

# Travel in War Jörn Europe



**A** CURIOUS thing about going to Norway is the indifference and even the boredom of the frontier officials concerning your personality, aims and antecedents. I believe I am correct in asserting that the frontiers you cross going from Sweden into Norway and from Sweden over to Denmark are the only frontiers in Europe today where there are no formalities or intimate questionings. Going from Stockholm to Christiania nobody wants to know even your name. At seven in the morning, when your train gets to Charlottenburg, the customhouse men come aboard, lift the lid of your suitcase, aimlessly fumble a few seconds in the interior, bow, smile, salute and depart. The engine whistles, the train rolls on. In ten minutes you are in Norway.

The Swedes, however, are more inquisitive about you. As you near the Swedish frontier, going south toward Gothenburg, the conductor of your train hands you a long list of questions, starting with the inevitable, "Year of birth, place of birth?" At the beginning of the war the precise recollection of these early personal reminiscences used to be a severe mental effort. Like a lot of recently arrived tenderfeet nowadays, I used to sit drumming elaborately on my fingers, and I never handed the frontier police a filled-in schedule without a subsequent guilty feeling that I had made a year's error in that date. But two years' special service work all over the torn map of present day Europe, has well taught me at least one thing. Now I know indubitably, indubitably and instantaneously the date of my birth.

**Questions Vex Travelers.**  
However, the Swedish frontier questionnaire is not so disquieting as the German, so silly as the Russian or so perplexing as the Sicilian. When you are going home the Russian questionnaire asks how long you will stay in your home town, back in Cook county; and where you will go after that. I will leave it to your own intuition to discern the monosyllabic reply to the second part of that question written by many irritable and outspoken American citizens. The Sicilian wartime questionnaire inquires minutely not only about you and your parents,

produce satisfactory evidence of my good standing as a transient, they would try to get me a special permit for a breakfast roll.

"You can tell your police—" I began.  
"No, sir," answered the waiter. "I can't."

So I breakfasted carolivorously on fish, like an Eskimo, and got no bread until I arrived in Denmark.

Normally only about eighty minutes is occupied in crossing the sound to Copenhagen, but of late the journey takes two hours, following a route a long way north of Saltholm. The sound today is one great mine field, Swedish, Danish and German. Like the great belt, its international waters—the mid-strait channel—are netted by the Germans to keep the allies' submarines out of the Baltic. The crossing of the sound in these days is not without its hazards, for mines are always breaking loose and drifting into the tortuous shipping lanes. A few weeks ago all the steamship communication between Denmark and Malmo ceased for some days, so numerous were the stray mines. All the time nowadays the steamers cross with lifeboats swung out, ready for emergency.

**In the Midst of Dangers.**  
The Germans have camped out in all the waters around Denmark, mining, patrolling, maneuvering, taking neutral vessels in for search at Swinemunde, the Teutonic Kirkwall.

A few miles out of Malmo a dark speck loomed up in the snowstorm and hove over across our course. A group of Englishmen and Italians on board eagerly leveled their field glasses. We were out in international waters now, where all things were possible. In a very few seconds she was seen to be a patrol boat, flying the German flag astern. A couple of hundred yards away she seemed to be making straight for us, with the intention of boarding. Our captain rang down the engines to half-speed. But she passed without interfering with us, only a few feet from our leeward side. Some miles farther we were approached by a torpedo-boat destroyer, but, as she swung round, we saw she flew the Danish flag.

An hour later we were running up the long, narrow harbor, jammed with ships from the ends of the earth, and

## ALFALFA IN BREAD

Experiments at State University Show the Flour Has a High Food Value.

### MUST BE MIXED WITH WHEAT

Ten Per Cent Added to White Flour Makes Bread and Biscuits of Fine Flavor.

Alfalfa flour, a valuable latent food source that has been impractical because of alfalfa flour's strong weedy flavor and green color, is giving way to science in experiments in the department of home economics of the University of Kansas. These experiments have eliminated both objections and "alfalfa" bread and biscuits of fine flavor and quality and high food value have been made in the department.

The bread has none of the "weedy" taste of previous alfalfa flours and the green color is entirely absent. This was accomplished by dissolving out of the flour the chlorophyll or coloring matter, said Prof. Elizabeth Sprague, head of the department who directed the experiments. Chemical analysis showed that the bleached alfalfa flour lost none of its food properties by the process.

The department made its own flour by grinding alfalfa leaves in a food grinder. Varying proportions of alfalfa flour were mixed with common wheat flour, with graham flour and with whole wheat flour in the baking experiments. The maximum amount of alfalfa flour that may be used successfully, however, is 10 per cent, Miss Sprague said. But even when only half that quantity is used the bread is of materially greater food value than when made entirely from wheat flour.

The very restricted food variety the poor have these days means that their food lacks necessary mineral or ash constituents, Miss Sprague said. These constituents are lost to some extent by milling wheat flour. Alfalfa flour has them and puts them into the bread. When 10 per cent of alfalfa flour was added to ordinary wheat flour the mineral content of the bread was increased about 100 per cent and the protein content was increased 25 per cent. When the same quantity of alfalfa flour was added to whole wheat flour the mineral content was increased about 50 per cent and the protein content about 20 per cent, making a much more nutritious bread in each case.

Mixed with corn meal, alfalfa flour increased the protein content even more, about 35 per cent, and the ash content about 50 per cent. In any case the food value of the bread was much higher, said Miss Sprague.

The alfalfa flour produced in the University is of a dark, brownish gray color. Bread from it resembles wheat and rye bread in color and has a slightly different, although not pronounced, taste. When mixed with graham flour, however, the alfalfa taste could not be detected.

**Sold Hog for \$109.24.**—Charles Peterson, living near Scandia, recently marketed an 800-pound hog in Kansas City for \$109.24, after eighty pounds had been deducted from the animal's weight. A shipment of porkers at the same time brought \$14.80 a hundred weight.

**Pioneer Stockman Dead.**—J. W. Campbell, a pioneer stock raiser and farmer of Harper County, is dead of heart disease at his home north of Attila. Mr. Campbell came from Pennsylvania to Kansas in the early '80s.

**Make Drive on Booze.**—Prisoners at Gerard are destroying five carloads of confiscated liquor. The sheriff has expert help, as several prisoners are serving time for driving beer wagons, and know how to hoist beer kegs and cases.

**Bruise Caused Death.**—Valentine Hoffman, a farmer residing south of Effingham, is dead of blood poisoning resulting from a bruise on one of his legs. While Mr. Hoffman was pulling hedge, he was struck on the leg by a lever when a chain broke.

**Want Militia to Guard Mills.**—Millers at Wichita have asked Governor Capper to have the Kansas militia called into active service and placed as guards about the many big mills in the state.

**Woman Lawyer Dead.**—Mrs. Ida H. Callery, only woman lawyer practicing in Crawford county, is dead at Pittsburg. Mrs. Callery was the wife of P. H. Callery, Socialist lawyer and lecturer and former vice-mayor of Schenectady, N. Y.

**Fatally Injures a Boy.**—Hugh Gross, 12 years old, was struck by a motor car on alighting from a street car in Independence. The boy died in a hospital an hour later.

**Wilson County Rally.**—The Wilson County rally at Fredonia, elicited much patriotism. Business was suspended and a long procession formed. Two weeks ago Company E, First Kansas National Guard, had forty-six enlisted men. It now has 104 with officers and expects to reach the 150 mark soon.

## BIG KANSAS FOOD DRIVE ON

Campaign for Increased Farm and Garden Production Begins in All Sections of State.

Three-fourths of the 150 cities of Kansas are today in the big food drive. Hundreds of letters and telegrams received by Governor Capper indicate that the campaign for increased food production has taken deep root in every section of the state.

A number of counties are making house to house campaigns among the farmers. In other counties big mass meetings were held. While the campaign for a greater crop acreage in the state is being extended to the rural districts, men in charge of the organization of the various branches of the campaign are gathering valuable information to be presented at the meeting of the Defense Council in Topeka.

It is believed that every county in the state will soon have a definite, positive organization. Funds for the campaign are being pledged by a number of bankers who are willing to care for demands in their counties.

At a meeting of the Miami County Farm Bureau, held at Paola, plans were made to utilize every acre in the county for a greater production of foodstuffs. Representatives from every township in the county were present to assist in mapping out a plan for an increased production.

There will be no shortage in finances for carrying on the work, as the banks of the county will be liberal in extending credit to the farmers. Frank W. Sponable, president of the Miami County National Bank, stated that his bank would lend each of the thirty townships of the county \$1,000 without interest for a year's time for seed or any other purpose to obtain the production of more food. Other bankers promised to help along the same line.

## A CITY TAKES UP CANNING

Community Club Organized at Leavenworth to Conserve the Yield from Home Gardens.

The establishment of a great community canning club for the conservation of vegetables and small fruits, the increasing of the scope of garden work in the public schools of Leavenworth, and the mobilization of the older boys of the city who do not go into military service for work on farms and to relieve those who are called out, were three important movements launched recently by the Leavenworth Board of Education.

Leavenworth probably is the first city in the country to take up the canning club plan on such a scale as is contemplated. The domestic science department of the high school will be turned into a big canning school, the teachers being held over for duty through the summer months, and the women and girls of the city will be instructed in canning vegetables by methods prescribed by the government and the Kansas State Agricultural College. I. N. Chapman, county farm agent, and the members of the Glenwood Canning Club, now the largest and most successful organization of its kind in the country, will act with the domestic science teachers as instructors. The grade schools also will be turned over to this municipal food conservation enterprise. The women of each district will have a common meeting place to learn the canning methods.

Garden club work has been added to the regular school course and hundreds of children are cultivating gardens. In future the schools are to be dismissed two afternoons each week to allow the children to work their gardens under the supervision of the teachers. A greater quantity of vegetables than ever before will be the result, and a greater portion will be conserved through the plan perfected today.

**Banker's Mother Dies.**—Mrs. Zan-zelina McFall, 78 years old, is dead at Geuda Springs. She was the mother of A. A. McFall, cashier of the Geuda Springs State Bank.

**Grazing Season Early.**—The grazing season is opening in Chase county two weeks in advance of the usual time. The first cattle were turned out on pasture recently and several large pastures will be filled at once. Since the recent rains grass is growing rapidly. With practically all pastures in Chase county under lease, the early opening of the grass season and the recent heavy advances in all grades of cattle, stockmen are unusually optimistic.

**Crop Survey in Geary.**—Plans have been made for a crop survey of Geary county to determine the resources of the country in the national campaign for increased crop production. The campaign was planned at a meeting of millers, business men and farmers from every part of the county held at Junction City. Efforts will be made to supply seed to all farmers who need it.

**Fall of Eight Feet Kills.**—A fall of eight feet was fatal to Frank Kent, 35 years old, at Lawrence. Kent's body was found at the foot of the elevator shaft in the Kansas feed house, by which he was employed, when employees were closing the store. No one saw the accident.

**Schools in Play Festival.**—The Edwards County School play festival was held at Kinsley recently. The schools of Belpe, Lewis, Offerle, Nettleton and Kinsley took active part in drills, May poles and athletic sports.

## BIG RUSH NOW ON

For Western Canada and the 160-Acre Homesteads.

"In a war like this, they also serve and serve effectively who till the fields and gardens.

"It cannot be repeated too often that the world needs every ounce of food it can produce this year, and that the growers of that food are sure of good prices. When men now of middle age were casting their first ballot, 'dollar wheat' was the farmer's ideal of prosperity. Today, we have two-dollar wheat, with other grains and meats and vegetables in proportion; and indications that any shift from these prices is as likely to be up as down.

"Every acre must work. The farmer who increases his crops is performing a national service, as well as assuring prosperity for himself. There cannot be too much, and unless a united and consistent effort is made, there will not be enough."—Chicago Journal.

Now that the United States has joined with the Allies, the sentiment of the past has merged into the personal interest of the present. The duty of the loyal and patriotic citizen is to bend every effort to bring the great World's War to a satisfactory conclusion, to assist in all ways the forces that have been fighting at tremendous odds the giant power of autocracy. Victory is now assured; the union of the great fighting force of the United States navy, its military, its financial co-operation, its full and complete sympathy, will eventually bring about a peace that will be solid and lasting.

Canada, just across the border line, that has no mark of fortification, no signs of defense, welcomes the assistance that the United States is rendering, welcomes this new partner into the arena that is battling for a disruption of the forces that breed and beget tyranny and oppression, and fighting for a democratic and free world. What a sight it will be to see the American and the Canadian, with the Stars and Stripes and the Maple Leaf of Canada emblazoned in one fold and entwined in their effort to rid the world of an incubus that has disregarded all laws—human and divine.

There is a necessity for the greatest effort ever made, not only on the battle fields of Europe, not only on the mined and submarined seas, but in carrying out on the peaceful fields of agriculture, the plans so urgently requested by those at the head of the departments of resources. The

recent reports by the Government show a great falling off in the amount of grain that may be expected from the crop as of recent date, being only a little over 60 per cent, 16 per cent less than the average. Every patriotic American will bend all his effort towards increasing this. He may not shoulder a musket, but he can handle a hoe, he can drive a team and manage a plow. He will be doing yeoman service in this way, and assist in a wonderful manner the man who is fighting in the trenches. If he does not now own a piece of land, by all means get one—rent it, buy it—get it. There is lot of vacant land that will give ample return for his labor.

The desire to possess a home, to improve it and to prosper, is natural to every American, and today unprecedented offers are being made to secure the residence of the home hunter. The war condition is draining the continent of its foodstuffs and economists are endeavoring to meet the rapid depletion of the nation's stores of grain and other farm products. Western Canada has proven her claim to being the natural producer of economically grown foodstuffs and is endeavoring to overcome a world's shortage in necessities by offering her lands, practically free, to anyone who will take them and produce. Labor is scarce in Canada, and is now being housed. Good wages are offered and the time a farm hand is drawing pay in 1917, is considered by the Canadian Government, the same as residence duties on one of the free 160-acre farms, that this Government is giving away, in order to settle the fertile prairies and bring about within a few years a half billion annual crop of wheat.

The most conclusive evidence is available to any inquirer, that Western Canada farm lands will produce more wheat of a better quality and at a lower cost of production per acre than has heretofore been known in grain-growing countries. It is no idle statement to say that yields of fifty bushels to the acre of wheat are grown in Canada; the statement is made in all seriousness and is backed up by the letters and affidavits of reliable farmers in Western Canada. These farmers are enjoying the same home comforts that their neighbors to the south participate; they have the same good houses, the same good horses and cattle, the same good roads and communication, as well as the same good social conditions, and best of all, they own their land and what they earn they own for themselves, being a foundation for greater wealth and independence.—Advertisement.

There is more than a gallon of trouble in some pint bottles.



BERGEN, GREAT FISHING CENTER.

but it demands intimate information also about your grandparents, including your grandmother's maiden name. A St. Louis man I met in Malta told me that when he ejaculated "Search me!" on being asked his grandmother's maiden name by the Messina police, they wrote it down phonetically as "Cercmi" in the allotted column of the register.

A snowstorm was sweeping over Malmo and the snow lay deep underfoot. There was no steamer for Denmark for three or four hours. I checked my baggage and went over to a hotel for breakfast. Presently they brought my fried place and coffee. But no bread. After a while I reminded the waiter that the bread was lacking. He remarked that it would con-  
fide to lack until I produced my bread card. Two days since bread cards had been introduced in Sweden. I explained that I could hardly be expected to have a bread card, as I was merely in Sweden for three hours, as a transient. During our discussion the other lone breakfaster in the restaurant finished his coffee, paid his bill, pocketed all the remaining bread on his table and went out. This spoiled my idea of asking him to lend me a piece of bread; I would have sent him another piece subsequently by registered mail.

**Breakfast Without Bread.**  
I told the waiter I knew nothing and cared less about his wretched bread card ritual and had him phone the police. The police graciously replied that if I cared to leave my coffee and place, go out and grope through the blizzard for several blocks until I found the police headquarters and could then

clamorous with rattle and clangor of chains and cranes and the lumbering wagons of the wharves.

### Some Simple Remedies.

When we are called upon to assist a neighbor in times of sickness or accident, we are often reminded of the fact that there are very few families who keep up a supply of simple family remedies on hand for an emergency. A family medicine chest is one of the necessities in the household, and every housewife should understand how to use its contents. There should be a place for keeping all the bottles and packages together, although it be nothing better than an upper shelf in the closet or pantry. Then they can be found without loss of time, which is not the case where the bottles are left scattered about on the windows and mantels all over the house.

The home medicine chest should contain a bottle of camphor, some good liniment, a few doses of quinine in capsules, sweet oil, castor oil, paregoric, flaxseed, mustard, sulphur, vaseline, linewater, and various other things that have been tried and found good.

Should any member of the family be severely burned, cover the burned portion with linseed oil and linewater; then wrap it with cotton wool. Allow it to remain 24 hours.—Exchange.

**Great Memory for Faces.**  
She (after dinner)—Excuse me, but haven't we met before? Your face is strangely familiar.  
He—Yes; our host introduced us to each other just before dinner.  
She—Ah! I was positive I had seen you somewhere. I never forget a face.

# Too Many Operations

The Right Medicine in Many Cases Does Better than the Surgeon's Knife. Tribute to Lydia E. Pinkham's Vegetable Compound.

**Doctor Said Operation or Death—But Medicine Cured.**  
Des Moines, Iowa.—"My husband says I would have been in my grave today had it not been for Lydia E. Pinkham's Vegetable Compound. I suffered from a serious female trouble and the doctors said I could not live one year without an operation. My husband objected to the operation and had me try Lydia E. Pinkham's Vegetable Compound. I soon commenced to get better and am now well and able to do my own housework. I can recommend Lydia E. Pinkham's Vegetable Compound to any woman as a wonderful health restorer."—Mrs. BLANCHE JEFFERSON, 703 Lyon St., Des Moines, Iowa.

**Another Operation Avoided.**  
Richmond, Ind.—"For two years I was so sick and weak from female troubles that when going up stairs I had to go very slowly with my hands on the steps, then sit down at the top to rest. The doctor said he thought I should have an operation, and my friends thought I would not live to move into our new house. My daughter asked me to try Lydia E. Pinkham's Vegetable Compound as she had taken it with good results. I did so, my weakness disappeared, I gained in strength, moved into our new home, do all kinds of garden work, and raised hundreds of chickens and ducks. I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound."—Mrs. M. O. JOHNSTON, Route D, Box 190, Richmond, Ind.

Of course there are many serious cases that only a surgical operation will relieve. We freely acknowledge this, but the above letters, and many others like them, amply prove that many operations are recommended when medicine in many cases is all that is needed.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

**Carter's Little Liver Pills**  
You Cannot be Constipated and Happy  
A Remedy That Makes Life Worth Living  
Genuine bears signature  
Absence of Iron in the Blood is the reason for many colorless faces but  
**CARTER'S IRON PILLS** will greatly help most pale-faced people