



# OVER THE TOP

## AN AMERICAN SOLDIER WHO WENT

### ARTHUR GUY EMPEY

MACHINE GUNNER, SERVING IN FRANCE

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#### SYNOPSIS.

**CHAPTER I.**  
Fired by the news of the Lusitania by a German submarine, Arthur Guy Empey, an American, goes to his office in Jersey City and England where he enlists in the army.  
**CHAPTER II.**—After a period of training volunteers for immediate service find themselves in rest billets in France where he first makes acquaintance of the ever-present "Tommy."  
**CHAPTER III.**—Empey attends his first services at the front while a German circle over the congregation.  
**CHAPTER IV.**—Empey's command goes front-line trenches and is under the first fire.

twenty-one days on the wheel, that is, he received twenty-one days' field punishment No. 1, or "crucifixion," as Tommy terms it.  
This consists of being spread-eagled on the wheel of a limber two hours a day for twenty-one days, regardless of the weather. During this period, your rations consist of bully beef, biscuits and water.  
A few months later I met this sentry and he confided to me that since being "crucified," he had never failed to pass the word down the trench when so ordered. In view of the offense, the above punishment was very light, in that failing to pass the word down a trench may mean the loss of many lives, and the spoiling of some important enterprise in No Man's Land.

#### CHAPTER VI.

##### "Back of the Line."

Our tour in the front-line trench lasted four days, and then we were relieved by the "back" brigade.  
Going down the communication trench we were in a merry mood, although we were cold and wet, and every bone in our bodies ached. It makes a lot of difference whether you are "going in" or "going out."  
At the end of the communication trench, limbers were waiting on the road for us. I thought we were going to ride back to rest billets, but soon found out that the only time an infantryman rides is when he is wounded and is bound for the base or Blighty. These limbers carried our reserve ammunition and rations. Our march to rest billets was thoroughly enjoyed by me. It seemed as if I were on furlough, and was leaving behind everything that was disagreeable and horrible. Every recruit feels this way after being relieved from the trenches.  
We marched eight kilos and then halted in front of a French estaminet. The captain gave the order to turn out on each side of the road and wait his return. Pretty soon he came back and told his company to occupy billets 117, 118 and 119. Billet 117 was an old stable which had previously been occupied by cows. About four feet in front of the entrance was a huge manure pile, and the odor from it was anything but pleasant. Using my flashlight I stumbled through the door. Just before entering I observed a white sign reading: "Sitting 50, lying 20," but, at the time, its significance did not strike me. Next morning I asked the sergeant major what it meant. He nonchalantly answered: "That's some of the work of the R. A. M. C. (Royal Army Medical Corps). It simply means that in case of an attack, this billet will accommodate fifty wounded who are able to sit up and take notice, or twenty stretcher cases."

It was not long after this that I was one of the "20 lying."  
I soon hit the hay and was fast asleep, even my friends the "cooties" failed to disturb me.  
The next morning at about six o'clock I was awakened by the lance corporal of our section, informing me that I had been detailed as mess orderly, and to report to the cook and give him a hand. I helped him make my head below the parapet. A soft chuckle from my mate brought me to my senses, and I feebly asked, "For heaven's sake, what was that?"  
He answered, "Only a rat taking a promenade along the sandbags." I felt very sheepish.  
About every twenty minutes the sentry in the next traverse would fire a star shell from his flare pistol. The "plop" would give me a start of fright. I never got used to this noise during my service in the trenches.  
I would watch the arc described by the star/shell, and then stare into No Man's Land waiting for it to burst. In its lurid light the barbed wire and stakes would be silhouetted against its light like a latticed window. Then darkness.  
Once, out in front of our wire, I heard a noise and saw dark forms moving. My rifle was lying across the sandbagged parapet. I reached for it, and was taking aim to fire, when my mate grasped my arm, and whispered, "Don't fire." He challenged in a low voice. The reply came back instantly from the dark forms: "Shut your blinkin' mouth, you bloomin' idiot; do you want us to click it from the laches?"  
Later we learned that the word, "No challenging or firing, wiring party out in front," had been given to the sentry on our right, but he had failed to pass it down the trench. An officer had overheard our challenge and the reply, and immediately put the offending sentry under arrest. The sentry cycled

the fire, carry water from an old well, and fry the bacon. Lids of dixies are used to cook the bacon in. After breakfast was cooked, I carried a dixie of hot tea and the lid full of bacon to our section, and told the corporal that breakfast was ready. He looked at me in contempt, and then shouted, "Breakfast up, come and get it!" I immediately got wise to the trench parlance, and never again informed that "Breakfast was served."

It didn't take long for the Tommies to answer this call. Half dressed, they lined up with their canteens and I dished out the tea. Each Tommy carried in his hand a thick slice of bread which had been issued with the rations the night before. Then I had the pleasure of seeing them dig into the bacon with their dirty fingers. The allowance was one slice per man. The late ones received very small slices. As each Tommy got his share he immediately disappeared into the billet. Pretty soon about fifteen of them made a rush to the cookhouse, each carrying a huge slice of bread. These slices they dipped into the bacon grease which was stewing over the fire. The last man invariably lost out. I was the last man.  
After breakfast our section carried their equipment into a field adjoining the billet and got busy removing the trench mud therefrom, because at 8:45 a. m., they had to fall in for inspection and parade, and we betide the man who was unshaven, or had mud on his uniform. Cleanliness is next to godliness in the British army, and Old Pepper must have been personally acquainted with St. Peter.  
Our drill consisted of close-order formation, which lasted until noon. During this time we had two ten-minute breaks for rest, and no sooner the word, "Fall out for ten minutes," was given than each Tommy got out a fag and lighted it.  
Fags are issued every Sunday morning, and you generally get between twenty and forty. The brand generally issued is the "Woodbine." Sometimes we are lucky and get "Goldflakes," "Players" or "Red Hussars." Occasionally an issue of "Life Rays" comes along. Then the older Tommies immediately get busy on the recruits and trade these for "Woodbines" or "Goldflakes." A recruit only has to be stuck once in this manner, and then he ceases to be a recruit. There is a reason. Tommy is a great cigarette smoker. He smokes under all conditions, except when unconscious or when he is reconnoitering in No Man's Land at night. Then, for obvious reasons, he does not care to have a lighted cigarette in his mouth.  
Stretcher bearers carry fags for wounded Tommies. When a stretcher bearer arrives alongside of a Tommy who has been hit the following conversation usually takes place: Stretcher bearer—"Want a fag? Where are you hit?" Tommy looks up and answers, "Yes. In the leg."

After dismissal from parade, we returned to our billets and I had to get busy immediately with the dinner issue. Dinner consisted of stew made from fresh beef, a couple of spuds, bully beef, Maconochie rations and water—plenty of water. There is great competition among the men to spear with their forks the two lonely potatoes.  
After dinner I tried to wash out the dixie with cold water and a rag, and learned another maxim of the trenches—"It can't be done." I slyly watched one of the older men from another section, and was horrified to see him throw into his dixie four or five double handfuls of mud. Then he poured in some water, and with his hands scoured the dixie inside and out. I thought he was taking an awful risk. Supposing the cook should have seen him! After half an hour of unsuccessful efforts I returned my dixie to the cook shack, being careful to put on the cover, and returned to the billet.



Resting Back of the Lines.

Pretty soon the cook poked his head in the door and shouted: "Hey, Yank, come out here and clean your dixie!" I protested that I had wasted a half-hour on it already, and had used up my only remaining shirt in the attempt. With a look of disdain he exclaimed: "Blow me, your shirt! Why in — didn't you use mud?"  
Without a word in reply I got busy with the mud, and soon my dixie was bright and shining.  
Most of the afternoon was spent by the men writing letters home. I used my spare time to chop wood for the cook and go with the quartermaster to draw coal. I got back just in time to issue our third meal, which consisted of hot tea. I rinsed out my dixie and returned it to the cookhouse, and went

back to the billet with an exhilarated feeling that my day's labor was done. I had fallen asleep on the straw when once again the cook appeared in the door of the billet with: "Blime me, you Yanks are lazy. Who in — a-goin' to draw the water for the mornin' tea? Do you think I'm a-goin' to? Well, I'm not," and he left. I filled the dixie with water from an old squeaking well, and once again lay down in the straw.

(TO BE CONTINUED.)

#### FOOD PROGRAM

Recommended by Council of Defense, Food Administration and Farm Demonstration Forces of South Carolina.

**Food Production Program.**  
The war situation demands that South Carolina farmers raise enough food for all the people of the State. After arranging for ample supplies of provisions, plant maximum possible cotton acreage.

**Corn**  
Increase acreage 20 per cent. Keep town markets supplied. Don't carry over last year's surplus.

**Gardens**  
Stress Irish Potatoes, beans, onions, and salad crops. Can surplus perishable vegetables.

**Sweet Potatoes**  
Plant one-half acre per plow. Build storage house on every farm by Government plan. Secure seed at once.

**Hogs**  
Raise one additional hog per plow. Keep good breeding stock. Pasture and soiling crops make cheap pork. Inoculate for cholera.

**Wheat**  
Plant two acres per plow next fall.

**Oats and Rye.**  
Plant three acres of oats, one acre of rye per plow this fall.

**Forge Crops**  
Raise sorghum, velvet beans and cow peas in abundance.

**Dairy Produce**  
A silo for each herd of eight or more. Stock beets and rutabagas for smaller herds. Rye for winter grazing. Use best possible breeding stock and feed intelligently.

**Poultry**  
Increase the flock this spring. Preserve surplus eggs in water glass.

**Food Conservation Program**  
It is just as important to save food as to raise food. Plenty of food—American food—will win the war, so it is up to the American farmer and the American housewife to win the war. We must eat corn and export wheat. Corn products spoil in transit. We must save flour, beef, pork, fats and sugar for export.

**Flour**  
No person should have more than a 30-day supply. Cut consumption to or below 70 per cent. of usual supply. Save flour every day. Observe wheatless days and meals.

**Corn and Rice**  
Serve cornbread, hominy and rice in abundance.

**Sugar**  
Limit purchases to two or five pounds for town customers and five or ten pounds for rural customers.

**Meat**  
Eat no beef, mutton or pork on Tuesday. No pork on Saturday. Serve one meatless meal each day.

**Poultry**  
Sell no hens before May 1st so egg production may be great. Hens lay eggs worth 80 per cent. of their value during spring months.

**Cotton Seed**  
Don't use cotton seed for fertilizers or feeding.

**New Food Calendar**  
Monday is Wheatless.  
Tuesday is Meatless.  
Wednesday is Wheatless.  
Saturday is Porkless.  
One Wheatless meal every day.  
One Meatless meal every day.  
Save Sugar every day.  
Save Fats every day.

**Save Food**  
Don't prepare more than necessary. Don't waste any food.

#### A PRACTICAL MENU.

The good ladies of Sumter have arranged a practical menu for the entire week, and have mapped out a bill-of-fare on which anyone could get fat and at the same time follow out all of the suggestions and rules with reference to meatless and wheatless days.  
The menu suggested by these ladies is as follows:  
Mondays and Wednesdays—Wheatless.  
Breakfast—corn cakes, or corn muffins or grist bread (no breakfast food made of wheat.)  
Dinner—corn bread, no pies, cakes, dumplings, macaroni, nor anything made from wheat products. Deserts may be had of custards, jellies and blancmange.  
Supper—Rye bread, rice wafers, spoon bread. Potatoes may be added to breakfast and supper menus and will take the place of bread.  
Tuesdays—Meatless and Porkless.  
Breakfast and Supper—Cheese, herring, fish roe, tuna fish, mackerel, sardines, poultry.  
Dinner—Poultry or fresh fish. No soups unless cream ones, none that are made from stock. No vegetables boiled with bacon or meat of any kind. Use cotton seed products for frying.  
Saturdays—Porkless.  
Breakfast, dinner and supper—No ham, sausage, bacon or pork of any kind on table or used in preparing dishes for the table.  
Eggs are always a meat substitute.  
Sunday, Monday, Wednesday, Thursday, Friday, Saturday—One meal without meat. Find substitutes mentioned for meatless days. Do not use meat or pork products to cook with when serving these meals.  
Sunday, Tuesday, Thursday, Friday, Saturday—One meal without wheat. Use flour substitutes. Variety of ways to use these: Have no biscuit for dinner, if you need bread use corn bread. If dinner is your wheatless meal, do not use flour to thicken, nor serve crackers.  
Save sugar every day in the week. Use fruits as much as possible. Nuts and raisins need no sugar to serve. Pressed and dried figs and prunes supply the system with sugar. Have no candy made in your home."

#### TILLMAN ANNOUNCES THAT HE IS IN RACE

Washington, March 5.—Senator B. R. Tillman tonight announced his candidacy for reelection as senator from South Carolina. The senior senator in a prepared statement calls attention to his position as chairman of the committee on naval affairs, his work for the navy in that connection and his influence in official Washington. He declares that the world war has so changed the situation since his announcement in 1914 that he would not be a candidate to succeed himself that he now believes he can best serve his State and the nation by remaining in the senate.  
Representative A. F. Lever of the Seventh South Carolina District, chairman of the house agricultural committee, also issued a statement in which he says that although strong representations have been and are being made to him he has no positive announcement to make in regard to his ultimate intention touching on the senatorial race.

#### STATE OF SOUTH CAROLINA.

County of Abbeville.  
At the Regular Session of General Assembly of the State of South Carolina, 1916, an act was passed requiring the County Board of Commissioners of Abbeville County to insert for three weeks in a county and state newspaper a notice for the purpose of borrowing money for county expenses. Now, in pursuant to said act, the County Board of Commissioners will receive bids for the sum of Eighteen Thousand (\$18,000) Dollars, payable one year from date.  
Bids to be opened Eleven A. M. April 2nd, 1918.  
W. A. STEVENSON,  
Supervisor, Abbeville Co.  
M. L. Evans,  
Secretary of Board,  
March 6th, 1918.

#### HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Medicine.  
Hall's Catarrh Medicine has been taken by catarrh sufferers for the past thirty-five years, and has become known as the most reliable remedy for Catarrh. Hall's Catarrh Medicine acts thru the Blood on the Mucous surfaces, expelling the Poison from the Blood and healing the diseased portions.  
After you have taken Hall's Catarrh Medicine for a short time you will see a great improvement in your general health. Start taking Hall's Catarrh Medicine at once and get rid of catarrh. Send for testimonials, free.  
F. J. CHENEY & CO., Toledo, Ohio.  
Sold by all druggists, 75c.—Adv. 3-1-1mc.

#### DRINK HOT WATER IF YOU DESIRE A ROSY COMPLEXION

Says we can't help but look better and feel better after an inside bath.

To look one's best and feel one's best is to enjoy an inside bath each morning; to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.  
If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food into the stomach.  
Men and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphate hot water drinking and are assured of very pronounced results in one or two weeks.  
A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

#### LADIES! DARKEN YOUR GRAY HAIR

Use Grandma's Sage Tea and Sulphur Recipe, and Nobody will Know.

The use of Sage and Sulphur for restoring faded, gray hair to its natural color dates back to grandmother's time. She used it to keep her hair beautifully dark, glossy and attractive. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect.  
But brewing at home is messy and out-of-date. Nowadays, by asking at any drug store for a bottle of "Wyeth's Sage and Sulphur Compound," you will get this famous old preparation, improved by the addition of other ingredients, which can be depended upon to restore natural color and beauty to the hair.  
A well-known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through your hair, taking one strand at a time. By morning the gray hair disappears, and after another application or two, it becomes beautifully dark and glossy.  
Wyeth's Sage and Sulphur Compound is a delightful toilet requisite for those who desire a more youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

#### MEAT CAUSE OF KIDNEY TROUBLE

Take a glass of Salts if your Back hurts or Bladder bothers—Meat forms uric acid.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sour, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.  
To neutralize these irritating acids, to cleanse the kidneys and flush out the body's urinous waste get four ounces of Jad Salts from any pharmacy here; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in uric acid, so it no longer irritates, thus ending bladder weakness.  
Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia-water drink.