

FRENCH HOLD BETTER LINE

The Capacity for Resistance Stronger Than Before Attack

STRAIGHTENED OUT DANGEROUS SALIENT

Germans Are Reported to Have Lost Very Heavily

With the French Army in France, Thursday, June 13.—(By Associated Press).—Five days sufficed to stay the German offensive between Montdidier and Noyon, whose objective was Compiègne. Despite long preparation, the Germans were unable to overcome French resistance and brilliant counter attacks by the allied troops took back everything of importance which fell into the hands of the enemy during the first rush with large masses of troops.

The Germans certainly gained some little ground, but their design failed in its great lines.

Troops who participated in the battle as well as prisoners are unanimous in declaring that the German losses throughout the five days were appalling.

The French now occupy a much better line for resistance along this front than before the battle, having straightened out a dangerous salient.

SAYS ALLIES EXCEL FOE IN GAS AND MASKS

Carl Alsberg, Chief of Bureau of Chemistry, Tells Senate Committee This Is So.

Washington, June 14.—The allies now excel the Germans in gas warfare, Carl L. Alsberg, chief of the bureau of chemistry, told the Senate agriculture committee yesterday. They not only have more gas at their disposal and are applying it more effectively than the Germans, but in defensive warfare they have more improved gas masks.

The Senate military committee at the same time was questioning officers of the gas service and of the bureau of mines as to the progress the United States had made in gas warfare. Dr. Alsberg said the allies had made wonderful progress in the development of gas since the war began. He predicted a preventive against mustard gas soon would be found.

"We believe we are on the right track but we haven't yet got it," he declared, referring to experiments now being conducted by his department in conjunction with the bureau of mines. The United States, he said, itself soon would begin producing mustard gas.

Health for Everybody.

The physical fitness of the folks back home is about as essential to the final winning of the war as that of the men who go to the front. And that physical fitness includes not only people engaged in obvious war work, but every man, woman and child in the country. Public morale and effective effort at home or in office or workshop, or anywhere else, depend largely upon health.

At the opening meeting of the national physical efficiency conference at Summit, N. J., the establishment of training camps for civilians was suggested, where the training would be as rigid and disciplined as that of our soldiers, "to the end that we shall have the physical strength to endure and work to the highest pitch of efficiency."

One of the finest fruits of the widespread war gardening is not the vegetables it adds to the nation's store, although that is important. It is the health that the outdoor work is bringing to city men usually confined to offices, who are now devoting their leisure hours to digging around in the back yard. They are finding that they can do their regular work better and with less fatigue because of their work in the "training camp" of the war garden.

The war seems to have stimulated an added interest in outdoor life, and has centered public attention more than ever before upon the need for public health for effective work. Just now health is valuable as a means of winning the war. After the war we may have time to appreciate the greater joy in living that health has brought us.—Battelleboro Reformer.

FROM OCEAN TO OCEAN

Women Praise Lydia E. Pinkham's Vegetable Compound for Health Restored.

In almost every neighborhood in America are women who have tried this standard remedy for female ills and know its worth.

Athol, Mass.—"Lydia E. Pinkham's Vegetable Compound has done me a world of good. I suffered from a weakness and a great deal of pain every month and nothing brought me any relief until I tried this famous medicine. I am a different woman since I took it and want others who suffer to know about it."—Mrs. ARTHUR LAWSON, 569 Cottage St., Athol, Mass.

San Francisco, Cal.—"I was in a very weak nervous condition, having suffered terribly from a female trouble for over five years. I had taken all kinds of medicine and had many different doctors and they all said I would have to be operated on, but Lydia E. Pinkham's Vegetable Compound cured me entirely and now I am a strong well woman."—Mrs. H. ROSEKAMP, 1447 Devisadero St., San Francisco, Cal.

For special advice in regard to such ailments write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its many years experience is at your service.



Resinol

surely did knock out that eczema

Three days ago, my arm was simply covered with red, itching eruption and I thought I was up against it for fair. But Joe had a jar of Resinol in his kit. I used a little and the itching stopped right off. In the morning most of the redness was gone and a few more applications finished it up.

Resinol is also a valuable healing dressing for chafings, cuts, and sore places generally. Sold by druggists.

Topics of the Home and Household.

Dignifying Spinach in War Time.

Mr. Hoover wants us to eat what old fashioned people call "garden sass," meaning green vegetables which cannot be shipped abroad. While most of us are quite willing to do this, we do not realize how much nourishment we can get on such a diet. For example take spinach. This unassuming vegetable is rich in several mineral salts and possesses a high nutritive value. In "before the war" days we should never have thought of making spinach the chief dish at a meal, but just try it now and see how well it goes among your friends. Spinach darkens easily in contact with metal, so cook the carefully picked over leaves in an enameled ware saucepan covering them with boiling water. Twenty minutes should be long enough to cook it thoroughly. Drain through an enameled ware colander, pressing out all the water. Mix in a tablespoonful of butter. File on a hot platter and add hard boiled egg cut in two lengthwise. Allow one egg to each serving. The eggs should of course be kept. This dish as a good substitute for meat or fish.

To the Women of America.

An authoritative statement from official Washington again impresses upon the women of America the fact that "they have never been called upon before to bear so great a burden as the coming months will impose upon their courage and their constancy."

It is interesting to note that though women's part in all the war activities is emphasized, first place is given to the matter of food production and food conservation and women's share in it. The message reads in part: "The women of America must see to it that the nation's producing power is not enfeebled by the draft made upon it to strengthen the fighting power."

"They must produce food by working gardens, by raising chickens, by doing farm service where they can or by helping and encouraging those who do it. They must aid in the kitchen, conserving food by wise economies, canning, drying, preserving, pickling and preparing food in accordance with the food administration's program. They must purchase where they see the food administration's emblem, watch their local dealers, buy local produce in preference to shipped goods and resist a temptation to hoard."

"America is to-day rationing the world. Without our food supplies the allies could not fight for us. They are suffering privations. The food that we save for them is not a saving of money. It is a saving of life. It is worth more than its weight in gold."

English Soups.

England is very serious about the war. She has cause to be. "Everyone wants to economize to their utmost in order to have money to help our men in the trenches," soberly states one of the food circulars, and then again, "You must 'make-do' with what you have." The food question has now become so acute that as a nation, we have to consider how to obtain the last ounce of nourishment from foods of every kind, and to prepare every dish with that object in view. Here are some of their suggestions for soup making.

Soup Stock Made from the Peelings and Trimmings of Vegetables—Wash well all vegetables before peeling being careful to leave no dirt—you will need to use a brush to get rid of it all. Use the clean peel and trimmings of any vegetables, such as carrots, turnips, parsnips, onions, leeks, celery tops, carrot tops, parsley stalks, the skins of cucumbers, pea pods, the peel of potatoes and apples and the outside leaves of green vegetables, which contain valuable mineral salts excellent for health. Put all into a saucepan with cold water. Bring to the boil and simmer one and one-half to two hours. Strain this vegetable mixture through muslin and you will have a clear golden brown stock ready to make into a delicious health giving, nourishing soup. Bear in mind that vegetable stock will not keep long. Some people do not like the idea of this stock but provided the materials used are scrupulously clean, and have not begun to decay it seems at such a time foolish to throw away valuable matter.

Thick Soups—Thick soups need thickening or binding. In some cases the actual foundation of soup may in itself supply, or partly supply, the thickening; these are known as purees. In other cases use either: 1. Flour (barley flour, corn flour, rice flour or fine oatmeal) in the proportion of one ounce of flour to a quart of soup. The flour should be mixed smoothly with a little cold stock or milk before adding it to the soup. After adding the thickening the soup must be again brought to the boil and cooked for five minutes to cook flour thoroughly; stir all the time. 2. Sage or crushed tapioca. These should be first soaked, then added to the soup about three-quarters of an hour before serving. When the tapioca is clear it is sufficiently cooked. The soup should be of the consistency of a thick cream.

Fish Soup—1 cod's head, 1/2 pound potatoes, 1 onion, 3 pints water, 1/2 ounce rice, salt and pepper, parsley. Wash the cod's head thoroughly, then cut or chop it in half. Wash, peel and slice the potatoes; peel and slice the onion. Put the fish, vegetables and the liquid into a pan and cook slowly till tender. Rub the soup thoroughly through a sieve, return it to the saucepan and season to taste. Boil up again and serve hot with a little finely chopped parsley on top.

Dorothy Darter.

GERMAN THREAT DOES NOT WORRY

Danger Zone on the Atlantic Coast Is Already Declared

BY THE SINKING OF NEUTRAL SHIPS

It Is Not Expected That the Warning Will Affect Trade

Washington, D. C., June 14.—Intention of the German government to declare the eastern coast of the United States a danger zone for neutral shipping, as intimated in advices received last night from Berlin, via Amsterdam, occasioned no alarm whatever in official circles here to-day. Most officials considered the matter unworthy of comment. Those expressing their views declared the Amsterdam dispatch meant little, as Germany, by the sinking of 18 vessels, some of which flew neutral flags, on this side of the Atlantic, practically issued a warning to neutrals that their flags would be no more respected in waters of the American coast than in the barred zone around Europe.

Should the intimated "warning" prove to be a formal announcement of the extension of the policy of ruthlessness to American waters, officials declared the navy was prepared to cope with Germany's undersea craft and no campaign of the present lines would be necessary. Officials also pointed out that neutrals are dependent on America for food to such an extent that issuance of a warning by Germany probably would in no-wise affect trade conditions.

EVERY TOMMY HAS JACKKNIFE.

It Is Built for Service and Is Put to Good Use.

Behind British Lines in France, June 12 (correspondence of the Associated Press).—Every soldier in the British army in France is provided by the government, as part of his overseas kit, with a jackknife.

The military jackknife is built for service. It has only three parts,—a big blade of Sheffield steel, a can-opener, and a "marlin-spike." The whole thing clasps into a solid steel or bone handle four inches long, which is provided with a ring so that it can be hung to the belt.

The can-opener is an indispensable part of the provision for a soldier's well-being at the front. Several important items of his daily menu are supplied to him in sealed cans.

The Sheffield blade has numerous uses too obvious to need mention, but it is noticeable that Tommy Atkins frequently uses it for purposes of eating in preference to the table knife in his kit.

The knife-blade is also used constantly as a wood-cutter. In the trenches the lighting of a brazier is frequently a difficult operation, owing to the vital necessity of avoiding smoke. The Germans have a strong antipathy to smoke, and the sight of it rising from the British trenches arouses in them disturbing evidences of envy, hatred, malice and uncharitableness. It is well, therefore, to avoid smoke. So the wood for the brazier must be split up into thin sticks and shavings, and for this purpose the official jackknife is the ideal instrument.

When the soldier is withdrawn from the trenches it is his first duty to make himself and his belongings clean and presentable for inspection. Tommy hangs his coat on a peg and "shaves" it with the knife blade.

The marlin-spike attachment is useful for prying open wooden boxes for cleaning stones and mud out of the horses' hoofs, for adjusting belts and harness. Braziers for the trenches are made from biscuit tins punched full of holes to admit a draught.

The Germans were, for a long time, greatly puzzled by the marlin-spike attachment which they found on every British prisoner's jackknife. They made great capital out of a story that it was used to gouge out the eyes of German wounded. In the official report of the British prisoners of war commission, several instances of this fable are recorded.

Captain Beaman testified before the commission that he was berated by a German colonel for permitting his men to use their marlin-spike on the eyes of German wounded. Captain Browne told the commission of listening to a Ullan major who was giving a lecture and who exhibited a British jackknife, showing the marlin-spike attachment and describing it as used for torturing German prisoners. The story appears to have been deliberately cooked up by the German military authorities for the consumption of their troops.

FOOD NEWS NOTES.

Wheat.

Very urgent that everyone who can possibly do so, go without wheat entirely until the next harvest. Use substitutes available in your locality.

Meat.

Strict conservation of meat is urged once more. Eat beans, cheese, fish, milk, nuts instead. Make a little meat go a long way.

Dairy Products.

Consumption of all dairy products is to be encouraged. Use all you need. Don't let any go to waste. See that the children get plenty of whole milk. Milk is good for adults too. It can take the place of meat. Those who can afford it may well use butter and cream.

Potatoes.

Particularly urged that everybody eat the old potatoes until they are all gone. Two reasons for this. First, they will spoil unless they are eaten at once. Second, they will save the wheat. Eat them three times a day instead of bread.

Cottage Cheese.

It is strongly urged that all skim milk be made into cottage cheese in the home, and used instead of meat. Try the new cottage cheese recipes.

THE FLAG SPEAKS.

By Theodosia Garrison of The Vigilantes.

Great minds planned me, High hearts made me, Strong arms raised me To fly while life endures; Fine souls wrought for me, Brave men fought for me, Bound and broken sought for me—Now—I am yours.

The wide world sees me, The wild seas know me, The four winds lift me A signal and a flame; Your youth and your age, Your hope and heritage, Your father's father's page That bears your name.

Your hands uphold me, Your strength sustains me, Your services honor me, With every task it gives, Hold me your word and worth, Hold me your sword and hearth, Hold me your sign to earth That Freedom lives.

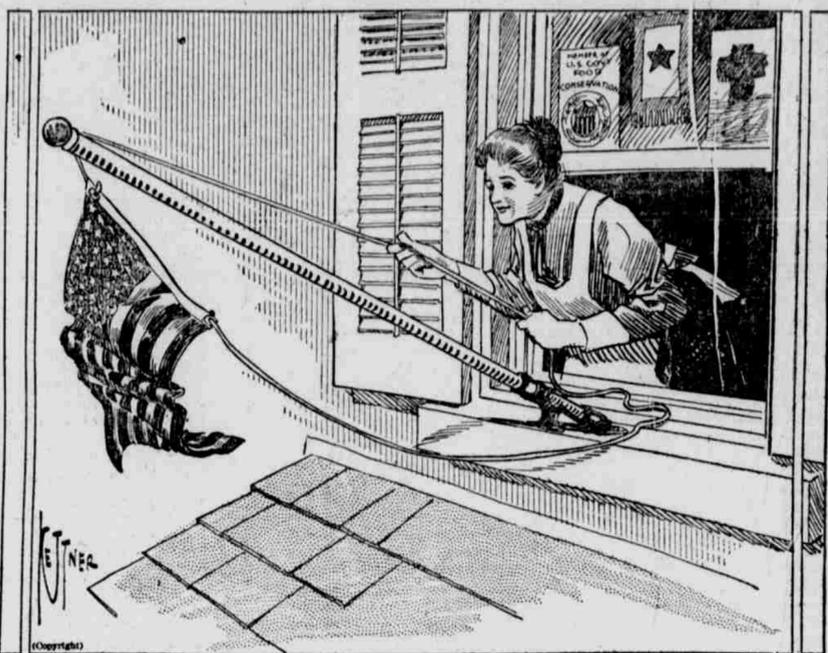
USE MORE PORK, LESS BEEF.

Hoover Places Limit of Letter at Twenty Ounces Weekly.

Washington, D. C., June 14.—To meet the needs of the American and allied armies and the civilian populations of France, Great Britain and Italy, the American people are asked by the food administration to place themselves on a limited beef allowance until Sept. 15. Householders are requested "under any circumstances" to buy more than one and one-quarter pounds of clear beef weekly or one and one-half pounds, including the bone, for each person in the household. Hotels and restaurants are asked not to serve boiled beef at more than two meals weekly, beefsteak at more than one meal weekly, and roast beef at more than one meal weekly.

"The demand for beef for our army, the armies of the allies and their civilian populations for this summer," said the food administration's announcement, "is beyond our present surplus. On the other hand, we have enough increased supply of pork this summer to permit economical expansion in its use. It therefore will be a direct service to our armies and the allies if our people will in some degree substitute fresh pork, bacon, ham and sausage for beef products. The changing conditions of production from season to season, the changing situation in shipping, the markets available to the allies, and the increasing demand for our growing army, with the fluctuating supply of local beef in France, all make it impossible to determine policies for a long period in advance. It is anticipated that this program will hold until Sept. 15, and the co-operation of the public is most earnestly requested."

Fly Your Flag



U. S. PROTESTS TO ARGENTINA.

Pirating of American Trade Marks by German Firms.

Washington, D. C., June 14.—The United States has sent a note to Argentina, calling attention to the pirating of American trade marks and asking the South American republic to take such steps as may be possible to stop the practice. German firms especially, it was said to-day, have been using American trade marks in Argentina, which under the laws of that country constitutes ownership of the symbols and consequently enables them to reap the benefit of the reputation built up by firms here. Quantities of inferior materials have been put on the American market under the trade marks, because lawful owners failed to protect their marks by registering them.

AFTER LONG ILLNESS.

Mrs. Emma Barnes Richardson Died at St. Albans.

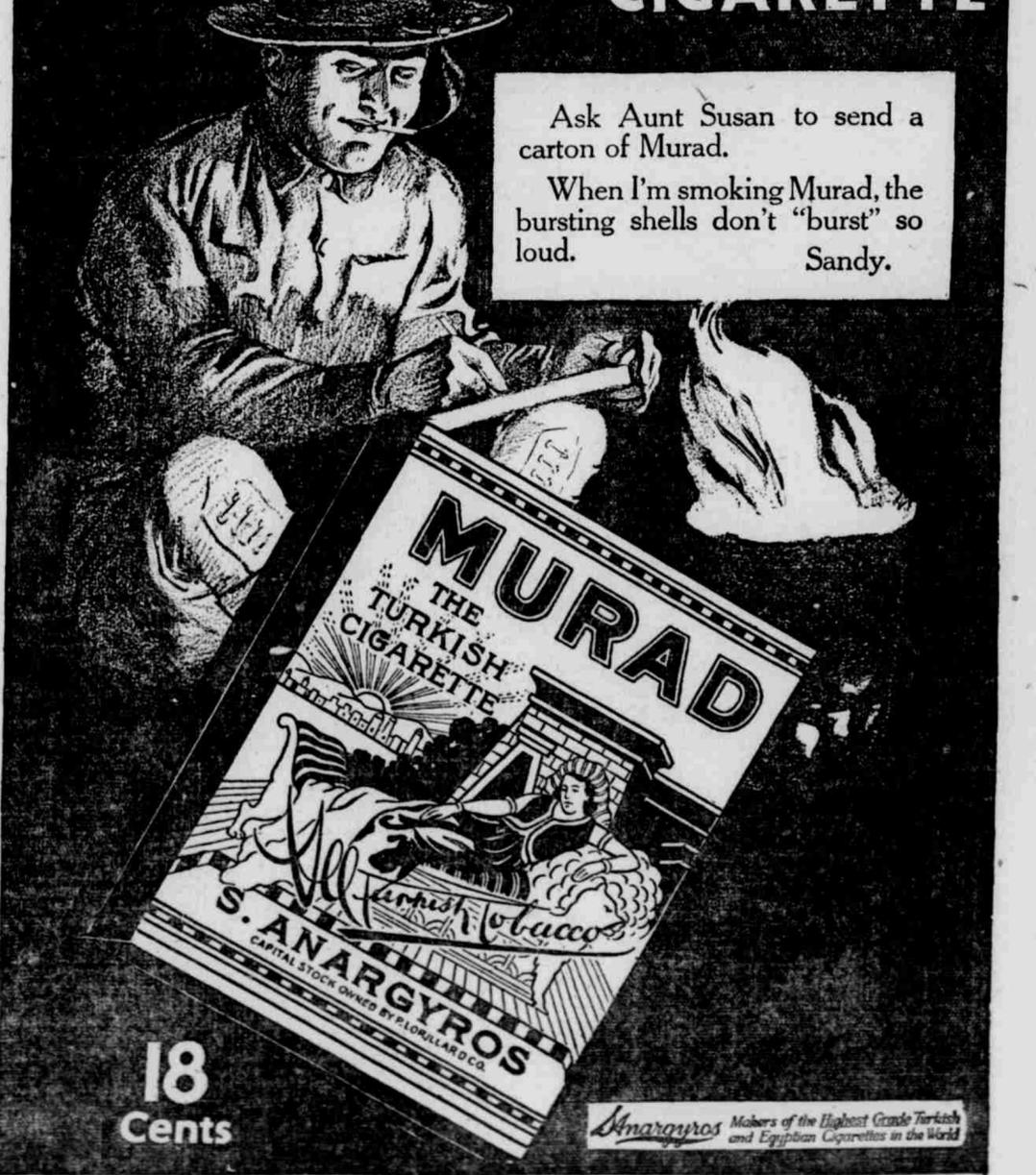
St. Albans, June 14.—Mrs. Emma (Soule) Richardson, wife of Ahira S. Richardson, died early last evening at her home on Fairfield street after a long illness. Mrs. Richardson was born in Fairfield Dec. 16, 1850, daughter of Joseph Douglas and Mary (Barnes) Soule. Her parents moved to St. Albans when she was only two years old. Oct. 12, 1870, she was married to Ahira S. Richardson. They went to Boston, where they made their home for 20 years, returning to St. Albans, where they have lived since. Besides her husband she is survived by one daughter, Mrs. Frank L. Greene of this city, and one son, Edwin H. Richardson of Hartford, Conn. A son and a daughter died in infancy. Four grandchildren survive, Lieut. Richard L.

Greene, who is stationed at Camp Shelby, Hattiesburg, Miss., Miss Dorothy Greene and Stuart Greene of this city, and Edwin N. Richardson of Boston.

USE OF WOMEN ON FARMS.

As to the use of women on the farms, the department recognizes that they can be of great value in certain minor tasks, but the department believes that if men of farm experience in the towns and cities can be released by the substitution of woman labor temporarily needs of farmers will be supplied and there will be little demand for woman labor on the farm except for the lighter tasks. Clarence Ousley, assistant secretary of agriculture.

MURAD THE TURKISH CIGARETTE



Ask Aunt Susan to send a carton of Murad.

When I'm smoking Murad, the bursting shells don't "burst" so loud. Sandy.

18 Cents

Anargyros Makers of the Highest Grade Turkish and Egyptian Cigarettes in the World