

FOOD emergency

The Pilgrims were hard put to it for food, more than once. That is why they established Thanksgiving Day, to celebrate the first year in which they had enough to eat. But out of their necessity they developed a variety of foods, which have become American staples.

The Indians taught them how to It must have been one of the Pilgrim mothers who first made jelly out of the beach plums that grow so profusely on the sandy shores of Cape Cod Bay. Certainly the American taste for clams, in chowder or on the half shell, harks back to Plymouth for nearly a half century. Colony, as well as our national taste for salt codfish. I know few foods so palatable as properly made codfish cake, but maybe that's just my Yankee upbringing. Indian corn was new to the Pilgrims, but out of it they evolved Johnnycake-which is as difcheese-and its improvement, blueberry Johnnycake.

But I wish I knew who invented that supreme dessert, Rhode Island her fat bacon! Pandowdy. I'd try to get his-or her -statue into the Hall of Fame.

· · · · · · evaporated BEER

One thing the Pilgrims yearned for and couldn't make was beer. They wrote back to their patrons in England asking them to please send some beer by the next ship.

A tragic-comic episode in history over which I have often smiled, was the fate of that beer, as recorded by Governor Bradford. The beer was shipped, all right-many hogsheads of it. But it was a long and stormy and apparently-thirsty voyage. For when the ship reached Plymouth all the beer barrels were empty. The captain thought the beer must have evaporat-

Not until trade began with the West Indies and rum and molasses began to be imported did the New England settlers get anything they thought fit to drink.

Russian law

ference to life, not only on the part mission to Ezra to lead another great the vast area of land, there were of insubordination, but among the place during the interval between the mits that he was ashamed to ask the Russian people themselves.

human lives. At this stage in the great Persian empire. world's development radically new bold enough to resist them.

Around this time of the year my New England heritage begins to assert itself. I'd like to sit down again to an old - fashioned Thanksgiving dinner, with all the relations, gathered around the long table, stuffing ourselves with turkey and all the fixin's-including, of course, three or four kinds of pie.

One of my most vivid recollections of childhood is 2 Thanksgiving dinner at my grandmother's house in Maine, sixty years ago. Twenty-eight of her sons and daughters and their husbands and wives and children sat around the table. We all went to church first-for Thanksgiving Day was a religious feast-day, even more important than Christmas

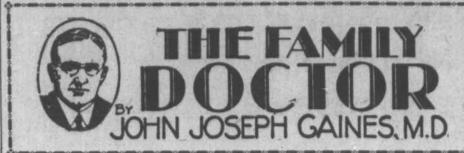
Thanksgiving is America's own holiday. I hope its spirit never dies out. It is a good day for everybody to give a little serious thought to the roots from which we sprang.

PILGRIMS and now

the Pilgrims and the gallant fight Israel. ces, for one thing.

When I think of the courage of the Pilgrims and the gallant figst but on account of the intervening they made against almost overwhelming odds, I wonder how much of that spirit of independence still persists. I find it hard to imagine any group of young men and women of today cutting loose form all their old ties and associations and facing starvation and terrific hardships merely because they felt that their right to act and believe as they thought right was being infringed by authority.

I wonder if life hasn't become so easy for us in America that we lose sight of its real values. T've never been able to believe that dollars can compensate for the sacrifice of independence and convictions.



IF YOU ARE HEALTHY

The fox being chased, or the hunted hare, runs in circles, if left to his own lod more than four million dollars, or point, if half his splendid army dies the empire of Rome. Perhaps if he instinct. The big planets above our heads move in circular orbits. It seems 50 per cent of the total taxes of the of malignant diseases in Ethiopia; is defeated it will be through disease. to me the human mind also performs in a similar manner—in circles—as I watch the developments of years. Many of us are coming out at the same door where in we went, like the old poet, Omar,

Time was when we lifted hands in holy horror, at a diet of fat meat. Today, our calm judgment is, that fat meats, and well-nourished bodies are the best fortification against tuberculosis! I have heard meats, cheese, eggs, get sugar from the maple trees, and and other dependable foods condemned solemnly, even for healthy people! how to cook the swamp cranberries. If you had a greasy skin, you were ordered off substantial diet immediately.

> We know better now. Lean meat is not only desirable, it is essential to life and strength!

People have looked at me slant-ways when I have told them that gravy was better for their "kids" than cod-liver-oil-and I've been telling 'em that

I knew a family who, all of them, were swept away by tuberculosis of the lungs-all but one, the last little daughter. She consulted me a few days after my graduation in Medicine-about her lungs! Her three sisters and a brother had died of it. She naturally felt that she was doomed.

"Fanny," I said, "you go home and learn to live on fat meats, rich milk and ferent from cornbread as chalk from eggs. See that you do that, as many times a day as you sit down to the table.' I made it as impressive as I knew how. She promised strict obedience.

Today, Fanny is getting a little old-but she weighs 175, and still enjoys

If our dietitians would tell us how to avoid the human hog, we would be happier and healthier.



EZRA'S RETURN

International Sunday School Lesson For December 1, 1935

GOLDEN TEXT: "The hand of our God is upon all them that seek him, for good." Ezra 8:22.

(Lesson Text: Ezra 7:6-10; 8:21-23;

The first return of the Jews from their captivity in Babylon occurred I've just been reading the most il- in the year 538 B. C., while Cyrus luminating book about Russia that I was King of Persia, Zerubbabel was have yet seen It is Walter Duranty's the leader of this group of exiles and "I Write As I Please." I got new light upon their arrival in Jerusalem they the king that they be allowed to reon the Socialist experiment in Rus- rebuilt a temple upon the old site of Solomon's temple.

his revelations is the supreme indif- sian King Artaxerxes granted per- to begin a dangerous journey across of the ruling minority, who apply the movement of Jews to Jerusalem. death penalty ruthlessly for any sort Many important events had taken ers while en route. Ezra frankly adfirst and second return, among which king to provide them with soldiers for The main reason why Communism were the battles of Marathon and Sal- an escort, but resolved to place his can't succeed in America, it seems to amis, by which the Greeks prevented trust entirely in God. me, is that we set a high value on the further westward extension of the

ideals of government cannot be suc- scribe." This indicates that he was caused many religious reforms to be cessfully implanted without killing off something over thirty years of age, undertaken, the most drastic of those who don't like them and are that he was not only versed in the which was the requirement that those everyday language of the Jewish ex- Jews who had intermarried with their iles ,the Aramaic, but also Old He- neighbors divorce their idolatrous THANKSGIVING . . . and fixin's brew, the language in which the re- wives. This harsh and severe requireligious literature was written. As a ment was insisted upon by Ezra bescribe, Ezra was sufficiently learned cause he believed it was necessary to in the scriptures of his day to ex- preserve the religious purity of the pound them to those about him.

From what we know about Ezra, he seems to have enjoyed a position of some importance at the Persian court, Railroads Help To which is indicated, among other things, by the support given him by the king in his place to lead a migration of Jews back to Jerusalem. The king not only supported this movement with funds but also made Ezra ruler over the Jews in Palestine with full power over them. Ezra is generally regarded as the authority of the day during the average school year Book of Chronicles, as well as that to public education, according to a of Ezra, and seems to have been an statement issued today by the Norfolk enthusiastic historian.

effort to repopulate Jerusalem was ownership of the rail carriers would probably caused by alarming reports "jeopardize the entire educational of the demoralization of the Jews structure of the country." what had returned at the time of Zerubbabel. These seemed to have failed in keeping separate from their heathen neighbors and the religion of Je-I get annoyed at times at people hovah was in danger of contaminawho persist in referring to the Pil- tion from its contact with heathen grims .of the .Plymouth Colony .as practices. We are told that Ezra set "puritans." The Puritans came along his heart to understand the law of later and settled Massachusetts Bay Jehovah and to practice it in life, Colony. They were a different sort of then he realized his mission was to folk, religiously and otherwise, from teach the statutes and ordinances to

The journey from Babylon to Jerusalem was 500 miles in a direct way

How Cardui Helps Women To Build Up

Cardui stimulates the appetite and Cardui stimulates the appetite and improves digestion, helping womento get more strength from the food they sat. As nourishment is improved, strength is built up, certain functional pains go away and women praise Cardui for helping them back to good health. . . Mrs. C. E. Railiff, of Hinton, W. Va., writes: "After the birth of my last baby, I did not seem to get my strength back. I took Cardui again and was soon sound and well. I have given it to my daughters and recommand it to other ladies." . . Thousands of women testify Cardui benefited them. If it does not benefit four, sonsult a physician. desert a wide detour was necessary which added nearly 400 additional miles of drive. Ezra gives us a list of the leaders of the clans and we are told 1,500 men were in his party. They gathered near the river Ahava, close to Babylon, and spent three days there fasting and praying, and in persuading thirty-nine Levites to make the journey with them to Jerusalem. It is estimated that the value of gold and silver carried by this party to Jerusalem amounted to nearly \$5,000,000.

An interesting problem arose which tested the faith of Ezra and his companions. In making the request of turn to Jerusalem these Jews had boasted of the power and protection What strikes me most forcibly in Eighty years passed before the Per- of God. Now, when they were about some who feared attacks by maraud-

> The party made a successful journey to Jerusalem, where Ezra became Ezra is described to us as a "ready the religious leader of his people. He

The American railroads contribute more than half a million dollars a and Western Railway, which declares Ezra's determination to lead in an that government ownership of the

Pointing out that "governmentowned and operated industries pay no taxes," the staement sets forth that railway taxes pay for the schooling each year of 1,641,000 boys and girls. "If, and when, the government takes over the country's rail carriers," the announcement continues, "either every public school budget in the nation will have to cut to the bone or THE STATUS OF MEDICINE you will have to help bear an additional tax burden of at least 150 millions of dollars a year."

support of public schools along its if his plans of conquest should from decide the issue, line, according to the statement.

ship of railroads can be effected only medical missionary, writes about his by Congressional action," the railway experience while in Ethiopia. He says says "the solution of this problem is that he was the only doctor within the responsibility of every citizen. If a radius of 350 miles. In Ethiopia you are opposed to it, you must vig-there are twelve physicians, all white, orously and repeatedly demand that about half of whom are connected your representatives in Congress ac- with missions. Most of them are in tively oppose and vote against it, or Addis Ababa, or in the outlying diselect representatives who will recogn- tricts. The United Presbyterian misize the danger to public education in sion has a hospital near Addis Ababa. government ownership and operation The Sudan mission has a home for of one of the nation's greatest in- lepers just outside the capital and a dustries."

LOSES 160 POUNDS

living-he was a 460-pound giant in a houses in Ethiopia are built in the eight inches tall.

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ROXBORO, N. C.

IN ETHIOPI

Mussolini probably will not be con-Within a recent twelve-month per-cerned from a humanitarian stand-

any cause whatever fail to materalize. Declaring that "government owner- Doctor Joseph Sprague Maxwell, a hospital in the north and another in the south.

Dr. Maxwell's office consisted of "a Los Angeles.-John Asen, 45, has n.ess of sticks stuck into a shallow lost 160 pounds in the last six weeks circular trench, daubed over with and is no longer able to make his mud and thatched with grass. Most side show. He measures eight feet same way. It was not uncommon for snake to drop into the office from above; also bats would work their way through the thatch roof, which was an inch in thickness,"

> The Ethiopians suffer from many diseases. Tape worm is very common. At every meal raw meat is eaten. The doctor states that at feasts he has seen the highest dignitaries gulping down beef so fresh that the muscles quivered as they lifted it to their

"The daily wage in Ethiopia is 12 cents, consequently the doctor does not expect much compensation for his services." Added to the small wage many of the Ethiopians are sick a great part of the time. Doctor Maxwell relates that he visited a platinum mine in the Birbir river valley. "The overseer reported 100 of his 3,-000 workers sick, many of them dying from what the British call malignant malaria."

Trachoma, a horrible disease of the eyes, is rampant among them, also many other disorders which render them useless and miserable. Dr. Maxwell believes it is better for the patient, as well as for the doctor, to pay something for the medical service he gets; and for that reason he always insisted upon receiving some sort of compensation from those who could afford it. They used to bring him coffee, eggs, spears, cattle, pipes and tobacco.

"King Hojoli, ruler over a million ***********************************

tribesmen," writes the doctor, "once paid me for curing his prime minister of syphilis. His fee was two valuable gold rings, said to have been dug from the mines from which the Queen of Sheba obtained her gold." It is the reports of gold and oil being found in Ethiopia that has drawn upon the country the armies of Italy. Mussolini wants both in large amounts and he hopes to find them there in sufficient quantities to enable him to Norfelk and Western, was used for the though he would be greatly chagrined Disease, and not the battlefield, may

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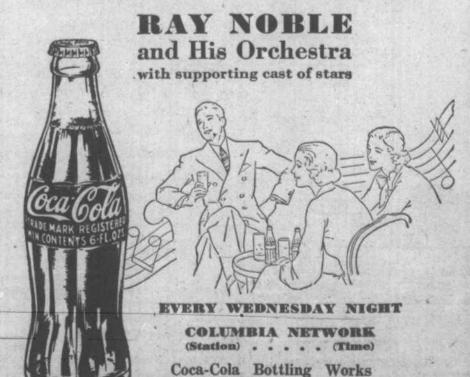
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