

SAMMY'S UNIFORMS CHANGED TO MEET DEMANDS OF WAR

By J. W. PEGLER
(United Press Staff Correspondent)
WITH THE AMERICAN EXPEDITIONARY ARMY, FRANCE, Dec. 12 (By Mail).—Sammy will never look the same as he did when he carried his punch to France.

First off the sergeants-chauffeurs gave up their campaign hats on the road and wore instead the little khaki for and all Belgian caps, not just like the French soldier's cap, which is blue. Of course it was against regulations to wear an uniform cap but the regulations never considered the flogging of a habit against a chauffeur's eyes at forty miles an hour.

So at headquarters they winked at the violation. When the first battalions went in to the trenches the stouky campaign hat was the most awkward piece of equipment in Sammy's whole kit. He tried slinging the hat at his side but it fell into the mud and was trampled on and lost. Never having worn their steel helmets for any considerable time before, the troops didn't know until they were in the trenches that the space between the band and the head permits the wind to blow through. This is fine in summer, but winter was only a week or two away.

Some of the fellows discovered that you could use the chauffeur type of Belgian cap for a head-warmer under the helmet. It also served as a pad, taking up some of the pressure of the steel hat. And it is small enough to fit into the pocket when you're not using it.

The quartermaster of the first contingent got busy on the dough-boy's tip and ordered a French factory to turn out enough fore-and-aft caps of a special design to equip the whole outfit.

Later the new cap was adopted for the whole army. Officers wore their insignia pinned to the front peak and the enlisted man's branch of the service is indicated by the color of a little braid sewed along the edges.

The old familiar American leggings are about to go the way of the unwieldy campaign hat. In the mud of the fighting front our troops found that the leggings let in mud between the bottom of the leggings and the shoe-tops and this mud seeps down into the shoes. Hereafter troops on the front will wear the spiral cloth puttees of the British. They get muddy too but they wind over the shoe-tops so as to prevent the mud from going inside the shoes.

Sleeveless leather coats are another article of clothing which will make Sammy look like a different

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soldier. They will be issued to all branches on the fighting front and they are considered even better than the fur coats dealt to the British troops.

Engineer units are receiving over-all waterproof oil-suits, especially adapted for bridge construction where men are often compelled to stand in water of shoulder depth to do their work.

The old style American field boot remains. Though it has a rough exterior finish and looks like the old-time even when new, this boot, when properly oiled is as near waterproof as any leather boot of any army, according to the Quartermaster. But for extremely muddy weather each man will have rubber slip-boots which is something the old boots would like to leave to his own, but he can't leave because our blockade has killed off his rubber supply.

Physician Prescribes Theatre.
Pursuing his purpose to advance the propaganda for a "Go-to-the-theater Week" among exhibitors throughout the country, the Universal Company has consulted Dr. Maurice Rosenberg, a New York physician, and he has issued a prescription in regulation form and drug store style. The "doctor's orders" have been printed as window cards and are being shipped to every exhibitor of moving pictures in the United States.

Dr. Rosenberg's formula carries the physician's picture to give it authenticity and has a line for each of the following recommendations printed in reproduction of the doctor's handwriting:
"Talk cheerfully. Avoid arguments. Stop fretting. Smile. Get out of yourself. Go to the theater at least twice a week."

These are common sense recommendations and Dr. Rosenberg is sincere in his belief that the state of mind, as the Nation goes deeper into the war, will be spiritually uplifted, if citizens will take these suggestions to heart and be governed accordingly.

Nodding to Say "Yes"
The idea of nodding to mean "Yes" comes from the opposite of the action which indicates a "No."

When the young animal was anxious to accept the offered food it made an effort to get at the food quickly; hence the pushing forward of the head and the open mouth (always more or less open) when you nod to indicate "Yes" and an expression of gladness. You will notice if you see any one nod the head to indicate "Yes" that the lips are open rather than closed and that there is always a smile or an indication of a smile to accompany it. In other words, the nod to mean "Yes" is only another way of saying "I shall be pleased."

The first charge of dynamite, as the explosive is now known, was prepared in 1835.

Nurses Restore Victims of Infantile Paralysis



PARALYZED MUSCLES BEING RESTORED TO USE.

By Muscle Training They Save Children From Being Helpless Cripples.

There was probably not a mother or father in the country in the summer of 1916 who did not follow with interest the accounts of the epidemic of infantile paralysis. Many of them may have wondered since what became of the little victims of the disease and thought of them perhaps as helpless cripples. It will be encouraging to them to know that thousands of these children who were on their backs a year ago, with every prospect of remaining there perhaps for the rest of their lives, are now, thanks to physicians, nurses and masseurs, in school with normal children of their own age.

In New York city alone 7,000 children who would have been helpless cripples are being cured by "muscle education," administered by trained nurses and masseurs. In one month these children receive 25,000 treatments. Each one is under the care of a nurse, who sees that it attends a clinic if able. If not, the nurse administers the muscle training in the home. It is literally impossible in most cases for one of these children to escape being cured, according to physicians in charge of the committee on After Care of Infantile Paralysis of New York city, which is cooperating with 50 hospitals and clinics in directing the work. If one fails to



WITHOUT NURSING CARE THERE IS NO HOPE AHEAD FOR THIS LITTLE ONE.

report at a clinic, committee headquarters is immediately notified and the nurse goes to the child's home the following day and takes it to the hospital. The mother or some other member of the family is taught to assist in this muscle training.

The work of after care in infantile paralysis is not confined to one locality. Wherever the epidemic raged in the summer of 1916 and wherever public health nurses are employed it is being carried on along the same lines.

Here is a good example of the treatment: One of the 7,000 cases of the Committee on After Care is a four-year girl who 13 months ago was paralyzed from the neck down and strapped to an iron frame. She was so young that her training had to be given in the form of play. Every day for 13 months the nurse has called at her home and put her through play exercises, combining

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for
Red Cross Workers

You ladies who are giving your time and energy to make our soldier boys more comfortable, must not ignore your own health. It is work to push the treadle of a sewing machine. A little

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Sewing Machine Motor will relieve you of this. It is light and can easily be carried from your home to the Red Cross rooms and back. No complicated method of attaching. Just set it under the wheel, screw the plug in a socket and turn on the current.

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