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BRITISH "WAR BREAD" HAS BEEN VINDICATED

Tests Conducted in Series of Universities Caused It to Be Stamped with Approval of Scientists.

London, May 21.—(Correspondence of Associated Press).—The British "war bread" has been vindicated and endorsed by a committee of scientists after a series of tests conducted in the laboratories of Cambridge, Glasgow and London universities and in a number of factories and hospitals.

The committee finds that bread composed of whole wheat flour mixed with 20 per cent of other cereals is not only suited to all ages and digestions, but also gives a higher percentage of energy. The loaves used in the experiments were baked from flour milled under the personal supervision of A. E. Humphries, president of the National Association of British and Irish Millers. No precaution was omitted to make the experiments complete, and every result was worked out in a series of tables.

At one factory in Yorkshire, the tests were applied to a group of 20 men, nine women, and two children. It was their sole bread supply for a period of two months and they were under medical supervision throughout. In no case did it cause digestion trouble and in certain cases health seemed to improve during its use.

When the mixed bread was tried on twenty-five patients suffering from tuberculosis it was found that the bread was preferred by the majority of the patients, all of whom had more or less impaired digestion. Most of the patients gained weight during the period they were under observation.

The report of the committee says: "The main fact established is that the human body can make better use of the parts of the wheat grain which have hitherto been discarded than the pigs and poultry to which these rich and nutrient by-products of milling have been given in the past. The country has gained enormously in food and energy from the compulsory inclusion in the loaf of these by-products. The gain can be expressed in definite terms as an increase of 1,700 billion calories of energy

on the wheat milled each year in this country, or enough to extend the cereal supply of energy for more than a month."

WAR WORK IN RURAL SCHOOLS.

Enthusiastic and Successful Drives Have Been Held.

The country schools have been rendering admirable wartime service. An inquiry recently completed by the bureau of education shows that rural schools have been enthusiastic and successful membership drives for the Red Cross, many counties reporting 100 per cent enrollments in the junior Red Cross for individual schools; that the country schools have aided materially in the sale of Liberty bonds, war savings stamps and war savings certificates and that these schools have begun to see their possibilities in leading campaigns for food conservation.

A Missouri rural high school reports sales of bonds and stamps amounting to \$4,274.50, divided as follows: Seniors (\$47), \$1,508.40; juniors (353), \$907.75; sophomores (73), \$1,101.75; freshmen (121), \$898.00. In a New Hampshire rural school 337 pupils purchased 3,470 thrift stamps. In a rural school in Oregon every pupil has taken a pledge to sell at least \$30 worth of war savings stamps. Jordan school district, Utah, with a school enrollment of 3,809, reports a per capita purchase of stamps of \$5.50; one school in this district, with an enrollment of 87, reported a per capita purchase of \$23.15. In Montana, where the 1917 crops were practically a failure, and economic conditions were serious, the boys and girls of one rural school took the prize money won by individuals and by the school at the county fair and gave it to the Red Cross.

War work in country schools has been facilitated by such organizations as the boys and girls' home garden clubs, pig clubs, chicken clubs, corn clubs, etc., and by the boys' working reserve. More recently schoolhouse community organization for enlightening public opinion has been put into effect through the co-operation of the bureau of education and the council of national defense, working through its state, county and community councils.

Permanent Accomplishments.

Practically all the leaders of rural education who have communicated with the bureau emphasize the fact that present war work is permanent. One county superintendent says: "Really, I consider all of this work I have mentioned of permanent value. The children are learning lessons of co-operation and real patriotism. They are learning the much needed lessons in thrift which they will never forget. Their Red Cross and food conservation work makes them feel that they are really helping to win the war. The teachers as a unit have organized their whole school into a current events class, which will do much to broaden the minds of the future citizens of the United States and thus make better citizens of them." All the school leaders agree that teach-

ing of agriculture, especially on the basis of school credits for home work and wider use of school buildings for public meetings are two movements that have had special stimulus as a result of the war. The New Hampshire country school, where 227 pupils engaged in home garden work added products worth \$8,775 to the food supply of the district, was unquestionably gaining something that will be of value after the war. Similarly with the district where pupils helped to conserve coal by cutting wood near the schoolhouse which would, in normal times, have gone to waste.

Using the School for War Propaganda.

Nearly all the schools, county as well as city, are attempting to utilize as much of the nation's war propaganda as possible, without overlapping and duplicating effort. State educational departments have tried to solve the problem of using the school medium effectively. In some states definite time has been set aside for teaching war issues. The following is the proclamation issued by the governor of California to the schools:

"To teach that democracy means self-control and self-sacrifice and to bring home more intimately to our people and our boys and girls, through the medium of our education system, the purposes and needs of the national government in production and conservation of food supplies. I, William D. Stephens, governor of California, urge upon all school authorities and teachers that a regular period on each Monday morning, beginning Jan. 7, 1918, be devoted to instruction in ways and means whereby each pupil can aid materially in the nation's food conservation campaign."



If your skin itches just use Resinol

No remedy can honestly promise to heal every case of eczema or similar skin ailment. But Resinol Ointment, aided by Resinol Soap, gives such instant relief from the itching and burning, and so generally succeeds in clearing the eruption away for good, that it is the standard skin treatment of thousands and thousands of physicians. Why not try it? Resinol Ointment and Resinol Soap are sold by all druggists.

DEPORTATION DENOUNCED

As Attempt to Disrupt Ireland's Resistance to Conscription

AND PREJUDICE IRELAND'S CAUSE

Attempt Being Made to Poison Minds of People in Other Countries

Dublin, May 21.—A resolution denouncing the Sinn Fein deportations as an attempt to discredit and disrupt Ireland's united resistance to conscription and to prejudice Ireland's case in the eyes of friendly countries, was passed by the anti-conscription conference, which met at the Mansion house Monday. An official statement, signed among others by John Dillon and Joseph Davlin, the Irish Nationalist leaders, was issued after the meeting. It insists on the right of Irishmen to be arraigned in their own country and declares that an attempt was being made to poison the mind of the English people against the prisoners. The statement concludes: "While standing steadfast on our good rights, we shall never cease to appeal to all friends of human freedom or to inquire for ourselves, whether the present attempt to force civil war on the Irish people by a military expediency does not really cover a plot of English politicians to relieve themselves from their broken pledge to Ireland."

NO EXCITEMENT IN DUBLIN REPORTED

Whit-Monday Holiday Passed in Usual Manner—Calm Seems Dramatic.

London, May 21.—A total absence in Dublin of excitement is reported in all the despatches to the morning newspapers from the Irish capital and as far as known there have been no outward incidents in connection with the Sinn Fein arrests anywhere in the country. There are no outward indications that anything has happened, is happening or is about to happen outside Ireland's ordinary daily routine.

The Whit-Monday holiday passed in the customary manner. The horse racing at Baldoyle and other sporting events were attended by the usual lively crowds. Seaside resorts were thronged, as were the golf courses at Croston. Nobody seemed to care about probable new arrests or the old ones.

One of the correspondents of the Daily Mail says the calm is sensational and the people appear to be unperturbed by the recent dramatic developments. He adds: "But appearances are deceptive. Dublin is not Ireland. The constitutional Nationalists generally meet here and are not representative of the wild hot-blooded, who gave strength to the Sinn Fein. Moreover, the whole country evidently is staggered by the sudden action of the government, and the people hesitate to commit themselves to any opinion, until the evidence against these under arrest is produced."

In the meantime everyone in Ireland and Great Britain is awaiting production of the proof of a German plot and in many quarters, it is believed, there ought not to be any delay in making it public. The question of Irish conscription continues to hold attention. It is asserted that conscription has not been abandoned but that it is held in abeyance pending developments.

WOMEN URGED TO HELP THEIR SISTERS ON FARMS

Assistant Secretary of Agriculture Says They Should Not Try the Heavier Tasks; Would Have All Men Released or Driven from Useless City Jobs.

We have not yet reached the point where it is necessary for the women generally to undertake heavy work on the farms, but they can render important service in helping to produce big food crops this year, especially in connection with the lighter farm tasks. This was told by Clarence Ousley, assistant secretary of agriculture, in an address to the women's committee of the council of national defense, meeting in Washington. "I can imagine no finer thing," said Mr. Ousley, "for a city woman to do in this war emergency than to go to the farm for the harvest or for some other period of labor strain to help her country sister bear the burdens of kitchen and farm."

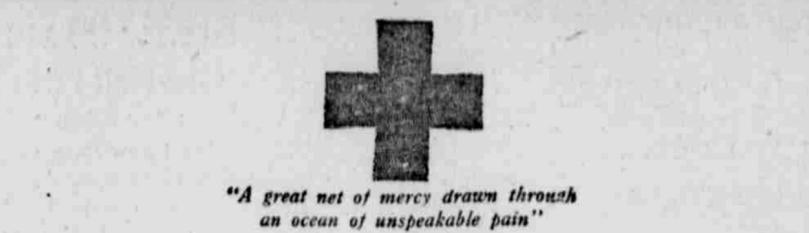
"There are thousands of men in the towns and cities doing things that women can do as well. These are men cooks, men waiters, men clerks, men bookkeepers, whose places might well be filled by women."

"I will despise American manhood if the great body of our men permit our women to be drafted for the hard tasks of agriculture until we have sent every able-bodied creature in breeches to the trenches or driven him to the fields, but women are to be encouraged, so far as their physical condition will permit, or the circumstances surrounding them will advise, to engage in the lighter tasks of the farm, particularly in dairy work, in vegetable cultivation and in fruit harvesting."

Mr. Ousley praised the services of the 1,700 women home-demonstration agents who are spreading the teachings of the department of agriculture and the co-operating state colleges, and paid tribute to the six or seven millions of farmers' wives who "are doing a man's share of agricultural production and conservation."

"I have seen them," he said, referring to the farmers' wives, "honing in the hot sun, while their babies lay in the shade of nearby trees. They are truly and to the limit of their strength and their marvelous patience, the helpmates of their husbands."

To Aid Airplane Investigation. Washington, May 21.—Colonel S. D. Waldon, W. W. Montgomery and Edward A. Deeds, signal corps, U. S. A., have been detached from their present duties and ordered to report to the attorney general for co-operation and assistance in the airplane investigation now being conducted.



"A great net of mercy drawn through an ocean of unspeakable pain"

YOUR Red Cross is an all-American, largely volunteer organization, authorized by Congress, headed by President Wilson, audited by the War Department, enthusiastically approved by your Army, your Navy, and your Allies.

The work covers both military and civilian relief in every war-torn Allied country and full reports of all expenditures are continually being published, or are available through the Chapters.

It stands beside our boys in training here or "over there."

It watches beside the pillows of battle-broken men, and offers rest and sympathy to war-torn fighters on brief respite from the front.

It carries food and clothing to hungered mothers and little ones in ruined villages.

It helps rebuild the scattered pile of brick and stone they once called "Home."

It brings back to the hopeless mother's arms her long-lost child.

It helps care for the orphans of the men who died that civilization might live.

It helps care for the thousands that have fallen prey to dread tuberculosis.

It nobly represents in deeds of mercy, relief, and restoration the more than twenty million members that have made its great work possible.

Will You Do Your Share to Keep This "Hand of Mercy" at Its Work?

Every cent of every dollar received for the Red Cross War Fund is spent for war relief. All administration costs, relief work for other than war purposes (such as the Halifax and Guatemala disasters) are taken care of out of membership dues, and the interest accruing from the banking of the War Fund has made available for war relief at least \$1.02 for every \$1 contributed.

COUNTESS MARKIEVICZ JAILED.

Her Sister Says She Saw the Dublin Woman Placed There.

London, May 21.—Eva G. Booth, sister of Countess Markievicz, who was arrested in Dublin last week, informs the "Daily Express" that she saw the Countess arrive in London on Sunday. Countess Markievicz, she says, was taken to Holloway prison, where she remains. No one is permitted to visit her.

COE TO BE MAJOR GENERAL.

Nominated by President Wilson to Be Chief of Coast Artillery.

Washington, May 21.—Brigadier General Frank Coe, national army, was nominated yesterday by President Wilson to be chief of coast artillery with the rank of major general.

MY LETTER TO HIM.

By Edna H. McCoy of The Vigilantes.

Now this is the letter I write him, While my heart is sick with dread: "You are just where you should be, my son, Standing staunch, where your duty led.

"At home we are well and happy, And cheerful, and proud of our boy. In this war of the World—laddie— A soldier son is a joy!

"Your father struts, just a little, And 'sis' wears your pin all the while, While I—well the star on your Service Flag, Brings to my lips a smile."

And I write the little nothings, Of home, that are much, when away, The funny things that have happened, Throughout my homely day.

Then I go and sit by a window, And look to the rising sun, Where "over seas"—in the trenches— He will fight till the victory's won!

Then—going back to my letter With tear-wet eyes I sign: "With dear love from your mother Who is glad her boy's in line!"

Unightly Hair DeMiracle

DeMiracle, the original sanitary liquid, is truly a revelation in modern science. It is just as efficacious for removing coarse, brittle growths as it is for ordinary ones. Only genuine DeMiracle has a money-back guarantee in each package. At toilet counters in 50c, \$1 and \$2 sizes, or by mail from us in plain wrapper on receipt of price. FREE book with testimonials of highest authorities explains what causes hair on face, neck and arms, why it increases and how DeMiracle destroys it. Mailed in plain sealed envelope on request. DeMiracle, Park Ave. and 125th St., New York.

FLIES THAT COME IN SPRING ARE NEW ONES

Household Pest Does Not Live Through Winter in Adult Forms, Investigator Finds; Spring Is the Time to "Swat 'Em."

The house flies that you see in early spring are not the flies of the preceding autumn. They are the offspring, not the survivors of those that sought a warm refuge in the fall. The flies that appear in the spring quickly become reproductive, and by early summer the baby fly of a few weeks past will have become a patriarch with millions of great-grandchildren. Therefore, swat early.

These facts are presented by a United States department of agriculture scientist. His findings, based on long experiments, support the popular belief that a "swat" in the spring saves a lot of them later on. A fly thoroughly swatted when he is young and comparatively innocent not only will be unable to carry disease, but will not have very many children.

The investigator found that in the latitude of Washington, D. C., the housefly may winter by continued breeding in warm places, where food and receptacles for its eggs are available, and in the early stages of fly life in or under large manure heaps. No evidence whatever was found to show that houseflies can persist as adults from November to April, either outdoors or in protected or heated buildings. Temperatures of 12 to 15 degrees Fahrenheit are quickly fatal, and there is every reason to believe that any temperature below freezing will kill if continued long enough.

"THE SNAKEY PEACE" (A FABLE)

By Eugene H. Blake of The Vigilantes.

A snake having invited a tame squirrel to play on the ground and enjoy the fallen acorns, swallowed the little animal half down before it knew what had happened.

But the squirrel catching its breath, twisted around and caught the snake's neck.

"The squirrel attacked me," the snake managed to say to a man who had come up with a stick to see what the trouble was.

"Let the man decide what is just," the squirrel offered, "and we will abide by it."

The snake objected: "I must, as things

stand to-day, in the name of the serpentine power, decline this court as prejudiced."

The squirrel asked what the snake would agree to.

"An intimate meeting for discussion would be the way to remove the numerous intentional or unintentional misunderstandings. Let us crawl into this hollow log where we can't be annoyed by outsiders and I will cheerfully disgorge and return to the status quo ante."

Just as soon as the belligerents had got out of sight in the log and the snake could finish annexing the rest of the squirrel, its fangs darted out of a knot hole and sank into the man's foot.

Backfire: The world had better have a look in at the peace conference.

stand to-day, in the name of the serpentine power, decline this court as prejudiced."

Are You Equipped to Win Success? Here is your opportunity to insure against embarrassing errors in spelling, pronunciation and poor choice of words. Know the meaning of puzzling war terms. Increase your efficiency, which results in power and success.

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