

## AMERICAN AIRMEN WHO AID FRANCE



Left to right: Sergt. Elliott Cowdin, Sergt. Norman Prince of Boston and Lieut. William Thaw, three American aviators who, for daring deeds on the battlefields of France, have been decorated for bravery, and came back to the United States to spend Christmas with their folks at home. Each has received the military medal and the war medal, the latter being the French equivalent of the Iron Cross of Germany. Already they have returned to their duty at the front.

## HITS POLAND HARD

Land of Graves Shows War's Greatest Desolation.

More Depressing Than Belgium or East Prussia is Picture of Ruin and Destruction Over Vast Area of Country.

Warsaw.—Even more depressing than parts of Belgium and East Prussia, the worst parts, is Poland—a land of graves and trenches, of ruin and destruction on a scale that has been wrought nowhere else by the war. The conflict has been waged back and forth across the ancient kingdom so long that agriculture has had but little chance, and, except in those sections where the German forces have been in control for some time, the fields are barren and untilled, scarred by miles upon miles of earthworks.

From the East Prussian boundary to the old Rakwa positions there is visible the maximum amount of order and peaceful quiet. At the Rakwa, however, the interminable graves with their helmet adorned crosses, the deep slashes in the earth that once were trenches but now are the temporary "homes" of countless refugees, the mace of partly destroyed barbed wire entanglements and the ruins of burned and ruined villages begin.

For miles, between Alexandrovo on the boundary and Warsaw, and between Warsaw and Lodz, the old trenches line the railroad, and the graves, individual and common, line the trenches. Eastward of Warsaw, however, the trenches virtually stop, for the Russians found fast once they abandoned the capital of Poland. The trenches stop, but the devastated villages do not. Rather they increase in number, and there is scarcely a railroad station—and no bridges—left standing.

The Poles from time immemorial have been accustomed to building their thatched cottages—buts would be a better word—close together. Accordingly, it was necessary only to set fire to one structure in order to burn them all. In consequence, countless villages have been reduced to forlorn ruins of chimneys, walls, being of brick and stoutly built, resisted the flames.

Unlike the cities of Poland, the country seems to have been stripped of young men. One sees little else than peasant women, barefoot, ill clad, who struggle under the burden of wood through the mud, and who generally avert their eyes as strangers pass.

The Germans, partly for their own benefit, partly to give employment to the Poles, have done much to put the notoriously bad roads in shape. They have also altered the railroad from the Russian to the German gauge—a stupendous work, for all the main lines are double track, and at important points huge yards have had to be built to conform to military needs.

The destruction in many parts of Poland is so general that village after village has no more than a few houses standing. The civil population have had to rely on their inventiveness to obtain shelter, and all along the railroad lines freight cars, Russian and German, are being used as houses. In some cases the Russian cars have been removed, the cars have been set flat on the ground and the interiors fitted up with some degree of comfort.

Carried Baby 250 Miles on Back. South Bethlehem, Pa.—Joseph Danzko has arrived here after a remarkable trip from a northern Canadian town. Danzko carried his ten-month-old baby 250 miles on his back, Indian style, and sustained its life by feeding it with crackers and water.

## LIVE LIKE ADAM AND EVE

Spend Two Months in Maine Woods to Prove Man Can Survive in Wilderness.

Boston.—The weather sometimes gets cold in the Maine woods. In fact, it is said the mercury hibernates in the thermometer bulbs when the spruce trees start popping. And there are wild animals there, too—deer, porcupine, rabbit and even bear. There is no steam heat and there is not a delicatessen about the place.

But all these things did not prevent Walter F. Estes and his 114-pound wife from proving to their friends that they could live in the woods for two months, kill their own food and provide their own clothing, and come out in better health than when they went in.

The lives of Omg and his mate Ik of the paleozoic age were copied by the Estes couple. In the warmer weather when they first entered the forest their clothing was made of spruce and vines. Then came winter's blasts and snow and ice. They wore the skins of deer and other smaller animals they had caught in deadfalls. Mrs. Estes, by the way, was responsible for the first deer capture. One had run afoul of their trap and, when she discovered it, the animal was about to escape. Mrs. Estes lunged her arms about its neck in the primitive style and hung on, too, until her mate arrived.

The flesh of the animals they trapped, with fish, nuts and herbs, made up their menu for the two months. Mrs. Estes came back to civil-



ization—centered in Boston in this case—heavier, and insisting that they stand hardships today just as well as her "superior" mate.

## SPELLING CAUSES HER GRIEF

Never Having Used Final "e" in Spelling "Corps" Woman Misunderstands Message.

Portland, Ore.—Never having used the final "e" in her own spelling of the word "corps," Mrs. Marcelline Gorman of Donaldson, Mich., was prostrated with grief upon receipt of an official communication announcing the fact that her brother, Joseph Eli Jollicover, had joined the United States marine corps and had named her as next of kin to be notified in case of death.

"If my brother is a corps, of what did he die?" she wrote to Capt. H. T. Swain in charge of the local recruiting station of the United States marine corps, who had enlisted the man and was responsible for the notification. "The recruiting officer, by return mail, had the sorrowful letter, and mourning, said assured her that the 'corps' to which her brother had lately attached himself was the 'lives' kind of an organization."

## IN DARING ESCAPE

Interned British Naval Officer Flees From Denmark.

Takes Back Promise Not to Try to Escape, Then Makes Get-Away While Doubly Guarded Day and Night.

London.—Lieutenant Commander Layton, a British naval officer who was interned at Copenhagen, has made his escape in exciting circumstances, and arrived here.

At first he was allowed by the Danes a fair amount of liberty on parole, but a few days after his internment began he went to the commandant of the barracks and told him he wished to take back the word of honor he had given not to try to escape.

The commandant, interpreting this as an intimation that he would endeavor to escape, told Layton that he would have to have him very closely watched. His quarters were placed under double guard, and there always waiting his movements. The prospect of escape seemed small, and, to make matters worse, Layton was seized with a violent influenza cold, which prostrated him for the time being.

Two sentries stood at the door of his room, and they never seemed to relax their vigilance. They were constantly looking through the peephole in the door of Layton's room, to see that matters were all right.

They did it as usual on the particular evening that he escaped. Things were apparently quite in order, and the sentries were apparently flying on the bed. As a matter of fact, he was not, and at a moment when the attention of one of the sentries was engaged the other had been sent on errand. Layton opened the door and slipped into another room, where he found a thick green civilian suit. In due course he found himself at a window overlooking the street, and with a rapidity which he had discovered he lowered himself into a street.

The barracks were on an island, and for better security patrols had been placed everywhere. The escaping officer met two of them, but succeeded by a ruse in passing them.

His next obstacle was the canal. The night was dark and bitterly cold, but, clothed as he was, Layton took the most direct course, and swam for it. In spite of the fact that he was still suffering from influenza he did this successfully, and having got to land he took off his clothes and wrung them out, so as to show no obvious signs of water.

On the ferry boat he turned himself into a porter, and managed to get a job of carrying a passenger's bag to the station. There he boarded a train, and in due course reached the docks, where he caught a train to Christiansburg.

He used several disguises during the remainder of the voyage to Christiansburg, and finally sailed from Bergen to England. On the boat to England a passenger asked him if it was true that he was an American. He replied that he was, whereupon his fellow-traveler remarked:

"If you were not so darned sure about it, I should say you were a British naval officer."

When the travel-stained young Englishman, without money, presented himself before a transport officer at the British port, he was not unimpressed with suspicion, but he was soon able to establish his identity.

## INSISTS KAISER HAS CANCER

Matin Says Artificial Palate Was Considered by French Specialists Before War.

Paris.—The Matin revives the story that the Kaiser is suffering from cancer. The paper says a telegram displayed at Zurich on December 24 said that the court physicians at Berlin were of the opinion that the Kaiser's illness is due to a fresh manifestation of cancer.

The Matin adds that a practitioner living in Paris was consulted by the German emperor three months before the war concerning the Kaiser's illness, and that he had a serious operation on the Kaiser's throat were necessary.

## SILVER DOLLARS BY MAIL

Ten, Sent One Year Apart, Have Gone Through to Destination Without a Mishap.

Federalburg, Md.—About ten years ago Henry P. Wright, of Aberdeen, was sending to his sister here, Mrs. Mary Fleetwood, a silver dollar through the mail as a Christmas present. Recently the annual dollar arrived with Mrs. Fleetwood's address on one side and a two-cent stamp on the other. In the ten years that Wright has been sending these unique remembrances to his sister not one has been lost or stolen, neither has it failed to arrive on time.

Home-Made Wireless Kills Girl. Astoria, N. Y.—Mary Roskings was electrocuted when she panned in contact with the aerial of an amateur wireless instrument in her employer's home. The aerial had crossed with a wire of the electric light plant, which had sagged as a result of a storm.

## DAIRY FACTS

Experiments Show Popular Belief That Color Indicates Richness in Quality Mistaken.

## YELLOW CREAM AND BUTTER

The belief that a bright yellow color in milk means richness in quality is not true. Experiments conducted at the college of agriculture of the University of Missouri show that the change from the white cream and butter in winter to yellow cream and butter in spring and summer does not indicate an increased fat percentage.

The very highest colored milk that can be given may have the lowest fat percentage. Such a condition is found in the so-called colostrum milk, the first milk that a cow gives after giving birth to a calf.

The explanation of the wide difference between the results of the experiments and the popular belief in regard to the relation of color to richness lies in the cause of the yellow color of cream and butter. It was found that cows were not able to produce the yellow coloring matter for their cream and butter. The coloring matter must be derived from the feed.

The yellow coloring matter of milk was found to be identical with a yellow coloring matter that is widely distributed in plants and fresh grass. This coloring matter is called carotin. It takes its name from the carrot, where it is very abundant, and where it was first discovered by scientists more than one hundred years ago.

The difference in the color of cream and butter in winter and spring was found to be due to the fact that the winter feeds contain little or no carotin. No marked increase in the fat percentage accompanies the change in color when feed rich in carotin are fed. It has been shown that the average cow gives a higher per cent of fat in its milk during the winter than in the spring and summer.

## BUTTERMILK GOOD FOR CALF

Feeding Value Is Practically Same as That of Skim Milk—Some Danger of Tuberculosis.

Calves can be successfully raised with buttermilk instead of skim milk, says one farmer. The feeding value of buttermilk is practically the same as that of skim milk. There is some risk of contracting contagious diseases such as tuberculosis in feeding fatty buttermilk, unless the buttermilk is from pasteurized cream. For this reason skim milk is more desirable. Buttermilk should always be fed as such as possible.

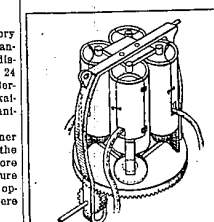
Buttermilk may be substituted for skim milk when the calf is three weeks old. The substitution should be made during a period of a week or ten days, so that the calf is at least a month old by the time the diet consists wholly of buttermilk.

Other feeds should be used with buttermilk. The same as with skim milk. Equal parts of ground corn and either oats or bran with alfalfa or clover hay has given the best results. Calves will usually begin to nibble a little clover hay when two weeks old. They may be taught to eat grain at the same time by placing a little in the bottom of the milk bucket after feeding.

## MILK MACHINE WORKS QUICK

Task of Milking Cow May Be Accomplished Rapidly and Economically—No Danger of Injury.

The Scientific American Illustrates and describes a milking machine, in-



Milking Machine.

vented by A. Truchot of Chateaufort, Mont., as follows:

By means of this device the milking of a cow may be accomplished rapidly and economically and with no danger of injuring the animal. The apparatus is of light weight, and is adjustable so as to permit the movement of the animal during the milking operation. The milking operation closely simulates that of manual operation.

## Cost of Keeping Cow.

The annual cost of keeping a cow is close to \$65, if a man values his labor at 15 cents an hour. It takes a good milker to pay her way, one who produces surplus \$500 pounds of milk a year separating out 200 pounds of butterfat.

## Ventilation Is Essential.

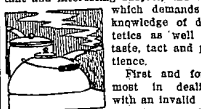
Ventilation is absolutely essential for the health of the cows, but is one of the hardest problems to solve in most barns.

## THE KITCHEN CABINET

"It costs more to live than it did years ago," said the man who complains. "Yes," answered the man who enjoys modern conveniences, "but it's worth more."

## THOUGHT FOR THE INVALID.

Invalid cooking is a most important and interesting subject, and one which demands a knowledge of dietetics, as well as taste, tact and patience.



First and foremost in dealing with an invalid we must remember that he is out of balance mentally as well as physically. In the days of convalescence, when life is beginning to be worth while, the small things of every day will interest and little things will irritate, which would never be noticed in health.

It is not necessary to mention that the tray should be as immaculate in its appointments as the matter how simple, as are all other things about an invalid. Where laundry needs to be considered, there are any number of pretty paper napkins which can be bought in different designs and colors. To a child the bright colors will be interesting and a variety will be a source of entertainment. In case of infectious diseases paper napkins are quite a necessity. The small paper cases, too, for a tin of custard or a tin of butter or two on the tray will be most welcome. The tiny vases which hold a small bunch of violets or a single rose are well adapted for use on a tray.

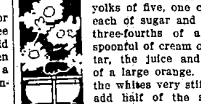
Set the tray as carefully as a place is laid at the table, and in the same order. A small pot of steaming tea which may be poured by the invalid is an item to be remembered. Never ask a patient what he would like to eat or drink. Let his food be a surprise, as it will taste better.

Do not watch every mouthful he eats, for some people do not enjoy the sensation. Do not serve fried foods to a sick person, nor food in any large quantity. It is much better for them to want more than to be surfeited at the sight of too much. Twice baked bread should be served with the broth and beef juices.

Sponge cake is the only desirable kind to serve. Cocoa is better than chocolate, unless the patient needs the fat, and is able to take care of it.

## GOOD THINGS FOR THE TABLE.

For a company cake the following recipe is especially good: Take the whites of six eggs, the yolks of five, one cupful each of sugar and flour, three-fourths of a teaspoonful of cream of tartar, half a cupful of butter, and a large orange. Beat the whites very stiff and add half of the sugar.



Beat the yolks and add the sugar, then fold in the cream of tartar. Bake slowly for 40 minutes. If using a gas oven, light the oven just as the cake is put in.

Chocolate Caramel Cake.—Take two ounces of chocolate, one cupful of sugar, one-half cupful of milk, a quart of a cupful of butter, two cupfuls of flour, two eggs, two teaspoonfuls of baking powder and one teaspoonful of vanilla. Mix as usual and bake in layers.

For the filling cook together a cupful and a half of sugar, half a cupful of sweet milk, a teaspoonful of butter; cook until it boils. Cool, add vanilla.

Date Torte.—A cupful each of chopped dates, nuts and sugar, a tablespoonful of flour, and a teaspoonful of baking powder with two well-beaten eggs. Bake and serve with whipped cream.

Almond Tartlets.—Line patty tins with rich paste. Blanch and chop a third of a pound of almonds, add two tablespoonfuls of rolled cracker crumbs, sifted, three eggs, beaten, a third of a cupful of sugar, two cupfuls of a cupful of butter, and a cupful of flour. Bake in a slow oven in a sheet. Cut when cold in pieces the size of a wafer.

Date Bars.—Take a cupful of dates, chopped fine, beat two eggs, separating the yolks from the whites, add three-fourths of a cupful of sugar to the yolks, then add six level tablespoonfuls of flour, a teaspoonful of baking powder with a fourth of a teaspoonful of salt, add the chopped dates and mix well. Roll out in a sheet, then fold in the whites and bake in a slow oven in a sheet. Cut when cold in pieces the size of a wafer.

## Silk in History.

The credit of making the first silk was given to Shih-nu, wife of Hoang-ti, emperor of China, 2600 B. C. Among the Greeks Aristotle—384-322 B. C.—is the first who mentions it. It was not until A. D. 630, however, that it began to be cultivated in Europe, the first eggs being then brought from India by some monks.

## Doesn't Follow.

A common error is in regarding a man who has made a success in one thing as an authority on everything.

## Glass of Hot Water Before Breakfast a Splendid Habit

Open stools of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, flat tongue, nasty breath, acid stomach, lame back, etc., instead, both look and feel as fresh as a daisy every day by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins, thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quart of limestone phosphate will cost very little at your drugstore or from the store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.—Adv.

## Brutal Frankness.

"I came within an ace of having a fight with a pacifist this morning." "You surprise me. Evidently he was not sincere." "Oh, yes. That was the trouble. We were both sincere. I told him exactly what I thought of a pacifist and he proceeded to tell me exactly what he thought of an apostle of preparedness."

## IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely. A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, their gets sluggish, stomach aches, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomachache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs." and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again. Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full instructions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

Of a Kind. "I wish Evelyn hadn't gone rowing with that young Dr. Swift. He is a fool in a boat."

"Rock-the-boat idiot!"

"No. Not that kind. He is one of the sort that proposes."

## SAVED MINISTER'S LIFE.

Rev. W. H. Warner, Frederick, Md., writes: "My trouble was Sciatica. My back was affected and took the form of Lumbago. I also had Neuralgia, my muscles, pressure or sharp pain on the top of my head and nervous dizziness. I had a host of symptoms showing that my kidneys were at fault, so I took Dodd's Kidney Pills. They were the means of saving my life."

Dodd's Kidney Pills, 50c per box at your dealer, or Dodd's Medicine Co., Buffalo, N. Y. Dodd's Druggists Tablets for Indigestion have been proven 50c per box. Write for Household Hints, also music of National Anthem (English and German words) and recipes for dainty dishes. All sent free.—Adv.

No Boss. He—You always seem so self-possessed. She—Yes; I don't believe in getting married.

Mother Gray's Sweet Powders for Children For Feverishness, Indigestion, Teething Disorders, Croup and Whooping Cough, and regulate the bowels and are a pleasant remedy for Worms. Mothers for 20 years. They are so pleasant to take, children like them. They never fail. All Druggists, Geo. W. F. B. E. Address: Boston, U.S.A., LeRoy, N. Y.

One man who preaches salacious often finds himself in a tight place.