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COUNTY OFFICIAL PAPER



"I pledge allegiance to my Flag,
 and to the Republic for which it
 stands, one Nation indivisible, with
 Liberty and Justice for All."

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 living in the home atmosphere in the average city 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 found in every camp, and their combined influences are aiding in placing a wholesome environment around the boys who are training for military service.

What this training means to the future generation we cannot now realize, but when the war is over, when the thousands who have seen service in foreign countries and the thousands who see service in America return to their homes, clean, well trained men, prepared to take up the duties of men, it will soon be demonstrated what the government has done towards making men who will make a stronger nation. After all, the war might be a blessing in disguise, as the whole nation will be more of a nation because there will be more real men.

SQUARELY BEFORE US.

Our soldier boys in France are now in the first line of trenches, side by side with the French soldiers, facing the enemy. It will not be many weeks before we will be reading lists of the honored dead, "died while in the discharge of duty." Over many American homes, possibly right here in 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 cheerfully 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 assistance is needed and needed now.

WHAT THE WAR HAS DONE TO ONE MAN

A writer in the American Magazine says
 "The war put into my soul something that it has never harbored since the day when I took my first step alone—fear. Fear of what might happen to this country has turned me from a mild pacifist into a violent advocate of preparedness. Fear of what might happen to business made me lose more chances in these three years than ever before in my life. And recently there was added another fear, the fear of death."
 "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

of my comfortable, unquestioning rut and make me think why I am here, and where I am going and what it is all about. Perhaps the whole world needed it. Who can say?"

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 if the matter has been exaggerated, food conservation is necessary because it teaches the lesson of saving and avoiding wastefulness, and the American people are known as the wretched nation. If the truth of the old saying, "Waste not, want not," can be brought forcibly to the attention of the nation, then we will have learned one great lesson which will be of inestimable benefit to our country, not only at this particular time, but for all time to come.

Commissioner Harvey doesn't know where the money will come from to build the St. Helens-Columbia City road. We presume if the road is built the money will come from the same source that it comes from when much road 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. Helens people want the road and are willing to pay for it, we don't think Mr. Harvey should 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 Harvey's election as commissioner we thought he would be Columbia county commissioner.

The recent teachers' institute was a distinct success. The teachers present showed their interest in the institute and a desire to learn more so better work could be done in the county's schools. That they were so full of "pep" we believe is a great measure due to the example of the county school superintendent, who is on the job all the time in the interest of the schools. Without a doubt the schools of the county are far better than ever before, which is gratifying to patrons, taxpayers and all interested in the education of our boys and girls.

Nine cases out of ten all strikes are settled by arbitration, which, of course, is the proper manner in which they should be settled. It seems to us, however, that strikes are unnecessary. Labor knows what they have to have, and capital knows how much they can grant. Instead of arbitrating after a strike, why not arbitrate before, then we would have no strikes.

Any time a man tells you he never swore, put him down as one who never stepped on a carpet tack in his bare feet.

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 McMinnville, Oregon. Don't put it off. McH6tf W. L. WARREN, Agent

CALLING THE ROLL



for breakfast every morning is a favorite task for the children. There is nothing nicer than sweet, fresh rolls crisp from the oven. If we supply you with your breadstuffs you will never have cause for complaint, but rather for congratulation. Our Bread, Rolls, and Biscuits are pure, wholesome, nourishing and very appetizing to young and old. If you are not buying bread here now, favor us with a trial and you will then become a steady customer.

St. Helens Bakery

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DAIRY EXPORTS

Increase in Shipments of Milk, Butter and Cheese is Shown.

"Exports of condensed milk which for a three-year period before the war averaged 17,792,579 pounds annually have increased to 259,102,213 pounds for the fiscal year ending June 30, 1917.

"Cheese exports which for the three pre-war years averaged 3,788,065 pounds reached 66,087,213 pounds for the last fiscal year, a seventeenfold increase.

"Exports of butter which for the three years previous to the war were 4,457,144 pounds increased in 1917 to 26,835,092 pounds.

"The ravages of war now call for a prompt increase of dairy cattle in those countries able to raise them. The world's total number of cattle has already decreased more than 28,000,000. In England, France and Germany the herds are being deliberately sacrificed to supply the immediate necessity for meat. Judging from all indications, the sacrifice of dairy animals will be even greater as the war continues."—United States Food Administration.

Certain Care for Croup.

Mrs. Rose Middleton, of Greenville, Ill., has had experience in the treatment 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 coughs and colds with good results."

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WEST ST. HELENS, ORE.

K. OF P. LODGE TO HELP SOLDIERS

War Relief Fund of \$500,000 is Asked of Members.

The grand lodge officers of the K. of P. lodge have taken steps towards the raising of a fund of \$500,000 for the needs of the soldier boys on the firing line and their dependent families left behind. Each member of the order is asked to contribute the sum of \$1 to raise the total amount asked for. It is the plan of the K. of P. to organize the War Relief Commission, which will be composed of officers of the supreme lodge. The K. of P. has 7,265 subordinate lodges a total will be the duty of the supreme lodge officers to carry on the work through these subordinate lodges. The members of the fraternity throughout the United States are responding liberally to the call of the commission and there seems to be no doubt of the successful prosecution of the noble work outlined.

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Your Savings

What are You Doing With Them?

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Or are you keeping them intact so that they may grow into a respectable sum that will count when you see the chance for a good investment?

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keeps your money all in a lump, ready at any time you need it. And if you get the savings habit it is worth almost as much as the savings themselves.

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St. Helens, Oregon