

claims, the management of the road being desirous of installing a system of prevention. This agent referred his company to the system now in effect on our lines. His letter upon the subject, which indeed is very interesting, was published in *Traffic World*, October 16, 1915, issue.

We have a number of cars which are equipped with the Vapor System of Heating, manufactured by the Chicago Car Heating Company.

The system is arranged in four separate circuits of pipe. On each side of the car there are two circuits, one of two pipes and one of three pipes and each circuit has its own cut out valve.

The operation is very simple. Each valve has a lever handle which can be turned a quarter turn. Turning handle to the right admits steam to the circuit and turning to the left cuts the steam out from this circuit.

Anyone of the valves may be turned on whether the others are in use or not so it is easy to get any desired regulation of heat.

The Chicago Car Heating Company, Railway Exchange, Chicago, furnish an instruction book which contains valuable information on steam heat. Write them for one.—*Adv.*

### About Time.

One evening the young minister, who had seemed rather attracted by "Big Sister" Grace, was dining with the family. "Little Sister" was talking rapidly when the visitor was about to ask the blessing. Turning to the child he said in a tone of mild reproof:

"Laura, I am going to ask grace."

"Well, it's about time," answered "Little Sister" in an equally reproving tone. "We've been expecting you to do it for a year, and she has, too."

### Pencil Notes.

In an article in its November issue entitled "A Wins," *The Frisco-Man* put up to its readers the question of whether Cashier J. P. Castel of Huntington, Ark., had used a lead pencil, the remnant of which was reproduced with the article, to its fullest capacity.

In response to this Agent H. E. Pendergast of Haworth, Okla., has forwarded to the editor a pipe stem, which had been used as a pencil holder, containing a stub measuring, point included, less than an eighth inch, with the following communication:

Further reference to the case of Cashier J. P. Castel versus Agent E. G. Castel, et al, wherein it was claimed by the plaintiff that a certain pencil, known in this case as Exhibit "A" was not used to its fullest capacity.

Realizing that, with the support of exhibit "A" the defense has almost an unbeatable case, I feel it is up to me to come to the aid of my fellow agent and offer for the approval of the court a very short pencil worn to the last degree of usefulness by Clerk J. H. Skinner of this city.

For further proof I submit the holder in which the pencil was used and Lo! it is nothing more than a pipe stem engraved with the famous words "Pipe of Peace."

I hope with this evidence my fellow agent will succeed in winning his claim.

Working for "Safety" is the highest form of "service."

Working for Safety means Safety in working.

In the modern scheme of things, waste has to go. Accidents are a waste.

### A False Note.

"I hear you ca-a-alling me," warbled daughter from the parlor.

"Yes," sang mother from the kitchen, "I want you to come here and help me with the dis-s-shes."

And then a profound silence reigned.

—*Louisville Courier-Journal.*

### Woman's Tongue.

Mrs. Gasser - I was outspoken in my sentiments at the club this afternoon.

Mr. Gasser - I can't believe it. Who outspoken you, my dear? —*Puck.*

# Woman's Department

MRS. E. G. NEWLAND,

Auguata, Kansas Editor

## TO THE OFFICERS OF THE FRISCO WOMEN'S SAFETY LEAGUE.

In reviewing the successes of the last year, I feel that we owe much of it to the faithfulness and enthusiasm of the officers of the League, and I wish to thank you all most sincerely for your hearty support.

We have almost doubled our membership and have won for ourselves a place of honor and influence.

You have aided in bringing this about and I appreciate fully your co-operation and the warm affection and courtesy you have shown me personally.

I wish you all a Happy and Prosperous New Year and another year of success in the League.

Mrs. E. G. Newland.

### FORT SCOTT MEETING.

Members of the Women's Safety First League of Fort Scott attended both afternoon and evening sessions of the Safety First Committee, January 14th.

They were much interested in the reports of the committee and fully enjoyed the talks by General Superintendent J. E. Hutchison, F. A. Wightman, superintendent of safety, and other committeemen.

At the evening meeting an excellent paper was read by Mrs. George Swearingen, a portion of which is given below.

Safety First is a new movement upon us; one devoted to the ennobling and thrilling task of saving life.

A death toll is no part of a properly managed industry. It is wasteful. The saving of life thus becomes an industrial issue.

Yet Safety First is not altogether a new movement. In 1900 a Steel Corporation absorbed a concern who had this rule, "Safety Must be the First Consideration."

At that time there was little knowledge of the value of the slogan, "Safety First", but the idea was beginning to work in the minds of men in a small way.

If machinery could be made danger proof there would be no accidents.

This caused the industrial industries to study the cause of accidents and to devise safety guards,

as far as possible, particularly plants manufacturing iron and steel, as these industries had a fearful death toll. If you have ever visited a steel plant, as I have had the pleasure of doing on several occasions, you would realize the truth of this.

The Safety idea was not fully carried out in the steel corporation until 1906. Since that time serious or fatal injuries have been reduced sixty per cent. Yet neither iron nor steel nor the railroads have the highest death toll. Taken from the statistics of the Prudential Insurance Company, metal mining, coal mining, fisheries and navigation, all kill a larger number of men per thousand employees.

The Safety idea was soon taken up by the railroads, the Frisco being a pioneer. The movement was not at first understood by the worker here, as in all other industries, they thinking it a selfish movement in the interest of the company. But now the men see it is a business proposition both for the good of themselves and the railroad.

In all industries machinery is a part of the problem, but with the best devices installed terrible accidents occurred from reckless or ignorant handling. So the Safety idea was carried out to educate the men that some of the responsibility rested with them and to teach them safety is the first consideration.

You cannot build, plan or legislate safety; all must work together for it.

At the Congress held in Chicago, October, 1914, by the National Council for Industrial Safety, a bulletin giving the percentage of reduction through efficient safety work, shows the suffering taken from the world through this movement. St. Louis & San Francisco, 38 per cent; Atchison, Topeka & Santa Fe, 36 per cent; New York Central, 30 per cent; Southern Pacific, 52 per cent; Missouri Pacific, 45 per cent; Northern Pacific, 35 per cent; Pullman Company, 70 per cent; Eastman Kodak

Co., 73 per cent; Packard Motor Car Co. 67 per cent, and so on through scores of such examples.

The large cotton mills are carrying on a safety first campaign among hundreds of girls and women on the subject of tight fitting caps and short-sleeve aprons. So Mr. Spaulding in his lectures and through pictures has tried to impress upon our men the importance of wearing proper clothing to prevent accidents, also the wearing of goggles to protect the eyes.

Short talks on safety and the work of the league were made by Mesdames Magner and Brundidge. Mrs. Newland was present and gave a short talk in the afternoon on co-operation of employes in the Safety First movement, and in the evening upon the trespassing evil.

#### SAPULPA LEAGUE ENTERTAINS.

The Safety League of Sapulpa gave a delightful thimble party on the afternoon of December 20th, at the home of Mrs. W. E. Fountain in Forest Park.

The afternoon was spent in social conversation and fancy work and a large number of ladies were present.

The following program was given:

Solo—Mrs. Williams; Reading— Mrs. J. Gordon; Piano Solo—Mrs. Z. Allen; Solo—Mrs. J. Cheek; Solo—Miss Young; and address Mrs. R. D. Purcell. All of the numbers were well rendered and thoroughly enjoyed. Especially good was the address by the President, Mrs. R. D. Purcell, which showed much thought and consideration. After the program a dainty luncheon was served.

#### PITTSBURG MEETING.

The Women's Safety League of Pittsburg met in regular session December 17th, at the home of the president, Mrs. G. W. Beezley.

The meeting was opened by members repeating the Lord's Prayer in concert followed by roll call. Reading of the minutes was dispensed with because of absence of secretary.

Mrs. Newland read an article written by Howard Elliott upon the trespassing evil. A lengthy discussion followed in

which members related instances of carelessness on the part of the traveling public which entailed hardships and needless anxiety on the part of trainmen and engineers, particularly engineers.

It was regretted that because of illness Mrs. Roberts and Mrs. Staib were unable to attend the meeting.

After the business meeting a parcel post sale was held which netted one dollar and sixty cents for the treasury. Delicious mince pie and coffee were served by the hostess. Visitors were Mrs. Mobley, Mrs. George Black and Mrs. Newland.

#### MEMPHIS MEETING.

The Memphis Branch of the League met at the home of the league's reporter, Mrs. F. Z. Stark, 1467 Walker Avenue, November 30th. Mrs. J. C. Meadows, president, presided.

The meeting was opened with a prayer after which the minutes of the previous meeting were read by Mrs. J. E. Hargan, secretary.

At the close of the business session the ladies entered a definition contest in which Mrs. Hargan won first prize, Mrs. Meadows capturing the booby prize. After the contest refreshments were served by Mrs. Stark.

#### Baking Pointers.

Bread is one of the simplest of our cooked foods, but making it involves some very complicated processes which will give better results if thoroughly understood by the housekeeper, according to Miss Addie D. Root of the Missouri College of Agriculture. The first essentials are perfectly clean vessels and good strong yeast. No particular kind of yeast is better than any other, but whatever kind is used should be tested to see that it is not too old to give good results. It contains little plants which grow and give off gas, thus causing the bread to rise. In old yeast most of these plants are dead so it is best to see whether it is live enough to form bubbles or foam in a few minutes after yeast has been added to sugar and luke warm water.

In mixing the dough if the flour is added gradually and thoroughly beaten into the liquid it will carry in enough air to make the yeast plants grow, for air is almost as necessary to them as it is to animals. If the dough is made too stiff, harsh, dry, crumbly bread will result, so as little flour as possible should

be used, but enough must be used so that the dough will not be sticky.

In kneading use a quick, even stroke and be sure that the yeast plants reach every part of the bread in order that it may have a good even texture. Never knead bread over thirty minutes, as too long kneading will destroy the elasticity of the dough. After fifteen or twenty minutes the surface will usually be smooth and velvety and gas bubbles will begin to appear, indicating that kneading has been continued long enough.

Set the bread to rise in a clean bowl covered tightly. If the temperature is kept between 80 and 95 degrees F. it will not be necessary to oil or moisten the surface to keep a crust from forming. If the dough is kept too warm while rising it will become soft and runny, too much gas will be formed, bacteria will grow, and the bread is likely to be dark, coarse, and sour. Chilling will not stop the growth of yeast and formation of gas, but is likely to cause an undesirable crust to form over the dough. When the dough has risen in a warm, even temperature to about twice its first bulk and been properly worked, there should be little danger of souring.

The oven should be just hot enough to stop the dough from rising in the pans, after it is put in to bake, but should not be too hot at first. If a thermometer is used, start the bread in an oven at 360 degrees F., and increase the heat gradually for fifteen minutes but lower it again after about 30 minutes. The bread should begin to turn brown in patches during the first fifteen minutes and should have an even brown surface at the end of half an hour.

If the dough has not risen to twice its original bulk it may be started in a cooler oven and allowed to continue to raise during the first ten minutes of baking.—College of Agriculture, University of Missouri.

**STOP—LOOK—LISTEN.**

In this great Safety movement,  
We all must lend a hand;  
The best great aid to Safety  
Is the careful man.

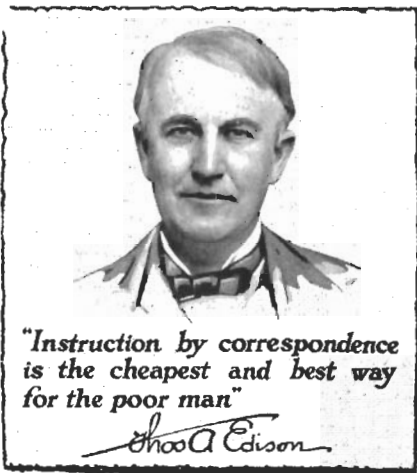
But mothers, wives and daughters,  
We all must do our part;  
There's no time like the present,  
This movement make a start.  
"Be Careful."

*Mrs. Will Furner.*

Annual and term passes of the St. Louis & San Francisco Railroad expiring on December 31, 1915, including those good over Paris & Great Northern Railroad, will continue in effect and be accepted by conductors as transportation until 11:59 p. m., February 14, 1916. The same time limit will be extended to annual and term passes good over Memphis Bridge.

Do not work under cars without the protection of blue flags or blue lights required by the rules.

The exercise of care to prevent accidents is the duty which you owe to yourself and your fellow-employees.



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This company is authorized by the Frisco System to write insurance on its employees.

THE  
**STANDARD ACCIDENT INS. CO.**  
of Detroit, Mich.  
H. C. Conley, Supt. R. R. Department

### Definitions.

**Careless**—Having no care; not taking ordinary or proper care; negligent; unconcerned; heedless; inattentive; unmindful; regardless; without thought or purpose; without attention to rule or system; unstudied; thoughtless; unthinking; inconsiderate; spontaneous; rash; incautious; remiss; supine; forgetful; listless; lazy. *Webster's Dictionary.*

### Keep the Boilers Clean.

Clean boilers increase locomotive earning capacity, save fuel, and make train movement better and more reliable generally.

Dearborn treatment keeps locomotive boilers clean, no matter what mineral salts the feed water supplies contain. It eliminates scale formation, corrosion, foaming, priming, and other feed water troubles that effect boiler tubes and plates.

The treatment may be used at terminals only, for scale prevention, while in cases of alkali or foaming water it should be applied to the engine tank each time water is taken.

Dearborn treatment is made to suit the needs of each district or division, according to analyses of the water supplies.—*Adv.*

### SAFETY FIRST

One Thousand Ways -TO BECOME RICH. But every plan requires capital. A man's biggest asset is his earning power. It is not what you make, but what you save, however, that counts in the end. Be always prepared to grasp opportunities. Start a savings account at this Bank.

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