

WAR DIET CUTS DOWN FAT MEN

Alipose Parisian More Normal as Result of Rationing.

HEALTH ALSO IS IMPROVING

Simpler Life and Curtailment of Drink Having Beneficial Effect—Forcing People to Walk More Causes Improvement in Health—Deaths From Tuberculosis Decreasing, According to Statistics.

It took a war and restriction in the consumption of food to demonstrate that Paris was too fat and ate too much, writes Milton V. Snyder in the New York Sun. That formerly it pampered its stomach to such an extent that its health was affected and its death rate swollen is shown by the figures published in the Weekly Bulletin of Municipal Statistics. Undoubtedly the same conditions apply to all France to a lesser degree, however, as the provinces have not been as greatly affected by restrictions on meat and flour, being nearer the sources of production. But the health of the capital has distinctly improved under the war regulations affecting diet and habits of life.

The figures in the Bulletin are official and show that for the month of June the deaths in Paris numbered 565, compared with an average of 603; for July, 522, compared with 615; for August, 588, compared with 706; for September, 587, compared with 638. In the winter the number of deaths will more nearly approach the average, owing to winter maladies which are less affected by food conditions.

Population Not Decreased.

The question will be raised immediately: Does not this decrease in the total number of deaths simply mean that Paris now has fewer people? The municipal statistical service, although an exact census of the actual population of Paris, fixed and floating is impossible, says no, for the following reasons: First, in the five preceding years from which the average figures were computed, there were two and a half years of war; second, in place of the men gone to the front Paris now has thousands of refugees, foreigners and women from the provinces. Besides, the men sent to the front represent the healthiest portion of the population, while the proportion of those least able to resist disease, children and old persons, to say nothing of refugees, often much weakened, has been increased.

There are also certain restrictions not of an alimentary nature that must be considered in accounting for the betterment of the general health. The decrease in means of locomotion, fewer cabs, private automobiles, omnibuses and street cars has made people walk more. The reduction in street lighting and the closing of the restaurants and cafes at 9:30 have been responsible for more home life, which means that much less time spent in cafes, theaters and less going out at night, consequently to other places which with some persons leads to alcoholic excesses and for others numerous chances of contracting contagious diseases such as, grippe and pneumonia.

More Daylight a Benefit.

Finally the putting back of the clock one hour during more than half of the year has had the most beneficial effects. People have stayed longer out in the sunlight—the great purifier of the air of cities and the destroyer of noxious germs, which work best in shadow and darkness.

The direct results of the food restrictions, which have affected nearly every one, were due to the following causes: The rise in the price of comestibles, the decrease in the consumption of bread, principally because the first war bread was unpalatable, and the rationing of sugar, meat and fish.

TELLS OF WOMAN'S WORK IN THE WAR

Plenty of Food for All.

HER SUCCESS IS REMARKABLE

She Has Invaded the Shop, Elevator, Street Car, Taxicab Field and Dozens of Other Places Formerly Listed as "Man's Domain"—Experts Say Women Are More Painstaking and More Conscientious Than Men.

A curious effect, visible to every one, was that many people grew thinner. Outside of the general decrease in the usual amount of food because of increased cost this loss of fat can be logically attributed to the lessened consumption of the foodstuffs which are the principal factors in putting on fat—bread and sugar and pastry, which last unites the combined effects of sugar and flour. This loss of fat will benefit the health of a city, as those thus affected compose that part of the population which each year furnishes the greatest percentage of deaths attributed to diabetes, arterio sclerosis, heart and kidney troubles.

At the same time there is plenty of food for all, the only hardships imposed by the restrictions being felt by persons in delicate health who are deprived of delicacies. Persons with normal appetites are not affected by the restrictions. The general result has been an improvement in the general health.

As to the victim of a disease in which loss of weight is serious and a generous diet necessary, for example, tuberculosis, they too seem to have benefited by the restrictions. This may be only apparent and due to the fact that invalids of this class are largely in hospitals where they lack for nothing or may have left Paris for the country where life is easier. But statistics, which do not lie, show that the number of deaths from tuberculosis has been much less than the number in preceding years.

It is many years since so few consumptives died in Paris as this year. There are months, as in August, for example, where, as against the usual average of 153 the weekly deaths have been 135, 135, 115 and 98, or for the entire month a total of 461, compared with the average of 612.

DOG'S FINE COFFIN

Buried in One That Was Trimmed With Velvet and Silk.

High cost of living did not interfere with the plans of Mme. Rita Elandi, an operatic star, when Kiki, her Pomeranian dog, died suddenly at Mount Clemens, Mich. The dog was of aristocratic parentage, coming from the royal kennels of Bulgaria.

The madame engaged the services of a veterinarian as well as a nurse, who remained on duty constantly.

When notified of the dog's passing Mme. Elandi broke down with grief. She ordered a special casket of white velvet with silk trimmings and the pet was encased. Thomas Duncan of the hotel wore a band of crepe on his arm to help appease the famous singer's grief, and burial was in a rose garden. Mme. Elandi ordered a granite slab to mark the resting place of her pet. Fine floral pieces sent by guests are resting on the new-made grave. The cost of the funeral was over \$75.

SONS UNDER THREE FLAGS

One Woman Has Four Engaged in War Service.

Mrs. Katherine Hopf of Valley Falls, Kan., has not only given four sons to the war, but these sons are following the flags of three nations. Two sons are in the German army, one is in France, interned at the beginning of the war, and the other is training with the American army at Camp Kearny, Cal.

The son interned in France is in northern Africa, where he has charge of some gardens. Mrs. Hopf hears from him occasionally, but has received no word from the two sons in Germany since the outbreak of the war. She probably will not hear from them again until the war ends.

Adolf Hopf, who decided to follow the Stars and Stripes, used to live in Valley Falls. He enlisted last spring.

"DE LUXE" NOW CARRIES TAX

France Has New Measure to Raise Additional Revenue.

In the latest supply bill voted by the French chamber of deputies, which is intended to raise \$200,000,000 additional revenue, there is one curious clause that creates a distinct class of purveyors of public comforts.

A tax of 10 per cent on all payments for lodging, accommodation, food, drink in first-class establishments of any kind, in hotels, restaurants, cafes, pastry cooles and tea shops will be imposed. A list of such establishments will be drawn up by local committees appointed by the commercial tribunals. As compensation for this tax all such establishments will have the privilege of styling themselves "de luxe." No other establishments will, by law, be allowed to call themselves "de luxe."

SELL COFFEE FOR LIQUOR

Negroes in Oklahoma Take Advantage of Scarcity of Booze.

Several negroes here are taking advantage of the extreme scarcity of liquor of all kinds and are making a good living selling coffee at the usual high price, \$4 to \$8 a quart.

The plan is to get a stranger and offer to sell him a quart of liquor at a good price. The coffee is bottled and wrapped in a newspaper, and the purchaser thinks he has good liquor until he takes a "nip."

There is no redress in the law, but several men have been heard to threaten to punch a certain negro if they catch him.

YANKEE NURSES ARE KEPT BUSY

How American Lassies Fare on the French Front.

THEIR WORK IS APPRECIATED

Wounded Soldiers Deeply Grateful for Services Rendered by These Heroic Women—Nurses Live in Corrugated Iron Huts Heated by Stoves—One Says, "Horrible, Everything, of Course; Yet Intensely Interesting."

How fares it these days with American Red Cross nurses serving with the French and British armies? They live in corrugated iron huts heated with little pot-bellied stoves, and to be comfortably the women wear layers of woolen garments so that, as one girl wrote to her folks, "we look like Teddy bears."

Busy days and nights they are, with these American lassies in the British hospitals just back of the lines in Flanders, and vastly interesting, too.

"I am too tired this morning, after twelve hours of night duty, to write much," says a recent letter. "It has been unusually cold, and nearly the whole night I went from patient to patient, removing bandages and rubbing cold feet and legs with hot oil. The job wears me out, but the poor lads are so utterly grateful for the service that I feel well repaid."

Hears Tales of War.

In another letter the same young woman wrote:

"For at least half my time on duty today I've sat beside the stove in a group of Tommies and Jocks (English and Scotch soldiers), able to sit up and tell stories.

LITTLE GIRL IN MAIL

It Took 25 Cents' Worth of Stamps to Send Her Home.

Opal Davis, the little daughter of Mr. and Mrs. Ora Davis of Brownstone, Ind., was mailed home recently. The girl, who is about seven years of age, had gone to Clear Spring to visit relatives. When it was time for her to catch the train it was learned that it was snowbound. The roads were in such condition that no one wished to drive her through. The result was that her aunt decided to send the child by mail.

Opal was taken to the post office at Clear Spring and found to be within the weight limit of the first zone. It took 25 cents' worth of stamps to mail her with her clothing, and she made the trip to this place with Gilbert Ball, rural mail carrier. After the post office had taken due note of her arrival and saw that the stamps had been properly cancelled she was permitted to go home.

CLERGYMAN KILLS SNAKE

It Had Escaped From a Circus and Was a Terror.

A tropical snake, 7 feet 6 inches long, which has terrorized housewives at Frederick, Md., for two months, since its escape from a circus, was killed by the Rev. Dr. Grace D. Kidner, pastor of Trinity Methodist Episcopal church. The Rev. W. C. Miller of Mount Airy was a witness.

After dining at the home of a fellow minister, the two clergymen took a stroll in a park near by, finding a seat in a pavilion.

The snake appeared soon afterward, writing along the railing of the structure.

Miller hastened to a neighbor, borrowed a shotgun and returned to the scene, followed by a crowd. Doctor Kidner, electing to perform the slaughter, fired one shot, killing the reptile instantly.

PRaises RED CROSS

General Petain Says Work Is of Great Value to Army.

What is meant by the morale of an army is illustrated by a comment General Petain of the French army made to a Red Cross official:

"The work that the Red Cross is doing for France this winter is worth more than 1,500,000 American soldiers in the line in France today," he said.

With the knowledge that his wife and children are being cared for by the Red Cross, the French soldier is content to stay on the front and fight. That is what is meant by the improvement of the morale of the French army.

Thus every American woman who has knitted comforts or made surgical dressings or otherwise provided supplies for the Red Cross has contributed directly to the winning of the war.

FOUND BEADS OF WAMPUM

They Were Dug Out of a Pit Near a Lake.

A string of genuine wampum beads and Indian skulls and bones were found on the McCarthy farm near Fox Lake, Wis., in a gravel pit, which doubtless was an Indian burying ground years ago. The beads are a reddish gray, about one-sixth of an inch in thickness. According to Prof. Charles Brown of the University of Wisconsin they are genuine.

Dog Climbed a Tree.

A dog in Henniker, N. H., in pursuing a hedgehog, climbed from limb to limb of a tree to a height of 40 feet. It took the help of three boys to get him down.

FIL ISLANDERS EAGER TO HELP IN GREAT WAR

Contingents Enlisted to Aid the Mother Country Against the Germans.

HER SUCCESS IS REMARKABLE

The Fiji Islands are doing their "bit" toward helping their mother country England, and the allies win the war and already several contingents of Fiji's men have gone to the front, as well as two detachments of natives each 100 strong, who are now engaged in transportation work in France. Advances reaching here recently show that the officers of the allies are quick to select members of the Fijian contingents for commissions.

For some time earlier in the war there was some doubt as to whether men would go officially to the front from Fiji. Many men, in fact, brooked the delay and decided to go direct either by way of the Commonwealth of Australia, or the Dominion of Canada. Those first men were the pick of the colony's best in physique and height and those who have gone since were the result of a careful choice made as that Fiji would be represented by the best of her manhood.

These men have been accustomed to the open air and, in a measure, were in Fiji only because the spirit of enterprise was well developed in them. There is nothing surprising about the honor the men from Fiji have gained and the reputation they have made for themselves. It is generally believed that the percentage of men in the Fijian contingents and reinforcements who have gained commissions will compare favorably with any other unformed or dispatched under similar circumstances.

WOMAN CARRIES MAIL

Takes Her Husband's Job When He Joins the Service.

Patriotic co-operation of the post office department with Postmaster John F. Bachinger of Plymouth, Va., has resulted in the appointment of Mrs. Conrad Kramer as mail carrier of Route No. 1 in that town. Mrs. Kramer will be permitted the use of a horse and carriage in delivering mail.

The departure from old rules was taken for the reason that Mrs. Kramer was recently married, just prior to the time when her husband enlisted in the army and was assigned to service. In accordance with the rules of the department, the first substitute carrier on the list of eligibles was appointed, but immediately a request was made that Mrs. Kramer be appointed without examination until such time as her soldier husband could return to duty. The post office department acceded to the plan, and the young woman will go on duty immediately.

THE PATH OF THE HUN

By Clinton Seelard of The Vigilante.

Only a ravaged garth
Where the grass runs wild,
And an old bent woman there
With a little child.

Only a shattered tower
Bereft of its bells,
Where, with its sealed lips,
Gray silence dwells.

Only a fresh-heaped mound
With its grim pathos,
And a tilted soldier's cap
On a wooden cross.

Only the creeping wind
And the shrouded sun;
Only the pale gloom;—this
Was the path of Hun!

WHEAT FOR DUCK BAIT

30,000 Pounds of It Owned by Wealthy Men Seized.

Thirty thousand pounds of wheat belonging to "wealthy men of Portland, Seattle and other places" has been seized by agents of the federal food administration, according to an announcement made by W. K. Newell, acting food administrator for Oregon.

The wheat was found in storehouses on game preserves along the Columbia river, and was being used to bait wild ducks. No one would give the names of the owners.

"Sportsmen" were requested by the food administration before the opening of the wild duck season not to use wheat as food for ducks.

AUSTRIANS WANT FLAG

Miners Refuse to Work Until American Emblem Is Displayed.

Austrian miners in Crawford county, Kansas, caused much apprehension a few days ago when they threatened to strike and tie up the coal mines. Investigation by federal authorities revealed that the miners refused to work unless an American flag was displayed in each mine.

The mine operators quickly complied with the demands. The Austrians then returned, each man saluting the Stars and Stripes as he entered the mouth of the mine.

Find Mastodon Teeth.

Throngs of curious persons are gathering at the home of John Dennis, near Arkansas City, Ark., to inspect the two big teeth found in a sandpit near his home and said to be the teeth of a mastodon. That a mastodon, a huge prehistoric animal, died in this vicinity is the general belief and an exhaustive investigation will be made under the direction of the University of Arkansas faculty.

WOMAN ANSWERS TO DUTY'S CALL

Taking Active Part in Various Lines of War Work.

HER SUCCESS IS REMARKABLE

She Has Invaded the Shop, Elevator, Street Car, Taxicab Field and Dozens of Other Places Formerly Listed as "Man's Domain"—Experts Say Women Are More Painstaking and More Conscientious Than Men.

American women have responded to the call of emergency war work with such vigor and success as to leave no room for criticism or contempt.

Women have invaded the shop, elevator, street car, taxicab field, and dozens of other places formerly listed as "man's domain." With very little exception, success has crowned their efforts.

Especially is this true in the menial plants of this and foreign countries. There their success has been remarkable. In a day of five and one-half hours woman has turned out two-thirds as much work as man has been able to turn out in a day of eleven hours.

Experts say that women are more painstaking; that they give more attention to detail and that they are more conscientious than their male co-workers.

Met With Drawbacks.

But in taking up man's work they have not escaped their drawbacks—their criticisms, their embarrassments. The world was prone to stand to one side and, with pessimistic attitudes, watch their success or failure.

In Europe, where the women first proved their mettle, they entered their various trades and channels of labor under less embarrassing circumstances than the women of America.

There the man power—the whole workers on whom the government was of necessity forced to depend—was quickly exhausted; that there was but one solution, namely, the women must do the work.

Their success is now most interesting history. The foreign papers advise the cables have carried countless stories of the glowing success attending the work of women.

They have entered the fields, tilling the soil and reaping bountiful harvests by labor which reaped their bodies and bodies. Torn and bleeding hands handled the unwieldy farming implements, but women stuck to their duties and the countries prospered despite the absence of man power.

In this country, as was to be expected, the women moved more slowly toward their inevitable tasks. They bused themselves with the ordinary tasks of knitting, the making of bandages and other hospital supplies and the collection of money for war funds.

Active in All Lines.

The American woman took her first determined step when she interested herself in the first issue of Liberty loan bonds. In groups and individually they argued with those able to invest in war bonds, and the country knows how splendidly they succeeded.

Then followed the Red Cross society campaign for a fund of \$100,000,000. Women again saw their duty and performed it. They were instrumental in obtaining subscriptions totaling \$40 into the tens of thousands. They continued their good work in the second Liberty loan issue and were not idle in the interim.

Many prepared themselves for actual service in the European war hospitals. Many remained at home to take the places of those who went over there. Others knit sweaters and caps for the boys in the trenches, while others persistently continued their quests for more war funds.

BARS OVERALL MAN

Girl Declares She Does Not Know How Her Card Got Into Them.

One of the young men employed by the Lehigh Valley railroad in Towanda, Pa., purchased a new pair of overalls and found pinned inside the name of a young woman who was supposed to have made them. He accordingly sent a letter to her. Last night he received a letter reading as follows:

"I am a working girl, but I am making a good living and do not care to be married and support a husband, as would probably be the case with a fellow who gets mashed on a girl he never saw. Permit me further to say that I do not know how my card got in that pair of overalls, and that when I do marry it will be someone who can afford something better than a 17-cent pair of breeches."

BREADSTUFFS FOR GERMANY

Syndicate Formed to Transport Goods From Russia.

The Berlin correspondent of the Frankfurter Zeitung reports the organization of a syndicate for the purpose of bringing breadstuffs from Russia to Germany. It says the government will have a half interest in the undertaking and the other half will be in the hands of large wholesale dealers.

The grain will be delivered to the war grain department, which assumes all risks of transport and delivery. Similar syndicates are to be organized in Austria-Hungary, Bulgaria and Turkey.



When a resident of White Plains, N. Y., discovers he needs a ton of coal he learns he cannot get it unless a woman says so. That woman is Mrs. Henry C. Henderson, who has been appointed community distributor by the county fuel administrator. This photo shows Mrs. Henderson at her desk at the fuel administrator's headquarters.