

ARMY LIFE PUTS BOYS IN FINE SHAPE

Former Weaklings Now Have Muscles Like a Blacksmith's Apprentice.

INURED TO ALL HARDSHIPS

Outdoor Work and Proper Food Make Huskies of Them—Army Doctors Continually on Watch for Health of Men.

With the American Armies in France.—Whether he used to be frail or strong, the doughboy is becoming one of the huskiest chaps on this side of the line. War agrees with the American boy, judging from the solid, healthy-looking specimens you see trudging up and down the lines and holding them.

It is a series of surprises you have with the American army, continually meeting some husky whom you hardly recognize because back in the States he was "that frail little William Jones." Under Uncle Sam's care he has grown shoulders of a football player, and he marches on a pair of legs twice as stout as they used to be, and you couldn't call him William if you had to—his only name is Bill, now that he has joined the heavyweight class.

Despite the fears of the family for the boy, it has done him good to join up in Uncle Sam's army. His present healthy condition is due to a number of causes, not the least of which is the physical training he has undergone to enable him to stand hardship. The chap who couldn't take gymnastics at high school because he had a weak heart has become a doughboy who thinks nothing of marching all night with a pack on his back and then standing guard next day.

Strong as Blacksmiths. Outdoor work almost continually and being tired enough at the end of the day to drop down and sleep anywhere, has been just the thing to inure the boy to hardships. He is out not only in summer when it is pleasant, but in rain and wind, and his life has made him hard and rugged, and a far better man physically than when he came to France. Jogging up and down roads on an artillery caisson, or handling a huge truck, has given the former drug clerk muscles like those of the blacksmith's apprentice.

The kind of food he has had to eat has been encouraging, too. Good solid "chow," like beef, beans, potatoes and bread, make man-power, and they have lots of "chow" in the American army. It is served up at regular intervals, and it builds muscles in the soldier's arms and legs and makes him have broader, better filled-out shoulders. They have dessert, too, in this man's army, but instead of the pies and cakes of peace days, it is rice pudding, or canned fruit.

Then the boy keeps pretty good habits with the army here in France, ex-

cept for his night hours, which he becomes accustomed to, and which he makes up with sleep in the daylight hours when Germans could see him if he worked. The means of going even on mild "tours" are not at the doughboy's disposal in the army, and anyway he is too busy beating the Germans to think about anything but his work, a situation which is helpful to his state of mind, as well as his body. He is learning good living and clean habits in the army.

Doctors on Lookout.

Then there are those army doctors who are continually watching to nip anything in the bud that might break down health of the men. A good football team in training never averaged higher in medical attention than Uncle Sam's fighters. Inspection takes place ever so often, and is careful. The men, knowing they are entitled to treatment freely, report sooner for attention. Dentists are far more popular than they used to be, as well as doctors.

Even the chaps who are sent back to hospitals gain by the deal, despite the popular belief. By far the larger

number of men in hospitals have merely temporary disabilities.

The army hospitals run on one basis, that of making a man better for service than he was before. Of course there are men who must go back home after their hospital sojourns, but with the exception of a few cases, they too leave hospitals in healthier condition than they were in when they joined the army.

The reason is this: Every means of science is used freely to find out what ails the doughboy who enters the hospital, and before he leaves every means known to cure him has been tried. There is no question of cost or whether or not he wants to take the treatment. He gets it—which is important, say physicians, since an enormous amount of disability in civilians is allowed to increase, because of antipathy of many people to medical treatment.

The soldier who arrives at a hospital is practically certain to get an X-ray examination all over, unless his trouble is a mere scratch and he is all right otherwise. If anything ails him, the medical men find it out, and they get right after the ailment at once. Thus the soldier who came in to get his appendix removed may have his lungs treated, his teeth fixed and his deaf ear operated upon and made perfect.

ARDITI ARE IDOLS OF ITALIAN ARMY

Famous Shock Troops Undergo Severe Training for Their Work.

SHAM BATTLE IS VERY REAL

American Red Cross Canteen Workers Are Invited to a "Midnight Party"—Tell How They Enjoyed the Show.

At the front.—We were serving cold lemonade to the hot, dusty Arditi in our little Red Cross canteen near the front.

The Arditi are Italy's famous shock troops, young, dashing, fearless volunteers for the assault, who clear the way for their comrades following.

They had been working hard since early dawn and were thirsty. Leaving to continue on their strenuous way, they shouted an invitation: "Come and see us at midnight; we are going to have a show." We promised to come.

Roar Shakes the Heavens.

Late in the evening we set out up the mountain road. So near the front lines lights are forbidden, and we advanced slowly in the darkness. Suddenly dim shadows loom ahead, we slam on the brakes, and with a terrible crash the night is startled into brilliance.

Dripping blood, a soldier staggers towards us, and we see in the fitful flare the outlines of crouching figures; behind trees, walls and wagons. A roar as if the heavens are falling; lower

and lower we bend as the shells go screaming overhead.

A blinding flash, and we see a curtain of fire dropping on the opposite slope.

With a muffled roar a sea of flame bursts in the valley below. Wave on wave of fire, rolling relentlessly and



Arditi Drill.

breaking on the upturned sand of the trenches. Liquid fire! The men crouching beneath the weight of the projectors look like ants confusedly busy.

A surprising lull, and the storm breaks. The very mountains tremble. The shrill whistle of shells now answered by a spiteful tap of the machine gun. The unmistakable whine of the torpedo, the whang of bursting shrapnel, the hurtling fury of high explosives. The night is hideous with death and pale star-shells hang in the sky, lighting the fearful stage. The curtain is falling, this time higher up the slope, and under its protection the shock troops are advancing in the face of a withering fire. The steady note of a rifle volley and a man falls here and another there as the machine guns busily spell out death.

Thus Are They Trained.

Again the heavens part and the mountains seem afire. Once more the terrible preparation, the barrage rising higher and higher. The sky is red. The second line is passed—and the third! High on the slope the flag waves in triumph, and a faint hoarse shout steals across the valley. The attack has succeeded!

On the silence breaks the measured tread of men and in the light of a flickering lantern we see the stretcher-bearers carefully swing up the road.

In wonder we question one another. Simple American Red Cross workers, unfamiliar with the sterner side of war, we were to attend a party. Where are we? Where are the Austrians? Will they counter-attack? The wounded, the dead?

In the darkness we are hailed: "Ah, you Americans—you have found us! How did you enjoy our little show? Austrians? Trenches? Wounded? No!—but it was only a sham fight! It is so we train, we Arditi."

"WEAR THEM HEAVIER" IS ADVICE TO WOMEN

Cleveland, O.—"Wear them heavier" is the request of fuel administration men here to the women of Cleveland. Lacy garments are cold and require more heat in buildings, whether homes or offices. Therefore, if women will be patriotic they will pass up some of the dainty things they wear unseen and will don more sensible garments, say the fuel men.

Merchants Mine Coal.

Logan, W. Va.—Twenty-five business men proved their patriotism when they donned overalls and spent half a day in the coal mines near here. They loaded 100 tons of coal and presented their wages to the Red Cross.

Daily Thought.

Virtue is, like a rich stone, best set plain.—Bacon.

The KITCHEN CABINET

O, love is the need of the world; Down under its pride and its power, Down under its lust and greed for the joys that last but an hour.

—E. A. Wilcox.

A FEW OATMEAL DISHES.



National War Garden Commission

THE use of oatmeal in various ways will help us to save the precious wheat which we are so anxious to conserve.

Scotch Soup.—Take two and one-half quarts of water, one and a fourth cupfuls of oatmeal, five potatoes cut in small pieces, two tablespoonfuls each of corn flour and fat, or oat flour or barley may be used. Boil the water, add the oatmeal, potato, two sliced onions, a tablespoonful of salt and pepper to taste. Cook for a half-hour. Brown the flour with the fat and add to the soup. Cook until thick, add one cupful of strained tomato and serve hot.

Oatmeal Brown Betty.—Take two cupfuls of cooked oatmeal, four chopped apples, one-half cupful of raisins or dates, one-half cupful of brown sugar, and a fourth of a teaspoonful of cinnamon. Place a layer of the oatmeal in a buttered dish, add apple, raisins and cinnamon and sugar; repeat until all is used. Bake in a moderate oven long enough to cook the apple.

Scotch Oat Crackers.—Grind two cupfuls of rolled oats, add one-fourth cupful each of milk and molasses, one and a half tablespoonfuls of fat, one-fourth of a teaspoonful of soda and a teaspoonful of salt. Roll out in a thin sheet and cut in squares; bake twenty minutes in a moderate oven. This recipe will make three dozen crackers.

Spiced Oatmeal Cakes.—Heat one-fourth of a cupful of molasses to boiling; add three tablespoonfuls of fat; add one-half cupful of cooked oatmeal and one and a half cupfuls of flour, one-fourth of a cupful of sugar, the same of raisins, one-half teaspoonful of baking powder and one-fourth of a teaspoonful of soda, one-half teaspoonful of cinnamon; beat well and bake in muffin pans thirty minutes. This makes one dozen cakes.

A cupful of cooked oatmeal added to the usual bread sponge will be found to make a most tasty bread, or the uncooked oatmeal may be scalded with milk or milk and water, letting it stand covered for a half-hour, then add to the bread sponge.

To be truly happy is a question of how we begin and not how we end; of what we want and not of what we have.—Stevenson.

SEASONABLE DISHES.



National War Garden Commission

WHEN elder cannot be obtained in the market, cut up a pint or two of inferior apples—windfalls are fine used in this way—and grind them through the meat chopper. It is a little work, to be sure, but well worth the trouble, for you may have a cupful or more of elder to use in mince-meat or for cooking ham. There is no more delicious way of serving ham than to cover a thick slice of ham, after browning it well, with elder and let it simmer for an hour on the back part of the stove. The meat will be very tender and especially well flavored. Serve sprinkled with minced parsley.

Pickled Onions.—Put small, white pickling onions into a jar after peeling them; add mixed spices and cover with good vinegar that has been boiled and cooled, using one tablespoonful of brown sugar to a quart of vinegar.

Cake Crumb Dessert.—Take two cupfuls of sponge-cake crumbs and brown in the oven. Place in sherbet glasses and cover with fruit sirup; serve garnished with a spoonful of whipped cream or marshmallows cut in bits with the scissors.

Ham Tomato Toast.—Fry a tablespoonful of minced pepper and half tablespoonful of minced onion in two tablespoonfuls of butter; add two tablespoonfuls of flour, a teaspoonful of sugar, one-half teaspoonful of salt and a few dashes of pepper, one cupful of tomato puree and a half cupful of minced ham. Serve hot on well-buttered toast.

Baked Beans With Apples.—Soak and parboil one and a half pounds of beans as usual, then when the skin wrinkles and curls, put them with an onion into the bean pot with a half-cupful of bacon fat or ham fat, two chopped apples, and a tablespoonful of salt. Barely cover with water in which a tablespoonful of molasses and a half-teaspoonful of mustard have been mixed. Bake covered for three hours, then remove the cover and place overlapping slices of apple on top and bake until the apple is cooked.

Scalloped Cabbage.—Cut a small head of cabbage fine with a knife, butter a baking dish and put in a layer of shredded cabbage. Cover with bread crumbs, sprinkle with salt and pepper and bits of butter. Repeat this until three cupfuls of crumbs are used. Pour over a pint of sweet milk and bake for an hour.

We take care of our health, we lay up money, we make our roof tight and our clothing sufficient, but who provides wisely that we shall not be wanting in the best property of all—friends?

CONSERVATION RECIPES.

MAKE your jelly in the winter, when we hope sugar will be more plentiful, by preparing the fruit now in the usual manner; strain the juice and boil for twenty minutes a quart or two at a time. Seal while boiling hot in sterilized cans and in the winter the juice may be boiled with equal parts of sugar for three to four minutes, then turned into glasses.

Pie Pumpkin, Canned.—Cut the pumpkin into small pieces and cook until smooth. Add one cupful of sugar and a teaspoonful of salt to each quart, and after partial sealing, cook in hot water one and a half hours. Seal tightly and keep in a cool dark place.

Date Barley Muffins.—Take two tablespoonfuls each of fat and sugar, one egg, one cupful of sour milk, a half teaspoonful of salt, two and one-half cupfuls of barley flour, two teaspoonfuls of baking powder, one-half teaspoonful of soda, and one-half cupful of stoned dates. Bake in greased muffin pans one-half hour.

Griddle Cakes.—Mix together one cupful of cooked rice, two beaten eggs, two cupfuls of sour milk, one cupful of corn flour, a tablespoonful of melted fat, one teaspoonful of soda, and the same of salt. Beat well and fry on a hot greased griddle.

Oatmeal Health Bread.—Pour a pint of boiling water over two cupfuls of rolled oats and one cupful of bran. Cover and let stand a half-hour. Place one-half cupful of molasses in a bowl, add a tablespoonful of shortening and a teaspoonful of salt. Pour over all these ingredients a pint of potato water or scalded milk; add a yeast cake softened in one-fourth cupful of lukewarm water. Mix all together adding six or seven cupfuls of whole-wheat flour. When light mold into three loaves.

Honey Salad Dressing.—Beat the yolks of three eggs, add three tablespoonfuls of honey, and three of lemon juice, one-half teaspoonful of salt, a few dashes of paprika, three tablespoonfuls of oil; cook until thick, beating with a whisk beater. Cool and add a few spoonfuls of whipped cream before serving.

Rejoice in all the honors which come to those you know. That you know them makes you in a sense a partner in their fame; that you rejoice with them brings you their friendship.—Henry Worthington.

GOOD THINGS FOR THE FAMILY.

IMPLE dessert and one which young and old may enjoy is:

Lemon Jelly and Sliced Bananas.—Prepare the jelly from the jellies which need but the addition of hot water and when it has been molded and is firm cut in small cubes. Put the cubes in the center of a dish and heap sliced bananas around them. Pour over a thin custard, prepared by using a cupful of milk, an egg and strained honey to sweeten.

Virginia Spoon Bread.—Put a quart of boiling water in a saucepan, add two teaspoonfuls of salt and a half cupful of hominy, cook five minutes, then set over boiling water and cook for twenty minutes; add four tablespoonfuls of shortening, three eggs, beaten with a cupful of milk, and lastly, sift in the two cupfuls of corn meal and two teaspoonfuls of baking powder. Mix thoroughly and bake in a well-greased baking dish about forty-five minutes. Serve from the dish with a spoon.

Quick Chocolate Cake.—Take two squares of chocolate, one-half cupful of sugar, three-fourths of a cupful of milk, two egg yolks, one-fourth of a cupful of milk, three tablespoonfuls of shortening, 1½ cupfuls of barley flour, one-half cupful of sugar, one-fourth of a teaspoonful of cinnamon, one teaspoonful of soda, one-half teaspoonful of salt, two tablespoonfuls of chopped nuts and a tablespoonful of granulated sugar. Heat the first three ingredients in a double boiler. Beat the yolks, add the one-fourth cupful of milk, stir and cook in the hot ingredients until they thicken slightly; add the shortening and remove from the fire. Sift together the flour, sugar, cinnamon, soda and salt and combine the two mixtures. Turn into greased tin, sprinkle with nuts and sugar over the top and bake in a quick oven about eighteen minutes.

A most delicious confection may be made of honey, lemon rind and juice with blanched chestnuts, cooked in the sirup until thick. Bottle for use as a garnish for sherbets, ices and puddings.

Heinie Maxwell

GIRLS! LOTS OF BEAUTIFUL HAIR

A small bottle of "Danderine" makes hair thick, glossy and wavy.

Removes all dandruff, stops itching scalp and falling hair.



To be possessed of a head of heavy, beautiful hair; soft, lustrous, fluffy, wavy and free from dandruff is merely a matter of using a little Danderine.

It is easy and inexpensive to have nice, soft hair and lots of it. Just get a small bottle of Knowlton's Danderine now—it costs but a few cents—all drug stores recommend it—apply a little as directed and within ten minutes there will be an appearance of abundance, freshness, fluffiness and an incomparable gloss and lustre, and try as you will you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you will see new hair—fine and downy at first—yes—but really new hair—sprouting out all over your scalp—Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchy scalp, and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this. Adv.

At Least He Had None Left.

Charles went visiting with his father and on their return his father was asked as to the boy's behavior. "Beautiful" was the answer. "He couldn't have been better." Whereupon the young hopeful said: "I used all the Danderine I had." And the family judged from his behavior the next day or two that he certainly had.

Contrary Effect.

"People who gossip much are generally very narrow." "Yet they manage to spread a lot."

If we could just find money as easily as we find fault we would all be millionaires in a short time.

THIS WEEK, NERVOUS MOTHER

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Philadelphia, Pa.—"I was very weak, always tired, my back ached, and I felt sickly most of the time. I went to a doctor and he said I had nervous indigestion, which added to my weak condition kept me worrying most of the time—and he said if I could not stop that, I could not get well. I heard so much about Lydia E. Pinkham's Vegetable Compound my husband wanted me to try it. I took it for a week and felt a little better. I kept it up for three months, and I feel fine and can eat anything, now without distress or nervousness."—Mrs. J. WORTHLINE, 2842 North Taylor St., Philadelphia Pa.

The majority of mothers nowadays, overdo, there are so many demands upon their time and strength; the result is invariably a weakened, run-down, nervous condition with headaches, back-ache, irritability and depression—and soon more serious ailments develop. It is at such periods in life that Lydia E. Pinkham's Vegetable Compound will restore a normal healthy condition, as it did to Mrs. Worthline.

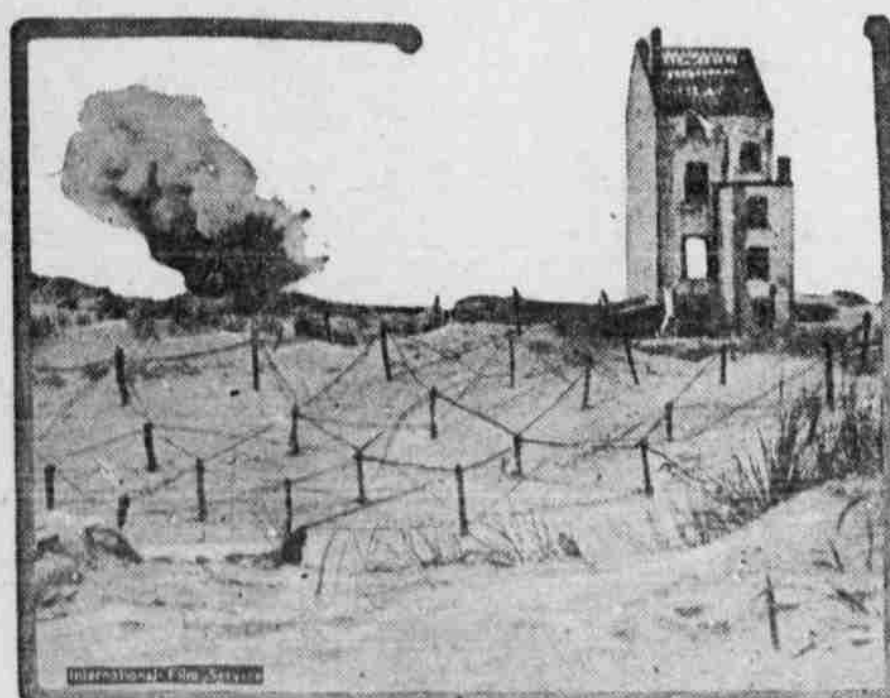
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Rely On Cuticura For Skin Troubles

All druggists; Soap & Ointment 25¢ & 50¢; Talcum 25¢. Sample each free of "Cuticura," Dept. 2, Boston.

SHELL FROM HUN NAVAL GUN EXPLODING



Germany, in her dire need for heavy guns, has taken the larger and more powerful guns from her ships and placed them behind the lines. Here is shown a shell from one of the German naval guns exploding behind the French lines.

YANK GUNLAYERS MAD

Say the Infantry Ran Hun "Targets" Too Far.

When Artillery Get Heavy Guns Into Position There Is Nothing to Shoot At.

With the American Army.—A certain regiment of heavy artillery is broken-hearted over the way the Boches "threw them down," as they express it, in the Saint Mihiel salient.

This particular regiment was brought up to assist in the long-range bombardment of the interior of the salient, but owing to the rain and the muddy condition of the roads they were late in reaching their emplacements and setting up their guns. They were due to begin firing in the rear of the enemy lines at eight o'clock in the morning, just at about the time when they thought Fritz would be getting ready to drop back to his inter-

mediary line after his resistance had been broken in his wonderfully strong battlefront. But Fritz never stopped on his intermediary line at all and even his machine gunners did not tarry in their solid concrete and railroad iron blockhouses.

So at eight o'clock in the morning, when the heavies should have opened up on Fritz's support line they received orders not to fire. When their commanding officers protested vigorously and demanded the reason why, they were advised that if they opened up on the targets they had chosen they would be firing in the rear of American troops. So the regiment never fired a shot.

The gunlayers took it as a personal affront on the part of the doughboys, who advanced so rapidly they didn't give the heavies a chance to do any business. They declare openly that if the infantry had had any sporting blood in its veins it would have slowed up and given them a crack at the Boches.

An enamel to glaze pottery without the use of heat is a German invention.