

## AL FRESCO LUNCHEON IN THE ARGONNE



French officers of an ambulance division enjoying a wayside luncheon near the Argonne battlefield with a German Red Cross man who has fallen into their hands.

## GERMAN DEAD ON THE BATTLEFIELD OF ARRAS

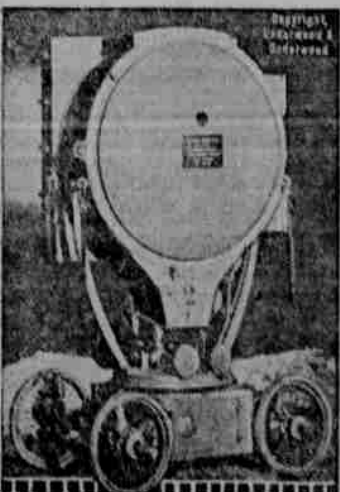


## CIGARETTES FOR GERMANS



Before going into the trenches the German soldiers are supplied with heavy socks and mittens and plenty of tobacco. A Red Cross nurse is here seen handing out the highly prized tobacco in the form of cigarettes.

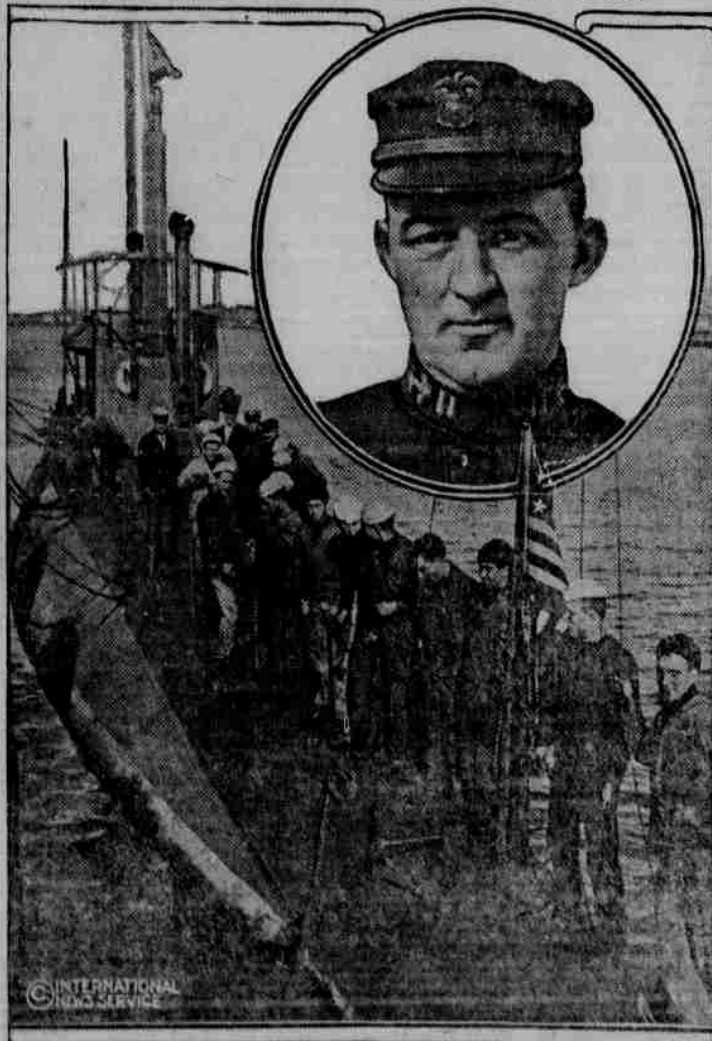
## HELPS FIND THE WOUNDED



One of the powerful searchlights used by the French army to enable its ambulance division to remove the wounded from the battlefield at night.

**Mineral Products of Arizona.**  
The value of the mineral products of Arizona, according to the United States geological survey, increased from \$67,497,838 in 1912 to \$71,439,705 in 1913.

## NEW SUBMARINE AND ITS CAPTAIN



This is the new United States submarine K-6, with its crew, and, inset, Capt. J. O. Fisher, its commander.

**Baby Floats Through Pipe.**  
Riverside, Cal.—Mary Sobbe, two years old, dropped her rag doll into an irrigation standpipe. She reached for it, lost her balance, fell in and floated along in an 18-inch main. Efforts to fish her out at two standpipes further down failed, but at the third, an eighth of a mile away, James King, a rancher, caught her. She was uninjured.

**Here's Duck-Legged Chick.**  
Eaton, O.—George White has produced by selective breeding the shortest legged chicken in existence after ten years of effort, during which he crossed and recrossed breeds. The result is a big white fowl that continually seems to be sitting, the impression being due solely to the shortness of its legs. When it walks it waddles like a duck.

**A Muffler for Machinery.**  
New York.—A monster silencer made somewhat on the same principle as the silencer for guns, has been designed by Harvard professors for the noisy machinery of a New York power plant, in order to meet the protests of people living in the neighborhood, and its success will give an opportunity for doing away with many of the noise nuisances of industry.

**This Hog Has Eight Feet.**  
Owanka, S. D.—Pickled pig's feet will no longer be a luxury under any high cost of living regime if Mike Ban-pee, a stock raiser near here, is able to continue raising hogs with eight feet, like one he recently marketed at the local yards. The animal had an extra foot attached to each ankle and all were well developed and of ordinary size.

## MAKES A SPLENDID DESSERT

Housewives Should Learn More About the Possibilities of the Humble Chestnut.

Few women are aware what delicious desserts may be made with the humble little chestnuts. French cooks know the worth of chestnuts full well, and their recipes are justly celebrated.

For chestnut mousse, a delicacy fit for the gods, or a luncheon de luxe, shell and blanch about two cupfuls of chestnuts which have been boiled until tender. Rub the chestnuts through a sieve, and stir them carefully into a pint of whipped cream, to which have been added half a cupful of powdered sugar and a teaspoonful of vanilla extract. Add two teaspoonfuls of maraschino cordial, turn into a mold and pack away in ice and salt for five hours. Serve with whipped cream dashed with rum.

To make marrons glacés, a delicacy that is rather costly when bought at a confectioner's, yet which is of great value to the housekeeper who loves tasteful garnishing, select large, perfect chestnuts. Shell and simmer a pint of the nuts in boiling water until tender. Drain and toss into cold water to make them firm. Let the chestnuts drain a moment, then turn them out on a towel and see that each one is thoroughly dry. A sirup must now be made by boiling a cup of sugar in a pint of water, and in this simmer the chestnuts for an hour. Drain off the sirup and to it add a few drops of vanilla extract. Then cook it until it becomes brittle when dropped in cold water—as one tries candy. Set the pan of sirup in a larger pan of hot water to keep the hot sirup from cooling and candying, and dip in the chestnuts one by one, removing them and placing on oiled paper.

For a baked custard ginger sauce is delicious. Make it by simmering a cupful of sirup to which a quarter of a cupful of chopped preserved ginger has been added. Serve hot.

## POPULAR DAINTIES OF ITALY

Recipes for Potted Delicacies That Are Not Well Enough Known in America.

Housekeepers may be interested in trying to make these "potted dainties." The recipes are fresh from Italy and all ingredients are procurable here. To make potted tomatoes, cook a peeled and shredded onion with three fair sized tomatoes very slowly to a pulp in half an ounce of butter.

Then pass through a sieve, add a well whisked egg and stir over the fire until thick, when, having blended thoroughly, add two ounces of grated cheese, then four ounces of fine white bread-crumbs. Pour into clean, dry jars. Cover with a half-inch layer of liquefied butter.

Potted haricot beans are made by first soaking the beans overnight. Then skin them and cook until tender in boiling salted water with two onions. Drain away all water, mash smooth with drippings or butter, season agreeably with salt, pepper and nutmeg and finish as above, remembering that rigorous exclusion of air will insure freshness for at least two or three weeks. As a rule, pastes do not keep very long.

Imitation anchovy paste may be made from the same recipe, adding two teaspoonfuls of anchovy essence to impart the desired flavor.

**How to Clean White Feathers.**  
White feathers of any description can be cleaned at home to look like new at a small cost. Take gasoline and plaster of paris and mix the two together to the consistency of whipped cream. Dip the feathers in this mixture, squeezing and pressing them; then hang in the open air to dry thoroughly, and until the gasoline evaporates. Be careful not to handle until thoroughly dry; then shake well, and the result will be a beautifully clean and fluffy feather. White wings may also be successfully treated in this manner. The gasoline must never be used in a room where there is a light or fire.

**Grapes in Jelly.**  
To one quart of hot grape juice add two tablespoonfuls of dissolved gelatin. Place a layer at the bottom of a mold; chill, then add a row of grapes cut in half and seeded; then more liquid and again chill until set. Repeat until the mold is full. When jellied, unmold and garnish with whipped cream.

**Eggs a la Shelburne.**  
Cut slices from the top of six tomatoes of uniform size and take out enough pulp to allow a raw egg to be broken inside. Cover with bits of butter, and with a toothpick fasten a rasher of bacon over the top of each tomato. Cook in very hot oven until the eggs are set (about eight minutes).

**When Making Pillows.**  
In making new pillows have the feathers first inclosed in a bag of cheesecloth or thin muslin. Then at any time the ticking may be removed for washing, and even the feathers may be washed in the inner bag without flying all over the house.

**Use a Pitcher.**  
Instead of using a mixing bowl or pan for your batter cakes, use a pitcher with a lip and pour your batter out. It saves time and trouble and your cakes will be more uniform in size than when you spoon your batter out.

**Laundry Wrinkle.**  
Place a slice of lemon with the rind removed in your boiler of clothes. The result will be clothes beautifully clean and white, without in any way injuring them.

## WITH GINGER FLAVOR

MANY APPETIZING DESSERTS AT COMMAND.

Condiment is Also Recommended for Its Health-Giving Properties—Should Have More Definite Place in the Larder.

Preserved or canned ginger gives a most interesting flavor to many desserts and really deserves a more definite place in the larder. For it can be kept always on hand and therein possesses a great advantage over many other fruit flavors.

Dates freed from their pits and stuffed with slivers of preserved ginger, then rolled in granulated sugar, are a delicious sweetmeat.

Ginger Bavarian cream is a dessert with an almost elusive flavor. To make it chop half a cupful of preserved ginger into small bits and mix it with half a cupful of sirup. Then add half a package of gelatin, which has been soaked and dissolved in a cupful of water. Whip a pint of cream stiff and add it to the other ingredients. If necessary add chill. Serve with whipped cream, garnished with bits of preserved ginger.

Chopped preserved ginger can be added to rice pudding before it is baked to give it an unusual flavor.

For a baked custard ginger sauce is delicious. Make it by simmering a cupful of sirup to which a quarter of a cupful of chopped preserved ginger has been added. Serve hot.

Ginger custard sauce is made by simmering the milk from which the custard is to be made with some chopped ginger in it for 15 minutes. Then strain and proceed with the custard sauce in the usual way.

For ginger water ice boil a quart of water and a pound and a quarter of granulated sugar together for five minutes with the rind from four lemons and one orange. Cool and add the juice of the lemons and orange, strain and freeze. Pound four ounces of preserved ginger to a paste and cut two ounces into shreds and add to the ice when it is hard. Pack for a couple of hours.

Ginger ice cream is made in this way: Pound six ounces of preserved ginger to a paste and add slowly two tablespoonfuls of lemon juice. Mix a pint of cream with half a pound of granulated sugar and add slowly to the ginger mixture. Press through a fine wire sieve and freeze.

**Oriental Eggs.**  
The Chinese are great eaters of eggs, which they take hard boiled. These are to be had in all the roadside places for refreshment. While the Chinese have an expression, "eggs of a hundred years," it is not to be understood that their eggs are always a century old, though one may be able to procure those that are of many years' standing.

The Chinese evince a preference for the egg of the duck or of the goose. These are placed with aromatic herbs in slaked lime for a varying period, the minimum being, it is said, five or six weeks. Under the influence of time the yolk liquefies and takes on a dark green color, and the white coagulates and becomes green.

**To Make Pot Pie.**  
This can be made with veal alone, chicken or any nice meat. It can also be made similar to the Irish stew with left-over meat and adding a little fresh meat. Meat can be used alone or with a flavoring of vegetables. Cut up small and simmer, as the Irish stew is made, then put in a deep baking dish and cover with a biscuit crust or a mashed potato crust rolled out with flour. Bake a rich brown in moderate oven. Serve in the baking dish. Veal stew, which is made by cutting a pound or two of veal into six pieces, makes a good pie.

**Hiding Holes in Wall Paper.**  
Not long ago a woman, who wished to hide an unsightly nail hole in her white striped wall paper, found that the hole would just accommodate a short stick of white chalk which, when put in, seemed to do very well for filler.

**Stewed Tomatoes With Onions.**  
A really delicious dish is prepared from about six good-sized tomatoes, one onion and a half cupful of bread crumbs. Chop the onion and mix it with the tomatoes, which have been peeled and cut into pieces, add a little salt, a little pepper and an even tablespoonful of sugar, stew gently for about twenty minutes, add the bread crumbs, re-heat and serve.

**Caulliflower in Cases.**  
Wash, separate the flowerets and boil in salted water. When done, drain and put in a cream sauce. Scoop out the inside of some breakfast rolls, toast them to a nice brown and fill with the creamed caulliflower.

**Brush Hint.**  
When washing or scrubbing hair brushes, if they are put to dry with the bristles downward they will last twice as long. It turned the other way the water soaks into the wood and rots the bristles.

## Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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### DIAGNOSIS.

"Who shall decide when doctors disagree?" There surely will be no dissenting voice if we answer that question with one short word—FACTS. It would seem that it should not be a difficult matter to secure the facts concerning any given subject; but it is. Much data is available but we have come to distrust it because we know so many investigate not to ascertain the truth, but merely to win a point for some particular theory, just as some lawyers strive only to win cases, not to secure justice; some doctors to "cure" diseases, not to prevent sickness; some ministers to gain church attendance, not to secure wholesome practical morality in the home and in the place of business. The fault undoubtedly lies in our educational system. What the world wants to know is, what is known, not what is thought, and it is not getting what it wants and needs. In consequence we are continually being called on to decide momentous questions involving our lives without possessing adequate information concerning the fundamental facts. How fit is the average sick man to decide what shall be done? And yet the burden of that decision usually rests on him.

There are two methods of education, the natural and the artificial. By the natural method one observes particular facts and forms therefrom general ideas. By the artificial method one acquires a vast store of general ideas through hearing or reading what other people have observed and think. The first method is very reliable but very slow. The second method, the one on which most of us depend for our advancement, is rapid but very unreliable unless we are extremely careful in selecting the source of our information. This explains why it so frequently happens that after a long course of learning we enter real life either with an almost artless ignorance of many important things or with wrong and often distorted and unwholesome ideas about them. We were either misinformed, or were not instructed at all, and must learn in the school of bitter experience what we might easily have been taught.

We must go to those competent to speak with the authority of experience for our knowledge, or work it out each for himself. A very casual consideration of the subject will show it to be quite impossible that we search out the truth each for himself; therefore, for our knowledge we must go to those who by reason of training and experience are qualified to speak with authority. And even to make such selection requires good judgment and no small degree of training under existing conditions, because matters in general are too often questions of opinion.

No progress has ever been made in any science until three things have been discovered: determined units; measured units; devices for measurement. These three requirements are comprehensively covered by our census enumeration, birth and mortality tables, when efficiently handled. And until this data is efficiently handled disease will continue to be a matter of opinion, whim and dogma, and the sick to be subjects for exploitation and rich material for the personal aggrandizement of the most incompetent, because the most incompetent in their ignorance make the boldest and most attractive claims.

The first step in the study of disease prevention is to have a known base—and an accurate registration of births is scarcely to be found in the United States, and 25 of our 48 states do not require registration of deaths!

In place of 48 distinct bodies having jurisdiction over birth, accident and mortality returns there should be one. What we need in this country is a well trained central body, free from the paralyzing effects of pecuniary embarrassment and its temptations, possessed of minds big enough, broad enough and keen enough to see and to grasp the really few fundamental principles of life; with authority to reach over and beyond state, county, and municipal boundaries, thereby being freed from the blighting influence of local prejudice and self-interest; with powers specifically limited to ascertaining the facts, tabulating these facts and giving the tabulated results and the conclusions to be deduced therefrom to the widest publicity; and further, a body authorized to act in an advisory capacity to any community on request or to voluntarily publicly recommend action along definite lines where conditions warrant and make such publicity necessary.

Such an organization would command the confidence and respect of all sane citizens and enable the United States quickly to take her place among the civilized nations of the world in the prevention of avoidable disease—because we are too sane a people to pursue fads and fancies if shown that they mean premature extinction.