

MEN PROMINENT IN WORLD EVENTS CAUGHT BY NEWSPAPER CAMERA MAN

Admiral Sir Nathaniel Bowden-Smith May Be Heard From in War—Paul Vandervele, American, Fought With Belgians—Colonel Colt, Noted American Revolver Designer, Caught in War Zone.



Emperor Franz Josef of Austria



Admiral David Beatty



Samuel P. Colt



Dr. C. M. De Caspedes



Paul Vandervele



Sven Hedin



Admiral Sir Nathaniel Bowden-Smith

ADMIRAL SIR NATHANIEL BOWDEN-SMITH is one of the Admirals of the British navy who may be heard from in the present war. He entered the navy in 1852 and became an Admiral in 1899. He served in the Burma war, in the Baltic during the Russian war, in the China war and held many decorations for distinguished services.

Colonel Samuel Pomeroy Colt of Rhode Island, famous revolver designer, sailed for Europe recently. He went for his annual visit and for a rest, and was caught in the war zone.

Admiral David Beatty is in command of one of the British squadrons in the North Sea. He is the youngest Admiral in the British navy. His wife is an American woman of great wealth. She was a daughter of Marshall Field, of Chicago.

DIET PLAYS IMPORTANT ROLE IN FIGHT TO QUELL NERVE DISORDER

Dr. Frederick M. Rossiter Says Sleep and Proper Food, Cooked in an Appealing Way, Often Has More Effect Than Drugs or Other Suggested Cures for Troubles.

BY DR. FREDERICK M. ROSSITER. Many persons who suffer from nervousness have more or less trouble with indigestion. Many have nervous dyspepsia, not limited to the stomach alone, as the intestinal indigestion is pronounced. These organs of digestion are in close and sympathetic touch with the brain and hence their irritations cause innumerable unpleasant sensations to pour into the brain, so that the mind is in a constant state of unrest.

HEALTH AND EFFICIENCY—HOW TO MAINTAIN BOTH. Questions pertaining to health, hygiene and the prevention of disease will be answered in this column. When for lack of space and when questions are not suitable, answers will be made by mail, providing a stamped envelope with address is enclosed. No questions will be considered without the name and address of the sender. No diagnosis will be made in this column.

fling at alcohol and tobacco and are thankful that they "are not as other men," and yet they use tea and coffee three times a day, usually brewed strong. They indulge freely in these beverages, possibly being ignorant that they are powerful nerve stimulants in their primary effect and narcotic as a secondary action.

Menus of the Week. Tuesday. Best soup. Stuffed green peppers. Scalloped potatoes. Tomato sauce. String bean salad. Junket with cream. Wednesday. Creole soup. Boiled breast of lamb with dressing. Grape jelly. Brown potatoes. Baked apple. Rice mould. Coffee. Thursday. Barley broth. Meat and cream loaf. Potatoes. Cream sauce. Stuffed tomato salad. Baked apple. Coffee. Friday. Celery soup. Baked salmon. Cucumbers. Baked potatoes. Pear salad. Coffee. Saturday. Vegetables with rice. Meat balls. Spanish sauce. Boiled potatoes. Shell beans. Peach dumplings. Coffee. Sunday. Tomato soup. Braised tongue in casserole. Waldorf salad. Fresh grape juice sponge. Coffee. Monday. Cream of spinach soup. Minced tongue with spaghetti. Baked tomatoes. Lettuce salad. Peach cobbler. Coffee.

than other before the crash comes, but it is bound to come some time. Self-drugging cannot be recommended as a safe procedure for anyone, and especially so when relief from some nervous symptom is sought. Headaches and various other pains are common when the nervous system is depleted and exhausted. Many are intolerant of pain and will have relief, whatever the means. The extensive use of the coal-tar products (acetanilid, antipyrin, phenacetin, sulfonal and trional) for the relief of headaches is dangerous. Many physicians absolutely refuse to use these drugs, because of their depressing effect upon the heart of the patient.

Hood River Third Name to Be Given Oregon Stream.

Title of Labitche Succeeded by Dog River after Grand Old Mountain "Tower" for Dinner. HOOD RIVER, Or., Oct. 3.—(Special.)—The early Indian name of the Hood River was the Labitche River, according to a historical report made by Mrs. T. R. Coon, wife of the president of the Hood River Pioneer Association, which held its annual meeting here recently. "This was the name," says Mrs. Coon, "that Lewis and Clark, when they passed down the Columbia in 1805, heard the Indians calling the river. But some time in the early 40s a party of men, separated from their companions, were stranded near the mouth of the Labitche and being with out food, killed and ate their dog Tower. To commemorate the event they rechristened the stream, calling it Dog River."

WOMEN WHO FIGURE IN EVENTS OF WORLD INTEREST POSE FOR PICTURES

Elsie Wohlgenuth and Lucie Laval, Vienna Actresses, Do Relief Work for Soldiers—Wife of Serbian Consul Watches Conflict—Wife of Belgian Minister of State Arrives in New York.



ELSIE WOHLGEMUTH, who is one of the most beautiful actresses in Vienna, a city famous for its beautiful women, is actively engaged in the European war. Miss Wohlgenuth is either serving with the Austrian Red Cross or making bandages for the soldiers. She announced her willingness to aid in whatever way was possible as soon as the war broke out. Most of the women of Vienna are so engaged at the present. Miss Wohlgenuth is connected with the Hofburg Theater in normal times.

MANY WAYS FOR USING GREEN TOMATOES TOLD

Salting With Peppers Is Italian Method of Preparing Vegetables—Dishes to Be Made Are Varied and Some Take Place of Meat.

BY LILIAN TINOLE. ALL HOUSEKEEPERS nowadays realize the value, hygienic, esthetic and economic, of the once dreaded and later neglected red ripe tomato. It is being regarded first as a healthful food, and then as a "peculiar foreign taste," the tomato had made its way to the front rank of our everyday vegetables. Still, however, the possibilities of the under-ripe green tomato are understood only by Americans and generally considered "only fit for pickling."

pepper. Salt will probably not be needed if the peppers and tomatoes were put up as above. Add one or two tablespoons of water if necessary. Serve in the center of a mound of plain boiled rice, or of macaroni or spaghetti, with or without dry grated cheese. Use as a "main dish" in place of meat. For variety serve the fried vegetables as a "meat adjunct" or serve with fried polenta (cornmeal mush) as a meat substitute.

of mashed potato or boiled rice, or in a casserole or bowl, with strips of toast as garnish. Green tomato pickles of the sweet, half-sweet, sour or mustard varieties; chopped relishes, in which green tomatoes play a leading part; green tomato soy and green tomato chutney are all well known and usually popular.

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