

Want Ads

FOR SALE.

SALE—Rhode Island eggs for \$1.50 per setting of 15. H. C. S. VanClove, 1012x

SALE—Few Jersey cows, some and some to freshen soon. Conick, Yankton, Ore. Phone 1014x

SALE—Rhode Island hatching from prize winning stock. \$1 C. S. VanClove, 1012x

SALE—Six head grade Holsteifers, 2 years old, \$200. Dowd, Yankton, Ore. Phone 91f

SALE—Blue Andalusian eggs \$1.50; also 2 Blue Andalusian roomers. Mrs. T. E. Gre... Phone 1F21, Warren, Ore. 914

SALE—One Tancred rooster price \$3.00. Settings eggs \$5 to \$1 per setting. C. L. Scapoose, Ore. 914

SALE—Thoroughbred Rhode Island eggs for hatching, \$1.00 per egg. Harold Gilmore, Warren, Ore. Phone Guy Lillich, 4F2

SALE—One Ayrshire and Jersey, fresh about March 10. Vegie separator, 600 pounds. Will sell cheap. G. W. St. Helens, Oregon, phone 81f

SALE—Baled timothy hay, bay, oat and wheat straw, seed oats. J. Erickson, Oregon, 816

SALE—Pigs four months old; milk cows; timothy hay baled. C. J. Larson, Warren, Ore. phone 101F5. 11f

SALE—Sand, plenty of it. Delivery. St. Helens Transp. Co. St. Helens, Phone 15. 281f

WANTED.

ED—Wish to buy fat cattle, hogs and calves. I will buy or kill reactors and stock also stock hogs and poultry. L. L. Smith, "Smithshire," Seaside, Oregon. 101f

FOR RENT.

RENT—Nicely furnished room gentleman in private family. Hill P. O. Box 657. 10x

LOST AND FOUND.

ED—From Masten's pasture, red heifer, about 9 months old, marked with black stripe back, white on belly between hind legs; white patch on tail. Notify J. P. Ryan, St. Helens, or J. E. Gilmore, Bachman Flat. 101f

METHODIST EPISCOPAL

The Friendly Church, Day School is a good place for boys and girls—from two years to twenty. Join our happy crowd on Sunday morning. At the service the sacrament of the Supper will be observed. All who are earnestly striving to live the precepts of Him who said, "I am in remembrance of me," are invited to join us in the Supper of this hour. North League meeting at 6:30. "Our Stewardship." Happy evening service at 7:30. Sermon by the pastor on "The Church in the Present Age."—Special For a pleasant and profitable follow the crowd to "The Friendly Church."

A new peace dollar may feel little out of place at first, but hope conditions will soon improve.

....WOMAN'S PAGE....

By Florence Riddick Boys

Visit the Green Grocer

In the winter the housewife is likely to feed her family too much on cooked foods, on meat and potatoes and deserts, and to neglect the fresh fruits and vegetables, the regulating foods, the foods containing vitamins and mineral substances.

Vegetables and fruits are more difficult to obtain. They cannot be ordered over the phone as their condition so varies that they must be seen by the thrifty housewife to be judged. Their purchase generally calls for a trip to market and that is sometimes a nuisance. Then, too, the purchaser must frequently carry home her purchases from the green grocer for he does not deliver.

The price of fresh fruits and vegetables make these seem an extravagance, but they are not, considered in the light of doctor bills or failure of the body to grow and function aright.

A dish of fruit of an attractive vegetable salad adds piquancy to the meal, and permits other very simple foods to be used regularly, when the eaters would revolt against these unless relieved by the pleasant fruit foods.

Have you ever noticed how children will beg for a slice of the raw turnip or carrot or potato you are peeling? All of the vegetables, except potatoes, are best raw. Indulge the child. Raw starch is indigestible, especially for the delicate stomach of a child, so his potato had better be thoroughly cooked, baked, if possible. But give him celery, carrots, cabbage, lettuce, onions, tomatoes, and all the other raw vegetables he will eat.

The body suffers greatly from the lack of vitamins and the mineral salts which fresh fruits and vegetables contain. The gums will become spongy; eczema and rickets, and degenerate teeth, bones and skin will result. Some think it is a cause of prematurely gray hair.

Many people think too much acid in the system is because of eating fruit acids. By some mysterious process fruit acids neutralize body acids—which are a poison. It is the body acid, a result of indigestion or a slowing of the bodily functions, which causes sour stomach and the more dangerous, though less noticeable, consuming of tissues. Fruit acids are the cure.

Many people get crates of oranges or grape fruit, and frequently neighbors combine to do this. They keep well in the winter and with lemons are our most valuable source of food acids and minerals and vitamins. Tomatoes, raw and canned, come next, then the green leaf, the growing parts of plants, the humble carrot, raisins and prunes. Cooking or long storing tends to spoil the vital value. When you cook vegetables, be sure to save the water, in which they are cooked, add butter and milk and serve as soup. Most of the mineral salts are dissolved in this water.

Child Labor Day

"It is infinitely better to prevent child labor and compel and support the education of our children today than to look after untrained, inefficient and unhealthy citizens tomorrow."—Herbert Hoover.

Child Labor Day will be observed January 28 or 29 in synagogues and churches and the following Monday in schools. For information write National Child Labor Committee, 105 East 22nd St., New York City.

Is your women's club doing anything to help?

A Compound Fracture

Upon the ice I fell, On New Year's Day, And saw—I'm here to tell— The solar system and the Milky way!

I turned—it is a fact— Two revolutions, Then broke the ice and cracked Two brand-new New Year's Resolutions!

What Will Happen in 1922?

Three hundred and sixty-five opportunities will dawn before New Year's morn, 1922. What, oh what, will lay at the feet of 1922? We can forecast a bit:

More than a half a million babies will be born in the United States. How many in the world, who can estimate?

Laws affecting children will be improved in all civilized countries.

Skirts will grow longer.

Women will be given rights before the law more nearly equal to those enjoyed by men.

We will all be one year older.

Women will take such active part in world affairs as can scarcely be imagined.

Women's organizations will become more widespread, more international and more co-operative, thus extending their power and hastening the realization of women's ideals.

Then thousand American mothers and fifteen thousand American babies will be here on New Year's day, 1922, who had died were not for our recently enacted Maternity-in-fancy bill.

Instincts which Eve brought out of the Garden of Eden will still be as keen and sweet as ever—the eternal, the eternal motherly.

The Dove of Peace will increase and its cooing be audible above the scream of the American eagle, the roar of the British lion, the grunt of the Russian bear, or the call of the other birds and beasts.

Education will "march"; physical education will be emphasized, and play be more universal.

The world will become restocked on manufactured products.

Thousands of dwellings will be built.

Invention will add to the efficiency and the pleasures of life.

The aeroplane will become of more practical use.

Rural life will become socialized, more interesting and satisfying and remunerative, and less arduous.

Business will become normal.

Dream on—dream on... your own rosy dreams! You have 365 chances that they will come true.

"Thine own wish, wish I thee!"

Professional Shopper

A woman living in a city may work up a desirable business in time as a professional shopper. This is a work that requires no "plant" nor equipment and does not take one out of her home except on shopping tours.

By advertising in the magazines or daily papers one makes it known that she will make purchases for patrons. This is the chief expense except cartage to the shops and the correspondence necessary. It is a business which might grow indefinitely as one performed the work well and gained confidence of patrons and the advertising that their recommendation would give her, but it will take time to work it up to a point of much prosperity.

The Professional Shopper must know styles, the markets, the prices which are right and where to get the best bargains. She must have tact in dealing with people and be able to judge well of what they want by their descriptions. She should prepare a detailed questionnaire which will give her definite knowledge of the articles desired, and she must have a safe way of making collections, as well as rules stating when unsatisfactory articles may be returned or exchanged.

To have clerks in stores is good training for this business.

Mrs. Winter and Mrs. Park Write Joint Letter.

In order that women's efforts for good may not conflict, nor overlap, the Presidents of the two largest women's organizations have addressed a joint letter to their organizations urging co-operation. Mrs. Thomas G. Kinter of the General Federation of Women's Clubs and

Mrs. Maud Wood Park of the National League of Women Voters are thus aiming to knit together the energies of their four million constituents.

The joint letter calls attention to the fact that both organizations are of "progressive women interested in the right development and right conservation of the nation's resources." Both are organized in each of the forty-eight states and are working for similar, and often the same, legislation in both state and nation.

The federation "is primarily sociological and educational" while the league "concerns itself with women as voting citizens." But the federation has always done legislative work and the league is educational.

Both presidents announce their mutual understanding of the value of both organizations and their earnest desire that the most cordial relations of co-operation shall exist in all the state and local branches, "to the end that the work in which we are all interested may be forwarded with the least possible waste of effort."

Mrs. Osimon Says:

We often confuse saving with thrift. It is not always that. It is often more economical to spend our good cash for equipment, or even for beautiful knick-knacks if they make us more "peppy" and efficient by brightening our lives.

It takes a wise head to distinguish saving from thrift. The thrifty housewife, for instance, will not waste time using an egg beater with single whippers when for thirty-five cents she can get the double kind and shorten her labor many hours a year.

N. B. This is not an advertisement.

Idealists.

Every monument has its idealists, its fore-runners, who hitch their wagon to a star and draw us up a notch higher, at least, than we would be without them. Such is the Woman's International League for Peace and Freedom, demanding, not the beginnings of peace, achieved by the disarmament conference, but immediate millennial peace and brotherliness and internationalism.

All Prices Reduced.....

New and Second-Hand Goods

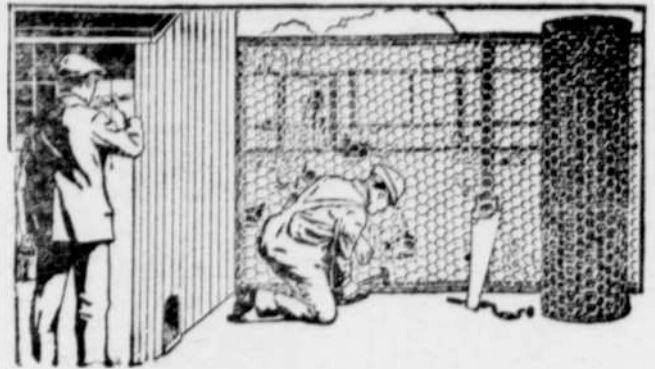
★★

Stoves, Heaters, Ranges, Furniture, Phonographs, Washing Machines, Motorcycles, Bicycles, Ford Bug.

We have everything from a Sewing Needle to a Ford Car. You will save money by dealing with us.

★★

Central 2nd Hand Store GUS MARTIN, Prop.



Make Your Property Worth More

Keep things "ship shape" about the house and farm. Making small repairs PROMPTLY saves money in the end.

A timely coat of paint protects your buildings and improves their appearance.

When you "fix up" things this spring come to us for all your supplies. Poultry wire, paints, brushes, roofing—and Winchester tools to make the job easy.

St. Helens Hardware Company

THE WINCHESTER STORE

Land Clearing Demonstration....

By the Oregon Agricultural College, under the direction of PROFESSOR SCUDDER

H. R. MELIS FARM, One Half Mile West of Mist

A Columbia and Clatsop County Co-operative Demonstration—Columbia and Clatsop County Farm Bureaus and County Agents Co-operating.

Saturday, Feb. 25th

Commencing at 11:00 a. m.

A 25c Lunch Served by the Ladies of Mist at Noon

ONLY FARM BUREAU MEMBERS SAVE

Farm Bureau Membership Gives You This:

SAVING of over 17 per cent on automobile tires.

WHOLESALE PRICE, plus 7 1-2 per cent, on machinery of Moline Plow Co., and repair parts 10 per cent less than dealers list price.

IF YOU EAT OR SLEEP -- 20 per cent off regular rate at Cornelius Hotel, Park and Alder Streets, Portland.

Send for membership card to Secretary, Columbia County Farm Bureau, St. Helens, Oregon.

20TH CENTURY STORES

If You are not "Getting Along" as Fast as You Like Try the 20th Century Method

By the habits of small savings acquired, many thousands of people's prospects have been brightened. It is a peculiar fact that too many see only the "Big Things," not taking time to realize that a number of smaller successes are far safer than big plunges.

Some Saturday and Monday prices that solve the Big Grocery Bill Problem:

- Shoko, a most desirable and satisfactory shortening...15c
Morning Drinks That are Much Appreciated
20th Century Coffee, the very finest, fresh roasted every day, 33c pound, 2 lbs...65c
Instant Postum in large cans, each...43c
An old reliable favorite within easy reach of your pocket-book, made in the northwest, Federal Milk, tall cans, 2 cans 19c, 10 cans 94c, case of 48 cans...\$4.30
Nebraska Corn Meal, yellow or white, 9 lb. sack...27c
Flour—Your special liking is available, be it Crown, White Mountain, Olympic, Vim, Kerr's Patent or Drifted Snow, 49 lb. sacks \$1.93; barrel lots \$7.55—limit 1 barrel to a customer.
Mazola Oil has returned to its lowest price. Pints, 26c; quarts, 49c; half gallons, 98c; gallons...\$1.88
Proctor & Gamble's Luna Soap, 7 bars for...25c
Pearline Washing Powder, small size...4c
Campbell's Beans, economy food, can...11c
White Star Tuna, small, 15c; medium 25c; large...45c
Royal Baking Powder, large cans, each...35c
Royal Club Pineapple, large No. 2 1/2 cans, 28c; 2 for 55c
Pure Comb Honey, section 25c
Sugar, 17 lbs...\$1.00 (Limit \$1.00)
Large Juicy Lemons, 7 for 15c
Manchurian Walnuts, latest crop, 2 lbs. for...45c

No one expects to pay more and in many, many instances as much at these stores, for two reasons—they buy in immense quantities and do not deliver.

CENTRALLY LOCATED IN THE WELLINGTON BUILDING, THE STRAND