

AMERICAN SPIRIT ON FRENCH FRONT

Yankee Push Shown by Signboards Bearing Legends of Various Nature.

"ABODE OF LOVE" ON HUN HUT

"Keep Off the Grass," Is American Engineer's Warning to Avoid Unexploded German Shell—France's Tribute to Fallen Allies.

Paris.—Among all the legends that appear on signboards at and near the front three plainly show the American spirit newly at work, writes George T. By.

The first of these I came across was at a railroad siding that formerly had been part of the depot yards of a bustling little town, C—, now thoroughly obliterated. American engineers were operating and maintaining this division of the military railway, and at the siding a lean-to lunchroom has been propped up—the only structure to mark the former site of C—. This lunchroom, supplied by British commissariat, had a capacity of four customers, two standing and two seated on boxes. The agony of desolation of the prostrate town was cheerfully answered by a bold sign nailed to the side of the lunchroom:

BOOST FOR C—! WATCH IT GROW!

Not so far from this evidence of pulsating Yankee, push we passed a German internment camp, a collection of black huts surrounded by several

RISK LIVES AT FRONT



When the shortage of men became acute in England thousands of British women volunteered to drive ambulances on the western front to permit the men in the service to join the fighting forces. They have risked their lives daily in this dangerous work of succoring the wounded within the range of the German guns. Many have been killed by bursting shells, and many more have been decorated for bravery under fire. They have very often gone to the extreme front battle lines to remove badly wounded Tommies. American women are now nobly offering themselves for this humane but very dangerous work. Following the example of their British sisters, several are already driving ambulances on various battle fronts.

barbed wire fences, the center one probably charged with electricity. This is the second stage of internment for Hun prisoners, the first being in wire cages at the trenches. More Americans were close by.

On the front of one of these huts a hasty arm had chalked in white letters:

ABODE OF LOVE

"Abode of Love" must have been the work of a Chicagoan. When I lived in Chicago several years ago certain celebrated affinities were spending "sweet seasons" in a little cottage on southern Lake Michigan, which they called "Abode of Love."

Along still another division of the military railway in American hands I spent two days visiting our engineers at the front) we found a Missouri humorist making a sign for a little fenced-off square already marked "Danger." Within was a huge unexploded German shell that had descended on too great a slant and had not buried itself. Such shells and hundreds of just-waiting-to-be-slightly moved bombs are found on the battlefields near the front, where the labor battalions have not yet removed or ex-

SAYS GERMANY MUST QUIT BY SPRING

Collapse Is Predicted by American Who Recently Escaped From Country.

PEOPLE SUFFERING ACUTELY

Internal Conditions Far Worse Than Pictured—Some War Loans to Be Repudiated—Austria Is Unable to Break Away.

Zurich.—An American citizen has arrived here with an amazing story of internal conditions in Germany.

Since war was declared this man, whose identity is kept secret at his own request, has lived in Germany. He has worked with Germans, dwelt with them, been one of them, and has acquired an intimate knowledge of conditions existing in Germany.

In his opinion Germany is suffering acutely now, and dissatisfaction and worse reign in certain strata of her army and navy. Recent mutinous uprisings have had to be sternly repressed and the mutineers shot.

Thoughtful Germany, he thinks comprising men of the Ballin type, is desperately eager for peace, and secretly eager to end the war before America has been utterly alienated.

Feared Army Service.

This man left Germany early in October, because he had reason to fear that he was to be impressed for military service.

"The economic situation in Germany," he says, "is far worse than any one on the outside realizes, is so critical that I for one look for a break, a collapse, next spring or late in the winter. Nor are the good crops that one hears boasts about every once in so often going to change the situation materially.

"Throughout the German people there is what amounts to a hatred of America, and this hatred has been carefully concentrated on President Wilson, because it is easier to hate a man than a nation—especially a nation that is the home of pretty nearly every one's relative.

Do Not Hate America.

"But the big men of Germany, the men who have to look ahead and guide the empire after the war, do not hate America. They feel too keenly that they need America, and they would like to stem the tide of hate before it becomes mutual and the United States is alienated, perhaps for all time.

"They know that after the war there is only one country in the world where they can get the money they will need. America, and they are worrying a plenty nowadays.

"They, and all Germany, want increasingly a peace that shall specify,

ploded them, and most of them are fenced in, as I have described, and signed "Danger" or "Do Not Touch."

What our American engineer lettered on his cardboard for the big shell's little park was:

KEEP OFF THE GRASS.

Will our boys still consider it a pleasant pastime to devise wayside signs after they have lettered a few thousand of another sort. For example: "To the Memory of —, One of the Best Defenders of His Country and a Regular Man" or "To Unknown. He Lost Life and Identification Tag at the Same Time, Yet His Comrades Know Him as Hero."

These epitaphs are British. Our troop trains in France pass signboards familiar to every American, among them the insistent reminder of "57 Varieties" and the three malted milk cows.

The biggest war sign is at the Butte de Warlencourt, on the Bapaume-Albert road. It has the dimensions of an American bill board and reads: "To Be Kept Intact by the French Government. Do Not Disturb." The butte, a rocky cone hillock, is surmounted by five crosses erected to the memory of British troops who lost their lives by the thousands in storming the butte in October, November and December, 1916. The big signboard is a moving testimonial of the appreciation of the French for their loyal ally's sacrifices.

among other things, the right to purchase raw as well as finished materials anywhere in the world on the same terms as any other nation.

"Every indication points to probable confiscation of property and repudiation of perhaps half the war loans after the war. Even the percentage of property to be confiscated is being talked of, and it seems probable that the government will take 20 per cent of everything.

To Nullify War Loans.

"On the other hand, it seems probable from all I hear that an even half of all outstanding war loans will be nullified. Fifty per cent will be repaid, and the other 50 per cent will either be canceled or will merely continue to pay interest—will be a sort of perpetual investment, the capital for which cannot be realized.

"As surely as anything can be predicted there will be in the central powers a series of laws forbidding emigration, and in anticipation of them countless Germans today are talking about ways and means of getting away after the war. The first German ship that lands in America after hostilities will leave 70 per cent of its crew behind.

"It is becoming clearer and clearer to Germans every day that all the talk that has gone the rounds about a 'Central Europe' after the model of Professor Naumann and others will be out of the question.

"Contrary to the belief that seems to be almost universal outside of Germany, I really believe that pan-Germanism is on the decrease among the masses of the people, and this despite the increased noise about it everywhere in Germany and the intensive way in which it is being encouraged. The reason for this is that more and more the German people are coming to realize what a catastrophe it will be for them after the war is over if they are hated in all the world. Pan-Germanism, they are coming to feel, is likely to intensify the feeling against them, and thereby make their economic struggle in the future more difficult."

FEW WOMEN CAN CAN AS MRS. BRUN CAN CAN

Hutchinson, Kan.—Mrs. Jack Brun of this city lays claim to being a strong ally of Herbert C. Hoover. She has put up 321 quart of all kinds of fruits and vegetables. There is scarcely a vegetable or fruit she does not have in her stock. Besides, she has jellies and spices of all kinds, and relishes and butters. All this work she has done in addition to her housework in caring for a family of four.

will be enlisted for the duration of the war.

It might be a combined seaport-railroad-town-mining-camp-post - frontier-settlement, from all reports that are spread here.

It's company street probably will be "Main street" or "Broadway" and everything about it will be U. S. A., even if it is "over there."

Butterflies Rob Bees.

Fresno, Cal.—Butterflies have become so greedy in Fresno county that honey bees have gone on strike, according to C. R. Snyder, bee inspector of this district. The butterflies have been robbing the bees of the nectar in flowers, and finally the honey makers became so discouraged, and recently the bees have virtually been doing no work at all. Inspector Snyder says there has been but little feed because of the lack of spring rains.

British Decorations for Nurses.

London.—A ribbon decoration for nurses and woman hospital workers is to be awarded shortly by the British military authorities.

The KITCHEN CABINET

There is no higher wisdom than to lose yourself in useful industry and be kind.

Patience is a virtue, but don't lose sight of the fact that there are others.

CASSEROLE DISHES.

It is possible to have just as tempting and dainty food cooked in a ten-cent crock with a cover as it is to serve it in a ten-dollar casserole. The secret of casserole cookery is its long, slow cooking under cover, keeping in all of the flavor. Tough meats are especially adapted to casserole cooking. The law of compensation comes to our aid, for tough meats always yield delicious gravy. The tougher the meat the more glory to the cook if she makes it appetizing and palatable. The variations on casserole dishes are only limited by the supplies in the larder.

A steak may be smothered in onions in a casserole or with mushrooms. All meat has the same first treatment, seasoning, rolling in flour and browning in hot fat. Have the casserole hot, add two cupfuls of canned tomato, half an onion, a slice of carrot and turnip, two stalks of chopped celery, a sprig of parsley and half a teaspoonful of mixed spices. The meat for this is beef. Pour a cupful of water in the spider after the meat has browned, add a teaspoonful of kitchen bouquet and pour it over the meat and vegetables in the casserole. Cover tightly and set in a hot oven. As soon as the meat begins to cook reduce the heat and let it cook very slowly for two or three hours for three pounds of meat. If you wish to add potatoes to this dish add them boiled until tender 15 minutes before it is to be served.

Casserole veal is delicious, with green pepper and onion for flavor. Mutton is also excellent cooked with peas and a little onion. Chicken with mushrooms, and a few ripe olives for a garnish when serving is at its best in this dish. A tough duck, squirrel or rabbit may be made into a most tasty dish by casserole cooking.

Kidneys, beef hearts, calves' hearts, sweet breads, liver—in fact, any kind of meat, fish or fowl can be cooked acceptably in the casserole.

The coarser cuts of meat—neck, chuck and rump with vegetables, to enrich the gravy, all make most delicious eating when cooked in a casserole.

The woman of moderate means, who markets in person with a basket on her arm, often gets better goods for less money than her wealthy sister who trusts to servants or the telephone and takes what the merchant chooses to send to her, in blissful ignorance of food values or food quality.—Mrs. Richards.

SOMETHING TO EAT.

Today we are looking for good things that are economical and within the means of the average pocket-book, and at the same time prove satisfying.

Rice Mullins.—Press boiled rice through a potato ricer, add the yolks of three eggs

to two cupfuls of rice, one and a half cupfuls of milk, two tablespoonfuls of melted butter, one teaspoonful of salt, and two teaspoonfuls of baking powder sifted with one cupful of flour. Lastly add the well-beaten whites of three eggs and bake in a quick oven about twenty minutes. Sugar may be added if desired, and if the family is small, half the recipe will be sufficient.

Beet Salad.—Cut small-sized pickled beets in halves, scoop out the center and fill with chopped celery, mix with mayonnaise, place the beet on a lettuce leaf and serve topped with a bit of mayonnaise dressing.

Troy Pudding.—Take a cupful each of stoned raisins, currants, citron, molasses, suet, a half-cupful of milk, one teaspoonful of soda dissolved in a little water, two and a half cupfuls of flour, half a grated nutmeg, a teaspoonful each of cinnamon and ginger, a half-teaspoonful of cloves and one egg. Mix well and steam for three hours.

Crufters.—Take half a pint of sweet milk or one cupful, the same amount of sugar, a fourth of a cupful or four tablespoonfuls of shortening, one beaten egg, three cupfuls of flour, two teaspoonfuls of baking powder, a teaspoonful of salt and a teaspoonful of grated nutmeg sifted with the flour. Mix well and fry in deep fat. Roll in powdered sugar sprinkled with cinnamon.

Baked Corn With Clams.—Mix a can of minced clams, a cupful of canned corn, a cupful of milk, one egg well beaten, a cupful of bread crumbs, two tablespoonfuls of butter, a teaspoonful of salt, a fourth of a teaspoonful of paprika, and a little onion juice or onion salt. Mix the butter with the crumbs and sprinkle over the top. Bake one-half hour.

Rice Pudding.—Use the unpolished rice, which is much more nutritious than the polished, soak a cupful over night, cook until tender in the same water salted. Beat an egg, add half a cupful of milk, then the cooked rice,

and fill the pudding dish with alternate layers of rice and apple butter. Bake until brown. Serve with cream or a caramel sauce.

The secret of success in life is for a man to be ready for his opportunity when it comes.—Dierael.

The one who does little things is always ready to do the big thing better.

EAT LESS FOOD.

There are few people who would not feel better, look better and live longer if they stopped eating before they are quite satisfied. The pernicious habit of eating after ones stomach says "enough" is the cause of many ills that burden the flesh. Nitrogenous

foods have a process of putrefaction which is peculiar to that food, other kinds of foods ferment but such food as meat, fish, eggs, cheese, and such protein vegetables as peas and beans decompose and the by-products formed are more or less poisonous to human beings.

The difference between fermentation and putrefaction is shown in the digestion. Vegetable foods may ferment and cause irritation but with animal food the irritation may be in the form of poisons which are taken up by the blood stream just as is the food, these poisons cause auto-intoxication. The vast majority of people who suffer in this way, suffer because of overeating. An endless meal once or twice a week, would be not inappropriate to follow a whentless day.

Fletcher, the dietician, in his wonderful books on living has discovered that the simple art of mastication, which is a much slighted if not a lost one, is the secret of good health. Our loyalty in these stirring times may teach us the value of lessening our food supply. The over-padded individual who denies herself candy and sweets because of her patriotism will be rewarded in the happy results to herself. This will be true in cutting out one-seventh of our meat, one-sixth of our fat, and one-fourth each of sugar and white flour. This self-denial will not only help us physically but its influence must be felt in other ways. The individual who cannot say "no" for his stomach's sake will not stand very firm on higher demands.

There is one important thing that all mothers of growing children should consider, that they should not be restricted as to food, for they need it for the daily activities and to promote growth.

The people who never make mistakes lead a mighty monotonous existence.

POULTRY IS NOT TABOO.

As poultry cannot be shipped as food to our allies we are expected to use it in place of such foods as beef, mutton and pork. We will be most happy to have chicken often, if we are able to pay the price.

We are all familiar with chicken stew with dumplings, roast stuffed fowl and fried chicken, so it is not necessary to dwell upon these favorite dishes; but we may like to vary our chicken dinner and the following may prove suggestive:

Curried Chicken.—Joint a fowl neatly, fry it a slight brown color in three tablespoonfuls of its own fat or any sweet drippings, lift out the pieces of chicken and fry one minced onion, add two tablespoonfuls of curry powder, three of chopped coconut, one teaspoonful of sugar, one teaspoonful of flour, one of salt, a cupful of rich milk and a half cupful of water, then the pieces of chicken. Cook very slowly until the chicken is tender, then add a tablespoonful of lemon juice. Serve with a dish of boiled rice.

Chicken Toredos.—Take half a pound of cold cooked fowl, one cupful of whipped cream, half a cupful of stiff aspic jelly, three tablespoonfuls of chopped cooked ham, one tablespoonful of chopped parsley, salt, pepper and red pepper to taste. Whip the cream to a stiff froth, add the fowl and ham finely chopped, also the parsley and seasonings. Melt the aspic jelly and mix and beat until it begins to set. Pour the mixture into china or paper cases, put on ice for 20 minutes and serve sprinkled with pistachio nuts.

Chicken Mold.—From an uncooked fowl remove all the meat, free it from skin and gristle and pass it through the chopper twice. Put half a cupful of bread crumbs in a saucepan, add a cupful of milk, and heat over the fire, stirring to a paste. Take from the fire and gradually beat in the chicken paste, then add a teaspoonful of salt, pepper, paprika, a tablespoonful of chopped parsley, and the well-beaten yolks of three eggs. Fold in the stiffly beaten whites. Turn into a well-buttered pudding dish, stand it in hot water, and bake in a moderate oven 30 to 40 minutes. Turn out when ready and serve with white sauce.

Get a package of Grape-Nuts from your grocer and try this pleasing recipe.

Here's a new one—a most delicious desert that can be made in a hurry.

To one and one-half cups of milk add one cup of Grape-Nuts and one level tablespoonful of sugar, boil six minutes, cool and serve with milk or cream. Add raisins if desired.

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WHILE AT WAR

Women Suffer at Home

Lincoln, Neb.—"A few years ago, due to my having overworked, I became all run-down, weak and nervous and could not eat or sleep. I kept on getting worse until I was a complete wreck. I took 'Favorite Prescription' and was soon restored to health and strength. I have also taken the 'Golden Medical Discovery' as a tonic and blood purifier; it was excellent."—Mrs. J. S. Barribo, 1945 K St.

Aurora, Neb.—"I have had a wonderful experience with Dr. Pierce's remedies. I had been ailing for six months with nervous prostration and impurities of the blood, and became so ill finally that my case just simply baffled the doctors. I was down in bed and had just about given up hope when I read an advertisement and started to take the 'Favorite Prescription' and the 'Golden Medical Discovery.' Then we changed doctors and it was with the approval of my physician that I kept right on with them, until I was completely restored to health. We also acted on advice received from Dr. Pierce's Invalids' Hotel along with my doctor's approval and I feel positive that I owe my life and present good health to the treatment I had at that time with Dr. Pierce's remedies. It was all of sixteen years ago and I am so enthusiastic, I have been recommending these remedies to my friends ever since."—Mrs. B. A. Hickman, 317 N St.

The "Prescription" and the "Discovery" are both put up in liquid and tablets, and are to be found in nearly all drug stores. No alcohol or any narcotic. Send Dr. V. M. Pierce, Buffalo, N. Y., 10c for trial pkg. of either tablets.

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United States City in France

Americans Build Town All for Themselves.

It Will Be the Main Base for Our Army and Will Cost Millions of Dollars.

Washington.—An American city is rearing itself on French soil. It will be populated entirely by Americans—a city of men. Everything about it will be American. It will be a little bit of New York or Kankakee or Wheelz transported across the Atlantic and set up on an alien, though an allied soil.

It will be the main base of the American army and will cost millions. There will be housed the great depots, the central hospitals, the entire heart of the American organization.

Reports to the war department in-

dicating that plans are well under way. This great city will be well removed from the front, in a locality already selected. It is all mapped out what is to be done. The location is a military secret, so are the plans. All that may be told is what will be there.

German prisoners now in France probably will be employed in the labor of building. American architects and engineers will direct the work.

The place will be as typically American as if it were in Illinois or New Hampshire. Out of it will run an American railway—American built, equipped and manned, direct to the American section of the front. It is understood that it will be located in regard to harbor facilities so that American ships can come in to the docks, there to be unloaded by American stevedore gangs, recruited from the wharves of United States seaports for that especial purpose. These men will wear the American uniform and

will be enlisted for the duration of the war.

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