

R. C. COOKING "HITS" FRANCE JUST RIGHT

Expert Dietitians Devise Palatable Menus for Soldiers in Hospitals and Canteens.

France is much interested in American cooking, which is truly a gratifying compliment to a nation which prints its fashionable menus mostly in French.

Three hundred trained dietitians are now in service in hospitals, canteens or kitchens on Red Cross hospital trains in France.

Red Cross Model Farms.

For the double purpose of providing enough fresh milk and vegetables for sick soldiers in hospitals and well soldiers in canteens and providing healthful outdoor exercise for the patients well along in their convalescence the Red Cross has established a number of farms and dairies in connection with hospitals.

But it is not alone for the soldiers that the Red Cross does some of its thinking in terms of cooking and food-stuffs.

The American Red Cross in France thinks in terms of huge figures, marvelous systems of transportation, tons of shipping space, and it also thinks in terms of the white of egg or orange juice for one single boy.

SHORT BUT EVENTFUL LIFE

Marie Pauline Bonaparte Crowded Many Adventures Into Her Few Years of Fortune's Smiles.

Marie Pauline Bonaparte was one of the numerous family of brothers and sisters of the great Napoleon.

Like the rest of them, she was born in Ajaccio and shared the rise of the family fortunes. When she was seventeen she married one of Napoleon's staff officers, General Le Clerc, and went to live at St. Domingo.

This sobered her a bit, and she accompanied her brother in his first exile to Elbe and begged, after his overthrow, to live with him at St. Helena.

A Drawback. "An automobile has a big advantage over a horse, as it never gets fatigued."

ADVICE TO "FLU" CONVALESCENTS

SPAIN AND ENGLAND REPORT INCREASE IN TUBERCULOSIS AFTER INFLUENZA EPIDEMIC.

U. S. Public Health Service Warns Public Against Tuberculosis, One Million Cases Tuberculosis in United States—Each a Source of Danger.

Influenza Convalescents Should Have Lungs Examined—Colds Which Hang On Often Beginning of Tuberculosis. No Cause for Alarm if Tuberculosis is Recognized Early—Patent Medicines Not to Be Trusted.

- Beware tuberculosis after influenza. No need to worry if you take precautions in time. Don't diagnose your own condition. Have your doctor examine your lungs several times at monthly intervals. Build up your strength with right living, good food and plenty of fresh air. Don't waste money on patent medicines advertised to cure tuberculosis. Become a fresh-air crank and enjoy life.

Washington, D. C.—(Special)—According to a report made to the United States Public Health Service, the epidemic of influenza in Spain has already caused an increase in the prevalence and deaths from pulmonary tuberculosis.

In order that the people of the United States may profit by the experience of other countries Surgeon General Rupert Blue of the United States Public Health Service has just issued a warning emphasizing the need of special precautions at the present time.

One Million Consumptives in the United States.

"Then you consider this a serious menace?" was asked. "In my opinion it is, though I hasten to add it is distinctly one against which the people can guard. So far as one can estimate there are at present about one million cases of tuberculosis in the United States. There is unfortunately no complete census available to show exactly the number of tuberculosis persons in each state despite the fact that most of the states have made the disease reportable.

What to Do. In his statement to the public Surgeon General Blue points out how those who have had influenza should protect themselves against tuberculosis.

Patent Medicines Dangerous in Tuberculosis. "Above all do not trust in the misleading statements of unscrupulous patent medicine makers. There is no specific medicine for the cure of tuberculosis. The money spent on such medicines is thrown away; it should be spent instead for good food and decent living."

HE HAS ANSWERED HIS ROLL CALL—WILL YOU?



By courtesy of Fitzpatrick.

colosis every effort should be made to keep them so. This can be done by right living, good food and plenty of fresh air."

Danger Signs.

The Surgeon General warned especially against certain danger signs, such as "decline" and "colds which hang on."

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Monarch's Costly Whim.

King Alfonso's ruined palace of San Ildefonso at La Granja is one of the freaks and one of the glories of Spain. It was a Bourbon monarch who invented it—at the beginning of the eighteenth century, Philip V was out hunting one day and rested at a sunny farm called the Grange, occupied by monks.

But the king compelled the mountain to obey him. He blasted smooth places on precipitous slopes, carrying away thousands of tons of earth and stones, and from the valley below he brought up miles of fertile earth to form new fields and gardens.

MANY LIVES SAVED IN MINNESOTA FIRE

Heroic devotion to duty on the part of Red Cross workers in northeastern Minnesota saved hundreds of lives, soothed untold pain and fed, housed and comforted tens of thousands of homeless refugees in the awful forest fires which devastated a district of 160 square miles.

The Duluth Red Cross immediately formed a committee, opened the armory, the churches and the courthouse as a temporary refuge for the victims. The canteen service in Duluth and also in Superior, Wisconsin, served hot meals. The First Aid Department of the Nursing Service had physicians and nurses ready to meet all the incoming trains, and the Motor Corps scoured all the roads leading out of Duluth, bringing in hundreds of people who were exposed to extreme peril, and worked for 24 hours without pause for rest.

UNIVERSAL MEMBERSHIP.

The purpose of the Red Cross Christmas Roll Call, expressed in the fewest possible words, is to see that every man and woman in every city and community throughout the United States, and wherever Americans may be, has the opportunity to join the Red Cross or to renew his or her membership.

Nothing short of universal membership is the goal. A 1918 Red Cross membership button is to be given to each member enrolling, as well as a Red Cross Service Flag, with a cross for each member of the family enrolled.



The Greatest Mother in the World Join the Red Cross All You Need is a Heart and a Dollar

Gather Wisdom From Others. It's dangerous policy to consider yourself above the other man's message. If you're so superior your fellows will never be content to let you sit in silence.

FROM MINDS' SECRET PLACES

Come the Materials for Dreams Which Sometimes One Finds So Hard to Explain.

When the Red Cross Takes Your Christmas Dollar to France

You read a book and forget every word of it. Years later a scene from the same book will come into your mind as a dream; you will not recognize it and will marvel where it came from.



S. HEALTH SERVICE ISSUES WARNING

Increase in All Respiratory Diseases After the Influenza Epidemic Probable.

Influenza Expected to Lurk Months. How to Guard Against Pneumonia, Common Colds Highly Catching—Importance of Suitable Clothing—Could Save 100,000 Lives.

Washington, D. C.—With the subsidence of the epidemic of influenza the attention of health officers is directed to pneumonia, bronchitis and other diseases of the respiratory system which regularly cause a large number of deaths, especially during the winter season.

Common Colds Highly Catching.

It is encouraging to observe that people are beginning to learn that ordinary coughs and colds are highly catching and are spread from person to person by means of droplets of germ laden mucus.

Suitable Clothing Important.

"Still another factor in the production of colds, pneumonia and other respiratory diseases is carelessness or ignorance of the people regarding suitable clothing during the seasons when the weather suddenly changes, sitting in warm rooms too heavily dressed or, what is even more common, especially among women, dressing so lightly that windows are kept closed in order to be comfortably warm.

Could Save 100,000 Lives.

"I believe we could easily save one hundred thousand lives annually in the United States if all the people would adopt the system of fresh air living followed, for example, in tuberculosis sanatoria.

Droplet Infection Explained in Pictures.

The Bureau of Public Health, Treasury Department, has just issued a striking poster drawn by Berryman, the well-known Washington cartoonist. The poster exemplifies the modern method of health education.

many millions who toll for their living would have had no time and no desire to wade through the technical phraseology."



Copies of this poster can be obtained free of charge by writing to the Surgeon General, U. S. Public Health Service, Washington, D. C.

SETTLED QUESTION OF VOTE

Decision of English Registrar Almost Worthy to Rank With That Made Famously by Solomon.

Not since the days of Solomon, perhaps, has a more perplexing problem confronted a judge than that recently presented to an election registrar in England. A certain voter possessed a house which stood half in one parish and half in another.

King Victim of His Own Jest.

Probably the greatest admirer of perfumes among the old Asiatic monarchs seems to have been Antiochus Epiphanes the illustrious king of Syria, according to Don Martin, who has gone into this perfumery question for the Los Angeles Times.

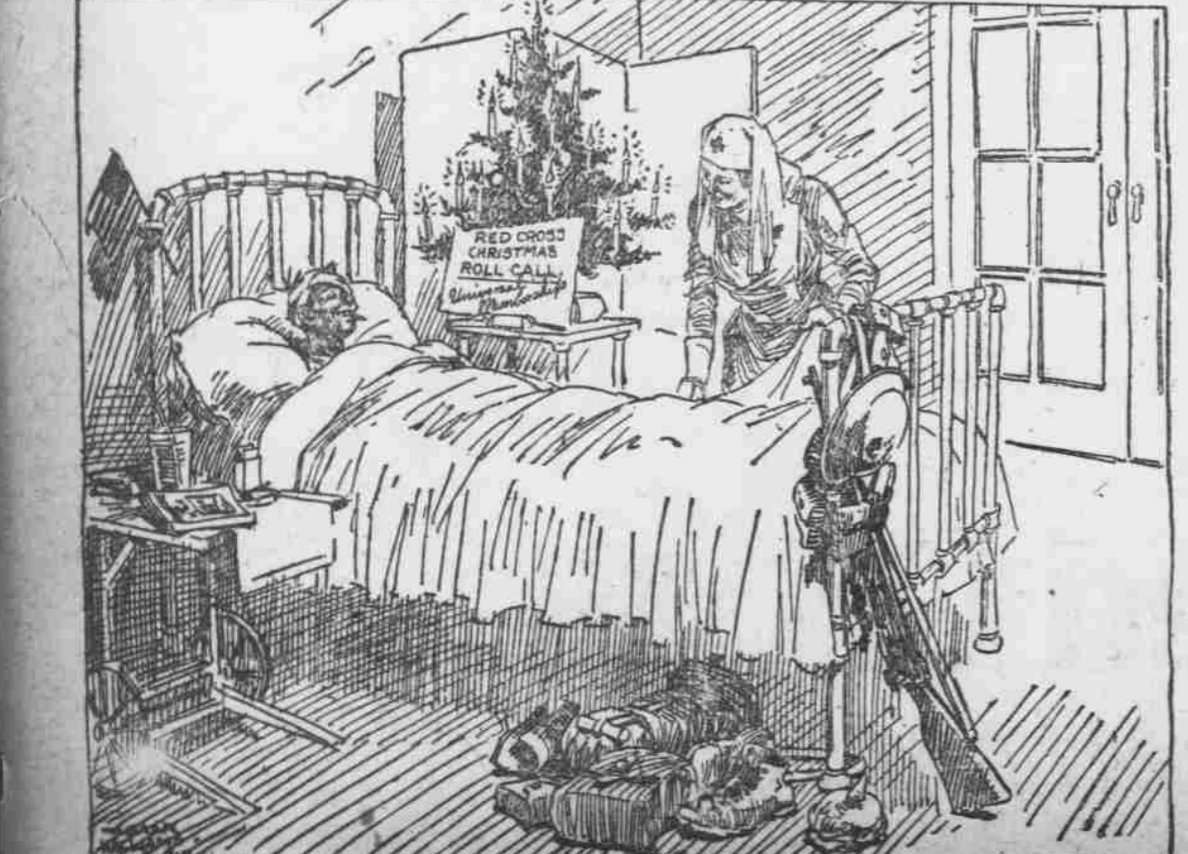
The Tomato in History.

Edward Albes of the Pan-American union, in discussing the matter of the tomato, said a number of years ago that the word "tomato" seems to be of Aztec origin, and given as "tomatl" by some authorities and as "trotamate" by others.

Far From Angry.

She—"I'm afraid papa was very angry when you asked him for me, Jack, dear." He—"Not at all; he asked me if I couldn't introduce a couple of young men who might take your two sisters off his hands."—Boston Evening Transcript.

Universal Membership Means More Than Money



Courtesy of G. Leroy Baldrige, The Stars and Stripes, France.