### ST. HELENS MIST. FRIDAY, NOVEMBER 2, 1917

## St.Helen Hist

Issued Every Friday by THE MIST PUBLISHING COMPANY needed it. Who.can say?"

S. C. MORTON. . Editor and Manager

SUBSCRIPTION RATES

Entered as second-class matter, January 10th, 1912, at the Postoffice at St. Helens, Oregon, under the act of March 3rd, 1879.

COUNTY OFFICIAL PAPER



#### THE BUSINESS OF MAKING MEN

Our recent visit to Camp Lewis, Washington, where 40,000 conscripted men are receiving military training, demonstrated to us that in addition to the great war undertakings which he now has on hand, Uncle Sam is engaged in another great work-making men. Those in authority pound into the young soldier, day and night, the great truth that respect for his own body is an essential of manliness and military efficiency. He is taught to take care of himself, and wherever he doesn't take this care a penalty is inflicted. In conversation with an officer in regard to this important phase of the soldier's training, he said: "The impressionable youth is far safer from temptation and from the evils that come from vice while soldiering under the conditions which are found in a majority of the training camps than he is when even lying in the home atmosphere in the average city Harvey's election as commissioner we or town."

Noble forces are contributing to this work. Medical science organizations, army chaplains and the Y. M. C. A., whose welcome quarters can be bined influences are aiding in placthe boys who are training for military service.

duties of men, it will soon be demon- and girls. strated what the government has done towards making men who will be more real men.

#### SQUARELY BEFORE US.

side with the French soldiers, facing strikes. the enemy. It will not be many weeks

of my comfortable, unquestioning rut and make me think why I am here. and where I am going and what it is Increase in Shipments of Milk, Butall about. Perhaps the whole world

A GOOD LESSON TO LEARN

Some of us look upon the food conservation campaign lightly. We see abundant crops grown near us and it is hard to believe there will be any food shortage, and we think the government is exaggerating the present or future conditions, so we do not enter into Hoover's campaign as enthusiastically as we should. Even seventeenfold increase. if the matter has been exaggerated. food conservation is necessary because it teaches the lesson of saving and avoiding wastefulness, and the to 26,835,092 pounds. American people are known as the old saying, "Waste not, want not," tion of the nation, then we will have

learned one great lesson which will "I pledge allegiance to my Flag, and to the Republic for which it stands, one Nation indivisible, with Liberty and Justice for All." be of inestimable benefit to our coun-try, not only at this particular time, but for all time to come. be of inestimable benefit to our coun-

> know where the money will come as the war continues."-United States from to build the St. HelenslColum- Food Administration. bia City road. We presume if the road is built the money will come from the same source that it comes from when much read work is done in Harvey's district-from the taxpayers. It seems to us that this matter is the business of St. Helens, and those not in this road district should not lose any sleep over the matter. If the St. Helons people want the road and are willing to pay for it, we don't think Mr. Harvey ahould coughs and colds with good results." worry. St. Helens people haven't worried much because thousands of dollars have been spent in the lower end of the county, although a considerable portion of the improvement was made on general road fund money in which this end of the county had a large interest. A county commissioner should be for the whole county and the interests of the whole county and when the Mist advocated thought he would be Columbia couny commissioner.

The recent teachers' institute was a distinct success. The teachers presfound in every camp, and their com- ent showed their interest in the institute and a desire to learn more so ing a wholesome environment around better work could be done in the county's schools. That they were so full of "pep" we believe is in a great What this training means to the measure due to the example of the future generation we cannot now county school superintendent, who is realize, but when the war is over, on the job all the time in the interest when the thousands who have seen of the schools. Without a doubt the service in foreign countries and the schools of the county are far better thousands who see service in Amer- than ever before, which is gratifying ica return to their homes, clean, well to patrons, taxpayers and all intertrained men, prepared to take up the eated in the education of our boys

Nine cases out of ten all strikes make a stronger nation. After all, are settled by arbitration, which, of the war might be a blessing in dia- course, is the proper manner in which guise, as the whole nation will be they should be settled. It seems to more of a nation because there will us, however, that strikes are unnecessary. Labor knows what they have to have, and capital knows how much they can grant. Instead of arbitrat-Our soldier boys in France are now ing after a strike, why not arbitrate in the first line of trenches, side by before, then we would have no

## DAIRY EXPORTS

ter and Cheese is Shown.

"Exports of condensed milk which

for a three-year period before the war overaged 17,792,579 pounds an of P. lodge have taken steps towards nually have increased to 259,102,213 the raising of a fund of \$500,000 for pounds for the fiscal year ending the needs of the soldier boys on the Juno 30, 1917.

"Cheese exports which for the illes left behind. Each member of three pre-war years averaged 3,788, the order is asked to contribute the 065 pounds reached 66,087,213 sum of \$1 to raise the total amount pounds for the last fiscal year, a asked for. It is the plan of the K.

"Exports of butter which for the Commission, which will be composed three years previous to the wor were of officers of the supreme lodge. The 4,457,144 pounds increased in 1917 K. of P. has 7,265 subordinate lodges

can be brought forcibly to the atten- The world's total number of cattle nity throughout the United States has already decreased more than 28, are responding liberally to the call 000,000. In England, France and of the commission and there seems Germany the herds are being delib- to be no doubt of the successful erately sacrificed to supply the im- prosecution of the noble work out mediate necessity for meat. Judging lined.

from all indications, the sacrifice of Commissioner Harvey doesn't dairy animals will be even greater

> Certain Care for Croup. Mrs. Rose Middleton, of Greenville, Ill., has had experience in the treatmont of this disease. She says, When my children were small my son had croup frequently. Chamberlain's Cough Remedy always broke up these attacks immediately, and I was never without it in the house. I have taken it myself for

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#### K. OF P. LODGE TO HELP SOLDIERS War Relief Fund of \$500,000 is

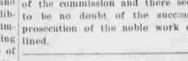
Asked of Members.

The grand lodge officers of the K firing line and their dependent fam-

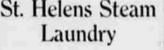
of P. to organize the War Relief

a nidt will be the duty of the su-"The ravages of war now cell for preme lodge officers to carry on the wasteful nation. If the truth of the a prompt increase of dairy cattle in work through these subordinate those countries able to raise them lodges. The members of the frater-

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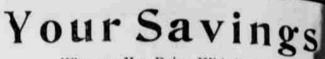


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before we will be reading lists of the honored dead, "died while in the dis- swore, put him down as one who charge of duty." Over many Amer. never stepped on a carpet tack in hi ican homes, possibly right here in bare feet. St. Helens, a gloom will be cast because the father, son, or brother will never return. We cannot expect to engage in this war without paying a fearful price in human blood. Soon we will realize the price our soldiers will have to pay, and the sacrifices they will have to make in order to maintain for us the freedom we now enjoy. And while these soldier boys at the front are sacrificing their lives for us, we at home must also make some sacrifices. There are many ways in which we can show our patriotism and help the government in the titanic struggle in which we are engaged. Let each one of us ask ourselves, are we doing our duty to the government as faithfully and chcerfully as we expect the soldier boys to perform their duty, and if your own conscience says no, start to do your duty today. You know what it is, so it is unnecessary for you to be told. There are a thousand and one ways in which the government can be assisted, and your aslistance is needed and needed now.

#### WHAT THE WAR HAS DONE TO ONE MAN

A writer in the American Magazine LHYS

"The war put into my soul something that it has never harbored since the day when I took my first step slone—fear. Fear of what might happen to this country has turned Rolls crisp from the oven. If we supme from a mild pacifist into a violent

"The fear of God, I remember hearing once in church, is the beginning of wisdom. Perhaps that is true. Perhaps I needed this war to jog me out J. E. Ramsey

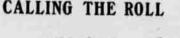
Any time a man tells you he neve

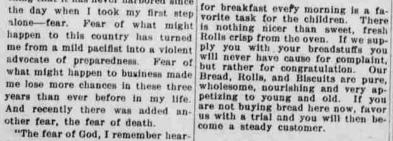
For a Weak Stomach, As a general rule all you need to

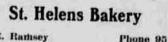
do is to adopt a diet suited to your age and occupation and to keep your bowels regular. When you feel that you have eaten too much and when constipated, take one of Chamberlain's Tablets.

#### FIRE! FIRE! FIRE! FIRE!

See E. E. Quick, St. Helens, and insure your property in the Oregon Fire Relief Association of McMinn-Oregon. Don't put it off. tf W. L. WARREN, Agent Mch6tf







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