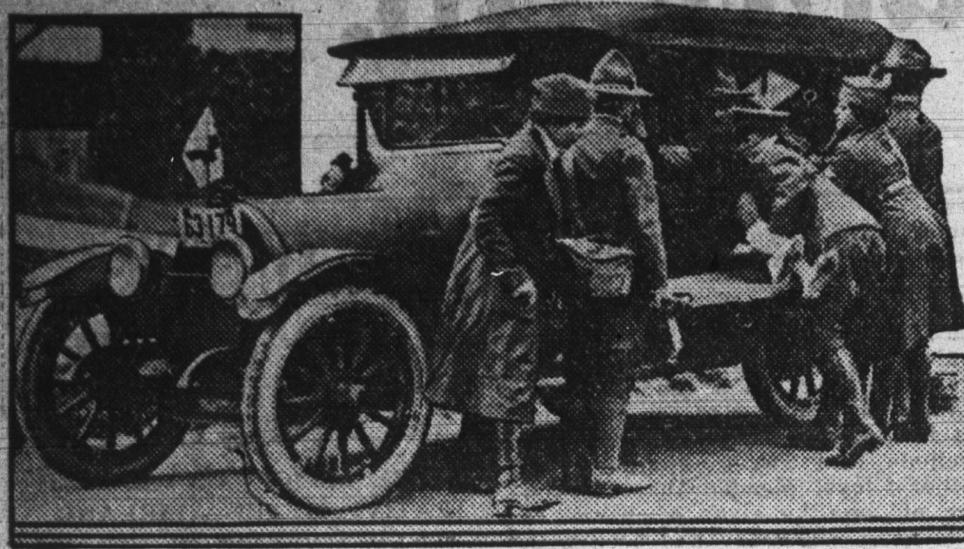


WOMEN IN THEIR FIRST ACTIVE WAR DUTY



Members of the women's motor ambulance corps of the American Red Cross are now engaged in active field work. The picture shows the first actual duty performed by members of the corps, when two sick soldiers were transported from a camp "somewhere in Virginia" to the engineer barracks hospital in Washington. Mrs. William Colby Rucker, wife of a doctor in the public health service, drove the car and Mrs. M. R. Blumenberg acted as her helper. They were selected for the task by Mrs. J. Borden Harriman, organizer of the corps. The trip was made over rough roads in good time. Mrs. Rucker is at the left of the picture and Mrs. Blumenberg at the right. Captain Phelps of the Army War college is helping one of the soldiers to a stretcher. The other sick man is in the machine.

Most Women Serve Too Many Varieties of Food at One Meal, Says College Expert.

Food conservation is quite as important as food production. People of this country can profit by the experience of European nations at war, and at the same time effect a great saving in their living expenses. European peoples started conserving food when they were forced to do so, but the people of this country can avert the necessity by beginning now. These are the conclusions of food experts.

Miss Bab Bell of the Missouri College of Agriculture is of the opinion that most women serve too many foods at a meal. "A meal may be well-balanced and appetizing, and still be subject to reduction without loss to body needs," said Miss Bell. "By cutting down the number of foods served the cost of meals can be materially decreased. Furthermore, there is no necessity for folks to eat more than they need. By doing without the excess which is usually consumed, we can make available just that much more food for future needs."

Miss Bell cited the following meal as typical: "Clear soup, macaroni and cheese, lettuce and beet salad, apple sauce, bread and butter, cream pie." This meal will be just as well balanced and much more economical if it is simplified thus: Macaroni and cheese, lettuce salad, bread and butter, apple sauce.

"In like manner," she concluded, "in planning meals, see first that the necessary classes of food are represented and then see how few dishes may be served, rather than how many."

Poultry Pointers.

Do not allow ducklings and goslings to swim, for that checks their growth.

A late-hatched chick well grown is more profitable than an early chick that has been neglected.

Never allow growing chicks to occupy the same yards or to run with the matured fowls, but keep the youngsters separate on clean ground.

Much of the profit in poultry raising depends on whether the chicks grow rapidly and uniformly, and that means whether they have the right kind of care and feed.

There is no economy in feeding entirely on one grain, or even two grains, because better results can be obtained for less money if a variety is furnished the fowls and chicks.

Although young geese will sometimes pick up enough food to keep from starving, they will not make enough growth to be profitable unless fed liberally when young and given enough feed to make up, with what they get on the range, a full ration.

Clean ground, where other chicks or fowls have not been during the season, is necessary for the best results with little chicks, especially the late-hatched ones, because ground which has been used by others is likely to be more or less foul and may contain disease germs.

Be sure that ducklings and goslings are given water in dishes, fountains or troughs large enough so that the most of the flock can drink at one time during meals, and so arranged that each can get its head into the water up to its eyes but cannot tip the dish over or get its feet into the water.

Around the World.

Panama taxes retail stores. Argentina imports beer supplies.

Greeks in America are adopting sandals.

Spain is to have a second auto factory.

London tailors have won increased wages.

United States now supplies half the world's coal.

British Columbia is increasing paper pulp output.

French capitalists are developing Spanish coal mines.

United States authorities refuse to change name of Mount Rainier to Mount Tacoma.

CANNING FRUIT WITHOUT SUGAR

Fruit for use in pie or salads or as stewed fruit can be put up or canned without the use of any sugar at all, according to the canning specialists of the government. They, therefore, advise those who, because of the high price of sugar, have been thinking of reducing the amount of fruit they put up, to can as much of their surplus as possible by the use of boiling water when sugar syrup is beyond their means. Any fruit, they say, may be successfully sterilized and retained their natural flavor, texture and color as well as fruit put up in syrup. Fruit canned without sugar to be used for sauces or desserts must be sweetened.

Can the product the same day it is picked. Hull, stem, or seed, and clean the fruit by placing it in a strainer and pouring water over it until it is clean. Pack the product thoroughly in glass jars or tin cans until they are full; use the handle of a tablespoon, wooden ladle, or table knife for packing purposes. Pour over the fruit boiling water from a kettle, place rubber and caps in position, partially seal if using glass jars, seal completely if using tin cans. Place the containers in a sterilizing vat such as a wash boiler with false bottom, or other receptacle improvised for the purpose. If using a hot-water bath outfit, process for 30 minutes; count time after the water has reached the boiling point; the water must cover the highest jar in container. After sterilizing remove packs, seal glass jars, wrap in paper to prevent bleaching and store in a dry, cool place.

If you are canning in tin cans it will improve the product to plunge the cans quickly into cold water immediately after sterilization. When using a steam-pressure canner instead of the hot-water bath, sterilize for ten minutes with five pounds of steam pressure. Never allow the pressure to go over ten pounds.

PREPARE

By GEORGE M. ADAMS.

Success can never be without Preparation. Preparation means to get ready—to be able to carry out the more important tasks of life as they come along.

Prepare today for the Obligations of tomorrow.

You who learn to Control yourself and stand calm in the midst of disappointments and failures, as well as in the midst of success and victory, are accumulating a reserve sure to hold strong and steady for the times of stress, confusion and chaos. Prepare for the emergencies to come. Prepare by courageously facing and solving every problem that comes to you daily.

The big affairs of today call for the trained man—for the one who is Prepared.

Consciously or unconsciously, you are Preparing, for something. Seek and find out what that something is, and when you find it, concentrate in double Preparation upon it. No man knows what his Preparation today may mean to him tomorrow. But he is sure that if it is Conscientiously done to a purpose, in this Preparation, he is making the soundest possible investment for his future career.

To Prepare today means to Know How tomorrow.

Blackbirds of Two Kinds; One Deserves No Quarter, Other Has Good Qualities.

The lark has two sable relatives, very numerous, which have long been of ill repute. One is the grackle, our common big, smoky keel-billed "blackbird," and he deserves the black eye he has (actually, by the way, that organ is of a maniacal straw yellow), and his place in the list of birds without protection. He does destroy many bad bugs, especially cutworms and other ground infesting nuisances, but he also punishes the grain, spoils a deal of corn in the milk and systematically raids the nests of his smaller neighbors, the weed seed gleaners and small insect scourges, breaking their eggs and braining their helpless young. So it might be all right to eat grackles if grackles were not decidedly too tough and strong to eat.

But the other blackbird, the redwing, that fine steel black march bugler with the orange scarlet epaulettes, can be eaten, can when shot in autumn be slaughtered wholesale with the spreading charge of a shotgun, and although he too takes some toll of the grain and the corn in ear investigation has established his overbalancing worth.

War Museums.

The war museum of the Avenue Malakoff, in Paris, is to have counterparts in London, as well as in Berlin. The Berlin scheme is a gigantic one, aiming at nothing less than a collection of everything printed in connection with the war. The London project, which is that of Sir Alfred Mond, has only just been sanctioned by the cabinet. It seems that one of its most interesting features will be a collection of the proclamations issued in various parts of the empire during the war, among which will be the Bagdad proclamation, and such contrasts as the stately proclamation of the city of London and that issued in "pidgin" English to the natives of New Guinea.

Proof of It.

"The young man our rich neighbor's daughter is going to marry is a very promising young man, they say."

"I know it is. He has promised to pay me the money he owes me when he gets hold of hers."

MOTHER'S COOK BOOK

The best things are nearest; breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the power of God just before you. Then do not grasp it too hard, but do life's plain, common work as it comes, certain that daily duties and daily bread are the sweetest things of life.

Attractive Ways With Gooseberries.

Each fruit in its season is welcome, bringing with it its own delightful flavor to add to the pleasures of the table.

Gooseberry Soup.

Take two pounds of gooseberries, two quarts of water, two cupfuls of sugar, two tablespoonsfuls of cornstarch, the yolks of two eggs and an inch stick of cinnamon. Wash the gooseberries and put them into a saucepan with the water and sugar.

Gooseberry Marmalade.

Put the berries into a saucepan, allowing a half-cupful of water to each quart of fruit, and let them cook until quite soft. Then rub them through a sieve fine enough to keep back the seeds. Measure this pulp, using equal measures of sugar. Put the sugar into the saucepan with water enough to moisten it and boil until it forms a soft ball in cold water. Then add the

pulp and cook until thick and jelly-like. Put into jars or glasses and cover tightly.

Gooseberry Trifle.

Wash a pound of gooseberries and stew them until soft with one cupful of water and a half-cupful of sugar. Rub them through a sieve and put the pulp in a glass dish to chill. Pour over it one and one-half cupfuls of custard. Beat one cupful of cream, sweeten and flavor it to taste and heap it on top. Decorate with crushed macaroons and shredded almonds.

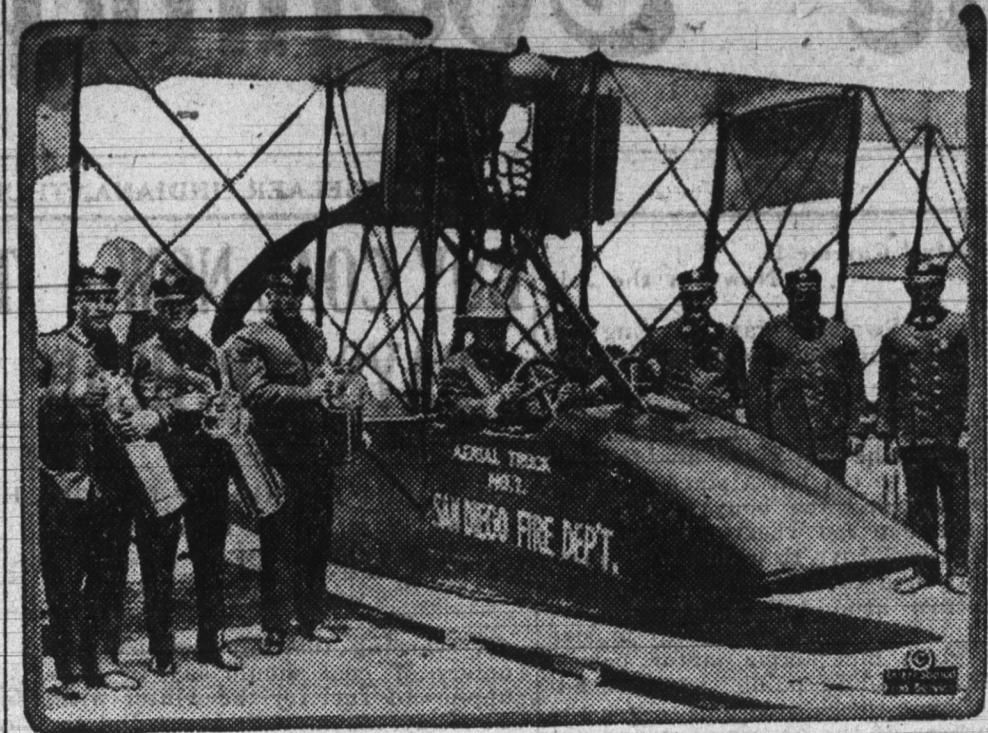
Nellie Maxwell

Bargain in Islands.

La Gobernadora, an island, five miles long and four miles wide, in the Pacific, just 100 miles from the Panama canal, and nearer that waterway than any insular possession of the United States, a little dot in the mighty ocean, and described as a gem, is offered for sale, says an exchange. It would, it is said, have been purchased by Germany long ago, but it was owned by Mme. L. Ruecke-Vallarina, a Parisian, who would not sell it to that nation, or to anyone likely to do so, no matter what the consideration. Circumstances growing out of the times now compel Mme. L. Ruecke-Vallarina to replenish her cash resources, but she will strive to hold the island, at any cost, rather than have it pass into the hands of interests to the United States. Perhaps Uncle Sam may, at least, take the trouble to look at it.

Proverbs are pebbles of thought which people gather up to throw at one another.

AERIAL FIRE DEPARTMENT IS LATEST



San Diego, Cal., is laying claim to being one of the most progressive communities on the map. San Diego has everything any other city in the country has, and in addition has the first and only aerial municipal fire brigade in the United States, and, it is believed, in the whole world. The picture shows the aerial fire patrol, with the chief and his aviator.

PRESIDENT WILSON SETTLES SHIP ROW

President Takes Hand in Dispute Between Denman and Goethals.

VESSELS NOW BEING BUILT

Both Wooden and Steel Ships Will Be Constructed for Merchant Marine to Carry Food and Supplies Across the Water.

By EDWARD B. CLARK.

Washington.—President Wilson has taken a hand in the controversy which has raged hotly for some time over the question as to whether steel ships or wooden ships should be built to give us a merchant marine which can carry food and supplies quickly across the water. Both steel ships and wooden ships will be constructed.

Washington officials say that what the administration, and doubtless the American people with it, have desired, is that ships shall be built as quickly as possible. Major General Goethals, who was put in charge of the shipping program, and William Denman, admiral lawyer, who is the head of the shipping board, differed in opinion as to whether steel or wooden ships should be built, and the controversy became so furious that the president had to take a hand. Now both steel and wooden ships are in the first stages of construction, and probably by next January many of the wooden ships will be carrying cargoes to Great Britain, France and Italy.

It is no secret in Washington that the administration for a long time was pretty close to the point of anger over this row between the soldier and the admiral lawyer. There are certain things which make it appear that in administration circles there is a feeling that the wooden ship program, as a quick-moving proposition, has appealed strongly to the president, but

NOW ALBANIAN PRINCESS



The marriage of Mrs. Helen Kelly Gould Thomas to an Albanian prince has just been confirmed by relatives in this country.

Princess Vlora's father was Edward Kelly, and her grandfather Eugene Kelly, a prominent financier of his generation.

She is in her early thirties. Her first marriage was to Frank Jay Gould at the age of seventeen. After

eight years of married life she sued for divorce.

There are two children of this marriage, Helen and Dorothy Gould.

About a year after she became the wife of Ralph Hill Thomas, wealthy sugar man, Mr. Thomas died on New Year's eve, 1914, leaving his wife the bulk of a \$2,000,000 estate.

The former Mrs. Gould met her present husband at St. Moritz, Switzerland, in December. When the disturbed Balkans settle down, if that ever happens, her newest husband will take her to Albania, where she will be known as the Princess Vlora.

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GREAT ACTIVITY

ON RIVER CLYDE

Twenty-Two Miles of Factories Turn Out Hundreds of Standardized Ships.

Visit to the Great Plants Explains Lloyd-George's Confidence That the German Sea Menace Will Be Beaten.

Glasgow.—A day on the River Clyde helps explain Lloyd-George's confidence that the submarine menace will be beaten.

A snare-drum roar from thousands of steam riveters and a battlefield of drumfire of crashing hydraulic hammers; unending miles of wooden and steel scaffolding with workmen swarming over them like flies; towering cranes that look capable of lifting a county courthouse and setting it down in the next county; these are some of the reasons.

Girls—thousands and thousands of tresserettes—furnish so many additional reasons.

And then there are certain reasons visible to the eye concerning which secrecy is imposed. They constitute a method of direct warfare against submarines and are already proving their effectiveness, but more than that cannot be told.

Twenty-Two Miles of Factories.

The Clyde was the greatest ship-building center in the world before the war began. Now it dwarfs its own activities of three years ago. For 22 miles on one side of the river immense plants crowd against one another; the same is true for half the distance on the other side of the river. Soon it will be the whole distance on both sides.

The world's biggest fighting craft went the ways here a few days ago, but work stopped many months ago on what was to be the world's biggest merchant ship. Instead, smaller ships and more of them are being built. Rows on rows of skeletons, some bare, some partly dressed in their armor plate, show how the new policy of building standardized ships is being carried out. Builders report it means a 40 per cent gain in speed of construction.

"Unless the destructiveness of the German submarines is greatly increased, the extension of British shipping will quickly take care of the situation by autumn," said Fred Lohritz, munitions director for Scotland. "This does not take into account the huge preparations under way in America."

The fact that they are compelled to rely on women and girls for an immense proportion of their labor has ceased to be considered a handicap, the shipbuilders say. Aside from such work as calls for sheer muscle, they declared, the women are completely qualified as proved by the fact that they are averaging a larger output per person than men in the same work averaged—before the war. The same increase in output since the war began, of course, has been shown by the men.

DO NO HEAVY WORK.

Women are used chiefly in work where automatic devices take the heavy lifting off their hands. Thus feminine hands are seen turning out 15-inch shells practically without masculine assistance; doing the bulk of