

WOULDN'T FIGHT THOUGH A HERO

Conscientious Objector Now Under Guard Is Loved by His Fellows.

BRAVERY ON BATTLE FRONT

Attended the Wounded and Saved the Fighting Men While the Battle Raged—His Fellows Declare He Deserves the D. S. C.

New York.—Richard Sterheim is under guard at Camp Dix as a conscientious objector who refused to bear arms in France.

Yet companions who fought by his side in the 79th division vow that Sterheim is one of the bravest men in the entire division.

Sterheim is a member of Company D, 315th Infantry. He lives in Ingomar, a small town, some miles north of Pittsburgh. He is twenty-seven years old, stands 6 feet 1 in. in his stocking feet, and is built on massive lines.

"The best boy in the division," is the unanimous verdict of every man in the organization when Sterheim is mentioned. He is the best dugout builder, the best ammunition bearer, a Gungah Dun, nurse, and numerous other things. "Dick" Sterheim has no warmer friends than his companions at Camp Dix, who now are awaiting discharge from the army.

When seen at Camp Dix by a reporter for The World, Sterheim was the perfection of modesty, reticence, and other kindred virtues. Only by a most rigorous third degree was it possible to extract his story from him.

Sterheim was drafted while he was working in the Sparrows Point shipyard near Baltimore. For the greater part of his 27 years he has followed his trade of carpenter. He was sent to Camp Meade, Maryland, and there trained for service. He drilled with the rest of the men and went with them to the rifle range. At last the regiment sailed for France.

"I object to all wars," Sterheim said, "and I decided to have the courage of my convictions and not handle a rifle any longer. And from that day to this I have been under guard. I think I am still technically under guard, but I am not certain."

"I do not claim any connection with any religious creed. I was born and reared a Roman Catholic, but I do not claim to be a member of that church now. I attended services when I was at home because my father and mother wanted me to. I have not gone to church since entering the army."

"I do believe in God and I believe in the Bible. That book contains ten commandments, one of which forbids the killing of your fellowman."

"And then a lot of rulers get together and say 'To hell with the Ten Commandments.' And they go ahead and do as they please. I object to all wars. I object as much to the United States making war upon Germany as I do to Germany making war upon the United States. There is no distinction."

"They thought I was 'yellow.'" "They thought I was 'yellow' when I would not fight, but I think I have proved to them that I was not. But still I didn't do anything worth talking about."

Deeds of most extraordinary heroism are accredited to Sterheim during his days in France.

He deserted his company a short time after his arrival in France. He admitted when brought before a court-martial that he had done so.

"Then they caught me. I was headed for Spain, and when I was court-martialed I told the officers so. I pleaded guilty and told them why I had deserted. That was all there was to it. It has not interested me enough of these also."

A soldier in the group remarked that Sterheim has a husky appetite.

"I guess you'd have one too if you'd come on bread and water as much as I did over there," Sterheim retorted good naturedly.

"You see, I was afraid I might get the guard into trouble. I had made up my mind that I wanted to get away. The guard had orders to shoot to kill. I had warned him that I was going to make a break, and if he was a good shot I probably wouldn't get away. He fired at me twice, and each time he came pretty near getting me. When I decided to turn back I was two miles away from my company. I could have gone a great deal further and would probably have been shot to get away entirely without much difficulty."

"But the army regulations are that the guard takes the place of the prisoner that escapes from him."

"He Deserves the D. S. C." His fellows all declare that Sterheim deserves the Distinguished Service Cross and all kinds of honors for his bravery under fire. When they talk in this mood he registers impatience and irritation, his attitude being: "Don't talk about what I've done; the ones that did something should get the honors."

With shells bursting everywhere, machine guns sputtering lead on every side, men falling wounded and dying, Sterheim, the man who refused to fire a shot because of religious scruples, exposed himself through it all

earing on his sturdy shoulders a big can of water which he doled out to the thirsting men.

He carried munitions up to the front line and rations, too. In short, there was not a deed which would help his fellow fighters, with the exception of firing a gun, that Sterheim did not perform; and always cheerfully and with superhuman courage. So say his fellows one and all.

"It's this way," said Sterheim. "There is no man that is a man who would desert his fellows when they are in trouble. So of course I helped them. I saw a good many of my friends dropping around me, dead and wounded. That made me feel pretty bad. It didn't make me mad at the fellows we were fighting. I regarded it as simply a matter of war. The fellows in the other trenches couldn't help being there any more than we could. They were trying to kill our men just as we were trying to kill theirs. No, I didn't feel any more resentment against them after my fellows were shot down than I had before."

Other Heroic Deeds. A sergeant of his company was shot down in No Man's Land. Despite shell and machine gun fire, Sterheim walked out alone to where the sergeant lay, stooped over him for a moment and then returned.

"He's dead—there's no use," Sterheim reported. "But if you want me to I'll go out again and bring him in."

Again, his companions found him pulling strenuously at a log half-buried in the trench. An ordinary man is exposed from the chest up when he stands erect in a trench, and Sterheim looms far above the ordinary man.

"They" shouted his friends, "get away from there! You'll be shot!" "No," he replied, "this log will make a peach of a support for the dugout."

So several of the boys helped him pull the log out, and because of enemy machine gun fire it took them more than two hours to carry the log 50 yards.

"And believe me, boys, that was some dugout he built," an admirer chipped in.

Because of his skill as a carpenter Sterheim was the official dugout builder of the regiment.

All Sorts of Helpful Service. They tell many stories of Sterheim's willingness to serve his fellows. He washed shirts for them, bound their wounds, buried the dead, and always helped the wounded. He would unconsciously carry food and water for men in fearsome positions where none but the most heartless would dare creep.

"Did I feel frightened? How do you feel when you're frightened?" I was to have I didn't have time to find out how I felt. There was no place that was safe within two miles of the trenches, and there was no use of thinking any more of danger up in front than back in the billets—your chances of getting hit were good in any place."

Many times Sterheim could easily have escaped, but he did not attempt it because it would get his guard in trouble. Often he would go through crowds calling out the name of the man guarding him in order that they could both go back to the guardhouse together.

Denied New Clothes. Sterheim's uniform is tattered and soiled. The other men wear smart, clean-looking attire. They look jaunty indeed with their overseas caps. But Sterheim, with his much-worn uniform, appears to have undergone many hard campaigns. Because of being under guard, he did not receive the same allotments of clothing as the other men.

The army did not give Sterheim any overseas cap, but, companions, who had seen him work under fire gave him one, and he discarded the campaign hat which had brought many a stinging joke as he marched apart from his fellows, with four guards about him.

Sterheim was not issued a gas mask either, but friends gave him one to it. It has not interested me enough of these also.

A soldier in the group remarked that Sterheim has a husky appetite.

"I guess you'd have one too if you'd come on bread and water as much as I did over there," Sterheim retorted good naturedly.

Rich Gold Strike in Old Camp Is Reported

Silver City, N. M.—A phenomenally rich gold strike at Grass Roots, 17 miles north of Separ, Grant county, in the foothills of the Little Burro mountains, is reported. Assays of the ore running all the way from \$1,600 to \$30,000 a ton are claimed.

The original strike was made on a group of fluor spar claims. There has been a rush to the scene of the new strike and many locations have already been filed by Silver City, Tyrone, Lordsburg, Separ, and Douglas, Ariz., people. The strike is in the Gold Hill mining district, famous years ago as a mining camp.

Pigeon Hatches Chick. Williamson, W. Va.—A pigeon on the farm of H. T. Williamson, near here, took a notion to set on a hen egg, and it has carried the idea to a successful conclusion by hatching a chick. Now the pigeon is engaged in an effort to teach the chick to fly.

SPHAGNUM MOSS HEALS WOUNDS

American Professor Taught Its Use to Armies Fighting in Europe.

ADOPTED BY THE RED CROSS

Is Far Superior in Many Ways to Absorbent Cotton as a Dressing—Used for Centuries in Scotland and Ireland.

New Haven.—In an interview with George E. Nichols, professor of botany in the Sheffield Scientific school of Yale university, new facts were brought out concerning the use of moss in surgical dressings during the war. Prof. Nichols was botanical adviser for the American Red Cross and did more than any other individual to introduce the use of sphagnum moss into the American medical profession for surgical purposes.

In Europe this moss has been used for many years in surgery, but never before in this country. In Connecticut alone there are twenty-five different kinds of sphagnum and on the North American continent there are at least forty. Of these forty only two or three are actually used.

Adopted by Red Cross. During the war Dr. Nichols made extensive studies of various regions where sphagnum is found and explained methods of collecting and making it into dressings and in March, 1918, the American Red Cross officially adopted this moss. Since that date our Red Cross has turned out more than a half million sphagnum dressings for the Italian army and something over 20,000 a month for the American war hospital. In September, 1915, the British war office formally accepted sphagnum moss dressings and a year later England was turning out 150,000 a month and before the close of the war almost a million. The Canadian Red Cross averaged 300,000 of these dressings per month.

In Scotland and Ireland sphagnum moss has been used for many centuries for the same purposes as today, and it was used by army surgeons in the Napoleonic, the Franco-Prussian and the Russo-Japanese wars.

In this country there were several reasons why it did not come into general use, the chief of which was because our army surgeons, accustomed to the use of absorbent cotton and still having plenty of this on hand, hesitated about using a substitute. Sphagnum moss is far superior to cotton in many ways, such as its better quality, cheapness of manufacture and its far superior absorbent qualities.

Sphagnum moss is a small low plant, commonly pale green when wet and almost white when dry, although it may be any shade from bright red and pink to russet green and dark brown or almost black. The sphagnum most adaptable for surgical use is called sphagnum papillosum, and its absorbent quality is due to a peculiar pore structure in its leaves.

Grows in Wet Places. In general sphagnum grows in wet places and attains its best development in cool, humid regions, such as Newfoundland, Nova Scotia and New Brunswick, Vancouver Island and western Washington, although it is known to grow as far south as New Jersey. In bogs the sphagnum grows most luxuriantly, especially in the bogs where cranberries may be found.

This surgical moss is pulled up by hand, the moisture squeezed out of it and any coarse plants that may be present removed, and then washed. Next the moss is air dried and then separated into two or more grades. In making the surgical dressings of this material first a layer of cheap non-absorbent cotton the size of the dressing is laid down. Over this is spread a layer of sphagnum and over the sphagnum is laid a double layer of very thin gauze paper. The whole is then enclosed in a gauze outer wrapping. These dressings are then run through a clothes wringer to flatten them out. After this treatment they are sent to the hospitals, where they are sterilized before being used.

Boy Scouts to Dig Rivers. Wisconsin Lads Are Planning for Treasure Hunt—Pearls, Not Gold.

Prairie du Chien, Wis.—Wisconsin boy scouts are planning for a treasure hunt this year. Pirate gold is not the lure; Cocos Island is too far away. The Spanish main doesn't lie handy and Captain Kidd never buried a single doubloon in the Wisconsin prairies and hills. It's pearls the boys are going after. They will go into camp and hunt for pearl mussels while wading barefoot in the shoal waters or will drag them from boats. Some daring spirits may do a little diving. These mussel shells are lined with mother-of-pearl, valuable in button-making and frequently inclose a precious pearl. Some of the fresh-water pearls set for several thousand dollars. Wisconsin's biggest fresh-water pearl brought the fender \$5,000.

Canada Expropriates Luxburg's Gold Coin

Hallfax.—German gold coins formerly owned by Count von Luxburg, who figured in the "sink without trace" notes which passed between Berlin and the German embassy in Argentina, were ordered expropriated and turned over to the Canadian government as prize money. In the admiralty prize court here, the steamer which carried the count back to Germany several months ago put in here, and the money was seized at that time. There were thirteen 20-mark pieces and eighteen 10-mark coins.

BATS ARE WELCOME IN TEXAS

State Passes Law Protecting Them as Killers of Mosquitoes and Malaria.

New Orleans.—Malaria can be eliminated. The mosquito alone is responsible. The surest method of ridding the earth of mosquitoes is propagating the bat.

These are the words of Dr. Charles A. R. Campbell, mosquito exterminator and protector of the bat. He is the originator of the only municipal bat roost in the world, at San Antonio, Tex., which will accommodate 250,000 bats, and already has about 35,000 guests.

Through the efforts of Dr. Campbell the city of San Antonio passed, June 8, 1914, an ordinance prohibiting the killing of bats, and on March 10, 1917, Texas passed the first law in the world which protects the bat.

Since the erection of the municipal bat roost at San Antonio and the original bat roost built by Doctor Campbell at Mitchell lake malaria has practically disappeared from the territory.

FATHER, 13 SONS, ARE SLAIN

Two Daughters in French Family Also Killed by Germans—Remarkable Record of War.

Paris.—Thirteen sons killed on the field of battle, three discharged with grave injuries, one wounded four different times, the father and one daughter summarily shot by the Germans for going to Lille to celebrate the centennial anniversary of a relative, and another daughter killed by a German shell at Dunkirk, is the record of the family of M. Vanhee, a French farmer of Reminghe, near Ypres.

M. Vanhee had 36 children, 22 sons and 14 daughters, all of whom were living when the war broke out. One of his sons was voted to Pope Pius X; he returned to France to fight and was wounded in each of four different engagements.

One of the sons lost both legs, another returned from the front blind and deaf and another underwent the trepanning operation.

MORSE CODE SAVES OFFICERS

Finds His Belt Has Been Left Unfastened When Pilot Starts Spectacular Spiral.

Camp Dix, N. J.—About to be hurled from the tonneau of an airplane that was starting a spectacular spiral 3,000 feet over headquarters when he discovered that in packing accommodations for a third passenger and a moving picture camera he had forgotten to adjust his own lifebelt. Lieut. M. Leroy Wightman saved himself by tapping out a telegraph code message to his driver, Sergeant John Morse.

Wightman was hanging on by his feet and one hand, face downward, when he managed to make known his predicament.

"Come out," the officer frantically spelled out by taps on the aluminum body of the plane in dots and dashes, and the driver, catching the message largely through vibration, righted the plane and flew back to the landing field to see what had gone wrong.

EIFFEL TOWER 'DEMobilIZED'

Will Be Accessible to Tourist Visitors for the First Time Since War Began.

Paris.—The Eiffel tower has joined the ranks of the demobilized, its military job being ended, although its wireless telegraph station will be maintained and indeed strengthened to make it equal to the German post at Nauen. It will be accessible to tourist visitors after being unapproachable for more than four years.

During the war a dozen machine guns were mounted on the highest platform as protection against air attacks. On the first platform were four inch guns and searchlights, and later a powerful stream to give warning against air raids.

"Flu" Decimates the Congo. Brussels.—Persons arriving here from the Congo say that Spanish influenza has played havoc among the population of the Belgian Congo territories. Many villages have lost nearly one-half of their inhabitants.

Vast Storage of Food. Boston.—Despite the exorbitant food prices prevailing, the cold-storage warehouses in this state have reported to the state department of health the storage of 17,750,000 pounds of food during the past month.

DISEASE COSTS BILLIONS A YEAR

Economic Loss From Preventable Ailments Is Estimated at Enormous Figure.

BASED ON STUDY IN ILLINOIS

Influenza Epidemic Responsible for Economic Loss in Vital Assets of Approximately \$1,000,000,000—Health Means Money.

New York.—Economic loss in this country from preventable diseases is estimated by American Medicine at \$2,500,000,000 a year. This conclusion is based on an elaborate study of the subject by Illinois Health News, which shows that in 1918 in Illinois alone influenza and death from such diseases entailed a loss of \$24.7 for each man, woman and child in the state. Although the general death rate in Illinois was at the low figure of 14.2 per 1,000 of population, the loss from the principal preventable diseases amounted to \$15,881,685, or 0.01 per cent of the total property value of the state.

"If this ratio of per capita cost," American Medicine says, "were to apply for the entire United States the loss during 1918 would amount to more than \$2,500,000,000. The Illinois figures, however, merely considered the cost of the following communicable diseases: Typhoid, malaria, smallpox, measles, scarlet fever, whooping cough, diphtheria, meningitis, influenza, pneumonia, tuberculosis and pneumonia.

In computing the financial cost, three items were involved: (1) The cost of funerals based at \$100 for adults and \$50 for children; (2) the value of life lost at \$3,000 for an adult and \$500 for a child; (3) the cost of care of those who recover, including medical expenses for adults.

"Utilizing the same figures for the few above-named diseases in a computation on the basis of the United States mortality figures for 1918, the death losses from these ten diseases (pneumonia not included) amounted to approximately \$370,000,000 and the losses due to medical care and wages to approximately \$1,078,000.

"The recent epidemic of influenza involved at least ten million persons, with a mortality of approximately 400,000. Assuming that each case of illness involved only \$25 for medical care, the cost would be \$250,000,000.

Pestilence Adds Another Billion. "Inasmuch as the mortality from influenza involved approximately three persons of working age to one child, one may consider the average loss by death equivalent to \$2,400, and the funeral expenses at \$90, giving thus a total economic loss in vital assets of approximately \$1,000,000,000. These figures, large as they are, take no account of the losses in production due to the pestilence, nor, indeed, of the cost of labor turnover due to the mortality of industrial workers.

These tremendous costs of communicable diseases may be regarded in part as an index of the economic efficiency of communities. It certainly does not reflect great interest or care in the conservation of the assets of the community to note the astonishing destruction of resources due to preventable communicable diseases.

"It is probably a shock to the conservative thinker about economic wastefulness to realize that the number of industrial accidents reported to the New York state industrial commission for the year 1917-1918 was 296,871, a number larger than the total casualties of our American army occupied in the strenuous work of conquering a pitiless foe. It is of the utmost significance that war, with all its atrocities, is probably responsible for little greater disease and disability during the period of greatest industrial activity than occurred during the ordinary years of conditions reflecting normal industrial activity.

Health Means Dollars and Cents. "Health must be estimated in terms of dollars and cents, in terms of productivity in order to reach the conscience of the average taxpayer, who must be called upon to defray the expenses of health departments and to meet the increased costs laid upon industry by virtue of the economic losses entailed through sickness and death. The economic value merits greater attention particularly at this time, when every effort is being made to secure the rehabilitation of the wounded and to increase the vigor and potential power of those who have suffered from disease while pursuing their course as part of the military or naval forces of the nation.

"It must not be forgotten, however, that similar problems are of equal importance in connection with the everyday living of the growing nation, now bent upon renewing national prosperity and raising the standards of health, comfort and prosperity for all the types of citizens which comprise the nation."

Needle in Her Body. Concordia, Mass.—A surgical needle that has been in her body for more than twenty years has never given Mrs. F. J. Hannum of this city trouble until recently. The needle was removed by a physician after Mrs. Hannum had suffered severely with cramps in the leg until the needle was found.

THE KITCHEN CABINET

A meal should be regarded as an important end in itself. It should be taken at leisure, body and mind being for the time being given up to it, and to agreeable, social intercourse.

THE DELICIOUS PEACH.

No more delicious dish for dessert can be served than one of sliced peaches with cream and sugar. When peaches are plentiful one likes to vary the serving. A most appetizing pie may be made by baking a rich crust and when cold fill it with sliced peaches well sugared and covered with sweetened cream. To make it still more beautiful sprinkle with finely minced pistachio nuts or with shredded blanched almonds.

A bird's nest pudding is another form of dessert well liked. Slice a pie pan half full of peaches and cover with a baking powder biscuit dough. Bake and turn over on a plate, spread with butter and sprinkle sugar and a little nutmeg if liked over the peaches.

Peach Pudding.—Pour a cupful of hot milk over a cupful of dry bread crumbs and let stand five minutes; add a half cupful of sugar, the well-beaten yolks of three eggs and the stiffly beaten white of one. Mix well and bake in a moderate oven until firm. Heap thinly sliced peaches well sweetened over the top and cover with a meringue made of the two egg whites and three tablespoonfuls of sugar. Cover the pudding with the meringue and bake until a delicate brown. Cake crumbs make a more delicious pudding.

Rice With Peaches.—Cook one cupful of rice until tender, adding milk at the last of the cooking; season with butter and add sugar to sweeten, then pour into a hollow mold. When ready to serve unmold and fill the center with sweetened sliced peaches and serve with cream and sugar.

Peach Chutney.—Prepare three pounds of peaches after peeling. Put them into a saucepan with a pint of mild vinegar; cook until tender. Pound in a mortar four ounces of onion and two ounces of garlic, five ounces of fresh ginger root; add the peaches with six ounces of raisins, an ounce each of white mustard seed and chili peppers and six ounces of sugar. Shimmer ten minutes and add more vinegar if needed. Bottle for winter use.

THE KITCHEN CABINET

This world is a pretty good sort of a world. Taking it all together in spite of the grief and sorrow we meet, in spite of the gloomy weather, there are friends to love and hopes to cheer. And plenty of compensation for every ache, for those who make the best of the situation.

CAKES AND FROSTINGS.

A tender, fine grained, well-baked and goodly cake is a work of art.

Old Fashioned Pound Cake.—Cream one cupful of butter and add gradually one and two-thirds cupful of granulated sugar, beating constantly, then add five eggs, one at a time—beating vigorously between the addition of each. When the mixture is creamy fold in two cupfuls of pastry flour sifted once. Bake in a slow oven for one hour.

Six Months' Cake.—Mix one-half cup of butter and lard until creamy, then add one cup of sugar gradually, beating constantly, two eggs well beaten and one-half cupful of molasses. Mix and sift two and one-half cupfuls of flour, one teaspoonful of cream of tartar, one-half teaspoonful of soda, one teaspoonful of cinnamon, one-fourth teaspoonful of cloves, and the same of mace. Add alternately with one-half cup of milk to the first mixture and beat vigorously; then add one cupful of raisins seeded and cut in small pieces and dredged with two tablespoonfuls of flour. Turn into two bread pans and bake in a moderate oven forty-five minutes.

White Fruit Cake.—Cream two-thirds of a cup of butter until creamy and add gradually, beating constantly, seven-eighths of a cupful of pastry flour sifted with one-fourth of a teaspoonful of soda, then add one-half tablespoonful of lemon juice. Beat the whites of six eggs until stiff, using an egg whip, add gradually one and one-fourth cupfuls of powdered sugar. Combine mixtures and when well blended add two-thirds of a cupful of candied cherries and one-third of a cupful of blanched and shredded almonds, one-half cup of citron and one teaspoonful of almond extract. Turn into a cake pan and bake in a moderate oven one hour.

THE KITCHEN CABINET

THE KITCHEN CABINET

THE KITCHEN CABINET

THE KITCHEN CABINET

THE KITCHEN CABINET

THE KITCHEN CABINET

THE KITCHEN CABINET

THE KITCHEN CABINET

THE KITCHEN CABINET

THE KITCHEN CABINET

THE KITCHEN CABINET

THE KITCHEN CABINET

THE KITCHEN CABINET

THE KITCHEN CABINET