

L. C. COOKING "HITS" FRANCE JUST RIGHT

Expert Dietitians Devise Palatable Menus for Soldiers in Hospitals and Canteens.

France is much interested in American cooking which is truly a gratifying compliment to a nation which has its fashionable menus mostly in French. The two hundred and more American Red Cross canteens dotting both the French and American lines of communication have been a success with the Follis as well as the Yank, and that well known French organization for the wounded, known as the *Blancs en Blesse*, has opened a number of model kitchens in French hospitals usually in charge of American dietitians, who consult a professional dietitian provided by the American Red Cross, who goes about the Red Cross hospitals and offers suggestions and advice.

These hundred trained dietitians are in service in hospitals, canteens, kitchens on Red Cross hospital ships in France. The American Expeditionary Force took with it a training dietitian for each base hospital. Many women are civilian employees of the Army, recruited through the Bureau of Dietitian Service of the American Red Cross.

Red Cross Model Farms.
The double purpose of providing fresh milk and vegetables for the soldiers in hospitals and well soldiers in canteens and providing healthful outdoor exercise for the patients was being in their convalescence the Red Cross has established a number of model farms in connection with hospitals. Besides their great practical use they have given an enormous amount of entertainment to the men. The French government, more than in any other country, has loaned some thousands of cows and altogether it is a scheme which appeals to everybody.

It is not alone for the soldiers that the Red Cross does some of its thinking in terms of cooking and food. The Bureau of Dietitian Service has helped to solve the food problem of the civilian refugees.

The American Red Cross in France thinks in terms of huge figures, marvelous systems of transportation, tons of shipping space, and it also thinks in terms of the white of egg or orange for one single boy. That is why 22,000,000 people have affiliated themselves with the American Red Cross and why Christmas this year in the United States is marked by the Red Cross Christmas Roll Call.

MANY LIVES SAVED IN MINNESOTA FIRE

Heretic devotion to duty on the part of Red Cross workers in northeastern Minnesota saved hundreds of lives, wooded untold pain and fed, housed and comforted tens of thousands of homeless refugees in the awful forest fire which devastated a district of 160 square miles.

The Duluth Red Cross immediately formed a committee, opened the armory, the churches and the courthouse as a temporary refuge for the victims. The canteen service in Duluth and also in Superior, Wisconsin, served hot meals. The First Aid Department of the Nursing Service had physicians and nurses ready to meet all the incoming trains, and the Motor Corps cleared all the roads leading out of Duluth, bringing in hundreds of people who were exposed to extreme peril, and worked for 24 hours without pause for rest.

UNIVERSAL MEMBERSHIP.

The purpose of the Red Cross Christmas Roll Call, expressed in the fewest possible words, is to see that every man and woman in every city and community throughout the United States, and wherever Americans may be, has the opportunity to join the Red Cross or to renew his or her membership. Nothing short of universal membership is the goal. A 1919 Red Cross membership button is to be given to each person enrolling, as well as a Red Cross Service Flag, with a cross for each member of the family enrolled. Every home in America and every business office should have on display a Service Flag the week before Christmas when the Roll Call will take place.



Join the Red Cross
All You Need is a Heart and a Dollar

Mapping the March of Influenza.

(Alfred B. Williams in Richmond Times-Dispatch.)

Charts of the influenza epidemic, now being prepared from official reports by the bureau of public health, will be ready in a few days for study by the doctors. They seem to prove that neither climate nor climatic conditions affect the spread of the virulence of the disease. It swept over the American continent in six weeks, seemed to bury itself out and practically disappeared. Now it is in Puerto Rico, and is paralyzing industry and causing general distress there.

The first report of it in this country was at Lawrence, Kan., in March. It was kept within narrow limits there, apparently being merely a local epidemic. About the same time it became prevalent in southern Russia. From there it spread westward through Austria and Germany and eastward into India. It first touched the Philippine Islands, where it spread with startling rapidity and made havoc. Then it aroused attention and anxiety at Washington, and was closely watched. It appeared at Honolulu in August.

From the other side it arrived in Spain late in April or early in May. A case was reported at an American naval base in France July 26. A month later, August 26, cases were reported at Boston and earlier in August the disease was at Newport News and Norfolk. Coming from the Philippines and Honolulu, in the Pacific, it reached our eastern and western shores almost simultaneously and then moved like wildfire. It was recognized as epidemic at Boston the second week in September and reached its peak of destructiveness there the week ending October 5, in which it caused 1,214 deaths. The following week the deaths were 1,127, and four weeks later the number had fallen to 76. In New York City the peak was reached October 26, three weeks behind Boston, with 5,156 deaths, nearly 17 per cent. of the cases. The peak was reached in Philadelphia a week ahead of New York, with 4,218 deaths. Richmond's worst week was the same as Philadelphia, with 4,717 cases that week and 197 deaths, comparatively a small percentage of fatality. In Virginia, outside of Richmond, however, the week ending October 26 was the worst, 27,327 cases being reported.

Philadelphia suffered more than any other large city in the country in proportion to population. This is attributed to the number of large camps in the neighborhood and to the hosts of shipyard workers. St. Louis was the most fortunate of the cities. The worst week there was that ending November 5, with 257 deaths. The States south of Virginia were at their worst stage when she was. Illustrating the difference in the mortality rates, the reports show that while the epidemic was raging most violently it caused in Philadelphia 260 deaths to the 100,000, in Washington, 160, and in St. Louis, 20.

The disease is not new. It has been traced back to the 15th century, when it was epidemic, and with the same characteristics that mark it now. Always its spread has been rapid and the decline has been sudden. In 1892 it was known to have started at Constantinople, and reached San Francisco in six weeks. In 1847 it was more violent and fatal in this country than at any other time, the records show.

Scientists in this country and England are sure they have found and identified the bacillus, and are equally sure they know the means of communication; the dispersal of "droplets" from the infected. The experiments with inoculation as a preventive have not been successful thus far. Therefore the fighting of the disease must be left to the public, in cooperation with local health authorities. We are warned of the possibility, if not the probability, of an early return, perhaps next spring. The best preparation for it will be to have all in readiness at the very first notice to take to the masks and to accept and enforce the rules so thoroughly taught us. One fact very definitely learned is that influenza does not follow lines of direction, but spreads all ways at once and more swiftly than any other epidemic disease. It was in its fiercest malignant force simultaneously in Arizona and the District of Columbia.

France Found Her Soul.

You have become a forge of snow-white fire,
A crucible of molten steel, O France!
Your sons are stars who cluster to a dawn
And fade in light for you, O glorious France!
As Joan of Arc amid the apple trees
With sacred joy first heard the voices, then
Obeying plunged at Orleans in a field
Of spears and lived her dream and died in fire—
Thou, France, hast heard the voices
and hast lived
The dream and known the meaning of
the dream,
And read its riddle: How the soul of
man
May to one greatest purpose make
itself
A lens of clearness, how it loves the
cup
Of deepest truth, and how its bitter-
est gall
Turns sweet to soul's surrender.
—Edgar Lee Masters.

Understanding.

Now when I stand in some great crowded place,
I see the souls of other women stare
Out of their eyes—and I can glimpse the care
And worry that has banished light and grace
From every life. Upon each woman's face
I see the mark of tears, the hint of prayer
That, one short year ago, had not been there—
I see what time will never quite erase!
Before you left, I did not notice eyes;
Because I knew that I might touch you hand,
I did not dream the dread that swept our land,
Ah, dear, the months have made me very wise—
Now, one with every throng, I understand,
And heart meets heart, and I can sympathize!
—Margaret E. Sangster in Good Housekeeping.

A Prophecy—When and How Will the War End?

(From Manufacturers Record, Aug. 3, 1916.)

"Shortly after the war began the Manufacturers Record editorially predicted that it would last at least three to four years, and gave the reasons therefor. We have never seen any justification for changing that view.

"Without pretending to any gift of prophecy, the Manufacturers Record would offer the following speculative suggestions:

"The European war will last two years longer."

"Germany and Austria will not only have to pay, as far as money can be repaid, all that the war has cost Belgium and France, but Germany will lose Alsace and Lorraine and possibly some additional territory. Moreover, they will have to pay an indemnity of not less than ten billion dollars.

"Constantinople will fall to Russia, and Turkey will be dismembered and the Turkish power driven out of Europe.

"The Hohenzollern and Hapsburg dynasties will be blotted out, and the men of these families who at the close of the war are living will probably be imprisoned for life, and perhaps some of them may be executed.

"Many of the officials responsible for murder in the killing of the English nurse and others will have to pay the penalty with their lives. It will then be too late to appeal for mercy. They showed no mercy, and we doubt if any mercy will be shown to them. The leaders who took the sword in the campaign to conquer Europe will themselves perish by the sword.

"In the end Germany will become a republic and the good people of that country will rebuild its prosperity and its humanity and seek to atone for the horrors which have been brought upon the world by Kaiserism and Prussian militarism, and then friendship of European people will take the place of present hatred.

"These are suggested merely as speculative predictions. Two years hence we may be able to see how nearly we forecasted the future."

Cantelou Brothers, Montgomery, Ala., send us the foregoing clipping from the editorial columns of the Manufacturers Record of August 3, 1916, and express their deep interest in the fulfillment of the prophecy made more than two years ago.

The prediction made August 3, 1916, that the war would last two years, followed a prediction made in the latter part of 1914, in which we took the ground that the war would last at least three to four years, and in which we gave our reasons for the belief.

What may be the indemnities which Germany will have to pay is not yet known, but the war did last "two years longer," and Germany and Austria will have to pay a vast sum to Belgium and France. Germany will lose Alsace and Lorraine. The Hohenzollern and Hapsburg dynasties will be blotted out, and we believe and trust that the men of these families will, as predicted, be imprisoned for life or executed.

At the time that editorial was written we believed that there were some "good people in Germany," and that they would come to the front and organize a republic and seek to atone for the horrors which have been wrought upon the world by Kaiserism, but we have, as yet, seen no indication whatever as to the fulfillment of the thought we then had that some "good people" might still be in Germany. We have seen no evidence of any desire to atone for the horrors committed. It is barely possible that there are some few Germans living who have some goodness in them, but as to that part of our editorial prediction of August 3, 1916, we are yet a little uncertain.

It would seem just now that there is no evidence in Germany that the proportion of "good people" is equal to the proportion found in Sodom, and that proportion was not sufficient to keep the Almighty from utterly destroying Sodom and Gomorrah.

Shall we undertake to say that God was wrong when he destroyed those cities of wickedness?

Shall we undertake to prove that Almighty God knew not what He was doing; knew not the punishment which should be inflicted upon sinners?

Unless we are ready to take that position then we have no right to say that God shall not use America and the allies, for He uses human agencies for His work—for the full punishment of Germany.

Monk's Cowl.

The cowl, or hood, was originally a covering for the head to protect it from the inclemency of the weather, and was worn by all classes without distinction. Its ready adaptation to conceal the features led to its adoption at a very early age by monks and ascetics. As these multiplied and formed themselves into various distinct orders, their hoods assumed a different fashion in cut, color and material. From the monks it passed to the cathedral and collegiate churches, and from them to the universities.

No One to Copy.

Charley had twin cousins of his own age. The twins looked much alike and were neat and clean. Charley's mother said to him, "Why, Charley, look how nice your cousins look and how dirty you are!" Whereupon he answered: "Well, mother, they just need to look at each other to see how they look and I have no one to look at to see if I look right."

Earliest Form of Shoes.

The earliest shoes known were sandals of hide, leather or wood. When one encounters the word "shoe" in the Bible he may be sure that it is the sandal that is commonly meant. In Egypt the sandal was woven of palm leaves and papyrus. As a symbol of the subjection of their enemies the Egyptians often painted the figures of their opponents on the lining of their sandals.

RECONSTRUCTION IN FRANCE.

The French Government Plans to Finance the Work.

Philadelphia, Dec. 12.—To reconstruct the destroyed portions of France architecturally as they were before they were ruined by the Germans is the purpose of the French government as outlined by Bernard J. Shoninger, formerly president of the American Chamber of Commerce at Paris.

The French government plans to accomplish this by reimbursing individuals for their shattered homes, mills and factories according to their value before their destruction. Mr. Shoninger recently told the executive committee of the Philadelphia Chamber of Commerce.

Ultimately, he said, Germany will pay the bill for restoration.

Throughout the war, he added, French boards of appraisers have been estimating the values of property destroyed by the Huns and now have accurate data. To those who desire to rebuild, the French government will issue indemnity bonds up to 80 per cent of the former value of his property. While the external appearance of the buildings rebuilt will be retained, Mr. Shoninger said, the interiors will be constructed in modern, sanitary style.

Referring to the fact that the French government has made arrangements to purchase materials for reconstruction by pooling or combining its orders, he suggested that American manufacturers would be asked to supply some materials and that they promote the formation of selling combinations so that possible huge orders for construction materials from France could be rapidly assimilated.

The Future of the Hun.

(By E. E. Harriman of the Vigilantes.)
There must not stop for the German. He can not stop and resolve into a mere memory. It is out of the question for the civilized nations to annihilate him. For their own sakes they can not be as savage as he planned to be. However many may be killed in this war, there will still be many millions left to propagate.

What manner of future awaits those millions? What will they do? What will be their status in the world? How will they prosper?

Already many thinking people are considering the matter of German trade, German industry, German debt, the nation itself making active preparations for the after the war campaign.

When the war is ended Germany will find herself handicapped with a double load. The debts she has incurred through the financing of the war, and the rehabilitation of devastated countries. In order to pay either bill she must be able to manufacture and sell. She must manufacture and supply them.

In order to secure markets she must first establish confidence in her wares and in her business methods. She must gain a certain, and very decided, amount of friendly regard on the rival salesmen, the rival manufacturer, will hold too great an advantage. She can only hope to be a scavenger otherwise, for the other nations will leave her only that which she does not wish to handle.

How is she going to acquire the necessary standing, the confidence of buying nations, to give her these markets? Once she would have sent her thousands of emigrants to colonize, with rigid instructions to demand German goods and thereby create a condition that would force importations. That day is past, if the nations are wise, for in all such cases German's colonial idea carried out, cater to the German vote or allow it to be in control of even a fraction of national activities.

With all nations on guard against Germanising influence, that plan must be abandoned. If Germany, in her stupid disregard of all rights and prejudices, should attempt to again get control of any part of the national affairs of America or Canada or Brazil, for instance, it will probably lead to the barring of intercourse with her definitely.

It is difficult to ascertain where she can first gain a foothold. With her reputation blackened by her own acts, her rotten methods, thoroughly exposed, it will be a hazardous thing for any nation to attempt to deal with her.

It is a matter that calls for the sober, calm study of master minds, the consideration of all nations opposed to Germanic ideas and the autocratic domination of Germany. It must be made a matter of the most careful consideration, for upon the policy adopted by the nations will depend much of their own welfare. There must be a limit set for Teutonic activity, a bound beyond which they dare not go or it will be only a question of time until the world will again have to take up the task of beating Hun devilsheds.

It is time for the nations and their deepest thinkers to begin to plan and consider, for it will not be long until the Hun will be wanting to emigrate from Hunland to escape the burdens he has helped to create. He must not be allowed to shirk his task. He must be the one to pick up the burden and stagger along under it. He must not be allowed to shift it to other shoulders.

The forces of many nations have been harnessed in the effort to hammer some reasonable degree of sense into the Hunnish head. Next will come the prodigious effort to hold him to his work and force him to walk the straight and narrow path. It is to be almost as hard a task as fighting him into submission, if the way he is preparing for a commercial campaign is any criterion.

Unless he is so hedged about by rigid, inflexible guards that he can do only the right thing, he will soon be doing the wrong one. It is folly to think that getting a whipping will change the Hun nature. A cracked crown will not ensure a rejuvenation or any degree of reformation. He will be no more spiritually redeemed than he will be physically restored by the war. The living Hun will need a process of refining that will require more than one generation. The dead Hun, thank God, will help to hold him where he belongs by the thinning out of evil blood when he died.

So let us plan now for what comes later, that we may enjoy life with no fear of despotic oppression in the future years. We must weld a steel ring, such as Kaiser Wilhelm loved to rave about, that will keep the Prussian on his good behavior for the next two thousand years. In that length of time, the world of decency may make some progress toward the elimination of the savage part in his nature, and so bring him to where he is a safe neighbor for decent people.

The Navy Heard From.

Dear Editor:
Allow me just a little space in your paper. I have never written to your paper before but censorship is relaxed to some extent.

Brother send me the Item quite often so I always have home news. I left with the S. L. I. in 1916 and on our return 1917 I decided the navy was the best place for a young man, so at once I was transferred and was safe aboard one of Uncle Sam's best ships and was soon serving in foreign waters. I cannot explain some of the exciting things that happened, but one I will mention: We were patrolling the North Sea and the "tin fish" subs were playing hide and seek with us but they didn't get us, our gunners were too good for them. One of them ran into our propeller and disabled one engine. We made port all right and he made bottom. Have experienced several incidents equal to that and even more, but when I would feel disheartened I would just think of the poor boys on the western front, and know that I was blessed to be so well protected.

Today we were in the greatest convoy that has ever been in history. We met the defeated German fleet and escorted them to their place of internment. This day will be remembered by all of the British grand fleet and also by the boys of the American Sixth Battle Squadron.

Now about the work of the navy. Nobody seems to give them any credit, but take a tip from a friend they have done their bit and will continue to do so when the soldiers are returning home to their parents, friends and sweethearts.

I had an advanced leave a few weeks ago and was talking to a chap in London who had been over about two months. He was almost crying to go home. I gently reminded him of our French and English comrades who hadn't seen home since 1914. He then piped down but still insisted that he had nothing to fight for.

Talk about sports, we have everything from playing checkers to football. We have baseball, football, boxing, wrestling, boat racing and swimming, when the weather permits. Speak about eats in the navy, they are very good. I am still alive and healthy. I always thought that sheep were made to make clothes instead of filling them up. I have eaten so much mutton in the last year that I almost bleat sometimes.

Have just finished supper, which consisted of cold roast lamb, bread, butter, tea and sliced fruit. I still think that I am one of Sumter's boys and am proud of my luck.

Hope it will be my luck to convoy Captain Brown and his good old Co. L back to America soon, as I still have a feeling towards the company. Sincerely your sailor friend,
H. E. Hatfield,
U. S. N.

About Time, Too.

An officer inspecting sentries guarding the line in Flanders came across a raw-looking yeoman.

"What are you here for?" he asked.

"To report anything unusual, sir."

"What would you call unusual?"

"I dunno exactly, sir."

"What would you do if you saw five battle ships steaming across that field yonder?"

"Sign the pledge, sir."—Tit-Bits.

This is Made in Boston.

"So this is your famous Beacon Street?" said Major X. as he strolled with his friend along past the State House. "Frankly, I'm surprised. I had always heard that it was a very exclusive street, you know."

"Well, so it is," said the other man.

"Eh! old chap, how can you say so? Why, it positively verges on the Common."—Boston Transcript.

A Bad Beginning, Etc.

She—"When we go anywhere now we have to take the street-car. Before our marriage you always called a taxi."

He—"Exactly. And that's the reason we have to go in the street car now."—Boston Transcript.

Concerning Peace.

(By Theodosia Garrison of the Vigilantes.)

That we have purchased with tremendous price—
That we will take.
We have no mind to make a bargain twice.

No larger gain to make, But this we buy across the sword's red blade
We swear shall justify the price we paid.

Not with small counters did we seek this thing,
But with the blood
Of youth, men's might and human suffering.

And stricken womanhood—
These to the market of our wrath we brought
And we shall have in full the Peace we bought.

Tricksters and swindlers in the wide world's mart,
Not yours to say,
Nor, cringing, still withhold one little part.

For which we pay,
Our dearest treasure in the scale is cast.
Think you we shall be cheated at the last?

Secondary Consideration.

Widower—"I suppose that when you recall what a handsome man your first husband was, you wouldn't consider me for a minute?"

Widow—"Oh, yes, I would. But I wouldn't consider you for a second."—Orange Peel.

The Red Cross year has been changed from May to May so as to now run from Xmas to Xmas. The dollar you pay now is for the year 1919.

Have you joined the Red Cross for 1919? All you need is a heart and a dollar.

Wipe Out the Profiteer.

(By Mark Swan of The Vigilantes.)
From the lowest, to the super lowest, we loathe the obscene Beast who drowns women and children on unwarmed vessels—who burns villages, destroys orchards—outrages women—and bombs hospitals. We ransack the dictionary, and exhaust the vocabulary, endeavoring to select adjectives which will fitly describe him, and his works and finally we sum everything up in the descriptive word—"Hun."

Now what shameful word is left us to apply to the men—who are among us yet are not of us—who use the war as a means of extorting bloated profits from those whose brothers they pretend to be?

The Prussian, at least, is an open enemy. He warned us, for forty years, that he would do what he has done—he has never tried to conceal his bestiality, in fact seems rather proud of it.

The spy, the propagandist—the dynamiter who blows up munitions works—for all of these there can be found some shred of excuse; being Prussian, it is their business to do what frightful thing they can—and ours to hang them, if we can catch them doing it.

But for the profiteer, the briber, the apostle of the filthy creed, "Get it—no matter how—just get it"—the men of our own nation, of our own blood—pretending to be our own kind—hypocritically calling us fellow citizens, while they pick our pockets, there is no excuse—and there is no appropriate adjective—to call them "Huns" would be complimentary.

Here we are, a hundred million of us—drawn into a world nightmare, trying to do our best, to help, trying to bring the colossal disaster to an end; some of us "Treating 'em Rough," most of us skinning the layers off the old bank roll for Liberty bonds; boosting the Red Cross—plugging for the Y. M. C. A.—and what is he—the profiteer doing?

Why just lining his greedy pockets—wallowing in illegitimate profits—which in the last analysis resolve themselves into the blood of brave men and the lives of little children.

And even in this deviltry there are grades. The man who extorts for his hoarded food—or his hoarded coal—is low enough, in all conscience, but he may only be a creature without a soul, so that the vast agony has not touched him. Not being a victim, he cannot realize there is such a thing as war. His penalty should be merely confiscation and banishment.

But for the debased scoundrel, who bribes some other loathsome creature to help him foist counterfeit clothing or ammunition—or poisonous food, on the army—on the very men who are fighting for him—there is no punishment outside the ultimate depths of the Seventh Hell.

We could stand them up against a wall and shoot them—but it would be a shame to desecrate a decent wall—we have a myriad lamp-posts, but why shame honest rope? Just as we lack words to describe them—we lack punishment to inflict. We can only recall with regret the passing of the rack and the wheel.

What would happen to a cook who fed his company poisonous food?

What would happen to an officer who sent his men forward to meet the enemy—equipped with blank cartridges, or to a quartermaster who for his own profit dealt out shoes with paper soles? Is the crime less, because it is committed 3,000 miles away?

We owe our boys protection. We owe ourselves protection. Punish the profiteer. Kill every man who gives such a bribe—kill every man who takes such a bribe. Do it legally and in the proper way. Before an angry people do it—illegally—and in a horrible way.

WEAK, WEARY WOMEN

Learn the Cause of Daily Woes and End Them.

When the back aches and throbs,
When housework is torture,
When night brings no rest nor sleep,

When urinary disorders set in,
Women's lot is a weary one.

Doan's Kidney Pills are for weak kidneys.

Have proved their worth in Sumter.

This is one Sumter woman's testimony:

Mrs. E. B. Elam, 316 W. Liberty St., Sumter, says: "About six years ago I had quite a bit of kidney trouble and I felt pretty bad. Headaches bothered me so that I could hardly stand up and dizzy spells annoyed me so, I thought I would fall over many times. My nerves were all unstrung and I would jump from the least fright. My kidneys acted very irregularly and I knew they were in bad shape. Finally, I heard about Doan's Kidney Pills and started taking them. I must say, Doan's positively cured me of all kidney trouble and I haven't been bothered since."

Price 60c at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Elam had. Foster-Milburn Co., Mfgs., Buffalo, N. Y.—Adv. (51)

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