


SOUTHERN UNION WORKER



"My meat is to do the will of Him that sent me, and to finish His work."

VOL. XII

COOLTEWAH, TENNESSEE, APRIL 11, 1918

NO. 15

Notes of Travel.

Friday morning, March 22, fifteen friends and delegates to the General Conference left Nashville for San Francisco, Cal. At St. Louis ten were added to our number and at Denver, Colorado, three others, making 28.

Sabbath, the 23d, was spent in Kansas City, Missouri. We attended church and found many old friends who did all they could for our comfort.

Our car arrived in Denver at 1 p.m. Sunday. Here we were met by railroad officials and our car placed in a convenient place for occupancy. Some were driven to Boulder Sanitarium, about 30 miles distant, by friends, and others went by interurban.

On Monday morning about 200 people met in the depot to visit friends. It was a real reunion, as people who had not met for years met and renewed their acquaintance.

At 9:30 a.m. the conductor announced our special train and we were off over the Denver and Rio Grande. It was made up of eight tourist coaches, a diner and baggage car. At Salt Lake City another coach was added, making nine coaches filled with Seventh-day Adventists.

Our train stopped ten minutes in Royal Gorge and permitted all the passengers to leave the train and walk across the famous hang-

ing bridge. Also when crossing the Great Salt Lake of Utah the train stopped five minutes and permitted the passengers to scrape some salt from the rocks of the railroad bed where the waves dash against them, and try to drink some of the brine water.

The whole train stopped at Salt Lake City from Tuesday at 3 p. m. to Wednesday noon. We visited the famous Mormon Tabernacle and other places of interest. Salt Lake City is a beautiful city. The streets are wide and buildings substantial. Everything is neat—the back yards as well as the front are clean.

We arrived in San Francisco Thursday night at 9 o'clock, after a seven-day journey. We held the same car and porter all through. It seemed almost like leaving home when we arrived at the journey's end.

Each morning a prayer service was conducted in each car on the train and several times we were entertained by quartets.

This General Conference will very likely be the most important gathering this people ever held. We solicit the prayers of all.

S. E. WIGHT.

Hearing and Speaking

It is certainly a most desirable accomplishment to be a graceful and effective speaker both in public and in private conversation, yet it is quite as important to be a good listener. Indeed, one cannot become a good speaker

until he has learned to be a good listener. Many people unwisely think that they will be heard both of men and of God on account of the grandiloquent and high-sounding words which they may use. Jesus gave this class of people most excellent advice when He said: "Use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking." Epictetus, the celebrated stoic philosopher, gave expression to a most excellent thought on this subject when he said: "Nature has given to man one tongue, but two ears, that we may hear from others twice as much as we speak."

Tell Me About the Master

Tell me about the Master,
I am weary and worn tonight;
The day lies behind me in shadow,
And only the evening is light—
Light with a radiant glory
That lingers about the west;
My poor heart is weary, aweary,
And longs, like a child, for rest.

Tell me about the Master,
Of the hills He in loneliness trod,
When the tears and the blood of His anguish
Dropped down on Judea's sod;
For to me life's numerous milestones
But a sorrowful journey mark;
Rough lies the hill country before me;
The mountains behind me are dark.

Tell me about the Master,
Of the wrongs He freely forgave,
Of His love and tender compassion,
Of His love that is mighty to save;
For my heart is aweary, aweary
Of the woes and temptations of life,
Of the error that stalks in the noonday,
Of falsehood, and malice, and strife.

Yet I know that whatever of sorrow
Or pain or temptation befall,
The infinite Master has suffered,
And knoweth and pitieth all.
So tell me the sweet old story,
That falls on each wound like a balm,
And my heart that was bruised and broken,
Shall grow patient and strong, and calm.

—Selected.

KENTUCKY CONFERENCE

Office Mail Bag

Brother Hickman was in the office for a day or two on his return trip from the Eastern part of the State.

Bro. R. J. Hyatt has been sick for a week. We are glad he is better now. He says: "Although I have been sick, it has not been a wasted week, for I have studied my good books."

Brother Lee Page was kept out of the field a portion of last week because of physical infirmities. Let us not forget to remember our colporteurs when we pray.

We are glad to report an improvement in the health of Brother Buckles, who is canvassing near Elizabethtown. He is not able to put in full time, but is working as much as he is able.

Bro. Jesse Miller writes: "The Lord helped me secure orders to the amount of \$121 last week. It certainly is good to 'launch out into the deep.' I wish more of our people would engage in this great work of selling our literature. The people are very good to me."

Sister R. Y. Howard, writing from Covington, says: "My work is very encouraging, as so many are calling for Bible readings. There are many calls from the brothers and husbands of my readers to read with them evenings when they are at home. As some of these are Catholics, I shall need special wisdom from above to know how to win them to the Lord.

Bro. O. L. Denslow writes as follows: "We are getting along nicely here with our meetings. The attendance has been good from the very first, and of the best class of people. Sunday night I presented the Sabbath,

and it is being discussed all over town. Some have expressed themselves as determined to obey."

Bro. F. S. Keitts sends the following report from Lexington: "The work is moving along nicely here. Some of the members of the Bible class are holding Bible readings in the homes of interested ones. Pray for the work here. We long to see more done in the future than has been done in the past."

Bro. B. E. Wagner is assisting in the meetings at Stanford and has been able to get some of our papers and books into the homes of the people. He says: "We have about fifty names of people who want literature. You can expect big things."

Bro. G. A. Davis is spending considerable time at the army camp in connection with the booth which has been opened as a means of distributing our literature among the soldiers. Many are interested in this kind of reading matter.

Some of our own boys have recently been transferred from Camp Taylor to some other camp. Possibly they will soon be across the ocean and on the battle front. Let us remember these dear boys at the throne of grace daily.

BURTON CASTLE.

Stanford Effort

The effort being conducted at this place by Elder Denslow began Sunday night, March 17. We are glad to say that the attendance has steadily increased from the very first. During the second week practically every chair was taken each night.

The whole town is stirred as well as the surrounding country. Sunday afternoon Elder Denslow spoke in a Methodist church ten miles south of Stanford on the subject, "The Kaiser's Dream of

World Empire Doomed." At the close of the service he was invited to occupy the pulpit of the Methodist church at Kings Mountain, two weeks following. This place is fifteen miles from Stanford. Although the Christian Church just started a revival here, the hall was filled Sunday night, March 31, when Brother Denslow spoke on the subject, "The Christian Sabbath, Is It Saturday or Sunday?"

About two hundred people were present.

Nearly fifty names have been received from those who desire free literature. A good class of people have been attending the meetings, and the prospects for results are good. Brother Christman, who has been teaching the church school at Lockport, arrived a few days ago to assist in the meeting here, and we are expecting Brother Brownlie from Davisville this week.

B. E. WAGNER.

February and March Magazine Sales

Name	Number	Amount
Mrs. L. A. White	150	\$22.50
Pearl Vermillion	200	30.00
I. E. Bradley	25	3.75
Milton Jones	310	38.50
Mrs. Fallon	10	1.50
D. S. Sutton	20	2.00
G. A. Davis	600	82.50
Ky. Tract Society	100	15.00
Jessie B. Thomas	100	15.00
Mrs. R. Y. Howard	100	15.00
Mrs. Montague	20	3.00
Mrs. John Wilhelm	50	7.50
Theodore Kroeger	50	7.50
Edna Kroeger	50	7.50
Stella Tucker	10	1.20
Mary McQuerter	10	1.50
Total	1805	\$253.95

"Men and women are wandering in the mist and fog of error. They want to know what is truth."---Manual, p. 39.

A few days ago a lady told me that she had asked a minister (a

noted Baptist) about what constitutes the "Mark of the Beast." He said, "I have searched the Bible diligently to find out, but I must confess that I have not come to a conclusion just what it is. But I will say that there is a danger spot and God will give us the solution of it some day."

How thankful we should be to know that we are in that day and that we as a people have been brought on the stage of action for such a time as this. Esther 4:14.

It would seem that it is time that the host of God's people come out of the holes of the earth to the help of the Lord against the mighty as did the children of Israel. 1 Sam. 14:11. Let us do and dare as Jonathan and his armour-bearer did, and the truth will soon go to those who are anxious for it.

We are not alone in the work. Angels minister unto those who are to be heirs of salvation. The thought of being in company with angels and the Holy Spirit with us is in itself ennobling and prepares the worker for that home above; at the same time through our co-operative work to carry the message of God to His scattered children to help them over the danger spots.

Truly Jesus is ever with us while we are in His work. A few days ago I entered the home of a very stern man. After an hour's conversation he gave me an order for "Bible Readings." He said he had driven another book-agent from his home a few months before that. I thanked God for His presence and went on rejoicing.

ANDY SCHROADER.

The following is a recipe for corn bread with yeast which I believe some of the readers of the WORKER would like to have. I have used it successfully with

both compressed yeast and dry.

1 cup lukewarm skim milk
1 cake compressed yeast
1 and one-half cups sifted bread flour
1 third cup of lard-like vegetable shortening
1 fourth cup sugar or molasses
1 egg
1 and one-half teaspoons salt
1 and one-half cups corn meal

Dissolve the yeast in the warm milk, add the bread flour, and beat well. Set in a warm place to rise. Cream together the shortening and the sugar, add the egg, and beat till light and stiff. When the sponge is light, add this mixture to it, and also the salt and corn meal. Beat well together. Fill muffin pans three-fourths full of this mixture. Set in a warm place to rise, and allow to rise one-eighth inch, then bake. If you cannot get the compressed yeast, use one cup of yeast liquid instead of the compressed yeast and milk.

MRS. B. E. WAGNER.

LOUISIANA CONFERENCE

Louisiana Items

Since moving to Caldwell Parish we have just received Brother Turner's first report, showing 45 orders for "Daniel and Revelation," valued at \$229, taken in 45 hours, having spent the first part of the week moving. His record-day is 9 hours, 13 exhibitions, 24 orders, amounting to \$119. This speaks for itself, and as Brother Turner says, "is an unmistakable evidence that the Lord has set his hand to the finishing of the work."

One day last week Brother Hardy's eleven exhibitions resulted in ten orders for "Bible Readings," four of which were in the full leather binding. Fishing is a profitable business when the net is cast on the right side.

One isolated sister writes: "I can hardly wait each week for my Review and Herald to get a

feast of the home and foreign work, and every word is devoured. It is only those who are separated from church privileges who can realize what it is." If you have not had this experience, send your order in to the Tract Society for a trial subscription at once, \$2.50 for the year.

Brother Denton writes very encouragingly of their work in Amite. Several are stepping out on the promises of God, and want to be found in the remnant church when the call comes to go home. He is now holding public meetings on Sunday nights only, the rest of his time being fully taken up with Bible work and house-to-house effort. Mrs. Denton is giving valuable assistance.

Since Elder Frank's return from Nashville, having spent a few days at home, he plans to do some visiting until time to open up the tent work for the summer. Perkins, DeQuincy, Seale and Fullerton will be the first places visited, then Plaquemine, Hobart, and other places, as time may permit.

The Colporteurs' report for the past week averages \$150 worth of orders for each one in the field, on an average of 30 hours a day, Brother Wilson being the only one who reached the 40-hour week.

"Kill the Rat"

By spreading fatal diseases, the rat has killed more people than bullets have. He is just as filthy and dangerous as ever. While America is trying to feed the allies, this pest annually destroys foodstuffs in the United States worth \$200,000,000. - *U.S. Dept. of Agriculture.*

STUDY AT HOME -- If you cannot attend one of our training schools, why not form the habit of studying at home? The Fireside Correspondence School will teach you how. Elder A. G. Daniels, President of the General Conference, says: "I believe your school is conferring an unspeakable benefit upon our people." Let us tell you more about this matter. Address C. C. Lewis, Prin., Takoma Park, D. C.

ALABAMA CONFERENCE

Alabama News Notes.

In sending in the church report for the Sheffield church, Sister J. E. Cothran states that their church has raised 23 cents per member for the first quarter for missions. This is certainly a good record and we hope that many of our other churches will do as well.

Bro. H. W. Jones sends in another report of almost a hundred dollars, and states that he showed his prospectus to one man where he stayed over night, and after looking at it a few minutes, the man said, "I want that book as soon as I can get it," and paid Brother Jones the money for it. This shows how anxious the people are for our books.

Sister F. M. Reiber called at the office Wednesday on her way to visit her sister at Mobile. She brought in the church report from the Cardiff church, which was over \$50. This is the largest report that we have received from that church.

The Colporteurs' report appearing in this WORKER is the third report that has gone over \$1,100. This certainly shows that the Lord is going before our workers this year in the taking of orders.

Bro. J. E. Foley writes that he is getting nicely started in his work now, and sends in his report for over \$200.

Bro. B. C. Marshall arrived home Monday morning, and reports that Sister Marshall is getting along nicely, after her operation.

We have made a gain in March of this year over March of last year in our Colporteur work of \$2781.55 in orders and \$75.20 in deliveries. We hope that this increase will encourage some that

COLPORTEURS' REPORT

SOUTHERN UNION CONFERENCE, FOR WEEK ENDING MARCH 30

KENTUCKY CONFERENCE

Name	Book	Hrs.	Orders	Value	Helps	Total	Deliv'd
H Ethington	BR	28	10	\$40.00	.25	\$40.25	\$
Edward Whittier	BR	30	12	54.00		54.00	1.00
C B Sherer	BR	40	36	185.00	1.10	186.10	.50
Lee Page	BR	5	1	4.00		4.00	27.85
M L Howard	BR	22	10	45.00	9.60	54.60	
Andy Schroader	BR	12					80.00
R Y Howard	BR	42	12	48.00		48.00	4.80
W H Buckles	BR	35	5	20.00		20.00	
F F Harrison	DR	43	19	81.00	19.25	100.25	
Jesse E Miller	DR	45	23	102.50	18.60	121.10	2.00
Alex Perry	BR	40	20	86.00		86.00	
R W Harris	OD	12	17	35.00		35.00	
I E Bradley	BR	20	5	26.00	6.20	32.20	1.00
William Fort	OD	3					6.00
Ella Marable	OD	12	11	29.00		29.00	
Sallie Burrell	BF	4	3	4.50		4.50	
Total		393	184	760.00	55.00	815.00	122.35

MISSISSIPPI CONFERENCE

A L Hamm	DR	44	69	397.00	13.75	410.75	
Mrs A L Hamm	BR	43	48	274.00	7.25	281.25	
E A Taylor	BR	50	55	283.50	17.50	301.00	
Virgil Smith	BR	31	59	261.00	19.50	280.50	
C R Cannada	DR	31	40	176.00	12.95	188.95	
H D Brooks	BR	39	23	130.00	3.50	133.50	
Susie Beasley	HM	38	37	119.50	8.50	128.00	
Pertha Hampton	HM	76	28	105.50	13.75	119.25	20.00
M Hastings	DR	27	21	94.00	1.50	95.50	
H Balsbaugh	OD	31	31	71.00	2.00	73.00	22.00
J W Taylor	CK	42	16	44.00	6.75	50.75	
E S Scales	PPF	10	1	2.00	7.75	9.75	1.50
Mrs Ida Harrell		4			5.50	5.50	
Bibles				16.83		16.83	
Total		467	427	1974.33	120.20	2094.53	43.50

ALABAMA CONFERENCE

U Bracy	GC	52	58	255.00	14.25	269.25	
G W Brown	BF, BR	40	13	53.00	2.00	55.00	
B D Crawford	BR	56	6	12.00	20.00	32.00	12.00
R J Cook	OD	49	85	156.00	4.00	160.00	19.00
H L Edwards	BR	12	3	12.00		12.00	
J E Foley	BR	49	45	203.00	7.00	210.00	
J W Harrison	BR	20	27	106.00	1.75	107.75	5.00
H W Jones	GC	47	22	88.00	3.50	91.50	
M S Peppers	BR	3	3	12.00		12.00	12.00
C A Powers	BR	23	6	28.00	9.00	37.00	8.00
G W Powers	CK	33	56	116.50	6.25	122.75	1.50
Bibles				19.70		19.70	
Total		384	324	1061.20	67.75	1128.95	57.50

LOUISIANA CONFERENCE

J B Hardy	BR	38	34	172.00		172.00	
M B Wilson	BR,OD	41	22	113.00		113.00	63.00
R R Coble	BR	25	27	126.00		126.00	4.00
Jas Turner	DR	25	45	229.00		229.00	
L B Spear	BR,Misc	32	22	133.00		133.00	34.00
G B Boswell	BR	23	20	100.00		100.00	37.25
Bibles				27.55		27.55	17.10
Total		184	170	900.55		900.55	155.35

TENNESSEE RIVER CONFERENCE

H G Miller	CK	48	28	49.00	6.65	55.65	5.05
R H Hazelton	BR	22	7	30.00	.50	30.50	
E C Widgery	DR	35	9	20.00	1.00	21.00	1.00
Wm J Keele	DR	41	11	53.00	26.35	79.35	9.95
B Paul Keele	DR	48	3	12.00	19.85	31.85	17.75
M Wheeler	DR	28	16	74.00	4.80	78.80	13.00
Total		222	74	238.00	59.15	297.15	46.75
Grand total		1630	1179	4934.08	302.10	5236.18	425.45

are not now engaged in this work to enter it, as the harvest is certainly ripe for the selling of the printed page.

Brethren Hubbard and Bracy are making deliveries this week in Jefferson County, Brother Hubbard for "Bible Footlights" and Brother Bracy for "Great Controversy."

The Thirteenth Sabbath offering for the Birmingham Sabbath School was over \$57 last Sabbath. This is the largest Thirteenth Sabbath offering ever taken in this church.

Colporteurs' Notes

No doubt the readers of the WORKER will be glad to learn of the progress of the Colporteur work in this State. Our men out in the field are having splendid success. Bro. J. E. Foley's report for this week is 49 hours, \$203 in orders and \$7 for helps. In his letter he said "many people wanted their book right then." Bro. Foley has just bought a nice horse and buggy, which will be a great help to him in the work.

Last week I visited Bro. J. W. Harrison, and in 18 hours we secured \$106 in orders. Bro. H. W. Jones writes of many good experiences that he is having, and his report seldom comes under the \$100 mark.

Bro. U. Bracy's last week report was a good one, \$269 in orders. He says he is going to do all he can to make April a big month. Robert Cook and G. W. Powers are stirring things in Tuscaloosa County. Their reports are good every week. Some weeks they go over \$200 in orders.

Word just received from Bro. Quinie Tew, and he says, "Look out for April, for I am going to try myself." In fact all our colporteurs are sending reports like the above, and say they are going to do all in their power this year to put our good books in the homes of the people.

Most of our colporteurs say it is the best time to canvass they ever saw. The people want their books right now. When we see how anxious the people are to hear this great message, I believe

it should encourage more of our people to take up the work.

In the State of Alabama there is more money in circulation than has ever been before; and the condition in the world is causing the people to want to know what these things mean. So I hope that each one that reads these lines will do more this year than he has ever done before.

We want to make April the best month that we have had this year. The one that puts in the most hours and takes the most orders is going to receive a very pleasant surprise.

So let all our colporteurs press right on and put their trust in the Lord, and I am sure if we do this, we can double our book sales in this State for the year 1918.

J. R. STATON.

Sheffield, Ala.

This Thirteenth Sabbath has been a banner day for the church at Sheffield. It has been long looked forward to, and in the end turned out better than had been expected.

During the past fall the attendance of this church has been limited. Only two faithful sisters and one brother, with two or three young people and children, have been regular in attendance, out of a membership of eighteen.

In December the work on the great war plant at South Florence, (Muscle Shoals) opened up, and there have been several from other places who have come to the services and helped.

This church has had a hard time even in raising ten cents per member per week for the past few years, but with the beginning of this quarter the treasurer began to get enthusiastic and hopeful that we might come up to the mark.

Sabbath was dollar day. The amount necessary to raise in or-

der for the school to reach the 20c-a-week mark was about \$16. To our surprise we found there had been given to the Lord the sum of \$24.63. This amount places the school well above the 20c-a-week mark for the first quarter. This is the first time this has happened in Sheffield.

After Sabbath School a church meeting was held. The writer was chosen to act as elder for the remainder of the year. Bro. A. Hall, late of Lawrenceburg, Tenn., was chosen as superintendent of the Sabbath School. Bro. M. L. Wilson was present during the day and gave us much encouragement in the timely sermons delivered.

Quarterly services were celebrated and members who had been lax in attendance testified their intention of being faithful. Other members renewed their allegiance to the Lord and His work. All felt that a blessing had been received during the day.

Plans have been made for repairing the church building at once. There is much work to be done in Sheffield. Seeds of truth sown here will be carried all over the country. Truly we need wisdom that we may do our best. Remember the workers of Sheffield in your prayers.

W. R. TOLMAN.

MISSISSIPPI CONFERENCE

Jackson Effort.

Elder W. P. McLennan began his public effort in Jackson, Miss., on March 24. More than twelve hundred persons were present at the first meeting, and between two and three hundred were turned away. The meeting was held in the Majestic Theater. The offering amounted to \$50, which was donated to the Red Cross Society, and literature for

the soldiers, (Steps to Christ fund). Nearly one hundred names were handed in for free literature on the subject presented and kindred topics.

Learning that Elder S. B. Horton, of Michigan, would pass through Jackson on his way to North Louisiana, it was arranged for him to deliver the second lecture. There were eight or nine hundred present, which we considered a very good attendance, knowing that there was so much going on, as it was Easter afternoon. Elder Horton preached to the church Sabbath morning and also Sunday night.

The expense of these meetings is quite heavy, so if there are any who read this who feel that they would like to have a part in the work here by making a liberal offering to this work, it will be gladly accepted.

Pray for the work here that we may see some material results.

N. L. TAYLOR.

If You Were a Heathen Woman

"We read that when Jesus saw the multitude, He was 'moved with compassion toward them, because they were as sheep not having a shepherd.' . . . China has millions of women no better than slaves, hanging to a flimsy doctrine of the transmigration of the soul as the only hope of their sex. India has 297,000,000 not reached by the gospel; one hundred and thirty million of these know not the woman's friend; twenty-six million of these are widows; four hundred thousand of these widows are under 15 years of age; and fourteen thousand are under four years of age. . . . Sheep without a shepherd—sheep of other folds, as Jesus said to His disciples."—*W. P. Pearce in "In Touch with God."*

"Reader! If you were one of the millions of heathen women:
Unwelcomed at birth;
Untaught in childhood;
Unloved in wifehood;
Uncherished in widowhood;
Unprotected in old age;
Unlamented when dead—

What would you ask of the Christian women of America? *Think on these things.*

"You only need to hold up to view your own present condition in contrast with the sad picture of a legion of your sisters in heathen lands, to see that God is literally pouring out His richest blessings, both temporal and spiritual, upon you. *Are you correspondingly grateful?* Do you prove your gratitude with thank offerings, that others may learn to know your Saviour and love Him? *If not, why not?*"

—*Missionary Review of the World.*

"The vineyard includes the whole world, and every part of it is to be worked. There are places which are now a moral wilderness, and these are to become as the garden of the Lord. The waste places of the earth are to be cultivated, that they may bud and blossom as the rose. The light is to shine to all lands and all peoples. And it is from those who have received the light that it is to shine forth. The day-star has arisen upon us, and we are to flash its light upon the pathway of those in darkness."—*Testimonies for the Church, Vol. 6, p. 24.*

"Be strong and talk hope, Press your way through obstacles. You are in spiritual wedlock with Jesus Christ. The word is your assurance. Approach your Saviour with the full confidence of living faith, joining your hands with His. Go where He leads the way. Whatsoever He says to you, do. He will teach you just as willingly as He will teach some one else."

Wheat Substitutes

Much has been said about war bread and wheat substitutes. There has been some flutter of anxiety and worry over the new order regulating bread and bread material; but this is giving way to a more encouraging feeling as we understand these materials. Many do not like them, because they make a darker looking bread; but this cannot effect our health only psychologically.

Some will feel they are too coarse for their digestion; but this is also a mistake, as more will have their digestion improved by the use of these coarse products, as we have been using too much fine substitutes. This has been proven by observations made in Europe and also in this country by the Bureau of Observation.

Because they look darker and are coarser, we have gotten the idea that they are not as nutritious, or their nutritive value has been lowered; but this is not true, as chemical and food tests show that fine white flour baked into biscuit and preferred as a bread is one of the lowest in nutriment of all breads. White flour is lower in protein or albuminous element than whole wheat flour, and it is also deficient in certain essential accessory food substances, which we may call the vitamins. Dogs, chickens and pigeons can only live on soda biscuit and white bread a short time before they develop polyneritis, a disease very much like pellagra. This cannot be said of any of the whole grain products

The wheat substitutes will not undermine our health if we will combine them in the right way. We will admit that wheat is the best food for bread of all the grains; but because it will make a good bread is not saying that it is superior food. Oats, which is one of our richest foods, has 16

per cent of protein or albumen, while wheat has only 12; so that oats is a better body-builder than wheat. Corn has only 7 per cent of protein, which is too low for a good balanced food, but by adding foods which are rich in these elements, such as eggs, milk, and some legumes, or a combination of grains, we can make a well-balanced bread. Mendel, some three years ago, pointed out that corn protein or zein is insufficient and will not maintain nutritive equilibrium, unless supplemented by other protein containing foods.

Now if we will make a blend of one part oats and corn for our bread, we will have a blend of flour with 11 per cent of protein, which is very much like our wheat flour, which has 12 per cent of protein or albumen. This blend does not change the taste much; to some it will improve it. It makes a substitute that will save our wheat and at the same time it will keep up our nutrition and health. It makes a bread not as dry as straight corn. You can mix the rolled oats with the cornmeal and bake it in any of the ways that you would bake corn bread. If you have a hand mill, you can grind the rolled oats and then mix it. You can also scald the oatmeal first and then add the rest of the ingredients. If you can find some soy bean flour, add that to the cornmeal or to the above blend of oats and corn. Do not forget that eggs and milk supply the element or albumen that is lacking in the corn.

We have not learned the value of oats as a food as we should. As I have said before, there is no question but that oats stand at the head of all grains as a body-builder and maintainer. The elements in it, like a bean, are hard to manage for bread, but by combining them with corn we

have one of the best wheat substitutes. People who will use a certain amount of oats with their corn, or as a separate dish each day, use some milk, eggs and vegetables, need not be afraid of pellagra or nutritional diseases, even though they do not have the wheat products at all.

M. M. MARTINSON, M. D.

Worrying About the Morrow

Many people keep themselves in a state of almost constant agitation and consequent misery by fretting about tomorrow, next week, next month, next year, and still other days, weeks, months, and years that may follow, and the awful things that may then happen to them. How much better to live contentedly and well each day as it comes to us from the hand of the loving Father, remembering the assurance of His word that "sufficient unto the day is the evil thereof," and that other glorious promise, "As thy days, so shall thy strength be." Yes, it is supremely unwise to borrow tomorrow's imaginary troubles and make today miserable therewith. Better follow the good advice given in this little stanza from the pen of Helen Hunt Jackson:—

"One day at a time!
'Tis a wholesome rhyme,
A good one to live by—one
day at a time."

Miss Minnie Brown, teacher of Memphis church school, wishes to have the following names placed on the Honor Roll for perfect attendance: Samuel Alvarez, Florence Alvarez, Clarence Colbert, Moses Dewberry, Louise Eilert, Emily Simon, Leland Wood, Raymond Thorne, Curtis Lambert.

Unwillingness to forgive is the most convincing evidence one can give of narrowness of mind and smallness of soul.

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Pertaining to the Union

Union Conference Directory

S. E. Wight, President.

G. H. Curtis, Sec'y-Treasurer and Auditor.

L. H. Wood, Ed. and Y. P. M. V. Secretary

M. W. Shidler, Union Missionary Sec'y.

O. R. Staines, Home Missionary Sec'y.

Office Address, 2006 24th Avenue North,
Nashville, Tenn.

Southern Union Conference Campmeetings

- Louisiana (white & colored)
..... July 25 to Aug. 4.
Tennessee (colored) Aug. 15 to 25.
Kentucky (white & colored)
..... Aug. 29 to Sept. 8.
Tennessee (white) Sept. 5 to 15.
Alabama (white & colored)
..... Sept. 12 to 22.
• Mississippi (white & colored)
..... Sept. 19 to 29.

Items

The theater meetings in Nashville have closed, but a Sunday night meeting is being held in the Memorial Church, which is quite well attended by those who have become interested.

Elder I. M. Martin is in the West attending the General Conference, and Elder James Bellinger has been called away on account of the death of his wife's mother, so Bro. I. C. Pound is looking after the work here, in their absence.

Mrs. I. C. Pound returned to Nashville this week, and will assist in binding off the work here. The Union Bible workers, Miss Hornung and Miss Williams, are still working here also.

Southern Junior College

Notes

Miss Ruth Hale of Macon, Ga., has found it advisable to discontinue her work in the primary department, and to return home for rest and recuperation. The good wishes of many friends follow her. Miss Zoa Shreve of the senior class is now in charge of the work for the children.

The past week has been rather uneventful at Collegedale. Nothing has happened more exciting than the mid-semester examinations. But as history often fails to record the quiet, steady growth of a nation, so has there been growth and progress of the quiet sort in our school. "Blessed is the nation whose annals are few." This is equally true of a school.

On Thursday evening, after the tests of the week were over, the students found relaxation in an informal social hour in the dining room. A spelling test and other mental recreations added zest to the occasion.

At the Sabbath service the 17 students who were baptized the previous Sabbath were received into the Collegedale Church, and were given the right hand of fellowship by Elder Field.

Special Notice

The May number of The Life Boat will be a Special Patriotic number. Leading writers in the country are preparing interesting matter for this number. Notice some of the titles:

"An Outlaw 'On the Run,'" by Prof. C. A. Longacre.

"'Over the Top' For Others," by Prof. C. L. Taylor.

"Why Remain Perplexed?" by A. O. Tait, editor of Signs of the Times.

"The Soldier's Heart," by Dr. D. H. Kress.

"Is It Patriotic?" by R. W. Parmele.

"The Simple Faith of a Modern Scientist."

"Angels of the Barracks," by the editor.

"Patriotic Eating," by Dr. Mary Paulson.

Also Dr. P. T. Magan will write on True Patriotism. Other articles just as interesting will appear.

This number will be profusely illustrated and unusually attractive. Order early to sell or give out to your neighbors. Send 25c in stamps for five copies.

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