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Bread is the cheapest food known. Home bread baking reduces the high cost of living by lessening the amount of expensive meats required to supply the necessary nourishment to the body.

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Tough steak should be chopped and mixed with diced potatoes and then baked. Grated cheese over this dish improves the flavor.

Four peppercorns, four cloves and one teaspoonful of mixed herbs are the proper flavoring for one quart of water for soup.

A saucer of baked beans can be heated with catsup in a pan and a spoonful on toasted crackers serves nicely for the noonday luncheon.

When next frying oysters, dip them first in mayonnaise and then in crumbs before immersing in the deep fat. They will be found delicious.

When the eyes seem weak and watery bathe them night and morning with a mild astringent, such as two grains of alum to two ounces of water.

Do not destroy any net from old curtains. Cut into squares of desired size and stitch together, and they will make excellent wash-cloths.

Be careful never to use too much butter in cake. Use a scant amount rather than what the rule calls for, and it will save many a poor cake.

When frying doughnuts, French fried potatoes or anything of the kind, drain on brown paper and you will find the grease drawn out into the paper.

To wash water bottles or any vase having a long neck, fill with clear, hot water and tiny bits of torn paper. Shake well and rinse in clear water.

When broiling halibut, cover the fish with minced green pepper. The seasoning will be found delicious.

Lime water and olive oil, applied with a soft muslin rag, is one of the best lotions for burns and scalds.

Straight hair can be curled by moistening with quince seed, rolling in paper and holding in hot tongs to dry.

A pinch of soda in water in which green vegetables, peas, string beans and cabbage are boiled will keep the color.

Vegetables which have been served with a white sauce should be warmed over only in a double boiler lest they burn.

If one of the rooms in the house seems too dark, try putting a piece of brassware highly polished, in a conspicuous place.

Soaking the hands and wrists in hot water will sometimes relieve a headache. Soaking the feet in hot water also helps.

Singe chickens by holding over a saucer of burning alcohol. It will not blacken the flesh.

The Home Doctor

How Tuberculosis or Consumption is Caught

By Dr. Leonard Keene Hirshberg, A.B., M.A., M.D. (Johns Hopkins University)

"I don't know how I contracted this disease," the victim of the Field Marshall of infections says. "There never was any in our family on either side."

"Have you always lived in the same house?"

"No. We moved into it 20 years ago, when I was a little girl."

"Was it disinfected and cleaned before you moved in?"

Tuberculosis or consumption is never inherited. It may be caught from the grown ups, it may be contracted like lump-jaw or glanders, from animals, but it is not passed on like insanity "unto the third and fourth generations."

"Droplet infection," is one way innocent people "take cold" as the beginning of tuberculosis is often called sneezes, and coughs are not the only way the bacilli of tuberculosis are scattered.

Dr. William H. Park has pointed out that the considerable force of the amount of air, which passes the lips, when such words as "if" and "to" are spoken, suffices to spray the germs in the lungs into other people's faces.

Experiments made in the New York subway, show that the number of bacteria thus "spoken out" increased in a ratio

drinking water, and uncooked fish and vegetables. No one disputes the fact that abundant bacilli reach many water supplies. In the Saranac River, three and a half miles below the sewer entrance, living bacilli of tuberculosis have been caught.

After the installation of a good water supply at Lowell and Lawrence, Massachusetts, the mortality from tuberculosis in those mill towns, still remained the same. Indeed the bacilli have been found ten miles below their possible sources in several streams near sanitariums for tuberculosis.

Obviously an essential stage in ridding a community of tuberculosis is the enforcement of measures, which put this knowledge into use. Until the sources of tuberculosis are removed, a consumptive is as dangerous as a leper.

Conscientious Objectors

By Dr. Leonard Keene Hirshberg, A.B., M.A., M.D. (Johns Hopkins University)

"What is a conscientious objector?" writes an interrogator, who thinks very properly that the answer may be connected with health and happiness.

To correctly and comprehensively explain this much abused excuse for resistance it is necessary to hark back to the meaning of conscience. This poaches



Canadians, who were wounded on Hill 70, being checked before the train leaves a Casualty Clearing Station

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equal to the increase in the number of passengers present at any time.

Guinea pigs made to inhale air in a closed room in which rugs infected with sputum were beaten, inhaled the tubercle bacilli, later developed pulmonary tuberculosis and died.

The dust of rooms inhabited by persons with active tuberculosis, is more or less infected with these microbes. These observations, together with the known fact of the enormous number of germs in the saliva and sputum, confirms the discovery that dust-dried expectoration must be a great source of the dread disease.

The average consumptive spits out about 1,000,000,000 or a billion living tubercle seeds every day.

Do you now understand why handkerchiefs, linens, laundry, carpets, floors, walls, bedding and pavements, which receive these bacilli become origins of the militant scourge?

Whenever these expectorated germs cling to the lips, face, nostrils, clothing or fingers of the sick person, there is danger that one or more persons will become contaminated, and long months after the source has been forgotten, fall ill with its symptoms.

Infants nursed or attended by tuberculous maids or mothers are in the greatest danger, because the contact is close and intimate. Merely to shake hands with a consumptive may not be so dangerous, because the hands are frequently scrubbed and cleansed.

Tuberculosis may be "caught" in various other ways, from watered milk, raw milk from tuberculous cows, from

upon the broad domains of psychology.

Conscience has to do with the moral aspect of things, while "consciousness," the same Latin word, means the whole field of the universe about which you become aware. If you read Caesar, Cicero, Ovid, Horace, Virgil, Livy, and the other Latin writers, you are sometimes "up against it" to know whether they mean a moral approval of your mind or merely your awareness of a thing; whether it is conscience that is speaking, or only that you are conscious of a thing.

To speak generally, before details are discussed, a modern "conscientious objector," to self-defense against a man or a nation, who like a pirate murders your fellow citizens or ravages your women and children, or to vaccination, quarantine, or other honorable means of personal and social protection, is one who often has no conscience for the general good and welfare of all, and who is unconscious of all the facts which impel normal people to demand vaccination or to make resistance to the encroachment of others upon the inalienable rights, honors, health, and happiness of the individual, the community, or the nation.

Academically in medieval discussions of logic—a polemical duel between giant intellects ranged on two sides of some great question such as: "Was the world created or is it an emanation of God?"—the objector was the philosopher who denied the thesis, which another dialectician maintained.

The great Jesuit priests of to-day, nobly carry on these learned discussions in logic. They are called as they were in the