in the many gory and hideous crimes danced wherever they could, at cabaret which the much frightened public lay at

his door. There are great gangs of Apaches, some of them doing a thriving heir unusual dances before the eyes of those "Oh! so dear foreigners!"

Of course, the crimes of the Apaches are many, but they are not as many as he would have one believe. The Apache, however, bases his fantastic and terrifying reputation for crime on a very solid foundation of passion and lawlessness, and the real Apache dance ends in

an exhibition of extraordinary brutality should the temperamental thief happen tie of brilliant color, usually red, for the to be in the mood to beat the girl on

Faust Spaghetti costs one-tenth ward the new fashion. The long tunic The Araches used to dance in the low of electric blue and black is totally dives and cafes of Paris, and after some saugled, the lower part being of ivory great haul had been pulled off, the ex-"velour frappi" and finished by a small hibition of dancing and drinking would

detectives, saw the performance and ! The music is any popular strain that

approaches and waltzes quietly, then grabs the girl and whirls her around. Novellats and writers went to these Apaches who have taken the name of places and saw the dances in "search of If he is strong enough he lifts her to his shoulder. She is agile, docile and atmosphere," they said. Sometimes the writers were women and. fearful at the same time. He unties his seen an Indian and it's safe to say that of course, they told other people "how scarf and passes it around her neck,

> She leans her weight against it and people were and how it shouldn't be allowed," and then every one was just they whiri giddily about. Suddenly he becomes jealous. You feel danger in the wild to see the show.

Right here the Apaches woke up. Here Nancy in "Oliver Twist." The girl tries was an easy way to part the trusting like all French people he retains his ar- stranger from his money without danger to run away, but she is caught. She tries tistic temperament and turns it into cash. from the police. The Apache dance was to pacify him, but he becomes more and more enraged, their dance grows fast commercialized like all of Paris' amusements, and the Apache and his gir, and furlous, her streaming hair and his violent efforts to throw her to the floor

make it seem like a fight rather than a shows and theaters. dance, and in a way it is the fight of The Dance des Apache is famous all over the world now and it will always business at picking pockets, and others be interesting, because it tells a story. making even more money by exploiting the struggle of love, the love of the woman against the brutal instincts of to the ground often enough, but in the

> outcome differs. Sometimes the girl is brutal form of dance. beaten, sometimes she softens her lover's

heart. The dancers are dressed in the costume worn by the Paris laborer and his sweetheart. A coat of velveteen, long trousers of dark cloth or velveteen and a cash and

The man expresses brutish passion and jealousy; the girl, affection and fear. She

her calf got separated, and she thinks God Almighty, but in this thing of raisher calf is in the barn." ing cows for milk he has overdone it.

And so the cow was just swallowed up by the flames and smoke, and that was the last we saw of her.

Her own welfare was nothing when the interests of her baby were involved. Mother love was supreme, and life was a thing to fling away for love's sake. Of course, the cow never thought it out that way. Cows do not reason-they act. This cow just obeyed the dictates of her nature-the cow nature.

The cow is a mammal. She gives milk, and this milk, so far as nature is concerned, has but one purpose, and that is to feed the calf. But man appears on it is with the farmers, the calf-buyers the scene, and taking advantage of the cow's material instinct, banks on it and appropriates the milk.

Now, here comes a peculiar situation. In New England, about fifty years ago foodstuffs being very much in demand, a smart Yankee made the discovery that. instead of letting the new-born calf remain with its mother, he could take the calf away immediately after it was born. carrying it off to an adjoining barn. where its mother could not hear it bleat and cry, and after going without food

for twenty-four hours this calf, in its ravenous hunger, would learn to drink

Advice to the Lovelorn

By BEATRICE FAIRFAX.

Hunt a Mutua: Friend.

Dear Miks Fairfax: I am deeply in love with a girl of I years, who, I think, likes me very much, but we have not met many times. She always has a smile for me when we meet. Now I do not know this girl to speak to. How could I make her acquaintance? L. P. M. nake her acquaintance? Be patient and you will some day find the friend who will introduce you. But don't think because you like a girl's air. It is the story of Bill Sikes and smile that you love her. To claim love on such slight ground is to make sport of the word.

> The Girl Has My Sympathy. Dear Miss Fairfax: I am a young man of 22 years and am in live with a young lady seven years my senior. We love each other very much. She is wealthy and if we were to get married I would not have to go to business. Do you ap-prove of such a plan? Also do you think be difference in our areas would interfere

> the difference in our ages would interfere with our happiness? J. A. J. A strong, able-bodied man of 22 years who counts on a life of ease because his lady love has money is too worthless to

make any woman happy. The difference in your age doesn't

If he cares for you, it is in such a selfish way his regard will not bring you

D. F. S.

count. It is your disposition that will make-the trouble. No.

No. Dear Miss Fairfax: I am 17 and am considered good looking. I know a man four years my senior. For about four months he has called to see me twice a week in the place of my employment. He is always telling me of the amusement places he knows, but he never asks me to go out with him. He also tells me he does not go out with any lady friends. Do you think he cares about me? D. F. S.

And the senses, worn and jaded, 'eil, like five grim ghosts paraded, That we've lost our days of grace.

The trouble is not with the "Beef trust:" and the cannibals, who are willing to eat a new-born calf. My plea is for the cow and the calf. If we're going to raise a fine type of milk cows in this country we have got to encourage mother-love in the cow and give the calf the food that is naturally its

thing about it.

even if they are not recognized in the Constitution. Man has the power to oppress, to destroy, not only other men, but the entire brute creation. Not only must man be on good terms with his neighbors, but he should be on good terms with the

due. Cows and calves have a few rights,

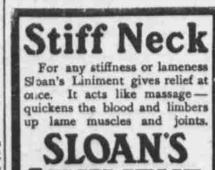
entire animal creation. The fact that every animal runs or flies on the approach of a man is an indictment of the

way man has treated the brute creation. We are still eating animals, but let us be as decent about it as we can. And the end of the argument is that it is a wrong thing that the law allows the killing of 9,000,000 yeals a year, with one natural result-the continual ascending scale in the price of milk and best pro-

ducts. The Argentine is wiser than we. It has a law making it a felony to kill any female of the cattle species that is under 6 years old. And the result is that in the Argentine there is no cattle famine. We are looking that way anxiously and longingly for food supply. And this will be so until we right-about face and do

justice to the cow and her calf. Copyright, 1918,

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Dr. Earl S. Sloan - Boston, Mas

man, while the girl wears a tight fitting black dreas or a plain shirtwaist and skirt. The Apaches are generally young, and their dance is more or less acrobatic.

Glasses By WILLIAM F. KIRK.

DASSes

any happiness. Be assured of this. All iron-clad resolutions not to take girls to places of amusement will break when he falls in love.

two strong, wild, young animals. In the original dance the girl usually called a halt when she had been thrown





the thug, her lover. The dance varies stage versions she is generally murdered. with each interpretation and even the a proper ending to the lowest and most