

SOLDIERS LIKED WAR BREAD

British Fighting Men Found That Health Improved Through Use of Unbolted Wheat Meal.

A little more than a century ago, when Britain had been fighting for years against Napoleon, food became very scarce. Following is from a book on bread-making, written by Sylvester Graham, in 1837:

"In order to conserve wheat as much as possible, the British government ordered that the army should be supplied with bread made from unbolted wheat meal, i. e., simply the wheat ground without having the bran or middlings removed. The soldiers were at first displeased with the bread and refused to eat it, even casting it from them in great rage, but after two or three weeks they began to be much pleased with it and preferred it to the fine-flour bread.

"The result of this experiment was that not only was the wheat made to go further, but the health of the soldiers improved so much and so manifestly, in the course of a few months that it became a matter of common remark among themselves and of observation and surprise among the officers and physicians of the army. They expressed themselves with confidence and zeal on the subject. The public declared that the soldiers were never so healthy and robust. The public papers were for months filled with praise of whole-wheat bread, and it was regularly introduced into families.

"Still, after this experiment with such happy results and so general and full a testimony had been given in favor of the coarse-wheat bread, when large supplies of superfine flour came in from America, and the crops from home became again abundant and the act of parliament regarding the food of the army became extinct, most of the people by degrees returned to their old habits of eating fine bread."

SURGEONS DO GREAT WORK

Rehabilitation of Wounded Soldiers Seems Little Short of Miraculous to a Civilian.

Foster DeBorville of South Orleans, N. J., on a recent tour through France and England, visited the armies at the front, and speaks with enthusiasm of their indomitable spirit and unflinching hopefulness.

In commenting he speaks on the work done for wounded soldiers:

"The men in English cities, of whom I saw hundreds, without legs or arms, or with reconstructed faces, and those in hospitals in process of being mended, all had the same words: 'If only I could go back again.' And this brings me to another wonderful thing, and that is the way the hospitals are performing miracles. When finally, sometimes after months and months of treatment, the reconstructing process is finished, the men are taught trades and placed in positions so that they are enabled to take up their lives again with a large degree of happiness. Straps operate as muscles on artificial legs and arms; and I have seen such men swing a hammer, play golf, knit, or work at lathes. It is almost incredible what is being done. Hats off to the doctors, I say!"

The United States government will apply the same methods of reconstruction to those of our boys that are disabled or crippled.—Marion Couthney Smith.

Saccharin Not Injurious.

Some quite unfounded statements have been made to the effect that saccharin disturbs the digestion, injures the kidneys, or is even responsible for gastric carcinoma. There is no evidence that saccharin or its allies has any effect whatever on the economy even when it is used in quantities larger than are required to sweeten foods and beverages to suit ordinary tastes. And this, in spite of the fact that saccharin has been in use for more than a quarter of a century.

The mere fact that it is an artificial substance remotely derived from coal-tar does not necessarily render it poisonous, as some seem to suspect. At the same time it is, of course, valueless as a food in the sense in which sugar is a food, and even as a flavor it is to most tastes inferior to the natural substance.—British Medical Journal.

Rubber in Japan.

The rubber manufacturing industry in Japan has developed greatly within the past year in the scope and variety of its products. In the export trade, too, its importance is increasing. The growth of the industry may be seen from the steady increase in the import of crude rubber. The official trade returns state that the import in 1917 totaled 9,689,632 yen over the figure for 1915. Formerly most of the automobile tires used in Japan were imported into that country, but now the greater part of Japan's needs are supplied by domestic manufacturers. The export of automobile tires has also begun with the development of rubber plants in Japan.

Girls Herding Sheep.

Herding sheep—the loneliest job in the world—is the latest industry to attract women. Wyoming ranchers have given so many men to the war that sheepherders are very scarce. Hence Misses Lulu Munson, Belle Patterson and Grace Keenan, Campbell county lassies, have become sheepherders at a wage of \$50 a month and "found." They have been employed by B. J. Reno, and each girl acts as guardian to 2,500 "woolies." These girls are said to be the first feminine sheepherders in the United States.

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FROM PALACE OF PHARAOH

University of Pennsylvania to Have Pillar That Once Adorned Ruler's Throne Room.

The first word in a long time from the Eckley B. Cox expedition to Egypt has been received at the University of Pennsylvania museum from Dr. Clarence S. Fisher, its leader. Doctor Fisher reported excellent success during the winter explorations at Denderah, the ancient capital of Egypt, up the Nile.

In April he returned to Memphis and continued his work of uncovering the palace of Merenptah, who is identified by many Biblical scholars as the Pharaoh of the Oppression, whose stubbornness brought on the plagues. If this is correct, the great hall and throne room of the palace, which has now been completely uncovered, was the scene of the appearance of Moses

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ITALY HAD FIRST PAWNSHOP

From That Country the System Gradually Spread Over the Rest of the Civilized World.

The French call them monts-de-piete, but no satisfactory explanation for this nomenclature is forthcoming. The establishment of municipal pawnshops in France was attended with more difficulty than was the case in other countries.

It is from Italy that the idea of municipal pawnshops spread over the rest of Europe. A municipal pawnshop was set up in Madrid in the year 1705, when a priest with very little capital opened up an "uncle." The system was tried at Avignon in 1577, but it was not until the year 1777 that Paris itself was provided with a mont-de-piete. The national assembly upset the monopoly and the business passed into private hands. The extortions of the pawnbrokers in time led, however, to a demand for the re-establishment of the governmental institutions. In 1804 Napoleon re-established the monopoly, regulating it by laws that are still in force. The interest charged amounts to about 7 per cent.

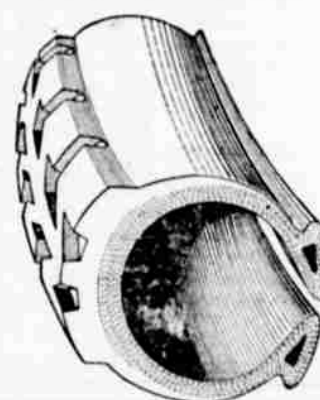
In Paris the mont-de-piete is in effect a department of the administration, but in the provinces it is a municipal monopoly.

Italy's Greatest Harvest. Italy's soil, which has been cultivated continuously for thousands of years, promises this year to produce the greatest harvest of wheat ever reaped in that country. An Italian professor, a member of a university delegation which visited London recently as guests of the ministry of information, announced that owing to the abundant harvest expected in 1918, he had reason to believe that Italy would be for the first time self-supporting in the matter of grain.

To Visit Daughter—Mrs. J. S. Van Winkle went to Silverton this morning to visit her daughter, Mrs. V. R. Heinz.

Went to Portland—R. H. Hughes went to Portland this morning.

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