

VOL. I.

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No. 2

CONTROL THE SUBSTANCE AND LIFE
FORCE AND YOU CONTROL NATURE
ITSELF AS TO HUMAN NATURE.

REGULAR LECTURES

To Be what we WILL to Be, just you and me, means just to get right and stay right till we have arrived; that's all, seems easy, but wait; let us commune often together, lest we forget and stray from the path, back into the same old ruts. I am here before you, for that very reason. Mayhap, you are much of my Inspiration; Intercommunicating, Soul to Soul, is a fact; I Am The Denver Metaphysician.

Those who have Wares to sell, Professional Service to offer, or any other Service, of worth and value to humankind and desire to make themselves known, will find our advertising columns open and offered only, upon the Merits of the paper itself.

The Editor needs no introduction as to Metaphysical work; for more than a quarter of a Century he has been steadily at, and practicing, Higher Metaphysics, and has found cooperation with others, skilled in The Great Art of Healing, of vital and primal good. As to Metaphysics we leave to our patients and friends all as to practical results; we are willing to do so; have done so and are pleased to state, that most of our work has come thru recommendation of whom we have tried our method, or Process.

Criticism is attempted only, as a Profession, by those making it their particular Art; we are not pretenders to talents or capacity of Soul, along those lines; we therefore, shall avoid what is not of ourselves a Gift.

We simply desire to aid in building up a good citizenry; the only safe prop to Good, Happy Homes, the mainstay of Good Government. Mastership in anything, is simply TRUTH along with consistent Charity to all, manifest as correct Phases of Stable Character. Let Merit speak for us and on that we depend for our success and the success of our readers.

I Am awakened to The Truth; I Am alive with The Truth; I Will to accomplish my purpose. No tie that binds or hinders nor in the purpose I have resolved to accomplish, can hold me. I Am able to avert the ills that Flesh is heir to; The Law compels the USE of this wonderful GIFT. Knowledge is for no purpose lest it be for USE; to fail to make use of knowledge, is to bring to self the results of non-use, which means defeat and illness. Nothing ever was given to any man, lest for USE; the LAW is irrevocable and all compelling in this respect.

The world is full of well capacitated and able persons who are suffering all the ills that flesh is heir to, simply because of the mis-understanding of the USE of All one IS, that he may unbind and set free himself; It is my duty as a knower, an Initiate of the Higher Wisdom, to assist all who, as I do, are in the LAW of the Universe, to know that the result of being bound by an Influence, self generated, self induced, self built up and self fostered and sustained. Whether you have Gifts, of Soul, splendid Talents, or are of the skilled in anything, of bettemental service to mankind, it is your privilege to make use of these and thus preserve your own self free from the Influences that cause the process of three vibrations of the soul, to be in one way or another, to be used, to be laid up in great vaults, or refuse to place constantly in use, as the circulating means of exchange between man and man. The rich grow ill and die, often in midlife, and their relatives and friends wonder over the why for such an early demise, or if perhaps committed to live on, yet so much misery. This Universe is the LAW of Aeon and not of self, and the only way to escape the USE of anything is to do nothing, to be idle; motion is the necessity of continuity, of Being and is LIFE, itself. Life makes USE of everything in form and the atmosphere as well, in order to carry out its LAW of Serviceable Use in the manifest expression of Divinity. Eternity is now and now is Eternity, which implies constant USE of the Universe for the completion of work, for the good of the Universe as in the fact that all things are for the good of the other, and The Universe, as a Whole, the GOOD of ALL that constitutes The Eternity.

And I would that every person could awake to The Truth and resolve to accomplish some purpose; every one, everywhere, has something to do of service to human kind. Let loose of the selfish self and become the selfless Self, long enough to say, I am of this great wonderful plan of the Universe and I will do my little part to assist matters along. Would that every one could seek, above all else, a given place or position, in the great design of things and place so well a part in the Divine Idea Of Harmony, as to help HEAL the world of sick and ill human bodies. Disease is more often a consequence of the loss of the love of GOD, than of any other cause. THOUGHTS OF THE WORLD OF NOT RIGHT character as to basic principle, not what I can earn so much as how much USE can I be to my kind, is the attitude of the real seeker after the Best the world has to give, as reward for services. How to get Riches, never yet solved the problem of correct living, or assured Success.

How to command riches thru services, the USE of what I AM myself, WILL solve the problem, not alone of success, but usually of health and also of competence. Let us analyze self; let us find our niche; let us resolve to make USE of our best Gifts or Talents; this is the Royal Way to all that most men should enjoy.

I have found The Truth; I WILL USE it for a purpose, and shall accomplish that purpose.

Every true Metaphysician begins by affirming the existence of the Soul and insists that it possesses a reality, and persistence as well as permanence of life, that cannot be ascribed to anything different than the Soul, itself. That the Soul is "birthless and deathless," always was, is and ever shall be, regardless of aught else we may know or think, is the first and essential truth of the theory of Metaphysics, which distinguishes Man, as Man, and gives unto him an Individual correspondence with all that Immortality implies. That thru a process of involution and Evolution, Humanity learn, little by little, to inaugurate means to control the inward, manifest, or personal self, and to become conscious of the existence of the Soul, is the theory of the genuine Metaphysical dispensation, as to Powers Occult.

The Affirmation "that Man is a Soul with a body and not a body with a Soul," becomes the fundamental idea. The objective is the control of the lower, or curved, by the Inner, or Higher Self.

To so recognize Soul as to permit the control of The Substance And Life Force, so perfectly so, as to control Nature, Itself, and thus control all things in accord with the Law of Correspondence, Vibration, Rhythm, or Action And Reaction, and that of Gender, which implies Polarity.

The True Metaphysician Obey, mentally, The Law of Unity, which recognizes as a truism, that The Universe is a Unity in diversity.

Diversity is known and accepted as the Necessity of Deity to express Himself; "that the manifest Universe is Mental", The Unmanifest All, is Spiritual, Omnipotence, Omniscience, Omnipresence, in working and manifesting all MIND, operative in Form or the multiples of form.

The Universe, as a Unity in Diversity, is no different than The findings of a person aboard a ship at Sea, where all is water, water, water, wherever one may look, an Ocean of water, one body of water, yet composed of Trillions of drops of water; a drop of water being in its composition, no different than that of the entire Ocean of water.

Man is likewise a mental ship, in the Ocean of Universal Consciousness. Over soul and Mind, composed of the Same Substance and Life Force, as is the Universe itself; man, like the Universe, is a smaller universe of a multiple of Cells, etc., in so far as he is Mental; Soul is of Primal Substance, Fire and Water, Spirit and Word; herein lies a Mystery, for each one to solve according to his own conception of man and His Creator, as a Trinity, or otherwise.

When I see a man or woman who has been destroyed by his own sin, I say, "If factoring was a religion, it would destroy itself." After a second time, if all the vast works of God would go into chaos, when a single Cell, of a group of Cells, becomes destroyed, the Cell must instantly be replaced, or else, its destruction leads to chaos; so that to that group of Cells, and soon chaos or disorder, disharmony or inharmony or so-called disease sets in. But Metaphysics goes a step further and says, that man, mentally, may refuse the guidance of The Spirit, and Soul, and Mind, and set up a false kingdom of error, which will set at work to destroy itself. This is what we may call a refusal of our right to live as a free affair, within the mental self-form, and, thereby create a state termed disease, corruption and finally death to form: that man may refuse his birth right, ignore his Spiritual and Creative, Divine Nature, The Infinite Intelligence, Principle of Being, and thus, live on borrowed Light and Life, as long as he can sustain his physical organism. But this is not Spirituality, nor is it Christianity, nor is it the Kingdom of God, nor is it Wisdom, or becoming The Christ-as-is-to Characteristic Power, and hinder the Soul, the Real Higher Self, from controlling, the Substante and Life Force, which controls Nature itself, and thus, become the child of FATE instead of The Sonship of God, or Destiny.

Harmony confesses obedience to the Soul and its Mediator between God and Man.

From a Patient, who joined as an absent member, residing in Kansas City, Missouri comes the following to-wit:

Dressed in a Robe similar to that of a Magus;
He wears a white beard as a Symbol of ages of Knowledge.
His large blue eyes are lit with a Divine Fire Containing, and-

Reflecting, all the qualities of Divinity, around him is a Halo of Light as if Sun rays shed forth from himself; He faces the East and points with his right hand to the East. The Skies overhead are an Inky Blackness, but covered with Myriads of bright stars, these stars seem about the size of The morning or evening star as it appears to our physical eye. The Sage speaks to me—These Heavens must open for you—then shall

You see the wonderful White Light of God Himself And be One
of His Angels of LIGHT;
And then, for a moment, the Inky Black skies opened and the
White Light Everywhere, (whiter than the most fleecy white
clouds).

And Angels robed in white, abase with the splendor of suns.
The above may be interpreted Physically and Spiritually as
Materially also, as follows: Spiritually, The Inky Darkness of the
skies would indicate personal inability to see spiritually; the stars
indicate simple gleamings of Truth which are breaking thru the dark-
ness in spite of lack of Soulful Unfoldment; first insight into hidden
Things; Physically, the black skies indicate sickness, or ill abode
of the soul; Materially, the vision means all is darkness until
Truth illumines the chaos and the stars simply show that portion
of Chaos have received the light and taken form as a result of "The
Light."

Again The Angels, shining as suns, indicate the Higher Hierarchies, operative as Illumined, Intelligent Forces of Divinity.

I have given this lesson in this manner, for the simple purpose of illustrating, how we may expect to enter into the Great Vision and in the manner which it may creep in upon us and vanquish our ordinary Consciousness and Physical Sight, take possession of our faculties and usher us into the Presence of things, thereby doing away with all the "form" things, yet not destroying the "form" things. It, too, shows how the Vision reveals a Universe, in Total, yet disturbs it not; it further shows all as LIGHT in the Finality of that IS; and that Spirit resolves all into Light; it proves All to LIGHT. This lesson then is one that may aid some who are struggling and sitting and trying to gain The Vision, when in reality it is like the "light" of the "dark" things, expected, and vanishes as it came, just as subtly, and hence it is that it unfolds that superior Soulful Gift of Inner Knowing, that we may truly Spirit, discern The Light and thus become this Light which in turn Disperses and Shadows forth all that, was, is, or ever shall be in the Universe of God. Not by effort, can a man gain this, provided he is not advanced in the "Soul" or Soul unfoldment; he must discern the "Soul" and the "Unity of Mind" which is the key to the necessary attention, that would permit one to come into the Light that is All and in All."

The Mystic Church of Christ; Services Sundays at Upper Howe Hall, 1548 California Street, at 3:00 o'clock p. m. Frank D. Hines, Rector; after Service Metaphysical Questions and Advisory Work to ALL.

TUESDAYS AND FRIDAYS, 8 p. m., questionnaire meeting at parlors, Suite 27 and 28, 1608 Broadway. Three questions written, sign initial, etc.

Life Revelation, present and future by mail, send name in full, birth dates and all questions you wish answered and One Dollar Address all communications to Metaphysical and Transcendental Department, 1608 Broadway, Denver, Colorado. Frank D. Hines, Ph D. Sc. D.G.

Our terms are reasonable, just, righteous and within reach of each and everyone who desires to be made whole, whether in love, unity, business, health or anything possible to man's good, peace of mind and comfort. Five dollars per month, in advance, for all special, individual work, absence or distance cuts no figure. Send full names, married or single, birth date, day of month, year and hour if known, and what you want done and then do your part by paying till healed and expect what you ask us to do, if our method can't do it, then it's useless to try elsewhere. No interference with Religious Beliefs or other methods of Healing.

When at sea you are surrounded by an ocean of water; all you may behold about you is water; this is so evident to you that it becomes a realization; when passing thru the years of earth life, you are surrounded by LIFE, nothing but vibrating, pulsating, vital life; a very ocean of throbbing, unfolding life; if you can become the realization of this, as you are of the ocean of waters, when at sea you will have lost the IDEA of DEATH; you will get away from the FEAR of DEATH.

You become what to you is actual realization, as a truth, to the self. When Spring has come and the waters have lost their ice, fixedness, and flow as rippling streams; when the white raiment of winter has changed to the green carpetings of Nature's growing things; when the birds warble and sing and all Nature thrills with pulsating joy; you, too, note, that there is a realization of vigor and energy, not apparent during the months that have just sped by into eternity.

You find new aspirations; now hopes; new FAITH and new courage has taken possession of you; you are under the influence of the gladness of the awakening of Nature, and human nature is in receptive to this renewal Process.

Now, even as it was in the actual realization of the sea as water and The Spring as The Great Awakening Season of The Year, s

can HEALTH become such an ideal surrounding atmospheric, breathing, vibrating reality as to bring to you the realization, that, I AM Health. It is the Spirit of Things, conditions, circumstances, surroundings, that Inspires to realization. Of what sort of spirit makes a mighty difference as to realization and its outcome, the effect upon one's personal self. It's How we accept, or see, or take our surroundings and all that makes or unmakes us as to general tone, or disposition, that determines much, of what we are.

The Ocean of Good can never be the opposite, that of Evil. Man determines, as to what shall be his realization and that determine for him, the outcome as to his health or ill health, or phase of self-expression; we may cure the disease, if given the opportunity, for our Consciousness is held free from detrimental and in tune with All that belongs to unfoldment, growth and fruitfulness, as to realization; for self and those dependent upon the same Process, for he along the way.

The Truth is ever present; accept this and "Know The Truth and be FREE". Within yourself lies a universe, and who ever awakens you to realization of this truth, shall prove of true worth.

Personal magnetism is being like unto that which inspires all personal influence is a manifest of the same gladsome spirit.

A young man in love is far more magnetic and influential than when not under the inspiring spirit; he is liked better; he accomplishes more with less effort; he is at peace with himself and the world realizes it, while all men partake of his influence of cheer.

"We are wiser than we think; nobler than we act and truer than we seem." It is when false to our own realization of the goodness of ALL that IS, that causes defeat, as to attainment of Magnetic and personal Influence. A groucher and a grumbler never was not for powers of attraction or for yielding magnetic influences.

III humor advertises itself and needs no special spy glass to detect its whereabouts. Be as Nature Is at her best and you need not worry about power to attract, thru personal magnetism or influence.

The Sun seeks no one, or anything; the Sun shines.
Health and Personal Magnetism are twin requisites to Success.

Fairy Tale for Children

By MARY GRAHAM BONNER

"Good morning, Kangaroo," said a Sparrow who had come to visit the zoo.

There was no answer.

"Did you hear me, or are you a deaf kangaroo," the Sparrow said again. At last the creature who was questioned turned around.

"I am most certainly not a kangaroo," he said, "and when you said, 'Good morning, Kangaroo,' I did not answer because your question was not addressed to me."

"Well, well, well, but I think you're particular," said the Sparrow.

"Besides, if you're not a kangaroo, what are you?"

"What am I? A Wallaby, of course, a brush-tailed Wallaby."

"Pardon me," said the Sparrow, quite meekly. "Well, how do you do, Mr. Wallaby?"

"Now you've asked me a question I can answer. I am quite well, I thank you."

"I feel better now that I am called by my right name. It is not," he continued, "that I dislike the kangaroo family."

"Far from it. But I do not like to be mistaken for some other creature."

"One likes to be one's self, no matter if one is queer and ugly."

"No one would change places with the peacock."

"It is all very pleasant for the peacock to have a handsome train, but do you suppose that the monkey would change places with him?"

"Not at all. The monkey has a far better time playing and swinging and doing tricks."

"The wart hog is ugly but he wouldn't change places with a peacock. He is used to being a wart hog."

"He wouldn't feel natural or at home in the world if he were anything else, even though he is so hideous."

"I didn't ask for any hideous creature," said the sparrow.

"It's all a part of my talk, though," said the Wallaby. "Poor old wart hog has crooked horns, ugly wrinkles, a few queer hairs and an enormous snout which has a peculiar way of hanging down."

"But he is happy. He likes to lie

in the sun and dig in the ground like any member of the pig family."

"You see all creatures want to be themselves. He'd be very unhappy as a peacock. He wouldn't know how to act or what to do."

"That is probably so," agreed the Sparrow. The Wallaby was still talking.

"Now you see over there, my cousin. He is the Agile Wallaby, because he can move easily and quickly."

"An agile creature means one who is nimble and quick, in case you don't know, Mr. Sparrow!"

"And there is the Wallaroo too—he is a cousin, though he is quite gray in color and is a good deal larger."

"Now the Brush-Tailed Wallaby is cousin. He is the Agile Wallaby, because he can move easily and quickly."

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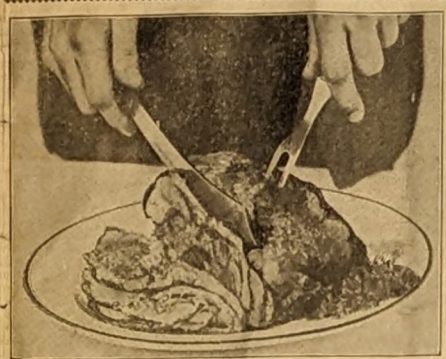
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CARVING STUFFED SHOULDER OF LAMB



How to Carve Stuffed Shoulder of Lamb.

(Prepared by the United States Department of Agriculture.)

Many people think the meat of a shoulder of lamb is just as tender and quite as delicious in flavor as the leg or any other part. The shoulder is not so easy to carve as the leg, owing to the irregular shape and central position of the shoulder blade. This difficulty about carving is easily met, says the bureau of home economics. Select a shoulder of lamb weighing from three to four pounds. Have the butcher remove all the bones, as well as the fat, or outer fatty covering of skin. The bones may be

saved for making soup. The shoulder may then be stuffed, and either left flat or rolled. The flat shoulder, as illustrated, is easier to sew up than the rolled, and the pocket holds twice as much stuffing. Either of these completely boned stuffed shoulders can be carved straight through in attractive slices of part meat and part stuffing.

Wipe the meat with a damp cloth. Sprinkle the inside of the pocket with salt and pepper, pile the hot stuffing lightly, and sew the edges together. Rub salt, pepper, and flour over the outside. If the shoulder has only a very thin fat covering, lay several strips of bacon over the top. Place the roast on a rack in an open pan without water. Sear for 30 minutes in a hot oven (450 degrees Fahrenheit). If bacon is laid over the roast, shorten the time of searing so as to avoid overcooking. Reduce the temperature of the oven to 300 degrees Fahrenheit, and cook the meat at this temperature until tender. From 2 1/2 to 3 hours will be required to cook a medium-sized stuffed shoulder at these oven temperatures. Serve hot with brown gravy.

Mint or Watercress Stuffing.
2 cups fine, dry bread crumbs, 6 lbs. butter
1/2 cup fresh mint, 2 lbs. chopped celery
leaves, or 1/2 cup 1 1/2 lbs. chopped onion
finely cut water- 1/2 tsp. salt
cress, leaves and 1/4 tsp. pepper
stems.

Melt one-half of the butter in a skillet and add the onion and celery. Cook for two minutes and add the mint leaves or the finely cut cress and the other seasonings. Push this mixture to one side of the skillet and in the empty part melt the remaining butter and stir in the bread crumbs. When they have absorbed the butter, mix all the ingredients together. When using watercress allow the liquid which cooks out to evaporate before the buttered bread crumbs are added.

(© 1934, Western Newspaper Union.)

Cozy Dining Alcove

(Prepared by the United States Department of Agriculture.)

Do you have a comfortable spot in your kitchen where you can sit down for some of your tasks? We hear much in connection with modern housekeeping about saving energy by sitting at one's work, and there is no doubt but that a high stool at the sink or ironing board is often a great help and back saver. There are many other kinds of work done in the kitchen, too, for which one might be seated if there was an inviting corner and comfortable working surfaces handy—shelling peas, stringing beans, picking over fruit for canning, even peeling potatoes and apples or cupping berries, although these foods may afterwards have to be washed at the sink (one of the great advantages of a "breakfast alcove" or "dining recess" or whatever you like to call such a nook off the kitchen is that it provides just this sort of place for working in comfort). The top of the table is easily protected by paper or oilcloth. If the work makes dirt. For many of us, the refrigerator and the other in the grocery order. A small shelf, these tasks two people join forces at times, and there is not room for both at the sink, but here a separate half hour can be made of an otherwise uninteresting task.

A place for keeping track of household expenses, particularly foods and kitchen supplies, is almost a necessity.

The floor plan, which is from Farm Bureau Bulletin 1515-F, "Convenient Kitchens," shows one way of arranging an alcove so that it is well situated in relation to other features of the kitchen. The window may be placed at the side or at one end of the alcove as in the other picture.

The illustration shows an alcove which was part of the kitchen improvement in a Massachusetts farm home, carried out during a kitchen contest directed by extension workers. The table and benches were built by a member of the family. The benches have hinged tops so that they can be used for storage. The table in this instance is not hinged, but a hinged table is often arranged to permit easy cleaning of the alcove.

and in such an alcove there is comfort, quiet, and order, and the records can be attended to in those intervals that occur while something is cooking when there is not enough time to warrant going to another part of the house to sit. Meals can be planned here, too, with one eye on the left for cookbooks and records might be arranged at one side of such an alcove. Outside the window, a box filled with evergreens or flowering

plants would add charm, just as does a bowl of flowers on the table.

In a small house the alcove sometimes serves every purpose of a regular dining room. In others it partly occupies the position formerly given up to a "butler's pantry," between the dining room and kitchen, where it is especially useful for hurried breakfasts, and the housekeeper's solitary lunch. At dinner time, and on occasions when there are additional persons to serve, it is very convenient for spreading out salad or dessert plates to be filled, or otherwise to take the place of a serving cart.

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The Cave-In at the Mine

By MARTHA WILLIAMS

(Copyright.)

"DO YOU feel in your bones that it's going to rain?" Anne asked dispassionately.

"Why ask me that?" from young Bernard in surprise.

"Oh. Because I've noticed colts and calves and chickens and pigs act up as you've been doing this last hour whenever there's a storm coming," Anne flung back.

"But—what have I done?" Bernard demanded aggressively.

Anne began to check off, her finger tapping up and down. "Let me see. First, you teased Fluff into scratching—not you righteously, but me, the innocent bystander, upset the inkstand upon my brand-new table cover—and said bad words—many bad words, simply because the curate came to call—Bernard snatched Anne upright by the shoulders, looked deep into the dancing eyes and hissed: 'You had better stop. I tell you I won't have—this! I can stand a rival—provided only he's a man. But not something made of putty and peppermint candy with a mace of palms-singing.'"

"What's that? What's all this? Practice for grand opera?" Major Barnes, Anne's uncle, called from the door.

A long, long blast of a stenorian whistle made him start and turn pale, as it was instantly repeated, thus signaling deadly danger at the mine he had left in full swing half an hour before.

Anne understood—so did Bernard. Then over the phone came a call: "Cave-in at Number 7 drift—men behind it—don't know yet how many."

But by the time the major reached the pit-noon a check-up had told the tale. Nine good fellows were behind the deadly barrier. It could be dug and blasted through, but not in time to save them.

Anne was white and stony with anguish; these nine folk were close to her heart. It was through them the curate had won his place in her regard—he was so naïvely of them, heart and soul, entering into their joys, their sorrows, hopes, aspirations and bewilderments. To some among them he was a fool for his pains; to others a harmless Merry Andrew, but to the most part a comrade, heaven-sent, to show them the better ways rather than tell of them.

He, too, the whistler had called imperatively—but he had been hindered, apparently—the major was almost through his relief-ordering before he appeared on the scene.

"What is needed—here?" he asked.

"Air—which means life!"

Curate Lee dropped his eyes, meditatively for a moment, then darted away without a further word. A few cursed his flight.

Bernard whispered to Anne: "All yellow, you see. But she did not hear him, apparently—she gave him no answer. She was thinking—hard. Curate Lee knew the other face of the workings as did no one else. He loved outdoors with a passion—and the coal country was a magic land to his inward soul. He had spent all his scant leisure ranging it. She asked herself the question over and over as she went among the women crouching here.

It was left to Bernard to supply fans, ice water, milk and fruit. He had forgotten himself and his enemies, letting his fine realities come to the surface.

There was a constant roar of arrivals—trains, motors, apparatus from the nearest collieries, all manned with the pick of their profession and every man eager only to succor the doomed prisoners.

Blasting would make an end of the barrier—yet might bring down so much a greater fall as to crush all within range. If a crawway could be cleared at the top of the main shaft and rock air could be sent in through a hose—maybe even food and water—then rescue would be certain if lagged.

So they set about making it—these men of might and muscle. By late afternoon, ice water, milk and fruit, and there were above a hundred to pass. Moreover, the roof was none too solid—shoring it meant still slower progress. The major, watching with straining eyes the small-scale progress, prayed silently—he was past speech. And suddenly there snote up on his ears a wild hubbub of yells, of cheers—the maddest ever heard. He turned to face Bernard, who leaped from the descending cage, crying: "Major, major! Come up. They're all safe—all out—every man. They—everybody—wants to see you."

"Why—it was nothing—less than nothing, indeed," Curate Lee explained, somewhat haltingly and red-denning at what everybody was saying. "You see, I had a notion the cave in North Hollow ran almost to the mine—had meant a long time to find out—so it came to me—this was a good time for it."

But he was dripping from a plunge in a salt brine pool, his clothes in rags, his hands bleeding from clinging to jagged rocks.

Also, the men who had followed him the perilous way to safety had much to say.

Hearing it Bernard said dejectedly to Anne: "Of course, it is all up with me now." To which she retorted: "Goosey, you're ridiculous. You need a caretaker. Sandy Lee does not—and never, never will. Besides, he's a girl back home."

Hints for Housekeepers

To insure bright clear jelly cook the fruit juice rapidly.

Blueberries and raspberries combined give jam an unusually fine flavor.

Before dyeing any garment be sure it is clean. Dye does not conceal soiled spots.

When waffles stick to the iron it may be that the non-stick coating should be used in making them.

Put a thimble on the end of the curtain rod so that it may be pushed through the curtain without catching the fabric.

White felt hats may be dry-cleaned at home by rubbing into the surface of the felt a mixture of a quart of corn meal and a cupful each of salt and flour. Let the hat stand overnight, then brush it thoroughly.

Velvet Chic for Milady's Suit

By JULIA BOTTOMLEY

So extravagantly have the praises of velvet been sung, it would seem that there is nothing more to be said upon the subject—until one catches a glimpse of the new velvets for this season. Then does one realize that the story of velvet is only at its beginning. There was a time when velvet was just velvet, suitable to wear only a few months in the year, and then laid aside until the coming of another winter

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LITTLE HELPERS

Appreciation with gratefulness is extended to all who have given subscriptions and the same to the many more who shall join us.

Power IS and always shall BE; turn it on and let it become the Self at work.

Ripe fruit is simply matured that it may be of use; nothing in Nature can violate the rule of use.

Everything has its purpose for being.

We were recently in a controversy over some material matters with a lady of culture, when she heatedly exclaimed, Sir, I want you to understand I Am God; something within myself instantly responded, "Be still AND KNOW that I Am God". There was an instantaneous effect.

It is a safe proposition never to affirm a thing that is an impossibility.

Wisdom invites the seeker to come out from the darkness, or else compels the darkness to give way to The Light.

Knowledge is power where ignorance of self permits a translation of Consciousness. No one goes out of his body to visit a place thought of, but Translation of Consciousness permits Mind to be wherever we THINK we are, "In Spirit And In Truth".

The Astral, as the garment of the soul, may scarcely well depart the soul to travel thru so-called space; but the Soul as a Factor of The Ocean Of Oversoul utilizes the Astral as, "Astral Radio", Process.

Intercommunication is thus established.

Distance, Space, Absence, Time, are eliminated in soul to soul intercommunication; I Am, in Consciousness, what I intend another to be, provided that otherness, in form, intends to receive, what I Am in Consciousness as to Intended purpose; no person is compelled to receive what unto him may prove his undoing.

A dutiful son obeys his parents, whether they be right or wrong, so long as he is a dependent upon parental goodness; it is not presumed that dutiful implies evil instructions; so is with all men as to The Dictates of The Righteously endowed Higher Self and The Spirit thereof.

Should you be at the end of your mental powers to determine what is best, or what to do to be safe or saved, just drop the mental phase and let loose, and meditate; this means relax, drop the matter; be still and listen and permit That something within you to solve the matter. To Meditate is like retiring and saying I can't solve this matter, I will drop and go to sleep, the answer will come to me in the morning. Go to whistling, undress in that mood and retire to sleep.

A Keeper was accosted by a Preacher, regarding his cruelty in keeping a Tiger Caged; well, said the keeper; try your plan; the preacher, went up to the cage; the Tiger said my dear man, will you let me out to get a drink; I will not hurt you and will return to my cage; the preacher unbarricaded the cage door; the Tiger sprang out; Now it's my Nature to eat a man whenever I catch him defenseless; I am going to make a meal of you; we left just then, thinking that Wisdom should teach one to attend to his own business and leave to others that which they are best suited to perform, also, mayhap know better just how to properly and safely handle.

Let us quote from Yoga Of Yama; Mantram 20—More subtle than the atom and greater than the great, this soul of the creature sits securely in the heart cavity. He who is free from grief and sorrow as from desire, realizes in the tranquillity of his senses the sovereignty of the Soul. Mantram—21—Who other than myself can know that Self, who sitting still yet walks afar, and lying down moves everywhere, that Radiant One who joys without rejoicing. Mantram—22. Bodiless among the embodied, among the changing changeless, vast and all-pervading, knowing thus the Self, the wise man does not grieve. Mantram 23—This Self is not revealed by many explanations, nor apprehended by much teaching, but to him who is acceptable by the Self, the Self will be revealed.

There should be good in all that is pleasant or else the pleasant becomes a quality much perverted. The virtue of anything lies in the purpose and manner of its use.

Money is not an evil in itself, but when converted from its rightful use, as a means of exchange in its sphere of action or activity. The purpose for which money is used determines its evil or good.

A house is not evil, cannot of itself be other than good, yet its use may be either evil or good, as man determines the purpose for which it is used.

Righteousness implies right expression thru right use of talents in affairs of life; an actress may employ her Art in righteousness or display the most ridiculous lack of right expression.

Be filled with the spirit of good and goodness follows without effort; be filled with the spirit of courage and to be brave is easy; the spirit of joy expresses itself, so even as it with the Spirit of any desired attribute of the Good "Be Ye filled with The Holy Ghost."

Real Span of Human Education Extends From the Cradle to the Grave

By ANNA BELLE JOHNSTON, Nursery School Expert.

IT IS too often assumed that education begins at the school age of six years. Emotional personality and habitual slants begin at birth. So should education. The child may be said to graduate into the schools.

Children do not go untrained until six years of age. They are being trained somehow, somewhere, every hour of their lives. It is better to know how and where—as in the nursery schools.

The responsibility may rest entirely with the parents, but many of them do not feel they are adequately trained or have sufficient time or proper facilities. No thoughtful person fails to recognize the difficulties of the job of being a parent.

When families become convinced of the desirability of holidays for mothers away from their children a great step in correcting morbid emotional attitudes will have been taken.

This should mean a daily as well as an annual period of freedom. In the former it is the nursery school that is providing the desired separation.

The infant is in the nursery school three hours each day. This gives the mother an opportunity to view her own work and a chance for recreation while the child is receiving the scientific attention it should have during these early years. The child is placed in a social group of 15 children of its own age with two trained teachers acting as their guides.

The nursery school does not assume all the responsibility. The mother spends one morning a month in the school observing methods followed in handling her child. After such observations the mother has a conference with the director and discusses every phase of her child's development, thus setting up a link between home and school.

Nursery schools aim to provide a laboratory in which the student may learn child care with real children as the subjects of their study. Too many girls undertake the responsibilities of home and children without adequate preparation. Public schools now are recognizing a responsibility in this connection and in increasing numbers are including training in motherhood.

New Artistic Era Certain to Be the Result of America's Material Activity

By PROF. DE WITT HENRY PARKER, University of Michigan.

History shows that periods of high artistic activity usually coincide with epochs of political and commercial pre-eminence, and into the latter we have already come. For better or for worse we have left the day of the "whole man" behind. In the growing complexity of civilization the problems of life have become so difficult and so numerous that in order to meet them each man must apply his whole nature to a single one of them, at the cost of integrity of personality. Losing the "wholeness" which is so characteristic of beauty, and being only fractions of our possible selves, we are loaded with longings and repressions and disfigured with strange inequalities of character.

Mechanism will go on its unrepentant way, but play and art will bring us the freedom which we lack. The harmony which we achieve through play is accomplished by an exclusion of worry and work. The harmony of art is one of inclusion, in which the whole resources of our personalities are allied into action. But, while in all forms of play and sport it is conceded that America stands the peer of any nation on earth, in art, if we take the sweep of the last hundred years, she has not matched the most artistically gifted nations of Europe.

We are now fast building a tradition and a culture of our own. The mechanical nature of our civilization has created a need for art. And that secure hold on economic wealth so necessary for artistic culture has been won. Need and opportunity will combine to make the future of art in America immense.

Unlimited Possibilities of Achievement Offered in the Church Life

By REV. ROBERT S. CHALMERS (Episcopal), Dallas, Texas.

To judge from the articles one reads frequently in all the greater magazines today, the supreme activity of the modern Christian church is either controversy or raising funds. One would think that the entire energy of Christendom was being expended in the controversial issues between modernism and fundamentalism, between Catholic and Protestant, between traditional and liberal.

To hear certain people talk and to read their writings it would almost seem as if the principal objectives of the Episcopal church was to preserve the thirty-nine articles of religion; to read the equally ferreted outbursts of equally sincere people one would believe that the only salvation of the church lay in disregarding those articles.

Through the school of applied religion the national council of the Episcopal church hopes to create a different impression than that the clergy are always engaged in an every-member canvass, or constantly seeking support in a large way. The national council believes that the life of the church represents adventure more thrilling even than the exploits of Lindbergh; possibilities of achievement unrivaled among mankind today; human interest stories far more exciting than the most realistic fiction, and above all, opportunity for varied, interesting and worthwhile service.

Treaty for Renunciation of War Inspiring Token of International Love

By REV. E. B. DARLINGTON, New York.

The spirit of the nations who have approved the Kellogg treaty for the renunciation of war is a token of international love. The best use that we can have age-long life for is love. In the story of man we may learn the story of love and look for its repetition in our own lives. Let us picture our own human life as the scenes of the development of love pass onward.

At first, in the dim ages of Plato's time, all that love desired was the possession of beauty. Again, there is the kind of love where the lover desires not only his other half, but possession of the beautiful and birth in beauty. This yearning is the earnest of age-long life. Among mankind this is called biological immortality or age-long life.

The true order of love is to advance from love of one to all fair forms, then to fair practices and lastly to fair thoughts. In this connection, such a gesture as the ratification of the peace treaties would seem to show the highest order of love in nations having advanced to the conception of international justice.

Obregon, Dead, Still Their Leader



Though General Obregon is dead, his followers in Mexico are still loyal to him. Above is seen a group of the Obregonist members of congress swearing before his photograph and death mask to do all in their power to carry out his ideals.

Atlanta Has the First Dog Laundry



The first dog laundry in the United States is now operating in Atlanta, Ga. Mrs. Helen Yancy and her boys, seen above with their truck that collects the pets from homes, are doing a lively business.

MIND IS ALWAYS FREE

"The true enslaver of a people is he who can put an end to their slavery, but has no care about it," and all the more if he be reputed to be the champion of Liberty."

It seems human nature, though strong to act feebly; when plans are most prudently advised, to mistrust the plans, yourselves, and he who begets them. When possible failure faces you, instead of stopping it by prudent precautionary measures, to abandon all and bring disaster where victory had been, almost within your grasp.

Jesus was confronted, on one occasion by a multitude some five thousand in numbers; hungry and apparently no means to feed themselves. There were five loaves of bread and some fishes. Jesus having the POWER to gain the TRUST and CONFIDENCE of that multitude, fed them to satisfaction. Victory came where mistrust would have meant certain defeat. The MIND, in union with Infinite Spirit, can accomplish anything under heaven; but cowardice must give way to courage, would you win in the battle with circumstances seemingly adverse; all is but Natural Law.

Too many fear that any new enterprise may imperil what they have; selfishness defeats most great undertakings as well as many things worthy of confidence. With true men, their true self is their MIND, which is given freely, unselfishly to humankind, that humanity might live, thrive, be happy and enjoy the fruits of its labors, with liberty; such men are BIG men against whom small men invariably raise an objection. Little men perish because selfish. They prefer nothing to something, rather than permit big mind opportunity to save them from their foolishness. Selfishness deserts a cause, selfishness sustains it. The true self is one's MIND, which is most one's own when employed in the services of others. Of what USE is any one if not in SERVICE well rendered for the good of all? Mind is free and most free is it when rightly employed. Mind is never bound, it's our bodies that are bound. Good thoughts is liberty.

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