

# ENGLAND HAS ARMY OF WOMEN READY FOR WAR

### Amazons Are Carefully Drilled and Trained in Use of the Rifle.

### TO HELP REGULAR MILITARY

In Case of German Invasion the Reserve Will Direct Flight of Women and Children From Scene of Fighting and If Necessary Shoulder Rifles.

By PHILIP EVERETT.

London.—We read in dispatches that at least fifty German women, fighting in the trenches in men's clothing, have been taken captive by the Russians near Warsaw. If the Germans ever invade Great Britain and the situation becomes desperate they will be faced by an army of English Amazons, carefully drilled and trained to the use of the rifle compared to which those Teutonic women warriors are mere bagatelle.

When I first heard of the Women's Volunteer reserve, I thought it was a joke or rather a new ebullition of the suffragette class, but after a visit to Old Bedford college and a view of the determined women perspiring through their military drills, I must confess that my feelings have changed.

It is not to be concluded that the women will rush to the front and fight the moment that Germany makes a landing. They will take up the rifle only when Great Britain is in desperate straits. Till such an unhappy time the reserve will simply act as a disciplined body of women, skilled in first aid, cooking, dispatch riding on motorcycles, signaling and the care of horses.

As a result of this movement a German invasion will find ready at hand an organization of women who will keep their heads and who will have good health and calm nerves. These women will have learned the value of organization, self-dependence, comradeship and self-control. They will cooperate with the military and civil authorities. They will direct the flight of women and children from the scene of fighting and so take this burden off the government.

It is hoped that after the war the Women's Volunteer reserve will become a great recreation club. With this end in view a wealthy woman has offered a large tract of land for a permanent camp and it is believed other gifts of this character will be made.

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be over eighteen and under forty years of age. Special attention has been paid to signaling practice, as this is an important branch of warfare in which it is unanimously agreed that the female sex may be of service. There are many professional woman telegraphers in the reserve. Instruction is given in Morse and semaphore signaling by flags and also by sound.

Other branches of instruction include open air cooking, dispatch riding, carpentering, fencing and Swedish drills.

The movement is spreading all over the islands, rapidly overcoming the indifference which it generally met at first. A vivid description of the condition of women in the war districts of Belgium and France and an explanation of how their sufferings might have been mitigated by proper preparation and organization is usually sufficient to convert every "doubting Thomas."

Suffragettes in it. Branches are especially active in centers where there is a large population of working girls. Of course, there is a large portion of the militant suffragettes. The latter have transferred their energy in this direction. The suffragettes believe they can, by their conduct in case of an invasion of Britain, present an unanswerable argument for the ballot.

The sight of women drilling may be seen at many big halls in London. Two favorites are Knightsbridge hall and the armory of the London Scottish at Buckingham Gate.

The majority of the women are clothed in khaki. Their suits consist of skirt, coat, brown shoes, spats, puttees and hats. The cost of this uniform is \$12.50. Most of the women buy their own suits. The reserve is so far entirely self-supporting.

The government has not as yet given permission to the women to carry rifles. The women do not anticipate trouble in this direction, however. They say they hope the necessity for their shouldering the musket will never come, but if it does they will be allowed to take their places on the firing line just as wives and sweethearts of British colonists in many quarters of the earth have stood behind the stockade and fired with their men folk against the attacks of savages.

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## People Who Never Catch Cold

PUBLIC HEALTH HINTS  
Prepared Each Week For the Readers of This Newspaper by the  
New York State Department of Health.

**C**OLDS are caused by germs, and they spread from one person to another, very much as other communicable diseases do. People never seem to catch cold, however. While every one sneezing, they go on their way rejoicing. Natural vitality has to do with it too, of course, but PERSONAL HYGIENE has a good deal to do with it too.

Few people realize the great burden that colds put upon the community. There is a heavy FINANCIAL BURDEN in money lost from work or work only half done, in medicines and doctor bills. There is a heavy PHYSICAL BURDEN, for colds lower resistance of the body and may prepare the way for tuberculosis, pneumonia and other serious diseases.

The chief thing which enables some people to resist colds is HEALTHY CIRCULATION. If the blood vessels of the skin, the nose and throat do their work well the germs of cold will not find a foothold. This is why people who live in the open air seldom catch colds, while those who live in OVERHEATED HOUSES or wear wool suits of underwear constantly catch them. A hot room warms the reactions of the general circulation and causes the membrane of the nose to become congested, so that they furnish a fine breeding ground for bacteria. On the other hand, cool moving air stimulates the circulation. So the first rule for avoiding colds is to keep THE HOUSE COOL.

Cold water, like fresh air, plays an important part in SKIN THERAPY. A COLD BATH every morning, or at least a cold sponge over, followed by brisk rubbing with a rough towel, is a fine tonic and good preventive of colds.

On the other hand, it is just as important to protect the body from undue cold, particularly chills of special parts of the body. A stimulus of cold air or cold water for a few minutes is followed by warm glow, but prolonged chilling lowers the vital resistance and, indirectly, not only colds, but many other affections. Sufficient, not too heavy, underclothing is an essential to keeping healthy in winter, and wool is by far the best material, since it is porous and the evaporation of moisture from the skin, while keeping in it a warm cushion of air around the body.

Physical exercise is another thing that keeps the circulation of the whole body healthy and enables it to ward off colds. Our bodies are built to do physical work and are only at their best with a little vigorous exercise each day. Moderation in eating and drinking are important factors in sound health. Colds in the head very often follow a lowered vitality due to the evil effects of constipation or of overeating.

Treatment by a physician will often shorten the period of a cold, and lessen the dangers of complications. Many serious diseases begin with a cold in the head, and it is important to recognize them early. It should be remembered that a little cold in a big person may prove a big cold in a little person. Patients should keep away from babies and take every precaution to avoid infecting others by their charges from the mouth.

**Pot Roast.**  
Here is my pot roast: Into a basin put a layer of sliced onions, one of sliced potatoes and a layer of chopped or sliced cold mutton or lamb (end of your last roast). Continue until full. Now add salt and a red pepper. Now cover top with potatoes cut in halves, which will roast a pretty brown. Sometimes I use a pork roast end the same way, only add a little sage to flavor.

**Cracow.**  
Cracow takes its name from a legendary Slavic chieftain, Krakus, said to be the founder of the city. It attained importance in the Middle Ages as the seat of a bishopric and a center of commerce and trade. Even in those days there was a considerable influx of German emigrants, who gradually identified themselves with the destiny of the Poles.

**New York City and Maine.**  
New York city has a population greater than that of the "whole state of Maine." New York city has as great a population as the following states combined: Maine, New Hampshire, Vermont, Rhode Island, Delaware, Idaho, Montana, Nevada, Oregon, North Dakota, Utah and Wyoming.

**So Low You Can Only Feel It.**  
An organ recently installed in Lowell, Mass., can produce a tone an octave lower than has ever been known before. It is described as a mighty atmospheric throb of awesome majesty, and scientists declare that it must be rather felt than heard.

**Let the Present Be Sufficient.**  
Wouldst thou fashion for thyself a seemly life? Then do not fret over what is past and gone; and, spite of all thou mayest have left behind, live each day as if thy life were just begun.—Goethe.

**Misery.**  
Next to the boy who has money coming to him which he cannot collect, the most miserable person is the colored man with a gold tooth and no chance to display it.—Topeka Capital.

**Daily Thought.**  
It is only the young that can receive much reward from men's praise; the old, when they are great, get too far beyond and above you to care what you think of them.—Ruski.

**Battle of the Nervils.**  
According to investigations made by Napoleon III of France the battle of Nervils took place between the villages of La Buisserie and Louvroil on the River Sambre.

**Does Work of Many Men.**  
At the Church of the Sacred Heart, in Paris a 20-ton bell is tolled by electricity. A choir boy does the work which formerly required the services of five men.

**Thinking Charity.**  
If we could realize that, supposing we were all created alike and subject to the same circumstances, we should all make the same mistakes and blunders, our judgment of others would be different. There is no phase of charity so beautiful as thinking of others as we think of ourselves. If you give all you have to the poor, or show your charity in any other way, it is worth nothing so long as you think unkindly and unjustly of others.—One by word or deed.

**Dresden Chocolate Crumbs.**  
Mix one cupful stale bread crumbs with one-half cupful chocolate, two tablespoonfuls sugar and one-fourth teaspoonful salt. Put in dish, bake in moderate oven until chocolate is melted and the crumbs thoroughly heated. Serve with whipped cream.

**When Bottling Pickles.**  
An excellent way to make pickling bottles airtight is to boil the corks for bottling and put them into the bottles while hot. When cold they will seal themselves tightly.

## BEST OF SANDWICHES

SOME NEW IDEAS EVOLVED BY  
CLEVER COOKS.

Improvements in the Popular "Club Sandwich" Known as the "Club" Have Been Made—Oysters Used in Place of Chicken.

Tea rooms in the big city shopping districts are serving some new varieties of the always popular club sandwich. While the principal ingredients remain the same each style of club sandwich differs from its fellows in some detail which makes it distinctive.

What is known as a French club sandwich is served with a toasted English muffin substituted for the usual slices of toasted bread. It is set down before one garnished with a few sprays of parsley pressed deep into the yielding surface of the half muffin which tops the substantial filling of chicken, bacon, mayonnaise, lettuce and sliced tomato. Watercress is used in similar fashion, the sprigs of green in either case being embedded in the toasted muffin so firmly that it seems to be a little flower holder. Two halves of crumpet are used for a similar sandwich and filled with the same combination, making a sandwich still more hearty.

Where toasted bread is used variety is given to the club sandwich by reason of some other meat or fish being substituted for the usual foundation layer of breast of chicken. Thinly sliced duck is delicious with the bacon and other ingredients, and turkey is also another good substitute. Strips of rare beef, either cold or freshly cut from a hot roast and moistened with horseradish may also be used, and strips of rare steak are equally appropriate.

An oyster club sandwich has for its distinctive feature two or three large fried oysters. These are laid on the under slice of toast, sprinkled with lemon juice and then topped with two strips of bacon, two lettuce leaves, a spoonful of mayonnaise and then the second slice of toast.

For those who do not care for fried oysters the oyster club sandwich comes in still a different form, the oysters being poached in their own liquor until the gills curl, when they are drained of moisture and used for the foundation of the sandwich. If preferred oyster club sandwiches may be served with Russian dressing instead of mayonnaise, as the addition of the tomato flavor in the chili sauce is particularly agreeable with oysters, either fried or poached.

Sardine club sandwich is made of large boned sardines sprinkled with lemon juice and arranged as usual and finely cut lobster, either hot or cold, offers still another variety. The egg club sandwich is usually served with a basis of an egg fried on both sides, and seasoned well with salt, pepper and paprika before the other materials for the sandwich are added. Hard-boiled eggs, sliced or chopped, result in a sandwich less rich. In both cases the eggs should be served hot.

**Economy Helps.**  
In most households greater economy of time and energy can be practiced by cooking larger amounts of food at one time, and this means a saving in the fuel bills as well.

Enough mayonnaise dressing for all the salads you will make in a week can be made on one day. It is just as easy to cook a kettleful of potatoes that will last two days as it is to prepare only enough for the midday meal.

There is hardly a vegetable one can think of that cannot be cooked in large quantities to advantage and that will not lend itself readily to warming over in a variety of ways. And on those days when the oven is being used for baked dishes in which the vegetables play an important part, double portions of puddings should be baked.

What is not required that day can be served a few days later, steamed over the vegetable pot, and it will be just as appetizing, if not more so, as if freshly made.

**Fruit Cream.**  
Cook the juice of three lemons and three oranges with two cupfuls of sugar, set aside to cool. Soften two tablespoonfuls of gelatin with milk, then heat over hot water until dissolved. Whip two cupfuls of cream, add the fruit juice and gelatin, stir until well blended, then pipe high in a deep dish or mold if preferred.

**Steamed Dried Beef.**  
Here is an unusual recipe, but a very good one. Prepare a spiced vinegar as for fruit pickles, only less highly seasoned. Cut very, very thin slices of dried beef in narrow strips, diamond or any fancy shape, and cut with scissors. Steam the beef in the vinegar for one hour. Serve hot with toasted wafers.

**Stuffed Celery.**  
Wash tender celery hearts and put them into cold water to become crisp. Mash fresh cream cheese, then add chopped nuts and chopped olives to taste. Stuff the celery just before serving and serve with toasted crackers.

**For Removing Machine Grease.**  
To remove machine grease from delicate fabrics use cold water, ammonia and soap. This will not cause the color to run.

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For Infants and Children.  
The Kind You Have Always Bought  
Bears the Signature of *Dr. J. C. Wyckoff*

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Beautiful Fur Coats for women at one-third off regular price. They range in price from \$9.75 to \$85. Only small sizes in the \$9.75 Fur Coat.

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Big stock of Cutters, Bobs and Spring Sleighs

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Touring Car, \$490  
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## WHAT WE CAN DO.

We can sell you a dollar bottle of SEAVER'S SYRUP OF TAR AND WILD CHERRY COUGH CURE for 50 cents and if it is not the best you ever used, bring the empty bottle back to us and get your money back. We will give it to you cheerfully and without argument.

L. A. WYCKOFF, GILBOA, N. Y.

### OBSERVATION DUTY



A French observation officer on duty along the firing line.

### RAT WENT THROUGH THE WAR

Unusual Pet Was in Soldier's Pocket During Hot Fights in Flanders.

London.—Perhaps the only rat on record that ever went through a military campaign, ensconced snugly in its soldier owner's pocket, at the battle of Mons, the Marine and the Alsne, is now in London in the possession of Sergeant Johnson of the Royal Field Artillery. Johnson was wounded at Soissons and is on a few days' leave.

"Billy," as Johnson calls his rat, though the latter is a lady, is pure white, and was given to the English soldier by a French girl at the beginning of the war. During the battle of Mons, the rat sat on her master's right boot. Twice she wandered away, but came back all right and was in the fighting all the way from Mons to Melun, southeast of Paris, and back to the Marne and the Alsne. Billy was in Sergeant Johnson's pocket all the time and was never hurt. When the soldier landed at Southampton, after he had been wounded by shrapnel, a lady who saw the white rat, presented to Johnson a black terrier pup named Toby to keep Billy company. The rat and the pup are now close friends.

**A Pastry Tip.**  
To prevent the fruit juice running over in the oven when making pies, sprinkle a little carbonate of soda over the fruit before the top crust is put on. This prevents the juice from running over and also lessens the acidity of the fruit, so that it will not require so much sugar to sweeten it.

**Dresden Chocolate Crumbs.**  
Mix one cupful stale bread crumbs with one-half cupful chocolate, two tablespoonfuls sugar and one-fourth teaspoonful salt. Put in dish, bake in moderate oven until chocolate is melted and the crumbs thoroughly heated. Serve with whipped cream.

**When Bottling Pickles.**  
An excellent way to make pickling bottles airtight is to boil the corks for bottling and put them into the bottles while hot. When cold they will seal themselves tightly.

### HIS CHRISTMAS BANQUET



A French sentry on duty enjoying a toothsome morsel on Christmas eve.

### GIRL COSSACK IS WOUNDED

Wealthy Russian's Daughter, Aged Twenty, Given Cross of St. George for Gallantry.

Petrograd.—Among the wounded Russian soldiers brought into the Red Cross hospital in Moscow this week is a strongly built girl, twenty years old, named Mary Izaakoff.

She is the daughter of a prosperous Russian and before the war was known as an expert fencer and horsewoman. When war began she offered her services and was accepted, with her own horse, as a volunteer in a Cossack regiment.

At the front she distinguished herself on scouting duty, and later took part in a hotly contested charge against Prussian dragoons. In this charge she was wounded by shrapnel. She received the Cross of St. George for gallantry in action. Her wound is not serious.

Children Cry  
FOR FLETCHER'S  
CASTORIA

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