

SERVING DINNER TO 4,000 MEN SPECIALISTS IN HUMAN ILLS



Mess Hall--To feed an army costs money. Four thousand men dine at this massive mess each day at the U. S. Army Embarkation Camp, (Gironde, France). It costs more than one Thrift Stamp for each meal. W. S. S. helps to feed these men.

BABY'S LOT NOT HAPPY ONE

Small Wonder That So Many Children of the Puritans Ended Their Earthly Career Early.

There is no doubt of the strength and endurance of the Puritan babies which survived the hardships of the first few months of their lives. The Puritans came to America some time before modern heating appliances were scheduled to arrive, and their winter days and nights could have been little less than one long shiver.

Small Wonder That So Many Children of the Puritans Ended Their Earthly Career Early. In addition to the visit to the cold meeting house, the baby must steel himself to face the greater or lesser ailments of babyhood--and their remedies.

MUCH DEPENDS ON ONESELF

Good Hard Sense as Applied to Ancient Superstitions Concerning "Blue Monday."

I happened to find a most entertaining old book in the free library--a dictionary of superstitions. It has three big volumes, all crammed with the fears and beliefs of the human race.

BE YOUR OWN CREDITOR

Benjamin Franklin, the pioneer of American thrift, said: "The borrower is slave to the lender, and the debtor to the creditor. If you would know the value of money try to borrow some."

BE YOUR OWN CREDITOR

Your savings are a safeguard against want in old age, and against the rainy day. They form a fund for that golden opportunity that may be on the way.

BE YOUR OWN CREDITOR

Your savings are safe and readily available if invested in War Savings Stamps, guaranteed by the government and earning 4 per cent. interest compounded quarterly.

BE YOUR OWN CREDITOR

Your W. S. S. at maturity will give you a bank account.

STOCKHOLDERS GET U. S. THRIFT APPEAL

Corporations Mail War Savings Stamp Notice When Sending Out Dividends.

Not only is thrift becoming a part of the general education of the people of small and moderate means who are being taught and encouraged to cultivate habits of wise saving and sensible spending; efforts are being made to attract to the thrift campaign the stockholders of practically every large corporation in the United States.

Already twenty-six of the largest corporations in the country have agreed to mail with notices of dividend payments to stockholders inserts calling attention to the desirability of investing their stock earnings in War Savings Stamps.

Some of them already are mailing, and others have agreed to do so upon the next dividend date. A glance at the list of companies will give an idea of the extent of the impetus which will be given the saving plan by this method. Here are some of the corporations.

- American Agricultural Chemical Company, American Car and Foundry Company, American Cotton Oil Company, American Radiator Company, American Sugar Refining Company, American Telephone and Telegraph Company, Atchafalaya, Topeka and Santa Fe Railroad Company, Bethlehem Steel Corporation, Chesapeake and Ohio Corporation, Northwestern R. R. Co., Chicago and Northwestern R. R. Co., J. I. Case Threshing Machine Co., General Electric Co., Great Northern R. R. Co., Illinois Central R. R. Co., Kerr Lake Mining Company, New York Central R. R. Co., Louisville and Nashville R. R. Co., Maine Central R. R. Co., Northern Pacific R. R. Co., Postal Life Insurance Co., Railway Steel Springs Co., Southern Pacific R. R. Co., Southern Railway Co., Union Pacific R. R. Co., United States Steel Corporation and Worthington Pump and Machinery Corporation.

The inserts which stockholders receive along with their dividend notices are as follows:

"Double your resources by investing savings regularly. Did you ever stop to consider how easily and rapidly you can accumulate a considerable sum by investing small amounts regularly at compound interest?"

"You can begin at once by investing all or part of your savings in War Savings Stamps of the 1919 issue which you can buy in any amount up to \$1,000. They bear four per cent interest, compounded quarterly."

"If you should have an unexpected call for ready cash before your stamps mature, January 1, 1924, you can redeem all or any number of them at any time, for the full purchase price, plus interest."

"No other investment offers such an attractive combination of safety, income, redeemability, and convenience."

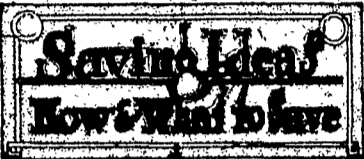
The Successful Dollar

Plant a crop Nothing happens. Nothing that one can see. Be patient. The seed sprouts. The stalk pushes its way through the earth. Still no sign of fruit.

Be patient. Leaves come out. Buds open. Berries begin to form. Still no harvest.

Be patient. The fruit fills out. It ripens. It matures.

Harvest at last--miraculously increased from a little handful of seed.



Saving on Service.

(Prepared by Savings Division, U. S. Treasury.)

In any plan for national economy British specialists think that the household rather than the family should be taken as a unit. Under household economy they include (1) services rendered maintaining the house and its inmates, (2) the goods consumed or acquired by the inmates, (3) the general charges of cleaning, decorating, offsetting deterioration, etc.

As a start in a saving program the British Commission has pointed out that services should be valued even more than goods, as each person doing unnecessary and unproductive work not only consumes without producing, but is also depriving the country of possible productive power.

Few Americans are really honest with themselves as to the cost of services. Not one family in a hundred really knows what a servant actually costs.

This, of course, does not mean that no service should be purchased. Where a housewife's time is worth more in money or other contribution to family well being than the cost of a servant she makes a profit by employing someone who frees her to do better paid work than household tasks.

Saving on service will give many people important sums to lend to their government and save, for themselves through War Savings Stamps. In the case of children such work is not only a practical means of earning and saving, but in itself is a valuable discipline for life.

THEODORE ROOSEVELT

"Thrift is merely hard-headed common sense applied to spending"

The regular purchase of U.S.S. is the surest indication of common-sense investment.

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Ticklish, isn't it? Is there a problem which, perhaps, is more likely to be answered some day than this one, which has been propounded to the bewilderment of scientists.

Suppose a pipe which would permit of the passage of a man's body were pierced through the earth from London to the Antipodes, and a man commenced to descend by means of a ladder running the length of the pipe. Naturally he would descend feet foremost. On reaching the center of the earth he would, on account of the revolution and formation of the globe, presumably be going upwards until he emerged in the Antipodes.

Query: How can a ladder on which one is descending become a ladder on which one is ascending? And how could one go up a ladder feet foremost? Next, please!

THE KITCHEN CABINET

To take a cheerful, hopeful, optimistic, never down-in-the-mouth, but courage-always-up attitude of mind, is to set in, and keep in, continual operation, subtle silent forces that are working along the lines we are going and that open the way for us to arrive.--Trine.

A SYMPOSIUM OF SALADS. A salad will often use up leftovers in wonderfully attractive ways, but the ingredients should be put together carefully.

The first important consideration in salad making is a good foundation. Whatever is used let it be crisp and fresh and neatly arranged and the next important step is the dressing.

The simplest of all dressings is the French dressing and one which is most commonly used. With a good brand of olive oil, using three parts of oil to one of vinegar, a little salt and sugar with a dash of paprika and cayenne, all beaten with a Dover egg beater until thick, and all the ingredients cold, this dressing is ready to serve.

Pimentos, Egg and Tuna Salad. Mash the yolks of four hard-cooked eggs with three-fourths cupful of tuna fish, well flaked, and a teaspoonful of lemon juice and half a teaspoonful of salt.

On the other hand, some Swiss doctors say that the amount of sleep should be regulated by altitude. Too much sleep, they maintain, is as harmful as too much drink.

Hawk Works Hard for Living. The hawk is a successful fisherman, and were its task done with the catching of a fish its lot would be an enviable one.

Sometimes a fish expires quickly, while at other times a hawk must fly around for hours before it can return home to the waiting family.

Impressible Fowls. Sunshine seems to play an important part in the lives of fowls. There is no doubt that they lay much more regularly, and appear generally happier, when in the sunlight.

Tiger's Amazing Feat. The strength and vitality of a full-grown tiger are amazing, asserts a wild-game hunter in Chicago, America.

Fine System. Mrs. Brown--How do they keep their cooks so long? Mrs. Smith--Well, you see, he's a judge, and he sentences the cook to three months at their house.

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MYOPIA'S CAUSE AND RESULT

Myopia, or near-sightedness, results from elongation of the eyeball produced in some way not clearly understood. The view that close attention to near work produces this change has not been satisfactory and Dr. F. W. Elridge Green has now suggested that it is excessive muscular work instead that sets up the processes of deformation.

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