

BIG CARIBOU FLOCKS THRILL

CANADIAN HUNTER TELLS OF
SEEING VAST HERDS IN CA-
NADIAN COUNTRY.

Che-che-pe-toe-i-gi Continues Nar-
ative of Interesting Trips in Ca-
nadian Wildwoods.

BY CHE-CHE-PE-TOE-I-GI
(Continued From Last Week.)

It was the closed season, and we shot only when we wanted meat. Often we would run across moose, willow deer and the small spotted deer swimming across the lakes. We would paddle alongside them and watch their frantic efforts to get away. After passing through Half Lake and then a portage of three miles, we made into Little Limestone Lake. Here he showed me where there were good places to trap otter, beaver and lynx in the winter, and on the south side of the lake we left our canoe and dunnage and with just our rifles went up to see a small lake covering about ten acres of land, which to look at was as blue as an sapphire and contained the biggest and finest white fish known in these northern woods. We called it Big White Fish lake. Here I shot a loon that kept laughing at me, took off my clothes and swam out after it. My word—but I can still feel the shivers going over me. That water was just as cold as ice. I got that loon though, skinned him, and later got an Indian to tan the skin. We got back to where we had left our canoe; went past some lovely islands and saw more moose; then made a portage of six miles north; another lake and then climbed an enormous hill. We could see for miles and miles away to the north—miles upon miles to the south and about four miles to the east. It was not open, but park-like. At some places there were trees for miles, with lanes of grass lands running through, and deer moving about everywhere. Tom said: "That is nothing, wait, maybe a day or two maybe one week, you see all this valley full, far as you can see, jammed full caribou." Tom knew of a spring and fine camping ground. I spent the next few days, sketching, etc., until one day Tom came running: "Come boss, come see caribou." I would never have believed it. Upon getting on the summit of the hill I saw in the distance a dark moving mass of animals coming closer all the time. Have you ever watched a river breaking its way down a hill in the spring of the year? It breaks and comes ahead, then stops to gather head, then breaks and comes a little closer, and so on. I instinctively clutched my gun and moved down the hill, Tom by my side. In about two hours time they were right abreast of us. They were not more than thirty feet from us—they just took a glance at us and walked on. And heads, my word what would not some of the millionaires of America give to have some of those horns to adorn their homes? I put up my rifle to shoot one I thought carried a magnificent head of horns; then I saw, what I thought was a better one, and so it went on. I was glad afterwards that I had not fired at all, because, one shot at such close range would have killed more than one and perhaps have wounded others. Before I left I got a beautiful head and took it to Winnipeg with me on my last trip.

Next day they were still passing in scattered groups and I was glad to know and to have seen such a beautiful sight. Well, we made the back portage to the lake, then hit Limestone River. Talk about your rapids. I swore under my breath—if I ever got out of this you won't catch this chappie up this river again. I never kept my word, for I believe I shot those rapids about a dozen times and came to think they were tame. As we came in sight of the mouth of the river and his (Tom's) cabin, we saw smoke issuing out of the chimney. In time we struck the landing to find another canoe, drawn up on the bank. I saw Tom smile. I said: "What is it Tom?"

"Bye bye you see." He went on up to the cabin. I tied up the canoe and followed and just as I got to the house the door opened and out stepped just the very prettiest girl, of about nineteen years, light golden hair, dark eyebrows and eyes, red cheeks and dressed like a white woman and talked like one. When Tom introduced her and she said "How-do-you-do Mr. Che." (To be continued)

Oregon Lawmakers Will Return Home
Washington, Sept. 22.—Congressman Sinnott started for New York and The Dalles Tuesday and Senators Lane and Chamberlain are planning their departure later in the week.

Shipping Restrictions Modified.
Washington, D. C., Sept. 23.—The state department informs Senator Chamberlain that the British authorities have removed the restriction requiring canned and preserved fruit imported from the United States to move by rail to American ports. Other restrictions governing the amount of importations after September 30 cannot be modified. The British embassy states the concessions made to Spain and Portugal are being based on special circumstances.

Prunes in Fine Condition.
Cove, Or., Sept. 22.—The prune crop here is in fine condition. It is estimated the output for this season will reach about 30 cars. Picking will begin next week.

FIVE DAYS IN A WEEK!



LIBRARY NOTES

BOOK OF SPECIAL SIGNIFICANCE
TO VOTERS AVAILABLE IN
LOCAL LIBRARY.

Librarian Lists Missing Volumes,
Copies of Which Would Be Ap-
preciated by Management.

Lucia Haley, public librarian, calls attention of the public to a book in the library that is of especial interest with the approach of election. It is "The Operation of the Initiative, Referendum and Recall in Oregon," by Professor Barnett, of the State university. This is a systematic study of the system of direct legislation, under such chapter headings as "The Authors of Proposed Legislation," "The Motives in Legislation," "The Multiplicity of Measures," etc. An appendix contains a summary of votes on all measures since 1904, with other material not to be found in the Oregon "Blue-Book." The book may be borrowed from the Public Library.

Bird Guide Available
Another work of local interest is the "Western Bird Guide," a popular handbook illustrated in color, also recently purchased by the Public Library.

Missing Files Sought
The following number are missing from the files of periodicals in the library. Copies of the lacking numbers donated to the library will be gratefully accepted: i. e.
American magazine, May, 1916.
Garden Magazine, April, 1916.
International Studio, March, 1916.
Outing, May, 1916.
Popular Mechanics, March, 1916.

Will the persons who left a boy's cap and a pair of tennis shoes in the Public Library please call for those articles before they are destroyed.

Miss Gleason's Work Here
The "Survey" for Sept. 9, contains an article by Caroline J. Gleason entitled, "For Working Women in Oregon; Revised Code of Rules on Wage, Hour, and Sanitary conditions issued by the Industrial Welfare Commission." The article contains comments on the material published in the Observer of the last two Saturdays.

At the annual wool sale, Calgary, Canada, August 4, the average price of wool was 29.9 cents a pound. Wonder what the Wilson-Underwood law had to do with that?

EATING A PLEASURE

when you have a normal appetite. Loss of appetite indicates that the stomach needs to be cleaned, sweetened, and stimulated to healthy action.



TONIC DIGESTIVE

is sold for this purpose and guaranteed to give relief. Sold only by us, \$1.00.

LEVY-VOGEL DRUG CO.
La Grande, Oregon

U. OF O. NEAR 1000 MARK

LIBERAL ARTS ENROLLMENT IN-
DICATES PAST RECORDS WILL
BE BROKEN.

Additional Enrollment Means About
200 Persons Take Some Sort of
Course.

University of Oregon, Eugene, Sept. 22.—The college of liberal arts of the University of Oregon apparently will reach the 1000 mark this year. A registration of 1000 in liberal arts will give the state university a total enrollment of about 2000, although Oregon is one of the most thinly populated of the states, having only seven persons to the square mile. It's state university has thus passed the dividing line between the small and the large educational institution.

The enrollment up to today in liberal arts was about 875. Students detained by harvest, hopping and other work are still to appear, and a registration in February of about 100 is assured from the experience of previous years.

In addition to the enrollment in lib-

eral arts is that in the school of music, school of medicine, the summer school, and the correspondence study department. In the summer school were 314; in the school of medicine are about 80; in the correspondence study department are about 500.

The total registration of about 2000 does not include the extension classes that contain several hundred persons. Fewer students have left Oregon for university training this year than at any time hitherto, it is said. On the other hand, a number has appeared this year from other states for training in the University of Oregon.

WILSON SUPPORT ASKED FOR

Heads of Brotherhoods Base Request on Help Given in Eight-Hour Fight.
Cleveland, Ohio, Sept. 22.—Urging that labor support President Wilson in his campaign for re-election, W. G. Lee, president of the Brotherhood of Railroad Trainmen, has sent out a bulletin in which it was "urgently requested that the position taken by President Wilson and both branches of congress be not forgotten, and that all members use every honorable means to retain in office, regardless of partisan beliefs, those who have proven their loyalty to the cause of labor."

Similar bulletins have been prepared by Warren S. Stone of the engineers; A. B. Garretson of the conductors, and W. S. Carter of the firemen.

The official organ of the trainman, "The Railroad Trainman," will present an editorial in its coming issue attacking the attitude of Charles E. Hughes on the eight-hour day law, and urging organized labor to support Wilson.

SUFFRAGIST STUDENT OF WOMAN'S POLITICS



Trained the most reporter. the won of life. Wyoming.

SCHOOL LUNCH IS IMPORTANT

What shall school children be given to eat at noon in the lunch basket, at the home lunch table, or in the lunch room operated by the school authorities? To help answer this question, which almost every La Grande mother and many of the educational authorities are asking constantly, the government, through the office of home economics, states relations service, has issued Farmers' Bulletin No. 712, School Lunches. This bulletin was prepared by Miss Caroline L. Hunt and Miss Mabel Ward. The bulletin, after discussing the general principles of feeding school children to provide for activity and develop them into sturdy manhood and womanhood, gives a number of simple and appetizing menus for the school lunch basket and bills of fare and recipes for preparing inexpensive and nourishing noonday meals or hot dishes for children, either at home, on a school stove, or in the domestic science kitchen.

Relation of Lunch to Other Meals

In feeding a child or anyone else, the authors of the bulletin point out, it is not wise to think of any one meal apart from the other two. It is seldom convenient to provide at one meal all the materials needed by a growing body, and those which are omitted from one meal should be supplied by one of the other meals. The noon meal for children, however, where food must be prepared at home in the morning to be eaten elsewhere at noon, or where the children must hurry home, eat quickly, and then rush back to school, offers special difficulties and deserves the careful attention of parents.

Dietary Essentials for the Growing Child

Before it is possible to plan a rational basket or other luncheon for children, it is necessary for the mother to understand the general essentials of diet for young people. These essentials in general are an abundance of simple foods, carefully prepared, and of sufficient variety to provide energy, repair wastes, provide elements for building bone and tissue, and stimulate growth. To do this most effectively the three meals each day must supply the child with sufficient food from each of the following classes:

1. Cereal or starchy foods.—Cereals, eaten principally as bread, supply nearly half of the protein (commonly thought of as tissue building material) and nearly two-thirds of the fuel or energy in the American diet. The quality of the bread, therefore, is extremely important. Its crust should be crisp and deep (indicating thorough baking), but not hard or burned. It should be light and free from any suggestion of sourness or rancidity. The crumb should be elastic, and yet capable of being easily broken up in the mouth without forming a sticky mass, or being too dry to taste good. These qualities can be secured in rolls and biscuits, as well as in ordinary bread, provided they are cooked thoroughly. The objection to hot bread is due to the fact that undercooking may leave it soggy on the inside, rather than because such breads are eaten hot. The child's appetite for bread may be stimulated by using different kinds of bread, zwieback, and crackers, by the addition of raisins, currants, or nut meats, and sometimes by cutting the slices into fancy shapes.

Cereal mushes and ready-to-eat breakfast foods supply nearly the same nutrients as bread, a half cupful of cooked cereal being about equivalent to a good-sized slice of bread. A tablespoonful of cream is about equivalent in fat to a liberal spreading of butter.

2. Protein-rich foods.—While bread and cereals come near the fulfilling one of the important requirements of diet—a correct proportion of nutrients providing fuel only and those useful for body building—other foods which provide protein in larger proportion as compared with fuel should not be neglected. These foods include milk, meat (except the very fattest), fish, poultry, eggs, cheese, dried beans, cowpeas, peas, peanuts, and almonds, walnuts and other nuts. Nuts of course, also contain considerable fat. Milk is an absolute essential, not only because it contains a large number of nourishing substances in forms easily assimilated, but also because, in some way not now fully understood, milk seems to promote growth and help the body of a child make good use of other foods. Milk is rich in most kinds of mineral matter, particularly lime, useful in the development of bone and tissue.

Milk should never be omitted wholly from the diet of a child. If not used at luncheon it should appear at other meals. For luncheon, however, it has been found that such dishes as milk toast, milk soups made with vegetables, fish or vegetable chowders and cocoa are valuable foods, easily prepared at home or in the school, because they require no oven and call only for simple utensils. White soups made of vegetable juices, milk, or both differ from milk soup largely in that they contain more flour. When considering milk, the food value of milk which contains a larger percentage of protein, though less fat, should not be overlooked.

The next of the protein foods to be mentioned to children, contain fat and their value are high in the diet. The fatty foods, such as butter, cream, and eggs, are valuable for their fat content. Fat is a source of energy and is necessary for the growth of the body. Fat is also necessary for the absorption of certain vitamins. Fat is also necessary for the insulation of the body. Fat is also necessary for the protection of the internal organs. Fat is also necessary for the regulation of body temperature. Fat is also necessary for the production of hormones. Fat is also necessary for the production of bile. Fat is also necessary for the production of sweat. Fat is also necessary for the production of tears. Fat is also necessary for the production of saliva. Fat is also necessary for the production of urine. Fat is also necessary for the production of feces. Fat is also necessary for the production of skin. Fat is also necessary for the production of hair. 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