

KEEPS WATCH ON SEAMEN'S HEALTH

Uncle Sam Will Take Good Care of His Merchant Crews.

SEAMAN'S BOTTLE IS LATEST

Contains Passports to Good Health by Providing Free Hospital Treatment Anywhere—Days of the Dog's Life Now History.

Washington.—Uncle Sam is getting more watchful of the health of his merchant crews as the great American peace-time fleet continues to grow. The latest innovation of the United States shipping board in the "seaman's bottle," which has now become one of the cherished possessions of hundreds of American seamen.

This little glass bottle, small enough to be carried in the vest pocket, contains passports to good health—printed forms which, when filled out by a ship's captain, will gain admittance for the holder to any United States marine hospital or relief station of the public health service in every important port in the United States. On a foreign voyage the application will provide the seaman with the best medical care, free of charge, on application to the United States consular officer.

At present the bottle is being provided only for men who have been trained for a sea career by the recruiting service of the shipping board, but in the opinion of Surgeon General Blue every American seaman should have one.

It is in port that the new "seaman's bottle," which was originated by Dr. Louis W. Croke, medical director of the shipping board recruiting service, plays its chief part. A seaman in need of medical attention has merely to dig the bottle out of his kit, bring the printed form to his skipper to be filled out and then go ashore to the nearest federal official.

Free Hospital Care.
The label which bears the imprint of the board's recruiting service informs the seafarer that he is entitled to free hospital care no matter what his station aboard ship. The term "seaman," it says, means not only the men who are employed on deck but persons employed on board in the care, preservation or navigation of the ship, and it even includes those who are in the service, on board, of those engaged in such care, preservation or navigation.

When discharged by the medical authorities the American seaman is given free passage to the port from which he originally signed, unless the articles provide for discharge elsewhere, or if in a foreign port to some port in the United States. He must serve on board the ship on which his passage has been arranged if possible.

The "seaman's bottle" not only will impress upon Americans who are going to sea the privileges to which they are

entitled as seamen of the United States but will preserve the certificate and keep it clean.

Years ago, in the days of the clipper ship, and even since that time, the sick or disabled American sailor at sea or in a foreign port had no resource but the charity of his captain or shipmates. Old-time skippers generally prescribed and supplied a blue pill and the crews were not burdened with funds to lend.

Harrowing tales have been told of those dark days of the merchant marine, of men forced to lie for weeks in cramped, foul-smelling forecastles, often beset by rats and without proper food, light, air or clothing.

If the man lived until the ship reached port some sort of care might be provided for him, but hundreds died, were buried at sea; their togs were sold and they were soon forgotten.

Must Carry Medicines.

But the days when the life of a sailor was a dog's life at best are now history. Every vessel flying the American flag and engaged on long voyages

is required to carry a chest of medicines suitable for the treatment of common ailments and injuries. Failure to comply with this law subjects the master or owners of the vessel to a heavy fine.

Scurvy, that scourge of the old days, has practically disappeared from the American mercantile marine because of the liberal supplies of lime or lemon juice, sugar and vinegar that are now required to be carried on every ship on a long voyage and to be given daily to the crew within ten days after salt provisions have been chiefly served to them. In the days of yore "salt junk" was the main item on every food bill of fare. This food, consigned to the vessel in barrels, was generally stowed below as ballast and sometimes remained there for a long time before being requisitioned for the crew. This diet, with the lack of fresh vegetables, caused scurvy.

Adequate hospital facilities aboard ship also are provided. The law requires that in addition to the space allotted for lodgings, which must be roomy and well ventilated, all merchant vessels of the United States, which ordinarily make voyages of more than three days' duration between ports and which carry more than twelve seamen, shall have a suitable hospital compartment with at least one comfortable bunk for every twelve seamen aboard.

HELD A PRISONER FOR FOUR YEARS

French Judge Returns to Battered Remains of Cambrai Home.

HID PRICELESS CITY RECORD

Refused to Leave Post When Hun Hordes Poured Through His Country—Tells of Cruelties Inflicted by Invaders.

Paris.—There reached Paris recently a fine-looking old French gentleman, sad-eyed, hollow-cheeked. For four years he had been held prisoner by the Germans in the city of Cambrai. He had seen the Hun Kaiser three times passing through the streets of his city which previously had been swept by the French women. Night after night he had been forced to go and sit in the railroad stations of the city while the British bombed them. He had seen his friends, people once wealthy and of high birth, sent out to dig trenches, to bury the dead and to cultivate and weed the fields. For two years he had only soup and cocoa for his dinner and a semi-monthly allowance of three-quarters of a pound of meat and black bread.

Henri Bergier reached Paris just as the news came from the front that British and American troops had freed his home. As soon as he is strong enough to travel again he will return

there to find, if possible, the priceless records of the city which he hid in 1914 when the Huns swept across Belgium and invaded northern France.

As a judge of a tribunal or court of Cambrai, Bergier refused to leave his post when the German hordes poured through his country in August, 1914. By a trick of chance he had just sent his wife and three daughters to Boulognesur-Mer, on the coast of France, for a holiday and was planning to join them early in September. The meeting was deferred just four years. He was captured, but was spared the bitterness of seeing his family subjected to the humiliations which came to the other women of Cambrai. His wife and daughters at once volunteered for hospital service and worked so heroically for three years that they were decorated by the French government with the medal "des epidemics et du devouement."

The story which Bergier brought back was one of want and suffering. The Germans held him as hostage so he was not maltreated. Whenever the city was bombed, however, he was sent with three other judges, also held as hostages, to sit in the railway stations so that they would be killed if the traffic centers were destroyed.

The people of the city who did not hold official positions were treated more summarily. The women were all made to do menial work of some kind, such as sweeping the streets of the city or cultivating and weeding the fields. The young boys and men were sent out to dig trenches and to bury the dead.

Turned Out of Homes.
Family after family was turned out of homes to make place for the wives of the German officers who came to stay in Cambrai with their husbands and for German actresses and singers who were brought from Germany to stage performances of grand opera and to make merry in the casinos. The prisons were kept filled with "offenders."

Early in September Bergier was told that an exchange had been effected and he was to return to France. He would be permitted to take with him what belongings he could carry. He found an old baby carriage with two wheels off and patched it up with wheels from a dismantled gun. His clothing, though threadbare, still held together, but he had no shoes at all. He took the leather portfolio which his youngest daughter had used to carry to school and made a sort of footwear out of it, using for soles the belting from a machine in an abandoned factory.

Part of his journey to Belgium he made on foot, pushing his belongings along in the old baby carriage. Part he made by train.

From Belgium M. Bergier went to Switzerland, finally arriving in Paris where he rejoined his family.

Gay Party Frocks Return



Gay frocks of party frocks are fairly dancing in, no longer fearing frowns of disapproval. They are to play a part in our welcome home to our conquering heroes. As these heroes have sung the praises of American girls and have made comparisons odious to the maids of other lands, while sojourning "over there," our own girls are determined to look their best now that the boys are coming home.

"Let no maid think she is not fairer in new clothes than old"—or words to that effect—said the great poet laureate. Here, in the picture above, is portrayed a dance frock which is pretty enough to inspire appreciative people like poets and returning heroes. It is of Nile green tulle over a satin petticoat with an underbodice of cloth of silver. Iridescent bands, made of sequins that do much gleaming and twinkling, have occasional white daisies, in narrow ribbon embroidery, placed upon them. These always suggest youth. The bands are used in a border at the bottom of the

tulle skirt and in two spiral lines above. There is a short overdress without a hem, joined to a yoke developed into a corselet. The tulle bodice is puffed and the sleeves are puffed, confined by bands with pointed flounces falling from them.

Some one should whisper in the ears of suburban-haired and red-haired girls, that here is a frock that will make them look their loveliest. But this green is not a difficult color for almost any girl whatever her complexion. A radiant skin and bright hair are wonderfully set off by it.

Somber Hues.

Beige crepe de chine and dark blue satin, tete de negre velvet and black satin, blue serge and black satin, and black georgette and black satin are favorite combinations. A certain soft shade of terra cotta is also used of fectively with black. The scarcity of fabrics and the necessity for conserving wool are responsible for this foible of fashion.

For Devotees of Midwinter Sports



Due to arrive just now are the more or less pretentious outfits for the devotees of midwinter sports. Pleasure-seekers are divided into two factions; one of them lured by sunshine and soft air, gay companionship and new adventure, to the South, and the other, strong for the North with its ice and snow and luscious sports. In the South fashions add their interest to every occupation, and this element of interest is not lacking where the background of all apparel is a world covered with snow and ice-bound. Since such a background calls for the sparkle of brilliant color, we await the entry of a lot of fascinating and snappy togs for Northern sportsmen, just as we would that of a heart-stirring military band.

In the vanguard, having already arrived for Christmas, there are new skating sets in two or three pieces. They are made of soft felts, basket-weave cloths or developed in any of the heavy, soft weaves among winter coatings. Some of these sets add a small muff to the scarf and cap. There are hand-knit and hand-crocheted sets, of yarns; those of angora having made their entry earliest. In the picture above two sets made of cloths are shown, one of felt and one of a basket-weave.

At the left, a smart set is made of wine-colored felt. The scarf is very wide, worn with a shawl effect, and finished with a knotted fringe of yarn. The cap is an inspiration of the "swayback" cap, and a metallic orna-

ment makes a dashing finish for it. The set at the right is developed in a rose-colored basket cloth. Fringed bands of the material are used for a decoration on both the scarf and cap, but a crocheted rose of chenille blooms on the latter while the scarf, with braided edges, is cleverly folded up at one end to form a muff.

Julia Bottomley

The Separate Vest.

The separate vest is the most important and popular dress accessory of the season. It has made its appearance in innumerable fabrics, colors and general styles. Primarily the separate vest is intended for wear with the two piece suit, but it is possible to wear it with a tailored or semitailored street frock, transforming a plain dress into one that is elaborate enough for afternoon wear. These vests may be made with or without collars, and the choice of fabrics covers the entire range from filmy nets and laces to heavy, warm angora. Separate vests of fur and imitation fur are also often made to accompany plain tailored suits, and they may be worn either underneath or outside the suit coat.

Judging Materials.

When buying woollen materials hold them up to the light and look through them; the best qualities are free from uneven and broken threads.

LOOK AT CHILD'S TONGUE IF SICK, CROSS, FEVERISH

HURRY, MOTHER! REMOVE POISONS FROM LITTLE STOMACH, LIVER, BOWELS.

GIVE CALIFORNIA SYRUP OF FIGS AT ONCE IF BILIOUS OR CONSTIPATED.



Look at the tongue, mother! If coated, it is a sure sign that your little one's stomach, liver and bowels needs a gentle, thorough cleansing at once.

When peevish, cross, listless, pale, doesn't sleep, doesn't eat or act naturally, or is feverish, stomach sour, breath bad; has stomach-ache, sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of the little bowels without griping, and you have a well, playful child again.

You needn't coax sick children to take this harmless "fruit laxative;" they love its delicious taste, and it always makes them feel splendid.

Ask your druggist for a bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Beware of counterfeits sold here. To be sure you get the genuine, ask to see that it is made by the "California Fig Syrup Company." Refuse any other kind with contempt.—Adv.

A Doubtful Indorsement.

"Did your late employer give you a testimonial?"
"Yes; but it doesn't seem to do me any good."
"What did he say?"
"He said I was one of the best men the firm ever turned out."—Stray Stories.

UPSET STOMACH

PAPE'S DIAPEPSIN AT ONCE ENDS SOURNESS, GASES, ACIDITY, INDIGESTION.

Undigested food! Lumps of pain; belching gas, acids and sourness. When your stomach is all upset, here is instant relief—No waiting!



The moment you eat a tablet of Pape's Diapepsin all the indigestion pain, dyspepsia misery, the sourness, gases and stomach acidity ends.

Pape's Diapepsin tablets cost little at any drug store but there is no surer or quicker stomach relief known. Adv.

Get the Facts, Doctor.

Doctor Stratton says that "old maids are a result of man's undesirability." Has he never heard of the excess of women in the population in most old communities, or is this a squint toward polygamy? Tut, tut doctor; count up the old bachelors first.—New York Evening Sun.

WHY WOMEN DREAD OLD AGE

Don't worry about old age. Don't worry about being in other people's way when you are getting on in years. Keep your body in good condition and you can be as hale and hearty in your old days as you were when a kid, and every one will be glad to see you.

The kidneys and bladder are the causes of senile afflictions. Keep them clean and in proper working condition. Drive the poisonous wastes from the system and avoid uric acid accumulations. Take GOLD MEDAL Haerlem Oil Capsules periodically and you will find that the system will always be in perfect working order. Your spirits will be enlivened, your muscles made strong and your face have once more the look of youth and health.

New life, fresh strength and health will come as you continue this treatment. When your first vigor has been restored continue for awhile taking a capsule or two each day. They will keep you in condition and prevent a return of your troubles. There is only one guaranteed brand of Haerlem Oil Capsules, GOLD MEDAL. There are many fakes on the market. Be sure you get the Original GOLD MEDAL Imported Haerlem Oil Capsules. They are the only reliable. For sale by all first-class druggists.—Adv.

Masked Battery.

"Pa, what is a masked battery?"
"Pretty lips concealing a shrewd tongue, my son."—Boston Transcript.

A woman does a lot of things while a man is figuring out how they should be done.

AFTER FOUR YEARS IN THE GRIP OF GERMANY



Refugees who have been held in the German lines for four long years are at last taken to a place of safety. This British naval official photograph shows the refugees being escorted in wagons by the British troops.

TO FLY ACROSS ATLANTIC

Airplane Manufacturers Make Long-Distance Machines.

Tempted by Big Prizes Offered by Newspapers and Aviation Clubs.

Paris.—Airplane manufacturers are losing no time in developing long-distance machines for transatlantic flights for which tempting prizes have been offered by various newspapers and aviation clubs.

The rumors persist in Paris that a Handley-Page machine has already crossed the ocean, from Newfoundland to Ireland, but that the flight was kept secret in order that the Germans might not know that a machine had been produced which could bomb Berlin. The allies had secret information that the enemy felt perfectly secure about the inability of airplanes

to fly that far into the fatherland and get back and had practically no anti-aircraft batteries posted to protect his capital. It was realized that once it became known a plane had crossed the Atlantic the Boche would take the tip and strengthen his defenses at Berlin.

Farman has constructed a quadruple motor biplane equipped with four propellers and driven by engines generating more than 1,000 horsepower, which he believes can negotiate the transatlantic flight. This machine will have an average speed of 110 miles an hour and can carry gasoline and oil for 36 hours. The body of the machine extends the whole length of the fuselage, from the nose to the tail-piece and the crew can walk up and down through the passageway. Multiple wheels make landings easier and safer.

Bleriot has also constructed a bi-motor machine, with two tractor and

USE OF MOONSHINE IS CAUSING INSANITY

Huntington, W. Va.—Use of moonshine whiskey is spreading insanity throughout West Virginia, according to J. B. Coster of the state insane asylum. Insanity is epidemic in the coal regions of Logan county, Coster says. All kinds of ingredients are used in the manufacture of the whiskey and much of it, according to the asylum officials, wrecks mind and body.

two pusher propellers, which he believes can fly 2,000 miles without a stop. The Bleriot machine is a bi-plane, but the lower wings are much smaller than the upper, along the lines of the Nieuport chasse model. The Bleriot plane is expected to maintain a speed of 150 miles an hour for 24 hours.