

"TREAT 'EM RIGHT" IS THE ACCEPTED SLOGAN OF THE MERCHANT MARINE

Woman Finds Quarters and Food for Seamen Far from Conditions of Years Ago—Old Skipper Surprised.

By Jessie E. Henderson.

Like most people who want to learn about the "good old days" of America's sailing ships, I had been reading Dana's "Two Years Before the Mast." Somehow, it left a bad taste in my mouth. It was so brutal.

With the savagery of "Two Years" still in mind, I went aboard one of the modern freighters of our new mar-

chant marine to see how American sailors live today.

Taking the two together, I have decided that the romance of the sea of those earlier days—the days when "rough stuff" was the rule and the quarterdeck governed the crew with a baying pin—had nothing at all to do for the present era in the way of suggestions on how to treat sailors. Those were the "good old days" of salt horse, the grand old days of scurvy—a toothsome subject, nowadays, isn't mentioned in the maritime world, principally because it doesn't exist in well-regulated crews.

My visit to a modern freighter of the merchant marine taught me that "treat 'em right" is the idea in handling a crew in these enlightened times;

treat 'em right, feed 'em right, and give them the best of quarters—in other words, try to make a job about as attractive as one can.

An old salt accompanied me aboard the freighter, a captain of sailing days, curious to see how they were doing things on "them ships that everybody's talking so damned much about."

I suspected the old gentleman came to scoff. If he didn't remain to pray, at least he remained to praise.

The ship we visited was a neat little steel packet of 3,600 tons or so, just down from the Great Lakes, and employed in carrying bulk cargo to New England. She was just the average craft of the new merchant marine, started in the hurry of war time, but well built for that.

I saw that the man who planned this ship had the comfort of the crew in mind.

Quarters Are Attractive.

The quarters for the mates and engineers were better than those enjoyed by many, a small sailing ship captain in other years. The quarters of the chief officers were as trim and polished as in the newest of bungalows.

But it was the quarters of the crew, the seamen and firemen, which most astounded the old time skipper.

"Slick," said he, inspecting them "Slicker'n velvet."

Though the vessel was unloading coal, everything in the forecabin was surprisingly clean. Caught unaware, without previous notice of visitors, the crew showed they were good housekeepers.

No more than one bunk can be built above another nowadays. The beds had good springs, in neat steel frames. The bedding included a mattress of "kapoc," a tropical fibre that keeps the sailor comfortable while he is asleep, and does him, like a life preserver, if he is wrecked.

Dana described the forecabin in which he lived when rounding Cape Horn in 1834, as a "little, wet, poky hole," where the air was foul "the lamp burned blue." On this ship such a thing could not happen. In the first place, the lamps are electric lights. In the second, there was plenty of fresh air, for the law says the crew's quarters shall contain not less than 100 cubic feet of air space for each man. It also provides for good drainage and ventilation.

The number of windows in this forecabin, giving light as well as fresh air, were a new astonishment to the captain. He recalled a forecabin as a place "dark as a pocket."

Steam for Cold Days.

For cold weather there were steam radiators, and for a time in the tropics there were electric fans ready to turn the bunks into places cool and comfortable. There were also shower baths and washbasins.

"Gosh," reflected the old skipper, "how we used to hoard the raindrops on a corner of canvas to get enough water for half a bath."

And not the least, there was the galley!

Once upon a time not so very long ago a ship's galley was heaven for cockroaches. It is not today. Cockroaches dislike soap and water. The galley on this American merchantman of the newer type was as neat as wax. Hinge kettles, scoured and shining, gave forth gentle puffs of steam scented with odors that tickled the appetite. The decks and bulkheads were immaculate in their shining cleanliness.

There was a neat little dining room for the crew on the main deck. In the days of which Dana wrote the crew ate rather haphazardly, sometimes preferring the sea-washed decks to the ill-smelling, vermin-infested areas where the meals were supposed to be "served."

What Sailors Eat.

Only in those times there was no "serving." The crew went to the galley, got its share of rations in a "kid" or wooden tub, and ate at a straight course as possible across the dizzy decks to the forecabin. More than once a sea swept inboard lifted the luckless and hungry seaman from his feet and carried away the contents of the ration kit. And there was no second serving.

A wonderful savor of good food, well cooked, had greeted us when we came aboard the cargo carrier. It had led us to the galley. There we learned what the cooks were doing to produce those savory smells. A great pan of fried potatoes sizzled on the stove and a stew simmered in a big kettle. Hot biscuits, just out of the oven, flaky and brown, added to the appeal of the stew.

The cook on the freighter was surprisingly young and rosy cheeked. I noticed his nails were clean, and he had on a clean apron. He said he had come into the merchant service through the Shipping Board training system, and that he had been a bank clerk "back home" in Iowa. He told me all about his work, and said he had cooked upward of 7,000 pounds of fresh meat since going on the job. It was fine, heavy beef, too, kept in a frosty refrigerator as big as a New York flat's parlor.

Not Like Olden Days.

He showed me a big juicy roast he had ready to serve cold. "Mm! Such good beef. It made me think, by contrast, of the 'romantic' old sailing-ship days, which every one laments except people who actually experienced them, when the crew had an immortal ode which they chanted to the salt beef, which formed their chief and salted. 'Old horse' was the name which the sailors lovingly bestowed on their rations, and here is how they celebrated their chief dish in fervent rhyme:

Old horse, old horse, what brought you here?
From Seaport to Portland Pier
I've carted stone this many a year;
Till killed by blows and sore abuse,
They called me down for sailor's use,
The sailors they do me despise;
They turn me over and damn me eyes,
Cut off my meat and scamp my bones,
And pitch me over to Davy Jones.

I was told the crew and captain share practically alike on all deep-water craft under the American flag in these times. There is a shared bill of fare, and if one ship's crew does not fare as well as the next the fault is in the cook.

Comfort Beats Thrills.

A sample breakfast for instance, served to both officers and men contains hominy and milk, hot breakfast hot boiled potatoes, bread and butter and coffee. A sample supper comprises bread and butter, some kind of cold meat, a vegetable and stewed fruit. A typical dinner includes a soup, roast, one fresh vegetable, boiled potatoes, bread and butter and bread and butter pudding, or baked port and beans, corned beef hash hot boiled potatoes, cheese, stewed fruit, bread and butter and tea.

In a well lighted dining room—a place with an electric fan for use in hot weather when the radiator is mute—these wholesome meals are served good and hot. The galley is not separated from the crew's quarters by an expanse of slippery, heaving deck, as in the olden days of romance and discomfort. It is alongside the dining room.

It may not be so thrilling to get your foot hot from a tidy kitchen instead of carrying it over the length of an icy wave-washed deck, but it is far more satisfying.

NOTED SPORTSMAN, 95, DIES IN ENGLISH HOME

Henry Sparrow, Long Known as Follower of Hunts, Riding When Eighty Years Old.

The death of Henry Sparrow, of Battledore, Wombourne, at the age of ninety-five, removes a famous character from the world of British sports.

According to "The Westminster Gazette," he first rode to hounds when he was six years old, and hunted regularly with the Albion Hunt until he was eighty. Ten years of his early life were spent in Ireland and Mexico, where his skill as a rider made him famous. Returning to South Staffordshire, he settled down to business.

He was probably the oldest surviving officer of the old volunteer forces, which he joined as a private when it was founded, retiring from the 18th

Staffordshire Rifles in 1866 with the rank of captain.

He was a keen lover of all outdoor sports, and as far back as 1889 played for Warwickshire and Worcestershire against an all-England cricket eleven.

As a horseman he was one of the highest authorities in the Midlands, and was often the judge at these competitions. Many stories of his daring

and nerve are told that a century ago he rode along a sheep track round the Great Orme's Head, when the slightest misstep would have meant instant death. Once he rode into the Wrekin Hotel on an elephant which a few days before had killed its keeper.

Imparts Confidence. Watertown Times: "Lloyd George's

speech imparts confidence, for through out it has a tone of satisfaction over the work of the conference and confidence as to the future. It imparts the feeling, also, that Russia is to be taken in hand with vigor, and that to the world seems the all important thing at the present juncture."

The Red, White and Green Package is Familiar to All

FOR over twelve years the original Red, White and Green corn flake package has been a familiar combination of colors to all Canadians.

During all these years millions of Canadians have enjoyed

Kellogg's TOASTED CORN FLAKES

ALWAYS make sure you are getting the genuine original Kellogg's Toasted Corn Flakes which are only sold in the red, white and green package.

Accept No Substituted Imitations.

Only Made in Canada by THE BATTLE CREEK TOASTED CORN FLAKE CO., LIMITED.

HEAD OFFICE AND PLANT: LONDON, ONT.



MARITIME DENTAL PARLORS

Enjoy life while it lasts. If you must wear a plate, do not be content with one that is a continual source of annoyance to you, but come to us and your mouth will experience all the comforts of childhood and your face will have the charm of youth.

PEERLESS VULCO DENTURE

FULL SET

\$8.00

PAINLESS EXTRACTION ONLY 25 CENTS
Guaranteed Crown and Bridge Work \$4.00 and \$5.00.
BROKEN PLATES REPAIRED IN 3 HOURS
Fillings of all kinds. Free consultation. Trained Nurse in attendance.

DR. A. J. MCKNIGHT, Proprietor,
38 Charlotte Street,
ST. JOHN, N. B.
PHONE M. 2789-21.
Hours 9 a. m. to 9 p. m.

You Need More Than A Laxative

To correct constipation, all organs of digestion and elimination should be helped. Try NR and see how much better you feel.

NR Today—Keeps the Doctor Away

To live and be healthy, your body mechanism must properly digest your food, extract all the nourishment from it and promptly throw off the waste that is left. This is accomplished by the processes of digestion, assimilation and elimination—the work of the stomach, liver, kidneys and bowels. The failure of any of the vital organs to do its work properly affects the action of all the others. A forced bowel movement does not help constipation; it only relieves for a few hours the condition that constipation brings about.

Now if you are used to taking so-called laxative pills, oil, purgatives and the like, you know mighty well you've got to be taking them all the time. Moreover, if you stick to any one laxative, you're got to be increasing the dose all the time. That can do you a lot of harm.

Stop dosing yourself with such things just long enough to give Nature's Remedy (NR Tablets) a trial, and let the results show the difference. NR Tablets are not mere bowel movers, their purpose is to correct the condition that induces constipation and give you real

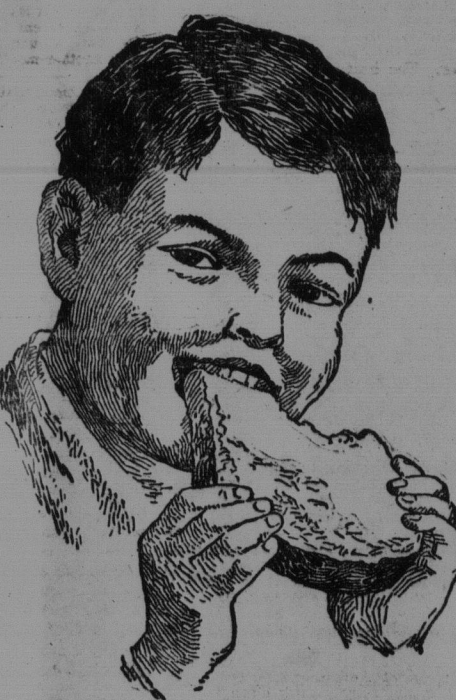
genuine, lasting benefit: to improve your digestion and assimilation, give you a good hearty appetite, regulate your liver and bowels, tone up kidney action and give your poison-clogged body a good cleaning out. Nature's Remedy (NR Tablets) is not harsh; it is mild, easy, pleasant in action, it relieves pain ever follows its use; but it is thorough and sure. By its action on the digestive organs it promotes assimilation, which means extraction of full nourishment from your food, and thereby gives you new strength, energy, better blood, steeper appetite, by toning, not straining your liver. NR sends bile into the intestines, improving intestinal digestion. Early, by gently encouraging more vigorous bowel and kidney action, NR drives poisonous impurities out of and cleans up your body.

Try Nature's Remedy (NR Tablets) and you'll see how much better you feel in every way. Get a big box today and take one each night for a week. You'll say you never felt better in your life. NR is sold, guaranteed and recommended by your druggist.

NR Tonight—Tomorrow Feel Right Get a 25¢ Box

For Health and Nutrition

Use this Famous Flour to get Best Bread—Guaranteed to give Full Satisfaction, or Money Back



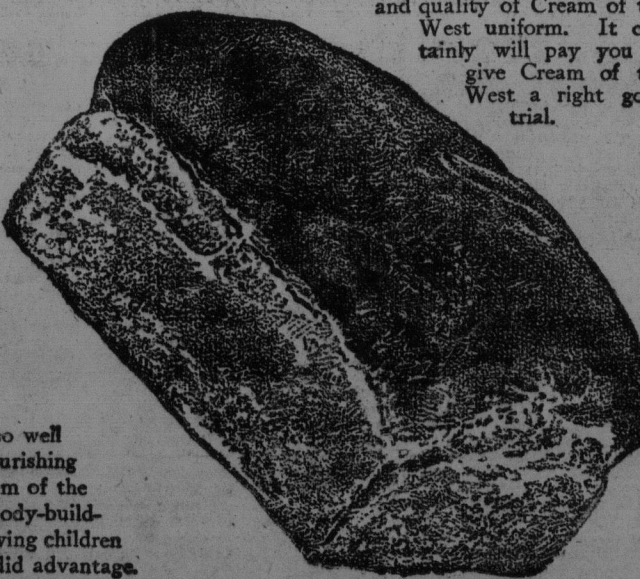
Why is it that the famous Western Canada hard wheat is prized the world over for making good bread? Because it is rich in a highly nutritious substance called gluten. This gluten has such wonderful elasticity, or power of expansion, that it imprisons and holds the little bubbles of gas developed by the yeast, thus enabling bread to rise properly.

Cream of the West Flour is made from the best quality of this famous Western hard wheat—rich with gluten. That is why bread made from it rises splendidly and gives you the biggest kind of loaves. When using white flour for bread, why not have the big loaves of highly nourishing, light, flaky bread you can always get with

Cream of the West Flour

Milled according to Government Standard

Cream of the West "goes farther" than other flours. Not only does it make good bread but it is used with success by housewives for all kinds of baked products. All shipments of grain are tested in our laboratory, knowing exactly what the wheat contains, we can always keep the strength and quality of Cream of the West uniform. It certainly will pay you to give Cream of the West a right good trial.



Cream of the West A High Gluten Flour

The gluten that makes bread rise so well is also the reason for the high nourishing quality of bread made with Cream of the West. This substance is rich in body-building protein. No mother with growing children can afford to overlook this splendid advantage.

The Campbell Flour Mills Co., Limited, West Toronto

Canada Food Board License, 6, 7 & 8.

Dealers can procure Campbell's Flours from

THE CAMPBELL FLOUR MILLS CO., LIMITED,
Simpson Bldg., Halifax, N. S.

CAMPAIGN BRICK

Churchmen Are Favorable Scheme to Provide some Outdoor Recreation Under Proper Authority

London, April 25.—A much step toward making the British day a better, brighter and more day is to be taken soon. Representatives of the various sports bodies are to be invited by the Games Association to attend



Makes a Friend of Every User.

Perfectly packed in bright lead foil, and price marked on every package.

For A

Use Baby's Own Soap. It's "Baby's Own" for Baby—Best for You".

ALBERT SOAPS, LIMITED, MONTREAL

Baby

