

Can America Be Invaded? Perhaps Not Now, but 136 Years Ago an Enemy Force Brought Fire and Sword to Our Capital

By ELMO SCOTT WATSON
(Released by Western Newspaper Union.)

COULD the United States be invaded by an enemy force? "Easily!" affirm the pessimists. "Not a chance!" reply the optimists.

Probably somewhere between those two extreme points of view lies the answer to that question—qualified, however, by many "ifs," "ands" and "buts."

Without subscribing to either point of view, it is interesting, however, to recall that once in our history an enemy force did invade the soil of the United States, that it captured our capital city, put our government to flight and then burned the Capitol and the White House. That was during the third year of our second war with England, commonly known as the War of 1812. And it is interesting to recall that event, too, because there are certain parallels between conditions which existed in this country previous to 1814 and those which have existed up until recent weeks in 1940.

Despite the fact that early in 1813 British warships were raiding up and down the Atlantic seaboard, the federal government seemed to suffer from a strange delusion that the national capital, situated at the head of navigation on the Potomac river, was in no danger.

In January, 1814, came the news that 4,000 British troops, destined for America, had landed at Bermuda and two months later Admiral Cockburn arrived in Lynnhaven bay, just inside Cape Henry in Virginia, with a 74-gun man-of-war, two frigates and a brig and began marauding.

Although President Madison seemed aware of the potential danger, members of his cabinet were strangely apathetic to the impending danger. On May 14 the National Intelligencer, the administration newspaper in Washington, declared: "We have no idea of the enemy attempting to reach the vicinity of the capital; and if he does, we have no doubt he will meet such a reception as he had a sample of at Craney Island. The enemy knows better than to trust himself abreast of or on this side of Fort Washington."

"Fifth Columnists' Then. That there were "fifth columnists" operating even in those days is indicated by the state-

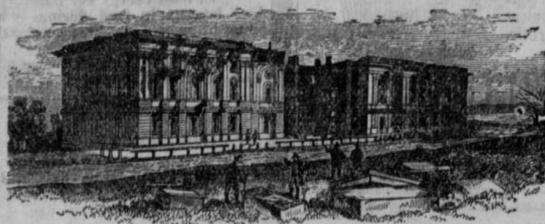


GEN. W. H. WINDER

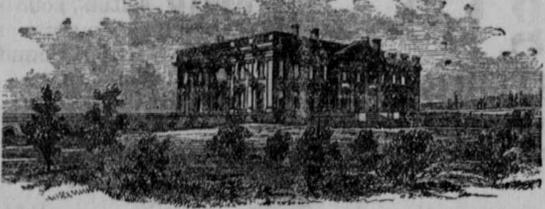
ment of an early historian that the government was lulled itself into a false sense of security, "hostile marauders were in the waters of the Potomac and their leaders, employing competent spies, had made themselves perfectly acquainted with the condition of the country and of military affairs around Washington."

Late in June the government was shaken out of its apathy by the arrival of news that a number of large transports were being fitted out in Portsmouth, England, to proceed to Bordeaux, France, there to take on the cream of Wellington's veterans for service in America. On the heels of this came word from Bermuda that a large fleet of transports was ready to sail from there bound for some port in the United States, probably the Potomac.

This report spurred President Madison into action. On July 1 he called a council of his cabinet for a belated discussion of defense measures. William H. Eustis, the secretary of war (of all persons!) still didn't believe that there was any great danger. In fact, as late as August, when the enemy was almost at the door of



Remains of the Capitol (above) and of the White House (below) after they had been burned by enemy invaders. (From contemporary drawings.)



Washington, he insisted that the capital was safe. "What the devil will they do here?" he asked one officer who warned him of the weakness of its defense. "No, no! Baltimore is the place, sir; that is of so much more consequence."

Apostle of Preparedness.

In contrast to his blindness was the foresight of one man, an apostle of preparedness whose clear-headedness and patriotic service amidst the blundering efforts to wage war against Great Britain, are all but forgotten by his fellow-Americans. He was Gen. William H. Winder of Maryland, who had served valorously with militia from his state on the



Niagara frontier in 1812, been captured by the British at Stony Creek in Canada in 1813 and had been held a prisoner of war until the spring of 1814 when he was exchanged.

Winder had prepared a well-thought-out plan of defense against the threatened invasion. It contemplated establishing a camp of two or three thousand regulars between the eastern branch of the Potomac and the Patuxent rivers in Maryland and the concentration of 40,000 militia near Washington. Madison laid Winder's plan before his cabinet and it was at once adopted.

A new military district was formed and Winder was appointed commander of it. Next the government made a requisition upon the states for a total of 93,000 militia to be organized at home and held in readiness to act. The naval defenses were entrusted to Commodore Joshua Barney, who was in the Patent with a small flotilla of gunboats.

Winder would thus have an army of 15,000, the largest force of militia that had yet been put in the field. But it soon became evident that it was only a paper army. For there was almost unbelievable official stupidity and delay in carrying out the plan. Although the governor of Maryland lived within an easy day's ride from the national capital, he did not receive a copy of his requisition until six days after it was ordered and the governor of Pennsylvania did not receive his until 10 days afterward.

And it was not until July 12, when the British appeared in heavy force in the Chesapeake bay, that Eustis placed in Winder's hands a copy of the requisition and then it was accompanied by a cautious order telling him, in case of an invasion, to "be careful to avoid unnecessary calls, and to apportion the call to the exigency."

A Heartbreaking Task.

Undaunted by what must have seemed a heartbreaking task, Winder started out to make the best of a bad situation. He visited every part of the region to be defended, inspected every fortification and bombarded Eustis with urgent appeals for haste in making preparations for defense. On July 16 he wrote "The door of Washington (meaning Annapolis) is wide open and cannot be shut with the few troops under my command." Fort Madison there was defenseless and too unhealthful for troops to occupy

it. He begged in vain for efforts to save that post and made stirring appeals for the people of Maryland to come forward to help defend their state.

Notwithstanding all his appeals and the imminence of the danger, the people seemed as apathetic as their federal government. By August 1 Winder reported that he had in camp only 1,000 regulars. About 4,000 militia had been enrolled but they were yet to be collected and, so far, the government had neglected to call for cavalry and riflemen, both of which were vitally needed.

The result of all this blundering was inevitable and is too well known to all Americans to need retelling at length here. Briefly, it was this: On August 16 the small British squadron in the Chesapeake was re-enforced by a fleet of 21 vessels under Admiral Cochrane who was joined by another under Commodore Malcolm. These had on board several thousand soldiers commanded by General Ross, one of Wellington's best subordinates.

This British force bottled up Commodore Barney's flotilla in the Patuxent and, when it became apparent that it was about to be captured by the invaders, he burned his boats and with his men joined the American land forces. By this time the situation was so alarming that militia and volunteers began flocking to Winder's standards to help repel the invaders. Eventually he had a force of some 7,000 men, of which, however, only 900 were regulars. It is probable that with this force, if concentrated, he might have been able to have repelled the enemy.

Civilian Interference.

But his efforts were nullified by constant interference from the President and members of his cabinet. They were totally without military experience, with the possible exception of James Monroe, secretary of state, who had served in the Revolution. But he probably did more harm than good by his interference when the American forces came to grips with the British at the Battle of Bladensburg on August 24.

As was to be expected, the hastily assembled militia and untrained volunteers broke under the onslaughts of the British regulars and Winder's forces were soon in full retreat. Among the heroic dead was Commodore Barney. Late the next evening General Ross and Admiral Cockburn, with a guard of only 200 men, rode into the deserted capital. For the President, members of his cabinet and all other high government officials had departed immediately after the disaster at Bladensburg. The President, who had gone out to see the battle, had sent word back to his wife, Dolly Madison, to flee. But she had paused long enough to snatch up the precious parchment on which was written the Declaration of Independence and to take the portrait of Washington, painted by Stuart, out of its frame in the White House before seeking a place of safety across the river in Virginia.

In retaliation for the Americans having burned the government in York, Canada, earlier in the war, the British decided to do some burning themselves. So the torch was applied to the unfinished Capitol, the White House, the Treasury building, the arsenal, the barracks which had been occupied by 3,000 troops, the office of the National Intelligencer, a tavern and a few private homes. That night, lighted by the glare of the flames which could be seen as far away as Baltimore, the invaders marched out. They left behind the blackened walls of our Capitol and the home of our Chief Executive monuments to a fatuous belief that "it can't happen here."

Entrancing Rubber Flowers To Wear With Your Swim Suit

By CHERIE NICHOLAS



A THEME for poet and painter, and as to those whose mission it is to tell the story of fashion in columns such as this, the dictionary, quick! It's super-glamorous adjectives we must have to describe the beauty of water-sprayed flowers worn by fashion's mermaids. The happy thought about these flowers is that, being made of rubber, they come up out of watery depths looking as fresh as flowers in a summer garden.

It is indeed a pretty fashion that has been launched of wearing flowers made of rubber to wear with swim suits. There is simply no limit to the possibilities this fashion envisions in the way of picture effects. When one sees the charming bathing ensembles by Kleiner that are enhanced with flowers, one is brought to a realization of the importance of the role rubber is playing in the fashion realm.

Faithful reproduction of the color and design of real flowers has taken years of training in workmanship. It requires artistic ability plus to successfully reproduce in rubber realistic camellias, violets, water lilies, anemones, sweet peas, forget-me-nots, gardenias, roses, cornflowers, dahlias and chrysanthemums such as fashion offers this season. We are showing below in the picture just a few types available, and if you go in quest you will be shown many more where swim suit accessories are sold. The swim suits here pictured are most as interesting as the flowers that trim them, in that they are made of a new rubber fabric that has a crepe-like knitted surface that can be softly draped to give a dressmaker touch. From the outside these attractive,

practical rubber suits appear to be seamless. In reality the seams and reinforcements have been scientifically designed to prevent the possibility of ripping. Being of rubber, when you emerge from the water your suit will dry quickly, fit smoothly and feel wonderfully comfortable.

Were the accompanying illustration printed in color, as we wish it might be, one would see how amazingly realistic are the tones and tints of the flowers. The lady shown to the left is putting out to sea in a dressmaker swim suit which reflects Hawaiian influence in its wide-skirted silhouette and garland of turquoise and coral sweet peas that outlines the bodice top. Dress, flowers and matching turban are all of rubber. The striking beachbag slung over her shoulders is rubber lined. The picture centered below gives a close-up view of the flower arrangement.

The costume to the right presents an interesting study in rubber flower culture. This clever maiden selected a flower bedecked suit in deep pink. Under the flower cluster a "mad-money" pocket is hidden, which also holds locker key and lipstick, which is self explanatory as to why this suit is called "pocketeer." And now for another revelation in rubber artistry. This time it is rubber jewelry. Note the matching halo to hold tresses in place and bracelet which the lovely lady pictured in the center at the top is wearing. Blue and yellow corn flowers form the straps of the bathing suit and the jewelry. This ensemble is called "debutante" no doubt in honor of its wearer. (Released by Western Newspaper Union.)

Red, White and Blue



"Three cheers for the red, white and blue" and it's fashion that is joining in the chorus in accents loud and clear. This stunning hat and bag ensemble sounds a patriotic note in its red, white and blue color scheme. It is woven of cord in the three colors and emphasizes the importance of matching accessories. Accessory sets simply thrill with exciting adventures such as a bag and hat made of print cotton of the old-fashioned calico type. Polka dot bags and hats are the rage. Latest is hat, bag and shoes made of print in bizarre colorings.

Field Flowers
Daisies seem to be the winning design in the flower group, with daffodils and lilies next.

Gingham Gaiety
Brightly checked gingham is a gay touch to add to a tailored summer suit.

Felt Cartwheels In for Popularity

If hat designers have their way, big-brimmed hats will be the outstanding successes of this summer. Felts as big as cartwheels are shown again and again and, to make them more interesting, their brims and crowns are intricately manipulated. Some are arranged in fan shape, others swoop back from the face and are trimmed with gay feathers. Almost all of them, even the largest, are trimmed with veils—some long enough to reach the waist.

Bag and Bracelet In Red Style Note

The fashion for bright red hats, bags, jewelry and other accessories is going strong this summer. Try this combination to enliven your navy, white or black costume—a stunning bag in red leather of fabric, together with a striking red bracelet which may be of the carved plastic type or one of the new poppy red flower effects. It is within the bounds of good taste to add a matching necklace if your enthusiasm for red carries you that far.

Trim It With Lace Is Now Sure Fire

When in doubt trim it with lace. Bolts and bolts of fine lace edging are contributing to the news in summer fashions. Hats are very smart with bows, bands, brims and crowns of lace. Accessories include matching lace bags and belts of lace—and it's chic to carry a lace parasol, too!

Exercise Is the Best Way to Reduce Weight

By DR. JAMES W. BARTON
(Released by Western Newspaper Union.)

THERE is often the argument as to which is the better way to reduce weight, exercise or a reducing diet.

The reducing diet is the simpler because if enough food is not eaten to supply the body's needs, then some of the fat on the body must be used and so that much weight is lost.

Exercise is really the better way for the average healthy overweight because exercise not only burns up fat but replaces the fat with muscle, and with this extra muscle he is more willing to exercise or work, and so more and more of the fat is lost. Unfortunately, there are many cases where the exercise so increases the appetite that more food is eaten and no weight is lost. Another difficulty is that exercise makes the individual thirsty and he drinks more water, thus increasing his weight. I have spoken before of an amateur oarsman who took off three pounds of weight daily boxing in the gymnasium yet at the end of the month he was the same weight as when he started. He had not lost a pound.

Why? Because he drank a great quantity of water. Similarly with the Turkish bath. Two to four pounds may be lost during the bath but the drinking of water as you rest a short time before dressing puts all the weight back on your body.

If the overweight is willing to exercise more, yet not increase his food intake nor drink more than his usual amount of water, the results will be much better than by dieting alone.

Must Make 'Sacrifice.'
It is just as hard for some fat individuals to cut down on their appetite, especially for starch foods, as it is for another to take vigorous exercise. Cutting down on food or taking vigorous exercise both mean "sacrifice." It is by sacrifice, however, that one loses fat and gains figure.

An item in Newsweek some time ago put the matter of reducing weight as follows:

Careful eating, not exercise, is the best way to reduce, according to Dr. C. C. Sturgis of the University of Michigan. Although a football player may get rid of 14 pounds in a strenuous game, only 4 1/2 pounds comes from fatty tissue; the remainder is water loss that will soon be replenished.

Treating Diabetes With Insulin

WHEN Drs. Banting and Best, of Toronto discovered insulin and Dr. Collip, now of Montreal, made it safer to use, it was felt that all had been learned about insulin in the treatment of diabetes. Many research workers then began experimenting with insulin in the treatment of other ailments such as lack of appetite, dementia praecox (persistent dream state) and others.

In the treatment of diabetes however, research workers sought to prepare insulin in such a way that it could be taken by mouth instead of by the hypodermic needle three times a day. While no method of preparing insulin so that it will be effective taken by mouth has been discovered, what is helping the situation to some extent is the new treatment by protamine zinc insulin.

Increase in Number of Cases.
What would, on first sight, be considered a most unfavorable result from the use of this new insulin compound is the apparent increase in the number of cases of diabetes. Dr. E. P. Joslin, Boston, whose name has been associated with diabetes for many years—long before insulin was discovered—points out in the Michigan State Medical Journal that protamine zinc insulin has probably increased the number of diabetic patients using insulin by 70,000. This due almost entirely to the fact that the new insulin is injected but once a day, whereas the original insulin is injected three times a day, a regulation that many diabetics would not or could not follow.

QUESTION BOX

Q.—Please suggest an effective deodorant to check excessive perspiration.
A.—You should get examined by your physician and try to find out why you are troubled with excessive perspiration. May be due to some condition of the body itself—goiter, bronchitis, nerve ailment.
Q.—What foods will help put iron in the blood?
A.—Liver, beef and green vegetables will help to increase the iron in the blood.

Old High-Back Chair Changes Personality

By RUTH WYETH SPEARS

HERE comes the Bride again! Many of you have met her in Sewing Book 5. She is the same resourceful young lady whose adventures with an old dresser, a fish bowl and a piano stool are described in that book; and who remodeled one of the old rockers in Book 5. Today's sketch shows another of her slight o' hand tricks with a chair.

There it was in a junk shop window. "Did you ever see anything



so impossible?" I said, "It looks like a pompous old dowager with a pompadour." And the little bride said, "Yes, but I think its personality could be changed; I can see it as a jolly little old lady sitting in the corner with a gingham apron." Sure enough, the next time I went to see the Bride, there was the chair sitting in a corner painted a cheerful green and with white gingham cushions. The legs had been shortened, as shown here, and the pompous top-heavy back had been cut down. That was all, but the change was complete. If you are interested in adventures in homemaking be sure to send for Book 5. It has 32 pages of money saving ideas that you can put to use at once. Send order to:

MRS. RUTH WYETH SPEARS
Drawer 10
Bedford Hills New York
Enclose 10 cents for Book 5.
Name
Address

Sea Bed Reveals History

In 10 feet of sand and mud on the Atlantic ocean bottom scientists can read a million years of history of the Ice age. Samplings have been taken from the sea bed across the North Atlantic with a cannon-like tube that is shot by gunpowder into the floor as it touches bottom. From these samplings the United States Geological Survey scientists have found evidence of advancing and retreating ice, of one-celled animals and of periods of volcanic activity, the latter indicated by layers of ash thrown off perhaps by eruptions in Iceland.—Popular Mechanics.

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Do Good Now
I expect to pass through this world but once. Any good, therefore, that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer nor neglect it, for I shall not pass this way again.—Author unknown.

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