

## COMFORTS, SMILES AND CAKE LIKE MOTHER USED TO MAKE

Thus Every Red Cross Canteen Becomes a Bit of Home  
for Our Soldiers in France.

What could possibly be more gladdening than the sight of real American doughnuts, hunks of luscious pie,—real hunks? Nothing—unless it might be the sight of an honest-to-goodness American girl. And the combination of the three, and maybe a couple of mugs of good hot coffee thrown in for good measure—nobody but a really tired, hardworked Yank can really appreciate this food for the gods and comfort for the heart of man.

"It ain't the coffee nor the pie nor the doughnuts, not even the pretty girls," said one young soldier; "it is the sight of a woman who looks like your mother—with her little cap a trifle askew sometimes, and maybe a look of hair straightened out of curl, just like mother used to have hers come when she was hurrying too hard—that's the thing that makes a fellow glad he happened to be with this particular bunch. And when that woman says, 'Here, son, have another piece of pie!' it goes right through your heart and makes you feel that if you ever do get back to the old U. S. A., again you'll not forget mother's birch-brood and you'll remember to say the kind things every single day of your life."

The Red Cross serves the lads of all the nations, of course, but it is particularly partial to the khaki clad youths with a bit of slang and the call for the matches and the cigarettes. They are the ones who appreciate the American crackers and jam.

There are the canteens close to the trenches, of course, and the huts where the men may go and bathe and have their clothes freshened up, and the

railroad station canteen service, and the big canteens with the writing rooms and showers and libraries, and lounges where a fellow can rest a while, but the boys who have been there insist that they love the little rolling canteens that just naturally spring up where you least expect them, most of all.

Many well-known names are on the lists of canteen workers, for American women were quick to seize the opportunity for service. The poorest soldier on his leave may be served by an American woman whose hospitality was formerly dealt out by her maids and butlers—and whose guest lists included only the most fashionable names in the social register. Now it is she who hands over the pie with her own hands and then gathers up the dishes—yes, and oftentimes washes them when help is scarce, for they have to be washed and made ready for the next lot of soldiers—and one cannot disappoint the boys who are never too tired to respond to the call of duty.

Another part of the canteen service is the "store," where the soldiers are supplied with their needs, where things they have lost in the heat of battle are replaced, tooth paste handed out, razor blades, towels, tooth-brushes, all sorts of things, not forgetting the post cards to send home and the ever wanted packages of cigarettes.

Taking it all in all, the canteen does far more than fill the stomachs of the men—it puts something worth while into their hearts.

## RED CROSS FIGHTS DEADLY EPIDEMIC

Besides the special work conducted by hundreds of Red Cross Chapters throughout the country in checking the recent epidemic of Spanish Influenza, the organization through its headquarters at Washington is preparing to fight a repetition of the experience that was so disastrous this fall, educating the public thoroughly regarding the symptoms and the proper care at the beginning of an attack. In addition to this, the American Red Cross is fighting tuberculosis. The recent appropriation to the National Tuberculosis Association will be used for educational as well as relief work throughout the country.

So much has been said about the aftermath of the epidemic that special attention is being given to the work along this line. The weakness which follows influenza leaves the patient in a condition which makes him a good field for the germs of tuberculosis. A thorough physical examination, proper food and clothing, the use of mild preventives, will check the progress of the disease at once.

Tuberculosis, or consumption, as it is frequently called, is both preventable and curable, provided the treatment of the disease is begun before it is too far advanced. Medicine plays a comparatively small part. The frequently advertised "consumption cures" should be looked upon as poison. The only medicine which should be taken is a good tonic which will stimulate the appetite and build up the system generally. The main cure lies in proper food, sufficient rest, fresh air and sunlight and living, if possible, according to the plan prescribed by a good physician. This renews the patient's vitality and soon kills the disease entirely.

For several years the National Tuberculosis Association has been financing its work by the sale of Red Cross seals at Christmas time. The seals, sold for a penny each and by making a concerted effort enough money was usually raised to carry the work through the year. This year there will be no seals sold because the American Red Cross has made an appropriation for the anti-tuberculosis work, and those who formerly spent their time selling seals will join in the work for the Red Cross Christmas Roll-Call during the week of December 16 to 23.

The test of peace is to summon for the healing of nations devotion equal to that given the tasks of war.

SONG OF LITTLE THINGS.  
By Jeane Judson.  
This is the song of little things,  
A clean, white bed in a quiet place,  
A cigarette and the saving grace  
Of smiles that illumine the nurse's face—  
These are the joys the Red Cross brings.  
This is the song of little things,  
An old man brought to his home again,  
And children who play, forgetting pain,  
A hut that shelters from mud and rain—  
This is the rest the Red Cross brings.

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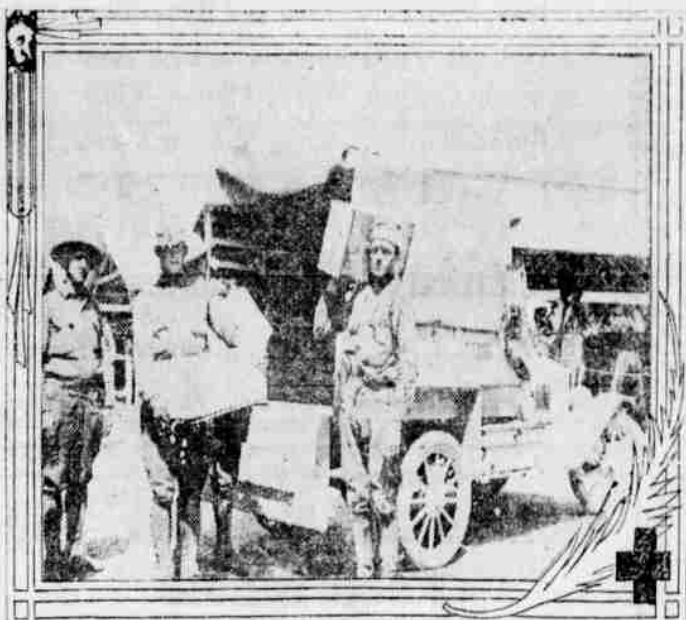
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