

# A Letter From Washington

The Food Administrator Writes Us:

"The use of baking powder breads made of corn and other coarse flours instead of patent wheat flour is recommended by the Conservation Division of the Food Administration. The wheat needed for export is thus conserved, and at the same time healthful food for our own people is provided. The circulation of recipes providing for these uses would be of assistance in carrying out our plans."

The following recipes for Corn Bread and Rye Rolls save wheat flour and make attractive and wholesome food for every day when made with

## ROYAL BAKING POWDER

### CORN BREAD

- 1 1/2 cups corn meal
- 1/2 cup flour
- 1 level teaspoon Royal Baking Powder
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 1/2 cups milk
- 2 tablespoons shortening

Mix thoroughly dry ingredients; add milk and melted shortening; beat well; pour into well greased pan and bake in hot oven about 25 minutes.

### RYE ROLLS

- 2 cups rye flour
- 1/2 teaspoon salt
- 1 level teaspoon Royal Baking Powder
- 1/2 cup milk
- 1/2 tablespoon shortening
- 1/2 tablespoon sugar

Sift dry ingredients together; add milk and melted shortening. Knead on floured board; shape into rolls. Put into greased pans and allow to stand in warm place 20 to 25 minutes. Bake in moderate oven 20 to 30 minutes.

Our red, white and blue booklet "Best War Time Recipes" containing additional similar recipes sent free on request. Address Royal Baking Powder Company, Dept. H, 135 William Street, New York.

## FRENCH INDUSTRY IS RECOVERING

Natural Thrift and Economy Promise Rapid Progress.

EXPORT BUSINESS GROWING

Our Great Ally Possesses Recuperative Powers Which Justify Belief that She Will Meet and Solve Triumphantly the Problems Which Confront Her After the War.

With Paris Boulevards echoing with "vives" for American troops our interest in the welfare of our ally vastly increases, and the facts are not lacking to encourage the belief that she is already on the road to recovery from the blow of invasion by a ruthless enemy.

One of the most important developments is the announcement that one of the largest banking institutions in America concerned with foreign trade, the Guaranty Trust Company of New York, has opened a Paris branch to handle the rapidly increasing volume of French business.

This action may surprise many persons who had thought of France as

The increasing activity of her railway system is similarly demonstrable. In 1899, there were in France 10,743 miles of railroad track; in 1912, there were 31,548 miles.

Between 1899 and 1912, inland navigation increased 150%; while the traffic of her mercantile marine had amazingly expanded. The tonnage entering French ports in 1899 is set down as 11,000,000 tons. In 1912, this had increased to 53,000,000 tons.

Leaders in American finance ascribe the solidarity of the French republic to three influences; first, a thoroughly sound banking system, centralized in one of the greatest banking institutions of the world, the Bank of France; second, the ingrained thrift and frugality of the French people as a whole, together with a national economic vigor not elsewhere surpassed; third, wise supervision, and patriotic cooperation by the government with banking and business interests.

The government does its part to warrant and retain the confidence of the holders of its securities. One of its wise policies is to impose new taxes to defray the interest charges on new security issues. It began this practice after the Franco-Prussian War, and is today following the same rule in regard to securities issued to finance the present conflict. This continuity of purpose, doubtless, will prove reassuring to all holders of French government securities.

The Franco-Prussian war of 1870-1871 taught the French people the meaning of thrift and economy. So well did they learn this lesson, that the whole sum of the indemnity demanded by Germany, \$1,000,000,000, was raised within the republic's con-

### PREPARE!

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## WOMEN AID CONSERVATION DAY IS NAMED

Orleans County Committees Formed for Pledge Card Week

Orleans county is fully organized for the pledge card campaign for food conservation and the following have been elected as chairmen in the various towns of the county.

These chairmen are authorized to organize full town committees to make the canvass during the week commencing October 21. The committee organization is as follows: County chairman, C. S. Emery, Newport; county publicity director, H. F. Johnson.

Town Chairmen Elected. Town chairmen—Albany, Roscoe N. Cowles; Barton, W. B. Proctor; Orleans, Harry Dickens; Brownington, Thomas Smith; West Charleston, Dr. J. F. Kendrick; East Charleston, A. C. Gallup; Coventry, Walter Cleveland; Craftsbury, Charles F. Root; Derby, Albert Silver; Derby Line, P. F. O'Rourke; Glover, A. P. Bean; Greensboro, L. A. Jackson; Holland, E. A. Ferrin; Irasburg, George W. Russell; Jay, W. H. Warner; Lowell, George E. Curtis; Morgan, S. C. Wilcox; Newport, Mrs. A. H. Butterfield; North Troy, Mrs. A. H. Butterfield; South Troy, Fred E. Taylor; Westfield, H. B. Hitchcock; Westmore, A. E. French.

Women to Assist. In connection with this work Mrs. John E. Weeks, chairman of the Vermont division woman's committee, Council of National Defense, has appointed Mrs. C. S. Emery as county chairman, who has in turn appointed the following ladies to aid in this work, and they are expected to cooperate with the town chairmen in this campaign. The pledge cards, window cards, home cards and other literature will be in the hands of the chairmen within a few days so as to be distributed to the members of the town committees when selected by the town chairmen. Following is the list of the town chairmen:

Albany—Mrs. Roe N. Cowles; Barton, Mrs. W. B. Proctor; Orleans, Mrs. Harry Dickens; Brownington, Mrs. Thomas Smith; West Charleston, Mrs. J. F. Kendrick; East Charleston, Mrs. A. C. Gallup; Coventry, Mrs. H. C. Cleveland; Craftsbury, Mrs. Charles F. Root; Derby, Mrs. Albert Silver; Derby Line, Mrs. P. F. O'Rourke; Glover, Mrs. A. P. Bean; Greensboro, Mrs. L. A. Jackson; Holland, Mrs. E. A. Ferrin; Irasburg, Mrs. George W. Russell; Jay, Mrs. W. H. Warner; Lowell, Mrs. George E. Curtis; Morgan, Mrs. S. C. Wilcox; Newport, Mrs. A. H. Butterfield; North Troy, Mrs. A. H. Butterfield; South Troy, Mrs. Fred E. Taylor; Westfield, Mrs. H. B. Hitchcock; Westmore, Mrs. A. E. French.

### WOMAN'S CLUB NEWS.

Morrisville Club Votes to Buy More Bonds—Discussing District Music.

The second regular meeting of the Morrisville Woman's Club met at the library with 22 members present. First came the roll call with many responding with quotations appropriate for the evening's topic. Next came the secretary's report and treasurer's report, showing a balance on hand of \$196.31. Matters of new business were called for by the president, Mrs. Harriett Ide. The names of Miss Mary Moody and Miss Lucille Robinson were presented for active membership in the club. An open discussion followed regarding the purchasing of another Liberty Bond in addition to the \$50 bond purchased during the summer. Motion made and carried that the club buy another \$50 bond at this time. The president asked the club to discuss the matter of whether or not the club should take steps towards securing a district nurse for another winter, as was done last winter. The president was given the right to select a committee from the club to ascertain the advisability of having said nurse for another winter. Miss Anna Mower read a letter from the National War Council regarding the purchasing of books for the soldiers, as is being done in other places, explaining that General Pershing asks for more reading matter for the men; in short, a million dollars for a million books for a million men is exactly what is needed. The club was solicited for funds towards this cause. With the secretary acting in the president's place, the president intoned that the club give \$15 toward this worthy

## NO LAFOLLETTE PROBE

Senate Committee Fails to Find Concrete Charges.

Washington, Oct. 4.—There will be no investigation of the charges of anti-Americanism now being hurled from various corners of the United States against Senator LaFollette. This is the opinion of the Senate, broadly speaking, and of more than 90 per cent of its individual membership.

## SENATE ADOPTS CONFERENCE REPORT

Washington, Oct. 3.—The conference report on the \$11,000,000 urgent deficiency appropriation bill was adopted by the Senate today without a rollcall, after three minutes' consideration.



SOLDIERS IN THE VERDUN SECTOR REPAIRING A RUINED CANAL.

bowed under a calamitous invasion. The bank, however, gives figures indicating that France is not only meeting military and civilian problems with a stout heart and never failing courage, but is re-establishing her export business with this country.

In 1914, the year of the outbreak of the war, imports from France to this country totaled \$141,446,252. This total was reduced to \$77,158,740 in 1915, but last year the value of French imports to the United States rose to \$102,077,000.

"A nation that can achieve such a commercial recovery while her territory is being ravished by the invader," says the Trust company's statement, "possesses recuperative powers which justify the belief that she will emerge from the present conflict prepared to meet and solve triumphantly the problems which confront her."

The commercial and industrial record of France, following past wars, indicates that she should recover quickly from the actual physical destruction inflicted in the present conflict. The reconstruction of railroads, the erection of factories to replace those destroyed, and the replacement of the mechanism



IN THEIR RETIREMENT FROM OCCUPIED TERRITORY THE GERMAN ARMY DESTROYED MILLIONS OF DOLLARS OF AGRICULTURAL MACHINERY.

of industrial activity that will be required and that is in part already planned, offer a peculiarly inviting field to American capital and enterprise. Tentative steps have already been taken by representatives of American engineers and business men in this work.

Aside from its attractive business aspect, the enlistment of American money and effort in the great task of reconstruction that will remain at the end of the war will tend to cement still more closely the ties that bind the two great Republics together, and will enable Americans to discharge in part the debt they owe to France for her friendly interest in the welfare and progress of the United States from the beginning of its life as a nation.

In judging the industrial status of any nation, its production and consumption of coal, iron, and steel and the growth of its transportation systems are highly significant factors.

In 1899, French industries consumed 21 million tons of coal, of which 13.5 millions were taken from home mines. In 1912, the consumption was 61 millions, of which 41 million tons were taken from home mines.

In 1899, the French output of cast iron was 1,380,000 tons, and of steel, 1,060,000 tons. In 1914, France produced 5,811,000 tons of cast iron and 4,635,000 tons of steel.

## CROWD CHEERS AS MEN LEAVE

### Second Quota of Conscripts Escorted to Train by Band and Militia

Once again St. Johnsbury turned out en masse to bid farewell to a number of boys from Caledonia county who responded to the call of the draft for the national army. Once again there were sad hearts left behind as they watched loved ones leave for the defense of their country, and once again as the trains left the station the men leaving were made to know that those remaining were solidly behind them.

At 8 o'clock Wednesday morning eight men leaving were escorted from the armory by the St. Johnsbury band and the reserve militia to the depot. The members of the home guard, fast approaching efficiency by thorough drill, marched in close ranks, and in their natty uniforms added the necessary military tinge to the occasion.

The band played stirring patriotic and popular music during the short wait until the train arrived. As the boys boarded the train and mingled with the forty-odd other men from the north country, a hearty cheer from the assembled citizens started the boys on their way to join the hundreds of other Vermont boys in camp and in France. The men, it was expected, would arrive at Ayer, Mass., late in the afternoon. The men leaving were: George C. Morse, Danville; Leonard G. Champany, Barnet; Arthur J. Carrier, St. Johnsbury; Eustis Earl Beattie, Lyndon; James J. Rowell, Hardwick; Harry Eli Gaudette, Lyndonville; Joseph Horace Legendre, Lyndon; Harry Howard Morrison, St. Johnsbury.

## NURSES RECEPTION LARGELY ATTENDED

The reception tendered Miss Miller Wednesday at the nurse's home was largely attended by her wide acquaintance of friends and those professionally associated with her during her many years' service as head nurse at Brightlook hospital.

Frank H. Brooks, president of Brightlook hospital, in a short talk spoke of the excellent work accomplished by Miss Miller in her capacity at the institution, and also told of her devotion to her patients and of her efforts to bring health, cheer and hope to those under her care. As a token of esteem from her many friends Mr. Brooks presented her with a substantial purse of gold.

Dr. Frank Farmer, after a few appropriate remarks, presented Miss Miller with a purse from her medical friends and associates of the past years. Miss Miller left on the night train for the base hospital, at Camp Arthur, Waco, Texas, where she will enter the national army service.

## Firemen Oversee School Drills.

Fire drills at many of the village schools have been held during the past week. The men from the central fire station have been present at the time to oversee the drills, which have been held at the Union schools, St. Gabriel parochial school and at the convent. At St. Gabriel's the building was emptied in 49 seconds.

## Municipal Court.

Judge G. C. Frye held a session of Municipal Court recently in Sheffield where Henry Thayer and Fidelia Thayer were arrested on a charge of breach of the peace. Their martial troubles were seemingly serious as after both respondents pleaded guilty to the charge, they each were sentenced to 60 days in jail and placed on probation for one year. Thirty days of the sentence were suspended, and they were committed to county jail for the remainder of the time.

George King, giving his place of residence as North Walpole, N. H., appeared in Municipal Court charged with first offense of intoxication. He pleaded guilty and paid a fine of \$5 and costs of \$3.10.

## Letter From Gov. H. C. Ide.

The following letter was received from Gov. Henry C. Ide as the result of a request to outline the coming work of the Vermont branch of the League to Enforce Peace of which he is president, in the second Liberty loan campaign:

St. Johnsbury, Vt., Oct. 2, 1917. Editor of The Caledonian: Dear Sir: The Caledonian of Sept. 29 stated that William H. Taft as president of the League to Enforce Peace had written to me as chairman of the Vermont Branch of the League urging the co-operation of the officers and all the members of this branch in promoting the second Liberty loan and a great sale of the bonds.

That statement was true, and it will be the aim of our League to co-operate in every way in its power in this patriotic work. On Sept. 15, Secretary McAdoo wrote to Mr. Taft asking, among other things, "Will you, as president of the League to Enforce Peace, issue an appeal to your organizations to join with the committees in the several Federal reserve districts in the coming campaign?" To this letter Mr. Taft on Sept. 20 replied: "The League to Enforce Peace holds that the war in which we are engaged is both justifiable and necessary, and demands that it shall continue until Prussian militarism is destroyed either by allied force or by the uprising of a German democracy and a stable peace is established between the nations."

The League itself subscribed \$10,000 of Liberty Bonds of the first issue and its full issue is pledged. The war is now being fought by the Allies as an international League to Enforce Peace. Unless they compel it by victory they do not enforce it. The officers and members of the Vermont Branch may be relied upon to Liberty bond campaign in every way in their power, by individual subscriptions as well as by helpful efforts of every kind.

Very truly yours,  
Henry C. Ide,  
Chairman.

## U. S. TROOPS BEING FED IN FINE STYLE

Base American Flotilla in British Waters, Sept. 26.—(Correspondence of The Associated Press)—Many of the American bulejakets here frequently receive letters from "the folks back home" inquiring if the boys are receiving plenty of food.

They read of the food restrictions in the British Isles and then wonder if by any chance these have been extended to include their jacksies. For answer Jack has sent his bill of fare back home. It shows the American sailorman to be perhaps the best fed body of fighting men in active war service anywhere in the world. Here is an average Monday bill of fare for the general mess: Breakfast, fried eggs, ham hash, rolled oats, milk and sugar, bread, butter, coffee. Dinner: Bean soup, pickles, roast beef gravy, mashed potatoes, fruit pudding, bread, butter coffee. Supper, brown beef stew, boiled rice, kidney beans, bread, butter tea.

The bill of fare is varied from day to day and includes omelets, fried trim as fresh vegetables, such as fresh tomatoes, peaches and cream, asparagus on toast, apple sauce, and many other dishes.

Extra helpings are unlimited. Appetites are catered to in a most wonderful way for Uncle Sam realizes that nothing keeps his boys in fit, fighting trim as much as feeding them well. In keeping with this policy the government has just raised the allowance for feeding the boys. It is now 55 cents a day for each man. It used to be 45 cents. The increase was necessary to keep pace with the increase in cost of foodstuffs.

## Arrested Essex County Draft Men.

Rev. George A. Martin was in Island Pond Wednesday where he delivered the farewell address to the men leaving with the quota from Essex county for service with the national army.

## Second Liberty Loan Drive about to Sweep St. Johnsbury.

There was small attendance at the liberty loan meeting held in the armory last evening, owing to the heavy rains, but plans were matured for the start of the big local drive. J. C. Clark presided at the meeting and after he had given a short explanation of the requirements the men present got down to business. Homer E. Smith was elected secretary, and it was voted to appoint from the chair the committees to carry on the campaign.

Campaign Short and Sharp "It is hoped to make the campaign short and sharp," said Mr. Clark, and he further stated the work will have to be completed by the evening of the 25th of October. The E. and T. Fairbanks and company have signified their willingness to handle the in that part of the community or rather among the men in the employ of that firm. The canvassing committee will organize to cover all other fields thoroughly.

The local banks will cooperate and their plan was outlined by Gilbert E. Woods. The banks will take subscriptions to the liberty loan on installment, upon the initial payment of ten per cent of the amount of the bond and with a payment of ten per cent more per month for six months. If at the end of the six months the loan is not fully paid new arrangements will be made by the purchaser for extension of time at the prevailing rate of interest.

The government installment plan calls for two per cent to be paid by the buyer at the time of application; 18 per cent on November 15, 1917; 40 per cent on December 15, 1917; 40 per cent on January 15, 1918, with accrued interest on the deferred installments.

Buy a New 4 Per Cent Bond It was urged at the meeting last night and has also been urged by those handling the loan, that those subscribing during the first campaign do not exchange their three and one half per cent bonds for the new issue but rather sell the old bonds if they prefer not to keep them, and then buy the new issue.

The slogan will be to buy a new bond then if necessary sell the old.

One Community a Slacker. Mrs. Margaret Heywood was asked to explain the woman's organization and their campaign which is under way. Committees have been appointed in nearly every town and in organizers have met with an excellent response in nearly every locality. Mrs. Haywood in conclusion said there was one place in the county where it was impossible to get a woman to carry on the work. Not giving the name of the place she spoke of the conversation of one woman who told her there had been eight men there who had escaped the draft by exemption, and that as for the women "they had plenty of canned goods in their cellars, they did not start the war and did think they should be called upon for aid."

The following committees were appointed from the chair: Executive committee: Walter P. Smith, Homer Smith, Gilbert E. Woods, and Charles W. Rutter; Publicity committee: W. J. Bigelow, F. H. Brooks, James Cosgrove, Perley Hazen, Charles E. Peck, A. B. Noyes; Canvassing committee: J. H. Brooks, William Ricker, George C. Cary, George W. Caldwell, Rev. F. E. Richards, Rev. G. A. Martin, Rev. J. W. Dwyer, F. C. Beck, Z. S. Waterman, Charles E. Goodall, James S. Weeks, F. G. Landry and F. W. Ball.

## Surprised on 15th Birthday.

About 50 young friends of Master Henry Dubey gathered at his home on North Main street Wednesday evening on the occasion of his fifteenth birthday. The party was a complete surprise to him as he was away from home at the time of his friend's arrival. Upon his return he found the home filled with young people. A very pleasant evening was spent with music and games and dainty refreshments were served.

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