

Blind Soldiers Are Taught Braille System; Appeal for Funds

Through the efforts of Miss Alice Getty, an American woman in Paris, who has done much to lighten the heavy burdens of the wounded victims of the war, the committee of the American-British-French-Belgian permanent blind relief war fund for soldiers and sailors has taken over the work of instruction for the blind, Miss Getty herself made up a French-English grammar in Braille, when she could find none in Paris, and established a printing equipment which she operated herself in her home in order to provide reading material for the soldiers.

Miss Getty's plant and library have been moved to the headquarters of the A. B. F. B. at 75 Avenue des Champs Elysees, Paris, as a permanent institution of the fund, and already the demand far exceeds the supply on account of the lack of paid helpers, voluntary ones being most unreliable.

The maintenance of The Wheel, as her paper is called, together with the superior school for blinded officers and soldiers, the American practical knitting school for blinded soldiers, and the raw material depot, all three at Neuilly, the home for blinded soldiers and their families from devastated regions at La Garenne-Volantes, and the quarters and workshops for Belgian blinded soldiers at Port Villez, all of which institutions were established by the American-British-French-Belgian permanent blind relief war fund and are supported by the American public, requires much money, and the fund earnestly requests that every sympathizer with its constructive work of mercy will contribute as much as he or she is able.

Checks, money orders, Liberty bonds and War Savings stamps should be sent to Eugene V. R. Thayer, honorary treasurer, permanent blind relief war fund, 590 Fifth avenue, New York.

New Members for Visiting Nurses

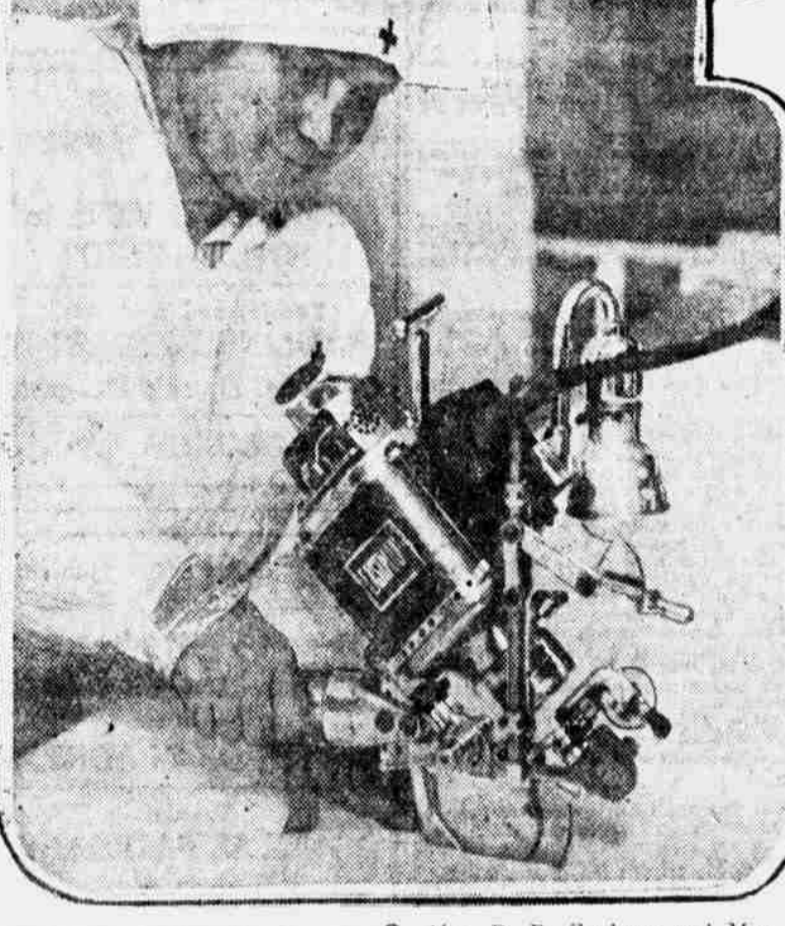
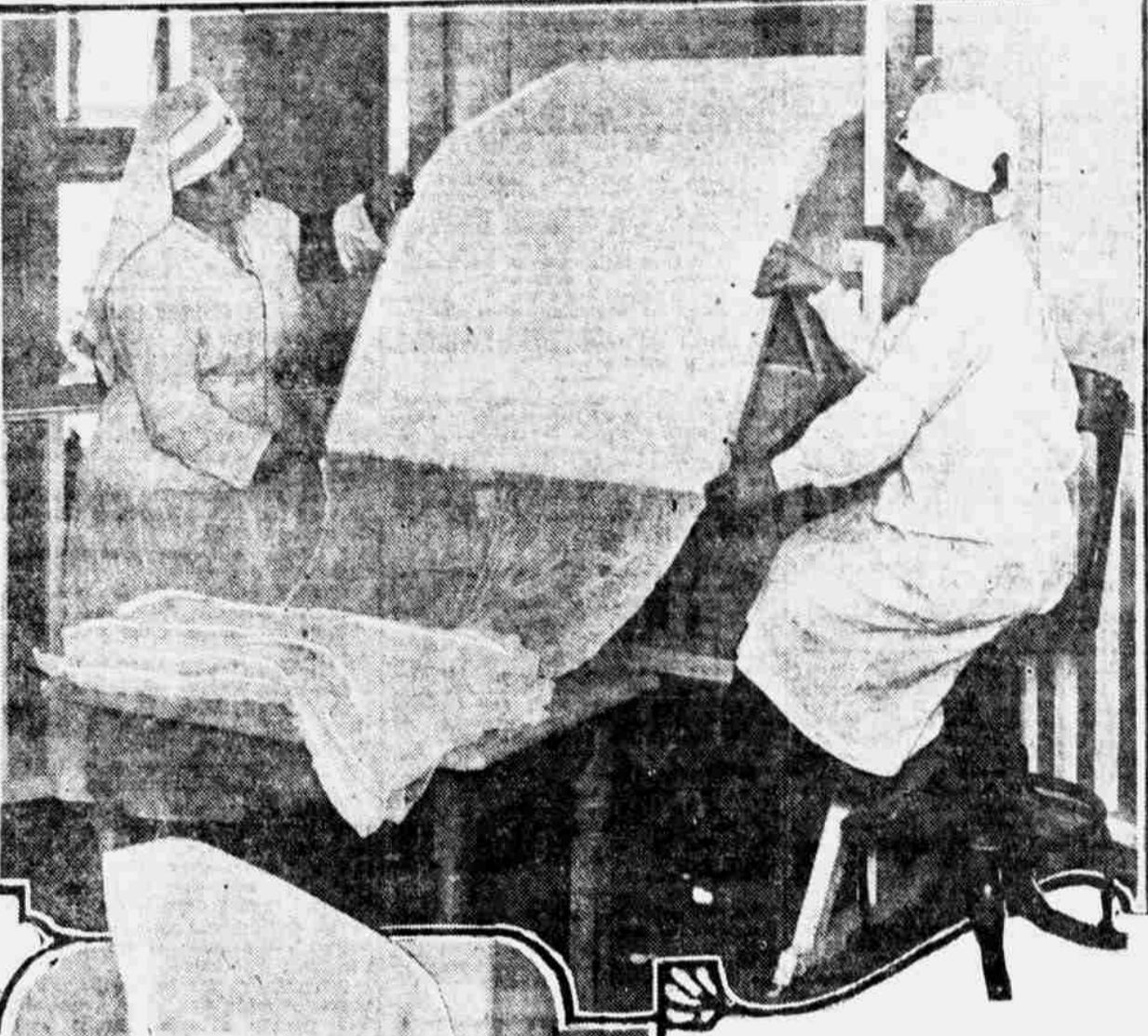
In response to the 1,500 letters sent out by the Visiting Nurse association, 800 memberships have been sent in. The committee urges that all those who have received this appeal respond as soon as possible. The school children have co-operated very well, many of the schools being 100 per cent.

"Despite the fact that demands are being made every day for funds for war relief and the Red Cross, we must take care of our own poor, and the work that the visiting nurses do cannot be overestimated," said Mrs. W. E. Rhoades.

The committee is very much encouraged, as the membership has already been tripled by this campaign, and they make this last appeal for funds to continue the work.

"Of course, we have a family skeleton." "Well, let's trot it out. It will be credit to us now. Shows we are not overeating." — Louisville Courier-Journal.

Women Manipulate Red Cross Machines



Here are two views of the workers in the newest department of Red Cross. It is the preparation of surgical dressings and hospital supplies and Mrs. R. B. Zachary is the chairman.

The workers have been at it since the beginning under the direct care of Mrs. Walter Silver, chairman of the surgical dressings department, but with greatly increased demands it became necessary to make special provisions for the preparation of the work.

In the upper picture Mrs. Zachary, who by the way has only missed five days since last October, is helping Mrs. O. T. Keller wind gauze on a specially constructed "reel." Several hundred yards of gauze and muslin are wound each day.

When the material is taken from the reel, where it has been made, perfectly "wrinkleless," it is turned over to the cutting table, where it is pinned down in thicknesses of 2 1/2 layers and cut by the electric cutting machine.

Mrs. James C. Wrath operated the machine on Thursdays. The cutting power of this wonderful little instrument averages 1,600 yards of gauze a day.

The department is located on the balcony overlooking the surgical dressing department in the new quarters in the Masonic temple.

Wild Nuts Would Provide Nutritious Wartime Food

When the enemy within our gates recently burned up hundreds of food animals in a western battle yard the country shuddered with horror. But, aside from the cruelty to the animals involved, numberless good Americans—most of them, in fact—are guilty of equally as harmful wastefulness when they allow hundreds of tons of our edible wild nuts to rot on the ground.

The State College of Forestry reports, from observations made all over New York state, that there is this year an enormous nut crop—black walnuts, butternuts, hickory nuts, chestnuts. These are all of practically the same food value as the English walnut, which, expert dieticians say, is, in its content of proteins, ounce for ounce, of slightly more food value than round steak, which is more nutritious than sirloin or tenderloin, contains a third more protein food value than white bread, and two-thirds that of eggs. In this essential food value an ounce of nut meats is equal to a pint of milk. Therefore, the substitute value of nuts for meat, eggs, wheat, and milk, but especially for meat, is so high that wasting the immense supply of them in our forests is like shooting out cattle and hogs by the hundreds and letting their carcasses rot.

Not a Delicacy. Americans have never regarded nuts as real food, but have looked upon them as a delicacy, with small value except to titillate the palate. Those who grew up in small cities and towns or in the country—and that means the big majority—in their youth went out on bright autumn days and then cracked and ate the treasure they carried home at a stone in the back yard after school, or flavored the labors of home study in the evening with a dish of cracked nuts. Nor was the practice of serving nuts as dessert after a heavy dinner—dietetically equal to finishing with strips of bacon—helped to educate us in the economic value of nuts as food.

The neglected nut offers, indeed, a rich store of hitherto unutilized food to be gathered from our own forests at no cost other than that of bringing it to the markets. Whether this food

is used and the drain upon our meat and other resources lightened by that much depends upon whether the public wakens to the potential importance of the native nuts and begins to ask for them at fruit and grocery stores everywhere. The possibilities of the nut as food are so many, so varied, and its flavor is always so delicious and appetizing that the marvel is that it did not long ago come into universal use. There are numberless varieties of salads that can be made with nuts in combination with fruits and vegetables; their possibilities for the always useful sandwich are legion; they can be used to make nourishing desserts without number.

She—How is your youngest daughter getting on with her music? He—Splendidly! Her teacher says she plays Mozart in a way that Mozart himself would never dream of.

No Man's Land

By Amelia Josephine Burr. This quiet country where I stand A swart, stoop was No Man's Land, Over what range of barbed wire The wild country once has spread. And loathsome light a lovely pine Almost imperceptibly dead. The hills are sharp enough to tear Each finger catching at the flowers, But soon the sunlight and the air The soft perfume of the showers And their patient hands of rust Will take their million all away. A kind of growth and of decay, How shall we suffer, but to trust With faith which does not fail nor haste To "pass our time" of bitter strife Whose ravage is a ruined life. Whose No Man's Land a heart laid waste?

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Women Urged to Make Gardens By Food Production Head

"The production of food is going to be one of the most crucial occupations connected with war," said E. M. Dewese of Dawson, food production chairman for the woman's committee, State Council of Defense. "If you can be assured of making connections with a consumer, it is going to be one of the most profitable activities in which you can engage. Be sure of your market by being producer and consumer yourself. Serve your country, improve your health, spare your pocketbook and better your living by raising a garden. Begin now by doing the following things:

"Secure your land. If possible have it fairly level but well drained. A high proportion of rotted vegetable matter in soil is desirable. Clear this land of all old vines, plants and weeds and burn them. This is to kill plant diseases. Get some well rotted horse manure. This means that it should be two or three years old if treated in the ordinary fashion. By special treatment it can be prepared in six months. Never plow or spade ground that is sticky. Wait until it is dry enough to crumble easily. "Make a plan on paper to cover your planting for the entire season. Plan to use all the ground all the time, following the plants that you use early, like radishes, onion sets, etc., with crops that you put in later, such as tomatoes, corn, beans, turnips, endive, etc. Do not plant any one kind of vegetable in the same place that it was last year. If you do the pests that attack this particular variety are apt to get ahead of you. The distance between your rows will depend on whether you use a horse cultivator, a wheel hoe, a rake or hoe between the rows.

Get Tools Ready. "Get your tools in readiness. You must have a hoe and a rake. These should be steel toothed. You may get an infinite variety of other tools. You may get a wheel hoe if you are strong enough to use one. Some women like to take an old pitchfork, if there is one on hand, and have the teeth bent, which makes an instrument that is good to stir the surface of the soil and is easy to use. It is not effective in killing weeds as some other tools. There is also the heart shaped turnrow hoe, the garden fork, and spades, of course, though few women will use the last named. Some

like such hand tools as the scratch weeder, a five-clawed affair, and hand weeder. Dibbles are useful to set out plants. Trawls may be included in the list. Look over the supply in the stores, talk to your neighbors and buy too few rather than too many. If you have the use of a steady, slow-gaited horse and have plenty of space, a horse cultivator will save you much labor. "Now you can commence to think about your seeds. In the next article, I will tell about the quality and quantity of seeds best to buy, and discuss the vegetables best suited to Nebraska and to war needs."

Afternoon Efficiency By Dr. Lorne A. Summers.

How about your noon meal? Are you eating for efficiency? A heavy noon meal is often the cause of a foggy brain. Eat a lighter meal at noon and be more efficient. Why is it good judgment to eat a light, easily digested meal at noon? Digestion draws the blood away from the brain—therefore, when a person eats a heavy meal at noon the afternoon is ruined as far as quick action of the brain is concerned.

MOVIE ACTRESSES AND THEIR HAIR

Did it ever occur to you that every movie actress you have seen has lovely hair, while the most popular count their curls as their chief beauty? In fact, many are leading ladies just because of their attractive locks. Inquiry among them discloses the fact that they bring out all the natural beauty of their hair by careful shampooing, not with any soap or makeshift, but with a simple mixture by putting a teaspoonful of Canthrox (which they get from the druggist) in a cup of hot water and applying this instead of soap. This full cup of shampoo liquid is enough so it is easy to apply it to all the hair instead of just the top of the head. After its use the hair dries rapidly with uniform color. Dandruff, excess oil and dirt are dissolved and entirely disappear. The hair is so fluffy that it looks much heavier than it is, its luster and softness are delightful.—Advertisement.

Table listing digestion times for various foods. Fish, Eggs and Meat: Salmon (1 1/2 hours), White Fish (1 1/2 hours), Eggs (2 hours), Beef (3 hours), Mutton (3 hours), Pork (4 1/2 hours). Vegetables: Asparagus (1 1/2 hours), Potatoes (1 1/2 hours), Peas (2 1/2 hours), Spinach (2 1/2 hours), Tomatoes (2 1/2 hours), Carrots (3 hours), Cauliflower (3 1/2 hours), Beets (3 1/2 hours), Turnips (3 1/2 hours), Onion (3 1/2 hours), Beans (4 hours).

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