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EDUCATION.

In the midst of war, young men leaving for the front, drafted men called to arms, it is important that the education of our boys and girls should continue serenely and sanely, without too much flurry. The minds of the young should be kept off the war and on their books as much as possible. Later on we will be in great need of well trained young men and women. The tendency of the day should be to educate our boys and girls to be useful citizens, capable of doing something when through with their schooling; in other words practical education rather than ornamental.

A RESPECTABLE FORCE.

Few persons realize the strength of our Army and Navy. On September 6, 1917, before any man had reported as the result of the draft the Army had 819,881 men and the Navy 254,265; total 1,074,146 men. This is quite a respectable military force. We wonder if any one will have the nerve to call it a "contemptible" little army or navy. By the close of this month another 687,000 men will be added to our Army. By the time of the second draft the United States will have under arms 2,448,146 men in both the Army and Navy. The War Department expects to have over 2,000,000 men in the Army by June, which means that the second draft will follow shortly after the mobilization of the first.

THE SECOND LIBERTY LOAN.

It is contemplated that the second liberty loan campaign will close on the first of November, next, and that the active campaign will begin not later than October first.

The details of the loan cannot be given out until the Congress has acted upon the bond bill now pending. As soon as the new law has been passed announcement of the details of the loan will be made. Obviously no subscriptions will be received or can be received to the new loan until the Congress has acted upon the pending measure and announcement of the issue made.

I earnestly hope that all liberty loan committees already existing will perfect their organizations immediately and get themselves in readiness for the next liberty loan campaign, and that new organizations will be effected wherever possible throughout the country for furthering this great service to the Nation.

As in the previous loan, the general direction of the campaign in each Federal Reserve district will be under the supervision of the Federal Reserve Bank of that district as the fiscal agent of the Government, and all liberty loan committees are urged to get in touch with the Federal Reserve Bank of their district and actively engage in the preliminary work of preparing for the next campaign. William G. McAdoo, Secretary of the Treasury.

Is Your Money Supporting the Government?

At this critical period in our history our manufacturers are offering their mills, and our young men are offering their services to the United States Government.

Would you like to do your share and help by putting your money where it will support the new Federal Reserve Banking System, which the Government has established to stand back of our commerce, industry and agriculture?

You can do this by opening an account with us, as part of every dollar so deposited goes directly into the new system, where it will always be ready for you when wanted.

Member
Federal Reserve
System

La Grande National Bank

Observations

Some people actually break down from overwork, but that is one malady that never develops into an epidemic so that it is necessary to quarantine against it.

What's become of the old-fashioned housewife who always came to the front door in the morning wiping her hands upon the corner of her apron?

When comfort comes into clash with style every woman chips in and helps give comfort the worst of it.

STUDY COURSE ON FOODS OPENS OCTOBER FIRST

What shall we eat? What shall we drink? These questions have been ever-present with the housekeeper, but today she stands shoulder to shoulder with her brother in carrying the responsibility to make "the world safe for democracy." She must release as much as possible those foods essential for the soldiers and our allied nations, namely, wheat, sugar, fats and meats.

Conservation of the food as it is daily prepared in our homes does not mean "skimping" so that the members of the family are undernourished. It does mean, however, wise buying, careful preparation and the elimination or waste both in preparation and consumption. These results cannot be accomplished unless the housewife understands food values and the varying needs for nourishment represented by her family. And when she takes up conservation in a truly methodical manner, she must know the various needs of the body; what foods that she may select, will contribute most to these needs, and how to prepare these combinations of foods in a most pleasing manner. Meals of many kinds are found to be good and simplicity may be cultivated without fear of malnutrition.

The machine, which we call our bodies are most wonderfully and fearfully made, delicate mechanism, sensitive, and fashioned to a large extent by the character of the food supply. They have been wrought with three sides or three natures. The mental, we send to school for 12 to 20 years, the spiritual demands a constant care, but what about the physical? To be sure we feed it three times a day, but the caveman likewise satisfied his instinct of hunger. The time has come when we must recognize the foods which are most important, to these machines less in our patriotic strivings to conserve we rob our children of their growth and our adults of that form of food, energy which radiates vitality and action. For food most of us spend the



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Hart Schaffner & Marx Trench Coats For Fall

Nothing Like Them for Service

You get long service in the all-wool fabrics and fine tailoring that goes into these Coats. You get genuine utility in the many ways you can wear a coat of this kind. Use it for rainy weather; for sharp, frosty mornings in the Fall; wear it over your good clothes going to parties or theaters or wear it when you're driving.

The all-around belt with the buckle is a smart touch; so are the pleats, the patch pockets. There are several stylish variations of this trench coat and they're all good; guaranteed to satisfy or your money back.

Such a coat is almost a necessity—every man ought to have one; it's easy to find just what you want here.

NK West & Co.
THE QUALITY STORE

HART SCHAFFNER & MARX CLOTHES

Classified ads solve your want problems.

largest part of our incomes, and what a pity if we buy sickness instead of health.

By the first of October a study course on foods will be open to the women of La Grande and other communities in Union County, under the direction of the extension department of the Oregon Agricultural College. Every woman is urged to join in an

(Continued on Page 5.)

of the enlisted men in the Army and Navy is less than the wages and salaries generally earned in private life and Government insurance is an essential war emergency measure inaugurated for the specific benefit of our military forces and can not and should not be conducted for profit.

"This legislation will be a great step forward in the recognition of the republic's duty to its heroes. It deserves earnest and vigorous support of the country. The United States should set the highest example of all the nations in the treatment of those who do and die for their country and for world freedom."

Rippling Rhymes

By WALT MASON

Back Home.



All Summer I have been out West, where people go from home to rest, among the snow-capped hills, to be away from office chairs, and city noise and business cares, and all the workday ills. I saw a million, less or more, and most of them found rest a bore, and longed to be back home, where each could for some dollars chase, and plan new business schemes and place more gray hairs on his dome. So few of us know how to rest! By mad ambition we're possessed to nail another bone, to add one large round dollar more, one shining doubloon to the store that we already own. We cannot lay our harness down, forsake the hot and bustling town, and have a restful time; we fear that while repose we take, some other fellow, more awake, might beat us to a dime. And so vacation finds us sore; we walk the mountains or the shore, and fume and sigh and fret; we yearn for cares we left behind, and tell our wives the beastly grind is still the one best bet. Alas, we've never learned to rest, to let our work slide galley west, to slumber and relax, we do not like to pace life's road unless we bear a galling load upon our creaking backs.

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