

## "Bringing Back" Victims of Shell Shock

**Strenuous Training Adopted at Fort Sheridan Hospital to Return Sanity of Men Afflicted on Battlefields**

The medical department of the army is entering into one of the biggest reconstruction problems that ever has confronted it. It is the problem of reclaiming "shell shockers" by means of physical training and development. The practice is being tried out at the new Fort Sheridan reconstruction hospital. It is under the direction of Lieut. Col. Theodore S. Proxmire, head of the hospital. Maj. George W. Woodnick is the athletic director of the hospital and Charlie White, lightweight prize fighter, is in charge of these exercises. Capt. F. A. Walters is in charge of the shell-shock ward.

Already 40 cases have been received from France. All of these men were in some stage of temporary insanity as a result of shock. The theory on which the work is being done is that physical development first and mental development later will bring about recovery.

The first exercise the men are put through is rope skipping. Then comes handball. This is strenuous. After that comes light work in basket ball, boxing and the like. Every day the amount of work is increased until finally the man will be getting the same amount of work as a boxer in training for a big match.

In some cases recovery is effected in as short a time as ten days. This has been the fact in a number of cases at the new base. The men are then sent home on a furlough to rest up.

Of the 40 cases in the hospital only a small percentage are violent. But even these work out under guard. Some will only work to music. Some prefer ragtime, while others show a liking for the classics.

Meanwhile work is going forward at a rapid rate on the new buildings of the hospital, which will be equipped to care for 1,500 men. The final capacity is to be 5,000. Buildings—temporary wooden structures—are being built all over the historic parade grounds.

## STEPS TO SUCCESS IN POULTRY CULTURE

1. Keep accurate records. Little progress can be made without this first step. The average monthly and yearly egg production, cost of feed and income from the flock should be known.
2. Feed a properly balanced ration. Such a ration furnishes nutrients for growth, maintenance, fattening and eggs. The production of eggs must be a constant aim.
3. Give proper care and comfort by good housing and management. Discomforts are: Extremes of heat and



Early Hatched Barred Plymouth Rock.

cold, hunger and thirst, foul air and dampness, and diseases and parasites.

4. Keep standard-bred, utility stock. There are five good breeds for the farm: Plymouth Rock, Rhode Island Red, Leghorn, Wyandotte and Orpington. Varieties of these have been bred for heavy egg production. There are other good breeds for those who prefer them.
5. Breed from the best, both male and female. There are many signs of vigor and high production.
6. Sell unprofitable stock.
7. Market graded products. Maximum returns are secured from graded products. Markets demand a constant supply, and this calls for community co-operation.

These seven steps will lead to success.

**1,500,000 Habitual Users of Narcotics in Country Despite Harrison Antinarcotic Law**

No report of recent years will surprise the casual reader so much as that made to the United States congress by a special committee investigating the use of narcotics, observes a writer in the Houston Post.

According to that report there are no fewer than 1,500,000 habitual users of narcotics in this country—and this in spite of the Harrison antinarcotic law in force for several years.

The investigators say that 1,000,000 people are known as users of drugs and that 500,000 are secretly addicted to the habit.

They say that within the former draft ages of twenty-one to thirty-one are found 200,000 known users of the drug in the state of New York among the men alone.

They say that thousands formed the habit after they were drafted in order to insure their rejection from the army.

They say that in spite of all present laws the use of morphine, cocaine, heroin and similar medicines and drugs is increasing more rapidly than ever before in the history of this country.

They say that it is necessary immediately to pass more stringent laws for the protection of people from the "dope" venter.

## Conservation of Fuel May Be Made By Using Furnace Fire to Cook Some Dishes

An easy way to conserve fuel in cooking is by utilizing the furnace fire. Dishes that can be cooked in a casserole are becoming more and more popular and the furnace offers an economical way of preparing them.

Every furnace has, just within the coaling door, a wide ledge capable of holding a good-sized vessel. This ledge is an excellent place for cooking dishes which require slow baking or a sort of stewing. Beans as prepared in New England are deliciously cooked on this ledge. For them an earthen pot is even better than a casserole. It should be large enough to contain an extra amount of water, for the evaporation is more rapid in so highly-heated a place than in a stove or range oven.

A bean-pot, an earthenware vessel with a handle making it look almost like a mug, is the best kind of utensil as it has something by which it can be moved.

The shape and size of the bean-pot leaves space on the ledge for some other vessel. Puddings and escalloped dishes can be well-cooked and soup can be made to simmer if the fire is at a low temperature. Casserole cookery also adapts itself to furnace preparation especially in the unglazed foreign casseroles. The glazed articles may crack in time under such heat as glows in a furnace.

## Hieroglyphics to Be Found in California Are Believed Older Than Those in Egypt

Amateur archeologists of Bishop, Cal., are endeavoring to interest professional scientists of the East in the epigraphs which abound on the rocks of Round valley, not far from that city, and which are believed to be as old, if not older, than the hieroglyphics of earlier Egypt, to which they bear a strange resemblance.

It is believed by many that the strange markings constituted the names by which ancient tribes marked the sources of water supply for the benefit of those of their number who lived roving lives.

These hieroglyphics have never been deciphered, although they are matters of record in the leading museums of the country, it is said. The Indian tribes now living in their vicinity declare they are the work of the Indians of North America and that they antedate all aboriginal lore.

Some who have examined the strange markings in the flint bowlders say the hieroglyphics closely resemble those of earliest Egypt and may replace the latter as the first written language of humanity.

## WORK OF COUNTY AGENT IN SOUTH

**Satisfactory System Has Been Firmly Established in Several States.**

## PROGRESS HAS BEEN RAPID

**Recent Report Shows Status of Development of Organization, and Discusses Some of Problems Which Have Been Met.**

(Prepared by the United States Department of Agriculture.)

That the county-agent plan of carrying agricultural information to the farmer is firmly established, as a satisfactory system in 15 southern states is shown in a review by officials of the United States department of agriculture of progress made during the last calendar year. A report of this work recently made public shows the status of this rapidly developing agricultural organization in the South during 1916, and also discusses some of the problems which are being met in the effort to increase this service in accordance with the country's emergency agricultural needs. The confidence of the states in the county-agent plan is shown by the fact that most of the legislatures in the South are making liberal appropriations to aid in its support.

## Number of Extension Workers.

There were employed in the 15 southern states during the year 890 regular county agents, 28 assistant county agents, 31 boys' club agents and 68



One of Branches of County Agent Work in South is Interesting Boys in Better Farm Methods.

colored men agents for work among colored people. Each state also has a director of extension and a state agent or assistant director in charge of the work of the county agents. Women engaged in the home-demonstration work numbered 576. Of these 13 are state agents in charge of the work in their respective states, 41 are assistants and district agents, and 513 county women agents and 7 colored home-demonstration agents.

## Increase in Community Organizations.

Progress in organizing the county agents' work in the South this year was gratifying, officials of the department of agriculture say. The last annual report shows the formation of 1,654 community organizations of farmers, with a membership of 44,548. The report for the present year shows an increase to 2,508 organizations with a membership of 78,660. This report does not include co-operative organizations not formed by county agents, even though they gave active support and assistance to the county representative and served in the capacity of a local community organization. Such associations include local granges, farmers' unions and church and civic organizations of varied character. It is estimated that 200,000 farmers are enrolled in all these community organizations.

## PROFITABLE FARM SIDE LINE

**One That Can Be Worked at Odd Times When Other Work is Slack Will Boost Income.**

A profitable side line that can be worked at odd times when other work is slack will go far toward boosting the income of the average farm. Where there is a ledge of salable stone a quarry may be made to fill in the gaps in the labor schedule, or an outcropping of limestone may be made profitable to the advantage of the whole neighborhood by the installation of a stone crusher.

## Don't Pamper Ducks.

Do not pamper ducks or they will stay near the house waiting to be fed. Let them forage for their living and they can be raised at very little expense.

## Shelter Will Save Feed.

The man who wishes to save on his feed bill should provide his stock with suitable shelter during the winter.

izations which are assisting county agents.

Since this report was made there has been a great increase in this work. At the present time the total number of agents is approximately 2,200, consisting in part of 980 county agents, 815 county home demonstration agents and 85 negro agents (men) and 70 women.

## SYSTEMATIC BATTLE WILL STOP RODENTS

**Little Animals Extort Heavy Toll From the Farmer.**

**Annual Loss Caused to Crops Estimated at \$300,000,000—Active Cooperation of Neighbors Needed for Extermination.**

(Prepared by the United States Department of Agriculture.)

Systematic and organized campaigns, in which the entire community is interested, are suggested as means of successfully exterminating injurious rodent pests on the farm by the bureau of biological survey of the United States department of agriculture. There are about 750 forms of rodents inhabiting the United States, and the annual loss which they cause in food and feed crops is estimated at fully \$300,000,000. They feed upon crops in the field and in storage, in some cases destroying grass land so completely that erosion follows. In the irrigated sections of the West some species burrow through the dikes, releasing the water and flooding the crops. Methods of exterminating these pests by trapping and poisoning, which the individual farmer as well as the community can employ, are told in Farmers' Bulletin 932, recently published by the United States department of agriculture.

Any farmer may, by care and industry, free his own premises of harmful rodents, but he is helpless to prevent an early recurrence of the trouble unless he can secure the active co-operation of his neighbors. The department of agriculture urges, therefore, that whenever possible the destruction of these pests be a community undertaking. In the past, individual efforts often supplemented by the payment of bounties by state, county or township have been only partially successful in reducing rodent depredations. In many western counties the amount paid out in a single year for bounties on pocket gophers and ground squirrels, would, if wisely expended in poisoning operations such as have been practiced under government supervision on public lands, secure the destruction of nearly every such animal in the county and make unnecessary much further outlay for the purpose.

A few of the rodents which inhabit the United States are not classed as injurious as they live in deserts, mountains or swamps and rarely come in contact with cultivated crops. Some are valuable because they feed largely upon insects, some because they produce fur and others because they are useful as human food. Of the injurious species all are native to this country with the exception of four—the house mouse and three kinds of rats—but these four cause approximately two thirds of all the damage. Field mice, kangaroo rats, pocket gophers, ground squirrels, prairie dogs, woodchucks, and rabbits are among the most destructive of the native species.

## Chickens on Every Farm.

A hundred hens on each farm and a hundred eggs per hen each year will give Americans five billion dozen eggs. Something to crow over!

## Causes of Much Damage.

Lice, mites and fleas are often the causes of serious damage among the farm flock.

## SMUTS DESTROY MUCH WHEAT

**Farmer Can Do Nothing More Patriotic Than Treat Seed—it is Inexpensive and Sure.**

Preventable smuts destroy enough wheat every year to make 4,000,000 barrels of flour, oats enough to feed 1,000,000 cavalry horses, and barley and rye enough for 400,000 barrels of wheat substitutes. You can do nothing more patriotic than treat your seed. Simple, inexpensive, sure. For information write to your state extension department or the United States department of agriculture. Do it now.

## Hogging Off Corn Crop.

Hogging off corn has been tested thoroughly at several agricultural experiment stations and by practical hog raisers, and the practice is strongly recommended.

## Cool Cream Immediately.

The cream must be cooled immediately after it is skimmed and warm cream must never be added to cold.

## Salt Lake Is 75 Miles Long, 30 to 50 Miles Wide, and Has An Average Depth of 20 Feet

Perhaps no salt ponds anywhere in the world possess so many natural advantages as the Great Salt Lake, says Stanley W. Todd, in Popular Mechanics Magazine. Lying as it does in one of the great valleys of the Rockies, on the eastern edge of the great basin, the lake extends north and south for 75 miles, while its width varies from 30 to 50 miles. It has an average depth of 20 feet and is 4,218 feet above the sea level. There is little rainfall throughout the year, and the ever-present sun, together with the flat shores, contribute to the ideal conditions of summer operation.

The lake has no outlet and the water is as nearly saturated with salt as it can be without crystallizing. Great strides have been made in recent years in the methods of making high-grade salt, both by the grainer and vacuum processes. Solar evaporation and grainer methods are used at Salt Lake, the mill being located at a place called Saltair. During the season when the harvesting is under way, the water is pumped from the lake at the rate of from 10,000 to 12,000 barrels a day, the pumping being carried on from ten to 14 hours.

**MOTHER'S COOK BOOK**  
by Nellie Maxwell

And you the marble statue all the time they praise and point at as preferred to life. Yet leave for the first breathing woman's cheek.

**Meals for the Family.**  
It is a wise plan to have a dozen or more ways of using stale bread crumbs where they may be easily referred to, in order to avoid repeating the same dish until it becomes tiresome.

Any crusts or small bits of bread if placed in the warming oven to dry may then be put through the meat grinder and are ready for countless dishes.

### Crumb Ice Cream.

Take one quart of medium cream, one tablespoonful of vanilla, one teaspoonful of almond extract and one and a half cupfuls of strained honey. Chill and freeze until thick and mushy, then open the freezer and add one cupful of brown bread crumbs. Continue freezing until firm. Remove the dasher and pack to ripen.

With the need for careful saving of flour somewhat over we will still use other cereals because we have learned their value and because they lend variety to our diet.

For the hot griddle cake to serve for the morning meal there is none which is better liked than that made from corn flour. If one is fortunate enough to have on hand plenty of buttermilk the cakes will be still better. Beat one egg, add enough buttermilk to make a batter with corn flour sufficient to satisfy the family, adding a teaspoonful of soda for each pint of buttermilk and salt enough to make them palatable. Beat well and fry on a lightly greased griddle. Cook them as thin as possible.

### Queen of Puddings.

Soak one cupful of stale but not dried bread crumbs in three cupfuls

of hot milk, add two tablespoonfuls of butter, the yolks of four eggs beaten with one-half cupful of sugar, and a teaspoonful of vanilla with a cupful of corn syrup. Pour into a buttered baking dish and bake forty-five minutes or until set. When the pudding is done spread it with a layer of jelly or jam and cover with a meringue using the whites of the eggs and a little powdered sugar. Brown and serve hot or cold.

### Bread Crumb Griddle Cakes.

Take one and a half cupfuls of bread crumbs, two cupfuls of sour milk and let stand over night; in the morning add an egg, a teaspoonful of soda, a half teaspoonful of salt and corn flour to make a thin batter; beat well and fry on a hot greased griddle.

A few bread crumbs added to chopped meat makes it go farther and crumbs used with escalloped dishes make the dish more nourishing and uses the waste bread wisely.

## Anthracite Coal in Use About One Hundred Years

It is only a little more than a hundred years, says the People's Home Journal, since anthracite coal has been used as fuel, the first attempts to burn it proving unsuccessful. Judge Jesse Fell of Fell house, Wilkesbarre, Pa., was convinced that "stone coal," as it was called, would burn; but his arguments were laughed at. Finally convinced that what was necessary was a strong draft, Judge Fell built a fireplace of brick with a bottom and front of iron grating. Piling the coal in this, he built a wood fire under it. Soon the coal was a red hot mass, and the neighbors flocked in to marvel at the sight and revel in the grateful warmth. That was in February, 1808!—People's Home Journal.