

The Western Youth

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CAMP FIRE GIRLS BUSY PEOPLE, DOING MUCH GOOD

Our Correspondents Send News of Value

By Mrs. Laura J. Blume, Albany
Pres. Sacajawea Camp Fire

The Magic Uniform For The Camp Fire Girls.

Dr. John H. Finley, publisher of the New York Times last summer in an article made the suggestion which has been taken hold of with such eager joy by the Camp Fire girls. Dr. Gullek, president of the National Camp Fire Girls of America in his annual address in Wobelo says: "Dr. John H. Finley in a brilliant article pleads for patriotism on an ideal level. He tells us of a magic unseen garment which one has always ready in a locker of the mind, as a symbol of membership in the brotherhood of service just as the army uniform is the symbol for the absolute obedience of the soldier who obeys the command without question.

The weaving of this intangible mystical uniform should be begun in childhood or youth, this learning to do things for the public good, for the welfare and happiness of the many, the community, the state and one's country. To the Camp Fire Girls this magic garment can be more real than any other garment you possess. It is a spiritual fact instead of merely a material fact. Spiritual things are eternal, material things wear out and are lost with the years.

This play of the imagination, this imaginative symbolic garment is as real as your heart.

When there is work to be done put off your clothing of pride, self will and personal preference; put on your magic uniform, the uniform of spirit. Know that there are thousands of others clad in this magic unseen uniform, fighting by your side, so close that you can sometimes almost feel their presence. It is an unseen garment which by their industry, every Camp Fire girl will be adding to their every day costume, whatever it is, this magic uniform of her weaving, which will make every girl not only more beautiful in appearance but more kindly and helpful and happy wherever she may be."

Every Community Should Have Camp Fire Girls

The government says the girls of America should be organized and the Camp Fire Girls is the organization to do it, for all girls should be members of an organization which is built on the sound basis of the home. There should be no town so small, no city so large, no place so obscure, no place too sophisticated to have its group, or better, groups of Camp Fire Girls carrying the message of "Glorify Work," "Give Service" into every home in the United States.

Some Truisms

Girls use enough candy, sodas and chewing gum to support 20,000 soldiers.

Saving one cent a day per person would be ten million dimes, one million dollars, or \$365,000,000 in one year.

Fifty per cent of the money paid for food is wasted in America. We waste as much fats as we use.

What Camp Fire Girls Do

Camp Fire girls keep healthy; they walk 35 miles a week. Camp Fire girls save food in

the kitchen.

Camp Fire girls refrain from candy between meals, soda or chewing gum; they save money. Camp Fire girls raise vegetables for family use.

Camp Fire girls can fruit and vegetables for use.

Camp Fire girls care for little children.

Camp Fire girls have a uniform for the same reason soldiers have their uniform.

Camp Fire girls learn what to do in common emergencies.

Camp Fire girls sing "America," "Dixie" and "The Star Spangled Banner."

Camp Fire girls go on hikes and go camping.

IN FLANDERS FIELD

(By Lieut. Col. McCrae)

The following poem is considered by some to be the finest poem of the war. Lieut. Col. McCrae is a Canadian. He was born in Guelph, Ont., and graduated in arts and medicine at Toronto University. At the outbreak of the war he was associate professor of Pathology at McNeil University. His brother is professor of medicine at Jefferson Medical School of Philadelphia. When war was declared Lieut. Col. McCrae who was a veteran of the South African war, was in England and at once volunteered for the front. He was attached to an artillery unit of the service and saw all of the heavy fighting. The poem was originally published in Punch, London.

In Flanders Fields the poppies grow
Between the crosses, row on row,
That mark our place; while in the sky
The larks still bravely singing fly
Unheard amid the guns below.
We are the dead! Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved; and now we lie
In Flanders Fields.

Take up our quarrel with the foe;
To you from failing hands we throw

The torch—be yours to hold it high!

If ye break faith with us who die,

We shall not sleep though poppies blow
In Flanders Fields.

Boys and Girls Liberty Food Club

A Boys and Girls Liberty Food Club is being organized by the U. S. Department of Agriculture and the State Agricultural colleges, composed of all club members in the 33 northern and western states. In order to become a member of this club each boy and girl enrolled in club work must sign a card pledging himself or herself, through food production and food conservation, to help win the war and world peace. By this pledge each member promises to endeavor to the best of his or her ability to follow instructions, attend meetings of the club, make an exhibit, keep accurate records and make a complete report of his or her activities and achievements. Each member is then furnished with a handsome certificate sign-

SUGAR MUST BE SAVED!



A teaspoonful seems nothing, you say. Yet a teaspoonful of sugar each meal for 250 days for each of the 100,000,000 persons in the United States makes a pile as big as the Washington building enough to supply the entire armed forces of the nation.

BY HERBERT HOOVER

Oregon has sent a host of fine, strong, clean lads to our army and navy. Some are in the front line trenches now and they will all have had their turn in the next few months. There is a great army of young patriots left in Oregon ready to line up as a strong reserve in the second line trenches. Every army has to have its reserves—reserves of men, reserves of food, reserves of ammunition. Every child in the public schools in Oregon can be a food soldier. He can stand in line, shoulder to shoulder with all the others, with firm intent to produce food, so that the reserve of food for their big brothers and their fathers in the front line trenches will be always ready in France when needed.

The Southern Pacific is laying heavy rails between Airlie and Monmouth, the heavy logging train requiring better track bed.

H. Hirschberg was again elected treasurer of the state grange this year.



WAR RAGES IN FRANCE
WE MUST FEED THEM
Dangling our jaws is only a little more life to them

as an able and aggressive officer in this army of the second line, there is no reason why wonderful Oregon with its wheat and its fruit, should not lead the Union in increase production and conservation, and decrease of consumption. Is the cause not great enough? Is the result not worth while? The Food Administration looks to you for support and loyalty.



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the long run as tablets and high priced boxed paper. Why not have your letter heads and envelopes printed. We print them in any number you may want, as low as 100 and we satisfy you.

Independence Monitor

BOY SCOUTS LEADERS GIVE ADVICE THAT'S GOOD

Health and Saving, Factors in These Times of War Necessity

Health Hints For Scouts

Good health is the basis of life and health.

Look at the bottom of the milk bottle for dirt instead at the top for cream.

Sound bodies mean clear bodies. Therefore, a body must be clean within and without.

Bathe at least once daily.

Let the stomach rest between meals.

Exercise before going to bed.

Clean wounds, scratches and bruises heal very rapidly. They should be thoroughly cleansed with hot water and tied up in a clean (boiled) rag or sterilized bandage.

The best tonic is sunlight and should be taken frequently every day.

Try a bag of hot sand for neuralgia.

Warm boric-acid solution will remove dandruff.

A little soda water will relieve headache caused by indigestion.

One in a faint should be laid flat on the back, with the head lower than the rest of the body, if possible, the clothes loosened, cold water applied to the face; and otherwise let alone.

The best time to bathe is just before going to bed, as danger of taking cold is thus avoided.

Health Bulletin.

Helps For Saving

Saving money is largely a matter of habit, and the sooner a boy acquires it the better off and the more prepared he will be to meet the issues of the future. Unfortunately there is often no special incentive for a boy to save, so the money which he earns is liable to be spent almost as soon as he gets it.

Like every thing else one must make a special effort to acquire the habit of saving.

There is, first or all, the bank, which one conceals in a convenient place and in which one puts all the odd coins that he can spare. Care should be taken to have the bank strong enough and one out of which the owner cannot shake the coins, when a temptation to spend comes over him. If the bank opens with a key it would be well for the boy to give it into the safe keeping of a responsible adult, with the instruction to keep it until a certain date, or until the boy has a definite purpose for which to use the money.

And that brings us to the next step. It is much easier to save for a certain thing or reason than just merely to save. If the boy says in the beginning, "I want a camera and its going to cost five dollars" he immediately has a definite goal in sight, toward which he can plug. He can accurately measure his progress and tell just how near he is to the end. The same spirit that keeps him bucking the line in football toward his opponents goal-post will, if he amounts to anything, and has the "pep" of a real boy in him, spur him on.

If a boy saves money in competition with another, he is likely to do far better than if he goes it alone. There are any number of suggestions as how to earn money, which a wide awake boy can make use of. And if he adopts them with a rival in view, he will go ahead much faster than he otherwise would. Competition truly is "the spice of life."

Or a boy might set a definite stint for himself, saying: "I am going to save a quarter this week and this money is going to be the first I earn. All over that amount which I receive this week, I shall feel justified in spending in whatever sensible way I want." To have any spending money at all therefore, the boy would have to earn more than a quarter. A great many lads tackle the proposition the other way about. They save only when they have especially good luck.



TIS FREEDOMS CALL LEND YOUR ALL!

June 28, is War Savings Stamp Day