## THE SEGNOGRAM

A MAGAZINE OF MENTALISM



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### Blessed Human Sunbeams

God bless the human sunbeams, The men both strong and true. Who daily sing or whistle At all they have to do. Their eyes are clear and merry, Their step is firm and light, Their laugh's a benediction, And life once more seems bright. God bless the human sunbeams. The women who, though sad, Can still be self-forgetful And other hearts make glad. Their's is a blessed mission: Their smile can make night day, Their cheery words of comfort Soon drive all clouds away. God bless the human sunbeams, The children fair and fond, Who come into our presence, Life's hardest lesson conned. Their prattle falls like music, Just as a tear drop starts, Their kisses and caresses Can ease poor burdened hearts.



### SUCCESS THOUGHTS

SPECIAL ARTICLE by A. VICTOR SEGNO



Are you a thinker? Do you give your brain the exercise necessary to keep it a healthy active servant? Are you aware that unless the brain has sufficient exercise it will rust, waste away and become useless just as your arm would if it was not used for a few months. The prizes in this world are won by the thinkers, the people who exercise their brains. To think of a few things constantly is not enough—the brain needs variety, originality and new ideas to exercise on. To be a thinker means to be original and originality means the habit of clear, concentrated thinking. Don't let your brain get into an inert half-asleep state; keep it active. Too many people have a tendency to get into a mental rut and keep plodding along in the same old track without exactly knowing why. Don't be a plodder, be original, be a thinker and a worker and do things a little better than they were ever done before if you would become a success. Machines are made to plod but brains were made to originate and Those who do not origicreate machines. nate new ideas are nothing more than ma-Originality of thought is developed by mental association with original minds. Be wise, keep in harmony with other minds, attract ideas, develop brain power and win the prizes by thinking original thoughts and then acting upon them.

#### SUCCESS

Have you decided just what you would consider to be success as applied to your life and your affairs? Almost every person has a different idea of what constitutes Success. Some consider that money and others that fame, is all they need to be a success. Let me ask you what value money or fame could have if you did not possess health, a happy home and the confidence and respect of your fellow men. Without health, life has no pleasures. Without the confidence of your fellow men, you are as

much isolated as though you were in prison. To walk and live among men who cannot trust us is a calamity which brands us a failure. Success depends largely upon Character, for a good character wins the respect of others. It places us in harmony with those who can and will assist us because they can trust us. To be able to look every man squarely in the eye and grasp his hand in friendship, means more of real success than a million dollars gained by force or cunning. To be a success you must be true to yourself and to others, you must be genuine.

#### SUCCESS

How few of us realize the value of the present moment—our plans are mostly for some future time, while in truth the present is the only time we can call our own. Yesterday is gone, therefore we can get nothing from it; tomorrow is always more or less vague and uncertain, especially as to the opportunities it will hold for any one of us. The present—today—is the only time we are sure of. Now—this instant—is the time to act, to grasp opportunities, to carry out our plans, to do noble deeds, to accomplish, to SUCCEED.

Look at the lives of those who neglected to act when they should have done so. Are they not always telling of what "might have been" if they had done so and so? You can see where they made their mistakes but can you see where you are making your mistakes by letting days go by in which you have not done some good or added a new link in the chain of your success? Don't wait until tomorrow for tomorrow may be too late. The moment a thought or an idea comes to you, then is the time to act. To refuse or neglect to make use of these ideas is to throw away the assistance sent to you. Don't do that again. Act now, Make this the day.

I want to ask you to think and to concentrate your thoughts upon the thing you wish to accomplish, for your thoughts play a very important part in shaping your life for success. An idle brain picks up idle thoughts, therefore it is necessary that we keep our brains occupied with thoughts that will guide, instruct and direct our careers in the right direction. Every thought we entertain becomes a factor in creating the conditions of our present and future, because they direct us to do certain things and follow a certain course. To avoid thoughts that harm and to attract those that help us, we must keep our brains tuned in harmony with people who are striving to attain true success.

#### (SUCCESS)

Do you realize that back of every act lies the thought that directed the act; that all successful efforts are the result of entertaining successful thoughts and that those who fail, do so because they are in harmony with the wrong class of people and follow the wrong thoughts?

Nothing is more true than this fact. and no knowledge is more valuable to you than to know the difference between successful and unsuccessful thoughts.

#### (SUCCESS)

The world is made glad by sacrifice. There is no real giving but what is sacrificial, a kind of sacrament, a devotion, by the dedication unto another of what we prize and could turn to account for ourselves and fain would keep fondly but that still more we have a heart to give it. But

to give what, for ourselves, we need not and want not, is naught. "How can that leave a trace which has left no void?"-James Vila Blake.

#### SUCCESS

Men can be as original now as ever, if they had but the courage, even the insight. Heroic souls in former times had no more opportunities than we have; but they used them. There were daring deeds to be done then-are there none now? Wrongs to be redressed-are there none now?-Charles Kingsley.

#### (SUCCESS)

The best things are nearest-breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of God just before you. Then do not grasp at the stars, but do life's plain, common work as it comes, certain that daily duties and daily bread are the sweetest things of life. -Impressions.

#### (SUCCESS)

When yesterday I asked you, love, One little word to say, Your brother interrupted us, So please say yes-ter-day.

#### (SUCCESS)

The fool thinks he has argued a case when he offers to bet-N. O. Picayune.

#### (SUCCESS)

There is no advertisement for a business house like having its men go around bragging because they are working for it.

#### IT IS A DISGRACE

To half-do things.

Not to develop our possibilities.

To be lazy, indolent, indifferent.

To do poor, slipshod, botched work.

To give a bad example to young people.

To have crude, brutish, repulsive manners.

To hide a talent because you have only one.

To live a half life when a whole life is possible.

Not to be scrupulously clean in person and surroundings. To acknowledge a fault and make no effort to overcome it.

To be ungrateful to friends and to those who have helped us.

To go through life a pigmy when nature intended you

To kick over the ladder upon which we have climbed to

To be grossly ignorant of the customs and usages of good society.

To ignore the forces which are improving civilization in your own country.



Not to be able to carry on intelligently conversation upon current topics

To shirk responsibility in politics, or to be indifferent to the public welfare.

To know nothing of the things we see, handle, and enjoy every day of our lives.

To be ignorant of the general history of the world and of the various countries.

Not to know something of the greatest leaders, reform-

ers, artists and musicians of the world. Not to have intelligent knowledge of the general affairs

of the world and the inter-relations of nations. Not to know enough about the laws of health, about

physiology and hygiene, to live healthfully and sanely. To vote blindly for party, right or wrong, instead of for principle, because you have been doing so for years.

To be grossly ignorant in these days of free schools, cheap newspapers, periodicals and circulating libraries.

To be so controlled by any appetite or passion that one's usefulness and standing in the community are impaired.



### GINGER!

By William Walker Atkinson



I recently heard a little story that meant much to me. It was about a boy hunting a position. He passed by a doorway by the side of which there were a number of signs denoting that several firms were doing business on the upper floors—a frequent occurrence in the wholesale district of any large city.

On one sign was attached a pasteboard bearing the words "Boy Wanted." The boy looked at the sign, and then taking it down he tucked it under his arm and mounted the stairs until he reached the offices of the firm who "Wanted a Boy." Entering the office and approaching the desk of the manager he said, "I saw your sign, and I have come for the job." "But, my boy," replied the manager, "why did you bring the sign up with you—why did you take it down from the door?" "Why," replied the boy with surprise, "I'm the boy. What's the use of keeping the sign up?"

The boy got the job.

And so long as that boy maintains his spirit of self-confidence he will be apt to get things." Of course, some will consider this "brass" and "vulgar assurance," and some people would have been offended at the spirit displayed by the boy, but the people who count in this everyday world of business, push, and success-desire, would appreciate the spirit that animated the boy. For that spirit of Confidence is what men are looking for today, and which is such a scarce article on the street. The boy who has confidence in himself, has something more than "assurance" or "brass"—he has within him the spirit that wins out, and which impels men to strike out and be something more than mere machines. It is an indication of Initiative.

In looking around the world of men—in looking back over one's experience in that world—one is struck by the fact that there are very few men who have any perceptible amount of confidence—of "get-up-and-get" about them. The majority of them go about their daily avocations in a "comeday-go-day," spiritless, listless, sort of manner. Something like the old car horses that used to plod, plod, plod along the

street dragging after them the rickety old chariot. No spirit—no ambition—no energy—no life. Jog, jog, jog, that is how the majority of men go through the world. Get up in the morning—jog along through the day—get through it somehow—and then go to bed. No interest in life. No spirit of adventure. No Confidence. No Life. No "Ginger!"

"Ginger!" That's the word. No "Ginger" in them! That's what's the matter with these people. Haven't enough Ginger in 'em.

Look at the man or woman who is making a Success of life—and by this I mean anything that may be called Success, whether it be money-making, scientific research, art, music, philanthropy, philosophy, poetry, literature, keeping-house, rearing children, teaching, preaching, or what not—and when you examine that man or woman you will find he or she is manifesting Ginger.

Ginger means spice, activity, liveliness, energy, movement, stirring about, snap, hustle — anything in fact that denotes "something doing."

The first time I ever heard the word used in this sense was a number of years ago, when I met a man on the train, and entered into a train-conversation with him. He told me that was sort of general agent of a large concern that employed many agents all over the country, This man's special work was traveling about, and talking to these local agents, stirring them up and "putting Ginger into them," said the man. The term struck me as fine, right on the spot. He didn't have to explain to me what he meant by "ginger"—it explained itself.

I have used the term a number of times since, and I notice that others are using it. A well known superintendent of salesmen has issued a book called "Ginger Talks to Salesmen," and a magagine is running a series of articles on "Ginger Talks to Advertisers"—and we will readily understand just what these books are, from a glance at the title.

Did you ever stop to think of the suggessive quality of words. Some words carry strong vibrations with them, and either serve to depress or stimulate. The word "Failure" has a dreadful sound—the word "Success" is very stimulating. The word "Life" is full of vitality. And the word "Ginger" is full of stinging, biting, spicy, stimulating suggestion—just as full

of it as is the stuff itself.

Many people have found it of advantage to them to adopt certain "catch-words," "affirmations," or whatever we may call them, to serve as a peg to hang their thoughts on. And these words do more than that. They call into being mental images, or ideas, which if persisted in become what the occultists have called "thought-forms." Around these thought-forms grow Character. Around these thought - forms cluster embryo action. Thoughts take form in Action, you know, and "as a man thinketh so is he." These facts being remembered, we may readily see how important an aid to Right Action is Right Thinking, and how important to Right Thinking is a Central Thought Word.

And you fellows who have been doing the car-horse trot, had better take some good lively Thought Word into your mind, and let it grow, and send forth root, branch and flower and fruit. Take a little "Ginger" for your first thought-word. Plant a little Ginger seed in you, and then watch it grow.

Start in to-day, with your Ginger treatment, and keep on repeating the word "Ginger" until it is firmly impressed in your mind. Think over it—what it means—let its meaning sink deep, deep down into your subconscious mind, and it will begin to smart, and sting, and burn you there, until you will have to get to work and do something.

and do something.

Taking a little "Ginger" in the mind, is like taking a dose of it in the stomach—in both cases there is apt to be "something doing." You cannot take Ginger in either way, and remain unconscious of its presence. It speaks for itself, and lets you

know it is there.

Hold the thought of Ginger in your mind and you will begin to notice an increased activity and energy about you, and then you will see that you are manifesting more spice and snap. Whenever you feel yourself drifting back into the old car-horse mental attitude, just say "Ginger!" to yourself and then watch yourself jump. Before long your friends will begin to take notice, and will see that you are getting sort of "spry"—and then you will begin to manifest some of the Ginger in your work. You will take an interest in the work, and

new ideas will come to you, which you will turn to advantage.

Hold the thought of "Ginger" before you. Say it often to yourself, remembering what the word means. Say it to yourself at night, as a parting shot, and your subconscious mind will act upon it while you sleep. "Ginger" works while you sleep.

And then say it to yourself, vigorously, when you arise in the morning. 'Ginger; ginger; ginger,' will rout you out of bed Monday morning, and will scare away that blue Monday feeling. Ginger will make you whistle as you go to work, and you will begin to get fun out of lots of things that formerly were the greatest drudgery.

Look around you and see if it is not so. Look at the people who are doing things, and see whether every mother's son of them is not manifesting Ginger in their life.

Some are born with Ginger, and others acquire it, and others still are forced into it. Ginger does not mean acquiring a breakneck speed and rush over everything. Not at all. But it does mean that whatever you do do it with a snap, and spirit, and spice, and life. In other words it means "Be Alive." It means let the Life energy flow through you and manifest itself.

Now get some Ginger into you!

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#### What Means This Knowing How? By H. M. WALKER =

TE have said that the crying need of the hour is "The Man Who Knows How." I do not know that this is all true. It seems to me only partly true. Perhaps we would better express it by saying, the crying need of the hour is the man who knows what means this knowing how. "It is a fine thing to have ability," says Hubbard, "but the ability to discover ability in others is the true test."

When we look back over the pages of history, and stop here and there adown the ages to study the lives of men who made history, whose accomplishments have meant so much to the world, we are struck with this one similarity in the lives of all of them -they have been men who lost themselves in their work. I use the word 'lost' but do not mean it in the sense that anything is lostgone forever. Nothing is ever lost. The whole great universe is one mighty machine of conscious and subconscious life and each individual has within him the making of a perfect sublife in the whirl of the great whole. And, so, when these men "lost" themselves in their work. they simply took upon themselves the mantle of a Greater

than they, and, clothed in the insignificance of their own garb, they accomplished the work of Him the Greater—work they could not have done had they attempted to make a name for themselves, independent of their

work.

No better illustration of this can be found

in history than in the life of Pericles. Pericles was one of the world's orators—is one of the world's orators-for Pericles speaks as loudly today as ever he did in his life. And Pericles lived when Athens was a babe-twenty-five centuries ago. Yet, my good man, the name of Pericles is as wellknown to the popular mind today as that of Washington, Lincoln, Gladstone, Shakespeare. Burns, who lived but vesterday.

We know Pericles as the orator; but we know him as more. We know him as the maker of an agethe Age of Pericles.

He was a man who knew what it means to know how. He was an inspirer of men. He had not only the ability to do, himself, but, more than this, he was big enough, and had the ability to recognize ability in others. And with it all he was a practical man. He knew how to make use of the ability of others. man must do what he can and not what he would," he used to say.

Pericles was a great orator, a great musician, a philosopher, a politician and a financier. He was a deviser of ways to make people love each other, and infused others with his own animation. He set a whole city full of lazy people to

work. They built a temple grander in its simplicity than the world has ever seen. By his masterful eloquence not only of tongue, but of life, he built up within the Greeks a love for beauty and a desire to create that the world will never outgrow. It is said that six thousand of the citizens

#### The MAN WHO ALWAYS TRIES

SUCCESS (SUCCESS) (SUCCESS) (SUCCESS)

By ERNEST NEAL LYON

Whatever your ambition, lad, However high the prize, Its mastery may yet be had By him who always tries.

Does Fortune-with a roseat view-Foretoken fair enterprise? The dreamer's fancy may pursue-The plodder wins who tries.

Daniel.

Would you attain to Learning's lore, And be esteemed wise? By patient labor grows the store Of him who always tries.

(Distance)

If Fancy strew the flowers of hope In beauty 'neath your eyes, The summit of her shining slope Remains for him who tries.

Commen

Though Truth appear in homely gray, Her counsel ne'er despise; She will be clad in light, one day, To honor him who tries!

(SUCCESS) (SUCCESS) (SUCCESS) (SUCCESS)

of Athens were under daily pay as jurors, to be called upon if their services were needed, and most of the other male adults were soldiers. But these men were never idle. They were set to work by Pericles and his generals as masons, carpenters, braziers, goldsmiths, painters and sculptors. Thus talent was discovered where it was not supposed to be; like gold, genius is just where you find it. Music found expression; play-writers discovered actors; actors found an audience, and philosophy had a hearing. A theatre was built, carved almost out of solid stone, that seated ten thousand people. Physical culture developed the perfect body so that the Greek forms of that time are today the despair of the human race. For several years everybody worked, carrying stone, hewing, tugging, lifting, carving. Up the steep road that led to the Acropolis was a constant procession carrying materials. So infused was everybody and everything with the work that a story is told of a certain mule that had hauled a cart in the endless procession. This wor-thy worker "who was sustained by neither pride of ancestry nor hope of posterity,' finally became galled and lame and was turned out to die. But the mule did not die-"nothing dies unless hope dies." That mule pushed his way back into the throng and up and down he went, filled and comforted with the thought that he was doing his work.

Thus the name and power of Pericles grew as he made himself useful. And, by the aid of those inspired mortals—just common like you and I—men who were content to do what they could and not wait to do what they would—by their aid, he created an age that has not been equaled.

Pericles knew "what means this knowing how." He did not look for more in men than was there, but he was able to appreciate the best in them—and not only the best in them, but the best in literature, music, sculpture, painting, architecture and life.

Let us, now, look away from the life of Pericles and his accomplishments, to that of today. "The world" we have said, "is scouring the walks of life for the man who knows how." Yes, but, "I am not the man who knows how," says one. Why not? What means this knowing how? Is it the building of an Athens? No, indeed. It is just "doing what you can, not what you would."

Only a few days ago the newspapers told of a young man of Connecticut—a farmer lad—who had discovered the lost art of hardening copper. How the "discovery" was made can be inferred from the particulars given by the newspapers.

It was seven years ago that Mr. Morgan, who is only twenty-four years old, read in a patent attorney's pamphlet that "tempering copper was a lost art" and determined to learn the secret. His father is well-to-do, with about \$25,000 made in his grocery store. The son has had all the money he has needed for his experiments.

While the other young farmers of the vicinity have been whiling away their leisure hours at the postoffice and general country store, where young Morgan has been a clerk for his father, the youthful chemist has had a crucible as his companion in his workshop, surrounded by rods and bars of bright copper and a miscellaneous assortment of receptacles that contained mysterious ingredients of a gritty and saponaceous nature.

"Fred's a-tinkerin' and experimentin' with that old copper idee of his'n," remarked one of the farmer lads in Morgan's district recently, "but he's only a-wastin' of his time and money. Big men with bigger brains than his'n have failed time and ag'in to harden copper so as it could take the place of steel."

Believing that at last he had found the true secret of tempering the metal. Mr. Morgan visited Dr. E. Cornet of Uncasville, an authority on mineralogy, and took with him a chisel-shaped piece of copper that had been treated by his new process.

The metal had the natural color of pure copper, but when Dr. Cornet tested its cutting qualities he was surprised at the result. The chisel showed a remarkably hard temper and a block of wood, a section of stone and an iron plate from a stove all were chipped as easily as a well-sharpened tool would do the work.

After illustrating the rougher qualities of the copper chisel Mr. Morgan whetted the implement on a grindstone and, after bringing the tool down to a finer edge, demonstrated that wet paper could be sliced or hairs shaved with the copper tempered chisel as easily as one could cut with a steel blade.

Arrangements are under way to place the discovery on a commercial basis. Morgan's pet idea seems to have been to make copper razors, and after having succeeded in getting just the right temper for razors he communicated with a manufacturing concern and received word that no one wanted copper razors.

### The Mother of Mandy

Bu MRS. ELLEN R. C. WEBBER



O any of you happen to know little No? Well, Mrs. Mandy Martin? Martin says that "though she loves the child dearly, she is without exception, the most aggravating, unreliable, useless child that ever tried the patience of a saint!"

She is truthful, loving, anxious to be of great use; and willing to do the greater share of her mother's work.

And right here lies the fault which is driving the saintly Mrs. Martin mad: Mandy is over zealous in good works.

'Here Mandy," says Mrs. Martin, "take this water up to the chickens, and that will help Mama."

And willing little Mandy speeds away.

Mrs. Martin hurries on with her work, and cons in her mind the little "impromptu speech" she is to make that afternoon at "True happiness the "mother's meeting:" comes to us women, in its first and purest sense-with motherhood. Our first and most precious duties, are those we owe to our little ones and home; the home where is instilled into their young and receptive minds-"

"Mama, come quick! I'm hung-I'm all

hung dead!"

The shrieks which accompany this appeal and its horrifying bit of information, bring Mrs. Martin back to the world above which she was soaring, with a rudeness which numbs all tenderness and charity.

She flies into the yard to rescue Mandy, who is hanging, head down, from the peach

tree.

Mandy is unhurt; but the beautiful peaches, so carefully watched and kept for the coming fair, were lying half ripe and bruised upon the ground.

"Mandy, what were you doing?"

And between the angry shakings which accompanied the query, Mandy sobs:

"I was helpin' Papa. He said he 'em all picked carefully 'fore they was too ripe, an' he didn't got much time!"

"But, Mandy, you know that was Papa's work. Your work was to water the chickens; did you give them water?"

"I forgot!"

"Yes, you forgot, and you've spoiled the

peaches—Papa's pride. Oh, Mandy, you bad, bad girl!"

The next day, Mandy is going to be a

model girl.

Mama gave her a pan, saying: "Now, Mandy, go and pick up a nice panfull of chips, so that Mama can make a quick, hot fire tonight, to bake biscuit for tea.

This is "Hospital Day" and Mrs. Martin must prepare to rush home work, when she

returns from visiting the sick. But Mandy thinks: "Poor Mama wants a hot fire; and little chips aint half so nice as big wood." So she takes the axe and tries to chop a little as she has seen Daddy do. Result-a cut foot, a frightened girlie

and a very much annoyed Mama. "Oh, Mandy!" she exclaims. are you never willing to do the work I ask you to do? Why will you strive to do the work of others, while neglecting the little things that would be such a help if you could only be depended upon to do them?"

But Mandy "didn't know."

But we know that, after all-Mandy is only the daughter of her mother; and I wonder if the Heavenly Father is not sorely tried over the misdirected zeal of many of his daughters-Mrs. Martin amongst the number.

How many nights has Mr. Martin come home from work to a fireless home, to find his children in the street playing—and the baby in the care of a neighbor, till Mrs. Martin shall return from a temperance meeting, or a mother's reunion, from visiting the sick in the hospitals, or reading the bible to those in prison.

Patiently he cooks his own meals and gathers his children home. Mrs. Martin thinks that John is only doing his duty.

Prayer meeting night, the children are left in bed and Mrs. Martin goes to do her duty in "praising God" - while abusing poor John for neglecting his soul's salvation by remaining at home.

Sunday is a lonely day for John. He "keeps the baby" while Mrs. Martin goes to morning service, teaches sabbath school class and comes home "all tired out," at

two o'clock in the afternoon.

She is horrified when she hears the first oaths from little Johnny's lips-learned through his enforced play hours on the street. And when she learns that he "swipes" little articles from the exposed goods before stores and shops, she is astonished that he, the son of a mother so earnestly engaged in God's work, could fall so low. And when, one evening, she comes home to find that John has followed her

example and sent the children to the neighbors while he has gone down town to find a little companionship—she cries in bitter rage and grief over his degenerate ways.

But she fails to hear her Father's grieved voice whispering: "Oh, Mother of Mandy, why are you never willing to do the work I have given you to do; that you must turn aside to do the work of others, while here at home are the souls for your saving, and the hearts for your leading to home and Me!"

#### SUCCESS

#### The Mind's Balance Wheel

A watchmaker said that a gentleman gave him an exquisite watch to regulate. It was as perfect a piece of work as was ever made. The watchmaker took it apart and put it together again twenty times, and could not find any defect, yet the watch did not keep good time. At length

it struck him that the balance wheel might have been near a magnet, and he applied a needle to it; he found his suspicions true, for there was all the mischief. The steel works in the other parts of the watch were in perpetual friction, yet with a new wheel the watch kept perfect time. If the soundest mind be magnetized by vicious associations, it must act irregularly.

#### SUCCESS

A long pedigree will not protect a dog from the small boy with a tin can.

A wife's yearning capacity is usually far in excess of her husband's earning capacity.

Did you ever notice that the man who whines and the man who wins are not the same?

What a pity that the truth is the most disagreeable thing one can say about some people.—Chicago News.

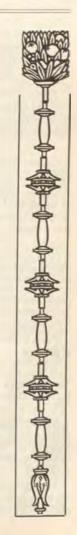
#### A Mysterious Microbe

AT lazy germ is prowlin' 'roun,'
I meets him everywhere;
He's baskin' in de sunshine
When de day is bright an' fair;
He's swimmin' in de rain drop
When de sky is overcast,
An' dar ain' no use o' runnin'
'Cause he travels mighty fas'.

E gets into my feet. Dat's why
I's walkin' sort o' slow;
He makes my han's too weak to hold
De handle of a hoe;
But he goes clean out o' business
An' he loses his control
When my fingers staht a-reachin'
Foh to grab a fishin' pole,

USED to be discouraged 'Bout de way dat I was took; I'se mighty glad dem white folks Foun' dat critter in a book; When I doesn't feel like workin' Nor like movin' roun' too quick I knows dat germ done got me An' it ain' no use to kick.

[ WASHINGTON STAR



(SUCCESS) (SUCCESS) (SUCCESS) (SUCCESS) (SUCCESS) (SUCCESS) (SUCCESS) (SUCCESS)

### Success WENT

DESIGN DESIGN BY DESIGN DESIGN

Mrs. A. V. Segno

Desire Desire Desire Desire Desire

#### FIRST MEAL

Muskmelon

Hominy Grits with Raisins and Cream Graham Gems Honey Milk

SECOND MEAL

Sliced Tomatoes with French Dressing Chopped Eggs in Lettuce Cups Walnut Sandwiches Ripe Olives Buttermilk

CHARLES?

FIRST MEAL

Watermelon

French Cereal

Baked Eggs

Berries

SECOND MEAL

Stuffed Cucumbers Spanish Omelet Green Corn Orange and Blackberry Salad Fruit Wafers Grape Juice

(Design)

#### TO PREPARE

Hominy Grits with Raisins and Cream-Cook the Grits in the usual manner and when about half done, add a generous amount of seeded raisins.

Walnut Sandwiches-Spread thin slices of bread rather generously with butter, then place a layer of ground walnut meats and another layer of bread and so on until you have placed together six slices of bread with the walnut meats between them, cut through as you would a layer cake. Serve on water cress.

(THEORY)

Chopped Eggs in Lettuce Cups—Cut cold hard boiled eggs into dice, season with salt and a dash of cayenne pepper and squeeze a little lemon juice on them. Have ready very crisp lettuce leaves al-ready masked in French dressing, form the leaves into cups and place the diced eggs in them.

DHEST!

French Cereal—Cook any fine wheat cereal in the regular way; pour into dish sufficiently large that it will be only about an inch through; when thoroughly cold, cut into long strips and then cut again, thus forming inch squares; cook quickly in hot olive oil to a delicate brown; sprinkle with salt; serve hot.

Baked Eggs-Butter a shallow pudding dish and add a cup of rich milk; drop into this, six eggs, bake about ten minutes or until the eggs are the desired consistency.

Spends.

Stuffed Cucumbers - Peel cucumbers and cut them in two lengthwise; cut out the centers, remove the larger seeds from the pulp and add very finely chopped green peppers and solid pieces of tomato, mix together and squeeze a few drops of lemon juice and a little olive oil over them; return to the cucumber cases and serve on lettuce leaves with a small amount of mayonnaise dressing.

(Decision)

Spanish Omelet — Chop together, one medium sized tomato and a small red pepper, and a very small onion. Put two tablespoonfuls of olive oil in the omelet pan and add the above, stirring constantly until a very light brown. Beat the whites and the yolks of four eggs separately and add 1-2 cup of milk, in which has been soaking a tablespoonful of fine cracker crumbs. Have the omelet pan hot and the mixture of tomato, onion and pepper spread uniformly over the pan, then add the omelet mixture and cook slowly until done.

Orange and Blackberry Salad-Cut an orange into small dice; do not sugar; sugar the desired amount of blackberries and add the diced orange to them and serve immediately with French dressing.

(SUCCESS)

#### Tempting Fruit Desserts

By MRS. FREDERICK PAYNE

Grape Surprise—One pint of grape juice, one ounce of gelatine, one cup of sugar, one lemon, Malaga grapes, one-half cup of powdered sugar. Grate the rind of lemon and mix it with powdered sugar. Dissolve sugar and gelatine in the grape juice, adding the juice of the lemon. Set to harden. Remove skins and seeds from enough Malaga grapes to fill a cup. When the jelly begins to thicken, stir in the grapes and pour into a mold. Serve with cream and the prepared sugar.

Apple Custard-Stew six large apples, after peeling them. Add to them the juice and grated peel of a large lemon and six tablespoonfuls of sugar. When this apple sauce is cold, add to it four eggs, four tablespoonfuls of sugar and a pint of milk. Pour the custard into a dozen small cups; set them in a pan containing enough cold water to reach half way up the sides of the cups, and bake in a moderate oven until firm.

DENSITY.

Baked Peaches, Creole Style-Select large Crawford peaches, remove the skins and cut in halves, taking out the pits. Arrange the fruit in its origi-nal shape, in individual cocotte dishes, filling the cavity from which the stone was taken with a paste composed of powdered sugar, ground cinnamon and fresh butter. Bake in a moderate oven until the fruit is tender, basting frequently with a thick lemon syrup, flavored with grated nutmeg; five minutes before they are cooked ornament with a meringue in any fanciful design and brown slightly. Serve either hot or cold with graham bread sand-

### Helpful Home Hints

Rancid Butter-Butter that has become somewhat rancid may be scalded in water, then chilled, and it will be good for many purposes. If this treatment is insufficient, the fat may be heated with charcoal.

Spilt Fat—Many times when one is using fat near the stove, some may get on the floor. If cold water is poured on it as soon as it falls, it will harden and can then be taken up with a knife.

Ironing Board-Next time the ironing board needs recovering, try leaving twelve or eighteen inches of the big end bare. On this tack loosely the cleaning cloth; six inches or so square is enough, leaving space enough for stand, wax, paper, etc. You will be surprised to find how much longer the sheet keeps fresh and clean.

Top-heavy Lamps-I was bothered by the top-heaviness of a lamp whose base was hollow. So I stuffed part of the base with cotton and then filled it with plaster of paris.

Baby Ribbon—When the ribbons used for running lingerie, etc., become soiled, wind them, a number at once, on a small piece of smooth board. Lift the board up and down in warm soapy water until the ribbons seem clean and leave on the board until dry. This method is also equally good for fine laces or veils.

Covering Jelly-A new method is to cover the tob of the jelly, when perfectly cold, with pulverized sugar, one-half inch or more deep. Over this goes the paper cover, pasted on with the white of an egg, thus excluding all air and dust.

Charcoal Biscuits-Sufferers from indigestion can make their own charcoal biscuits at home. Mix together seven ounces of well-dried flour, one ounce of best willow charcoal, one ounce of sugar, and one egg, into a dry paste, using a little milk if necessary. Roll out thin, cut into rounds and bake in a slow oven until very crisp and dry.

Testing Milk-To test whether milk has been watered, take a well-polished knitting needle, dip it into a deep vessel of milk and withdraw it immediately. If the milk is unwatered some of the fluid will adhere to the needle, but if it has been watered the needle will come out quite free from the milky fluid.

Frying Potatoes-If raw potatoes are cut about a quarter of an inch and slantingwise. then soaked in ice water for an hour, they will be much more puffy and light.

Lemon Juice—To keep lemon juice ready for use, squeeze out the juice in the usual manner, strain free from pulp and pits, add white powdered sugar in the proportion of one pound to a pint of juice, stir it until the sugar is quite dissolved; then put it away in a very small bottle. Put a tea-spoonful of olive oil in the top and cork it tightly. When wanted for use take up the oil with a bit of cotton wool. To use for lemonade add one large tablespoonful to a gill of water.

Burnt Milk-The next time you burn any milk take the pan off the fire and stand it at once in a basin of cold water. Put a pinch of salt in the pan, give the milk a stir and you will find that the burnt taste has almost, if not entirely, disappeared.

Figs-Figs that have become rather dry may be freshened by putting on a plate and keeping in a steamer until moist and plump.

#### Men Who Never Won and Never Will

(SUCCESS) (ISUCCESS) (ISUCCESS) (ISUCCESS) (ISUCCESS) (ISUCCESS) (ISUCCESS) (ISUCCESS)

-[ R. D. ROBINSON ]-

The hind-sighted man-Never sees opportunity until it is passed.

[Decure

The back-boneless man-Always has to ask somebody's The "only" honest man-Must have the control. No one else honest enough.

(Design)

The Spendthrift-Never has anything to

[SUCCESS] [SUCCESS] [SUCCESS] [SUCCESS] [SUCCESS] [SUCCESS]

The suspicious man-Always afraid somebody will rob him.

E0-00

The conceited Man-Knows where all the best things are without being told.

[ISUCCESS] [ISUCCESS] [ISUCCESS] [ISUCCESS] [ISUCCESS] [ISUCCESS] [ISUCCESS] [ISUCCESS] [ISUCCESS]

TSUCCESS (TSUCCESS) (TSUCCESS) (TSUCCESS) (TSUCCESS) (TSUCCESS) (TSUCCESS)

### HEALTH MENUS

DESCRIPTION BY DESCRIPTIONS

Mrs. A. V. Segno

Design Design Design Design Design

#### FIRST MEAL

Muskmelon

Hominy Grits with Raisins and Cream Graham Gems Honey Milk

SECOND MEAL

Sliced Tomatoes with French Dressing
Chopped Eggs in Lettuce Cups
Walnut Sandwiches Ripe Olives Buttermilk

DIRECTOR

FIRST MEAL

Watermelon

French Cereal

Baked Eggs

Berries

SECOND MEAL

Stuffed Cucumbers Spanish Omelet Green Corn Orange and Blackberry Salad Fruit Wafers Grape Juice

COMMENT.

#### TO PREPARE

Hominy Grits with Raisins and Cream—Cook the Grits in the usual manner and when about half done, add a generous amount of seeded raisins.

Figure 2

Walnut Sandwiches—Spread thin slices of bread rather generously with butter, then place a layer of ground walnut meats and another layer of bread and so on until you have placed together six slices of bread with the walnut meats between them, cut through as you would a layer cake. Serve on water cress.

District Co.

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E DREETH

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Design

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Country

Orange and Blackberry Salad—Cut an orange into small dice; do not sugar; sugar the desired amount of blackberries and add the diced orange to them and serve immediately with French dressing.

#### SUCCESS

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(Design

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Distance .

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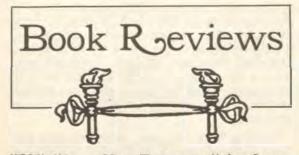
## The hind-sighted man— Never sees opportunity until it is passed. The back-boneless man— The back-boneless man— Always back-boneless man— Always back-boneless man— The Spendthrift— The Spendthrift— The conceited Man— ([success] ([success]) ([success]) ([success])

Always has to ask somebody's advice.

Never has anything to invest.

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Knows where all the best things are without being told.



"AS A MAN THINKETH," by James Allen, is a beautiful little volume, originally issued in England, and now reprinted in an attractive form in this country. Its purpose is to teach men and women that they are that which they have thought themselves into being - that by virtue of the thoughts which they choose and encourage they are makers of themselves. The author is a well known English writer upon the lines of thought-power, and the little book in question is one of his best works. It is neatly printed and bound, and makes an attractive little book for the pocket. 62 pages, and bound in three styles, at following prices: Ooze Calf, 60 cents; Cloth, 35 cents; Paper, 15 cents. Published by The Science Press, The Republic Bldg., Chicago.

"FOODS THAT ARE DRUGGED," by Dr. Leon Elbert Landone, is a timely book upon the subject indicated by its title and is well worth reading. Its motto is "Let us be just in our demands upon the manufacturers; let us be sane in the requests we make of our representatives in state and national legislation; but let us demand the truth as to what we ourselves eat, and as to what food we furnish those who are dear to us." The first part of the book is devoted to a description of the different foods that are commonly or frequently adulterated. Then comes a description of the various chemicals used as adulterants. The last part of the book contains a liberal quotation from that much discussed book "The Jungle," which is enough to drive a man into a strict vegetarian diet, in spite of his fondness for the flesh pots and corpse-foods. The author concludes by an appeal to the citizen to act according to his duty. Neatly printed and bound in paper cover. Price 50 cents. Published by L. E. Landone, 806 Fine Arts Bldg., Chicago.

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#### Looking Backward

Let go the past. Let go. Every hour that is spent in looking backward so as to grieve over mistakes is just four hours lost from the forward movement of progress and attainment. Why?

1st. Because the time of the hour is taken up from the forward movement.

2nd. Looking backward attracts us backward in equal ratio, at least; sometimes greater.

3rd. As we have taken the hour from the forward movement, and been attracted backward at least another hour, we must have another two hours for advancing to the point we could have gained had we not looked backward to grieve over what is done and forever irretrievable as a past event.

Never give direct thought to mistakes (so called) already. That's done. You can't change it, and you don't want to fossilize on it.

Put your attention closely and directly on the mistakes that lie ahead. There may be more mistakes in front of you than behind you. There certainly are if you make the one grand mistake of spending time in direct grieving over those you have made.

The mariner who steers his vessel among the shoals may often look obliquely sidewise but never backward with more than a hurried glance, and then with the feeling that it is time borrowed from the forward looking and done merely for the purpose of verifying his conjectures as to the correctness of the course he is taking.

To him the past mistakes will come through his subconscious memory. He may have seen a small ripple or irregular action of the water, but taking it as merely a drift or swelling eddy, struck his vessel on a sunken point of rock and received what we frequently term "a hard jolt," but with no serious damage—still, enough to teach him the danger. When he again meets anything similar to that his 'instinct' will cause him to steer clear of it; but if he meets it while looking backward and lamenting over the other, how can his "instinct" (subconscious memory) ever get in its fine work. Never mind the "hard jolts" of the past; look out for the jolts in front so you may avoid them, or make them "jolt easy."

We can never make the future brighter by dwelling in the darkness of the past. Observe, also that we incline to face the way we look, and in too much looking backward there is danger of facing backward which means progressing backward, i. e. forward by backward movement, or vice versa.

When memory of a mistake will force itself to the surface we can use our will to drown feelings of regret by reasoning somewhat in this wise: "Well, it appears to me now that was a mistake; but who knows that I might not have made a greater mistake by some other course? As a 'means to an end' I may find in the long run it was not a mistake after all. Anyhow, if it really was a mistake, it is done, and I am still alive, and it is for me to look ahead for signs of the same or similar mistakes and "steer clear."

This constitutes experience.

How did man ever learn anything? Simply by making mistakes and correcting them, thus getting "wisdom by experience." Man lends his experience to others coming over the same road, but lacking the same experience, and we thus "get knowledge from each other." A daring spirit with an investigating turn of mind, will experiment a little and get "both knowledge and wisdom by experimentation."

And right here is where our individual experiences collectively united, with a spirit of tolerance and charity, becomes such a strong factor for mutual and individual benefit.

Imagine a multitude climbing the slope of a mountain, each connected to the others by a few feet of rope—the entire multitude thus inter-connected. The movements of one individual will directly and indirectly affect all the others, and the individual will be affected by the movements of the others. If one stops climbing to look backward he checks the advance of the one in front of him, and ceases to assist the one behind him, while giving the suggestion of looking backward to all. Now, these ropes interlacing the multitude are a material illustration of the threads (flexible and elastic, it may be, but inseparable) of our subconscious mentality, and the law of its interaction is made very evident. It is easy to figure results of the movements individually or collectively, in part or as a whole.

If past errors were of such a nature as to directly affect the lives of others, there is all the more reason for us to "let go," for in directing our conscious thoughts backward we, through the subconscious mentality, attract the thoughts of those others backward to the same events. It is a fact that when others are affected in any degree

by our acts, there exists between us in the subconscious realm a mental chain, or magnetic thread, which cannot be severed, and always when we look backward with grief and regrets and give way to depressing, despairing thoughts, this magnetic thread connecting those others with us will cause their thoughts to revert to the same and affect them likewise.

Nor does it stop here: By the law of associations of ideas, there may have been mistakes made by those others having sufficient similarity to awaken memory of them, and we thus cause them to dig up and brood over past errors which otherwise might have lain forgotten. And still further: To their past still others may be connected.' And so on, in a continuously outreaching circle, until the whole of humanity may be in some degree influenced by our looking-backward-ness.

It is also true that the whole earth may thus be influenced in a reverse manner if we resolutely look forward.

Drop the past.

There is nothing to regret. I tell you truly that, were the choice given me to live this life again, and my present knowledge to begin with, I would make no changes excepting in some details which reflected my unhappiness into the lives of others. It is a chapter in the book of my existence necessary to me, and instead of regretting I should rejoice that, so far, it is over with and I am that much richer in the knowledge gained by experience. It is my capital, to work with, and the choice lies with me as to whether I shall use it to retard the progress of others and myself by constantly looking backward and dwelling in the shadows of the past, with despairing thoughts for companions, or conform to The Will of the Absolute by entertaining only hopeful and optimistic thoughts which will keep us looking forward.

Hope, you know, always deals in futures. We never see the "Star of Hope" when looking backward.

Let the past go.

To Success Club: Let us not forget our old time Harmony Key-"I will not grieve over past mistakes but use them as lessons for future guidance."

"Eyes Front." To Everybody:

Are you smiling? Good! "You will be what you will be."

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#### What is Doing at the Segnogram Home

#### (SUCCESS)

How d'do friends, What do you think of us now? How do you like our new dress, and how are you impressed with the gener-

al get up of the new Segnogram?

This is the first number to come from our new presses, and we feel pretty good about We feel good because now we can give the magazine an individuality it has heretofore been impossible - an individuality that will harmonize with its success teachings and carry its message into the heart of the reader through the medium of the eve as well as the intellect. You cannot read the Segnogram in its new dress without becoming imbued with the importance of its mission. You shall feel as we do about it; you shall feel that Success is for you, as as much as for anyone; not after awhile, but NOW: And, feeling the magnitude of the possibilities before you, you will not stop to question and doubt, but will "step

quickly there," toward the goal of your ambition.

The mission of your life and mine is to succeed bountifully in given expression to the phase of *Nature* which we represent in our personality. And to freely express this we must freely use the talents, ave, the peculiarities that are given us.

What we appear to be, we are, though we may never know it ourselves. We may feel to be mighty big potatoes ourselves, but the man by our side may have a truer perspective and he sees us as we are, not as we

feel.

And so, dear friends, let us not forget that appearances count for a great deal. Not the superficial; not the Veneer; but that substantiality of things-that which is. It is that which makes worth, and when we put on a solid front of it, it has got to be backed up by a solid back and solid sides and solid top and solid bottom-we've got to be solid clear through!

To print a Success magazine that would have the true ring in it, we felt the necessity of installing a new and complete printing plant. This is now nearly completed. The Segnogram is a specimen of the work

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#### SUCCESS

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#### (SUCCESS)

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Described Described

Anger, fear, anxiety, are among the emotions or sentiments which literally poison our blood, It has often been said that evil thoughts are poisonous, the meaning being that they corrupt other people, but the real fact is that they poison our own blood. By losing control of ourselves and indulging in anger, by yielding to anxiety, fear, and unwholesome thoughts, we cause an irritation or disturbance which, according to the latest saying of scientists, has the effect of producing a poison in the blood that may have serious consequences.

Naturalists declare that the venom of snakes is generated by anger and fear; that it is rapidly collected in a special receptacle and thence discharged at the object of its anger or fear, and it is further explained that the same process takes place in the human body, but that we have no special organ to receive it, and it therefore disperses in the blood, acting against ourselves instead of for our protection. Be that as it may, it is generally conceded that we are literally poisoned by the emotions mentioned, and by any sentiment or passion which upsets the smooth working of our minds.—New York News.

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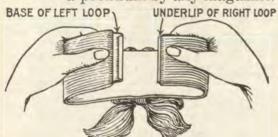
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#### In the Wrong Bottle

Yasukiso Ishikawa, one of the Japanese journalists in the suite of Baran Komura, was condemning in New York the old-style diplomacy that depended in the main on subterfuge and trickery.

"Subterfuge and trickery, when employed in a good cause," he said, "may be all very well; but they are as apt as not to give a wrong result. They do not move straight forward to the desired end as frank and honest methods do. They incline to bring things out all wrong.

"An English pharmacist in Tokio used subterfuge last month as the diplomat of the past did, and what happened will illustrate the point I desire to make.

"A little girl from the English colony

came to the pharmacist and said:

"'I want a dose of castor oil with the taste disguised.

"The pharmacist, a kindly man, smiled

on the little girl.

'Do you like lemon squash?' he said. "'Oh, very much,' she answered. "With a little red wine to color it?"

"Yes, indeed."

"The pharmacist mixed a lemon squasha lemonade you would call it in Americaand in it, along with the red wine, he put the castor oil. The little girl drank it and smacked her lips.

'Anything else?' said the man.

"'No; only my castor oil,' she answered. "Your castor oil? Why, you have just drunk it.

'And the pharmacist, well pleased with

himself, laughed.

'But the little girl's brow clouded.

"'Oh, dear,' she said, 'I wanted the castor oil for my brother."

Philippin .

#### Advice About Babies

The inventor of a new feeding bottle for infants sent out the following among his directions for using: "When baby is done drinking it must be unscrewed and laid in a cool place under the hydrant. If the baby does not thrive on fresh milk it should be boiled."

Distrey?

Workingman.- "If you fellars wot work wid your heads would do a little handwork once in a while you'd walk straighter.".

Scientist.-"True. And if you men who work with your hands would do a little headwork once in a while, you'd think straighter.'



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of the country. You can use it yourself, and it is always ready and will last for years. Used and endorsed by physicians everywhere.

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#### A Few of the Many Reasons Why You Should Use Our Vibrator

In cases of indigestion, our Vibrator forces food to digest, thereby stopping the food from fermenting, and forming a gas.
 Uric acid centralizing at one point causes rheumatism.
 Vibration scatters the uric acid and by increasing the circulation,

Vibration scatters the uric acid and by increasing the circulation, drives it out through the pores.

3. If you are deaf, the Vibrator will stimulate the outer and inner mechanism of the ear and cure in many cases.

4. If you have poor circulation, the Vibrator will increase your circulation and make you feel a warm glow all over your body.

5. If you have locomotor ataxia or paralysis, the Vibrator is the only relief. It will stimulate the nerves. Vibration today, for these two allments, is recognized as the best treatment by the leading specialists.

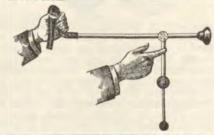
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6. In case of sudden pain of any kind of any member of the family, at night, the Vibrator is always ready to apply. No charging or mixing of medicine.

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Prayer should be the key of the day and the lock of the night. - Spanish Proverb.

There is but one conceivable preparation for the life to come, and that is the discipline and building up of character. - Dean Church.

Let us learn to be content with what we have. Let us get rid of our false estimates -set up all the higher ideals: A quiet home; vines of our own planting; a few books full of the inspiration of genius; a few friends worthy of being loved, and able to love us in turn; a hundred innocent pleasures that bring no pain or remorse; a devotion to the right that will never swerve; a simple religion, empty of all bigotry, full of trust and hope and love—and to such a philosophy this world will give up all the empty joy it has. - Prof. David Swing.

F CHERRY ?

The fellow who can be late when his own interests are at stake is pretty sure to be late when yours are.

There is only one place in the world where you can live a happy life, and that is inside of your income.

#### The New & Perfect Way

Whatever is sufficient to build a human body is sufficient to keep it in repair. - Ensign.

Your body was built through the action of the tissue salts, which moulded, converted, reduced and assimilated the material furnished by the blood of the mother. Your body can only be repaired by the tissue salts. They alone have the power to choose, select and prepare the material for new tissues and to eliminate the debris from the old. They tear down the worn-out cells and build the new. If a foreign element is introduced by contagion, exposure, bad habits or the wilful act of the individual, it is attacked, repelled and expelled through the forces generated by the tissue salts. There is no other way. All the activities of the body depend upon the tissue salts. It is through them that life is manifested. Therefore, if the supply of tissue salts in your body is sufficient you are well; and if there is a lack of one or more you are sick in that degree, as the life action is thereby restricted. A cure depends upon restoring the equilibrium.

NEAREST TO NATURE



The Ensign Remedies are composed of combinations of twenty-nine tissue salts. They are not drugs or medicines. They are the most vital of foods. We prepare them as nature requires them to be prepared to enter the cells. Crude preparations go no farther than the alimentary canal. The Ensign Remedies cure all manner of disease. If you wish to know all about them, send for our literature. We have one booklet showing their application in General Diseases; one on their use in Private Diseases; one on their special use in Varicocele, varisose and weakened veins; one on the Diseases of Women; and a number of leaflets, reprints of articles written by the founder of the system and published in magazines. All these are free on request. They are worth reading.

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I mention this to show the mistaken ideas which many people hold

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It was to show what my system of Astrology really means and to prove my power to aid and assist humanity, that I began, many years ago, the sending of Trial Horoscopes to all persons interested enough in their future to send me a two cent stamp.

Dear Reader, I wish also the privilege of convincing you of my ability to look into your future, to guide your steps in the right path, to lead you (as I have led many, many others) to success in business, love, in the attainment of any praiseworthy object.



Life is not all luck, as many would have you believe. Those who crowd to the front, are those who understand themselves and their possibilities thoroughly. No guess work, no waiting to see what may turn up.

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