

The Greatest Mother Turns to Tasks of Peace.



THE THREE CROSSES

The iron cross is black as death and hard as human hate; The wooden cross is white and still and whispers us, "Too Late," But the Red Cross sings of life and love and hearts regenerate.

The iron cross is a boastful cross and marks the war-mad slave; The wooden cross is a dumb, dead cross and marks a shallow grave, But the Red Cross reaches out its arms to solace and to save.

The iron cross is a kaiser's cross and narrow is its clan; The wooden cross is a soldier's cross and mourns its partisan, But the Red Cross is the Cross of One who served his fellowman. —Edmond Vance Cooke.

Invest a dollar in Red Cross and cut happiness coupons the rest of the year.



The Red Cross service flag, indicating membership in the great organization of mercy, will appear again in November in every window in the Northwest. In every farmhouse, in every city home, in the cabins of homesteaders, in the huts of fishermen in far Alaska, will appear this symbol of affiliation with the one great organization that knows no politics, no distinction of creed, no high, no low—but unites the hearts of all for service to fellow-men. The window service flag this year has one more stripe than last year, indicating three years of membership in the Red Cross.

RED CROSS HOUSE GIVES CHEER AT LEWIS

For the Red Cross, the war did not end with the armistice, and even yet there are thirty thousand soldiers and sailors still under treatment in army and navy hospitals. The Red Cross convalescent house at Camp Lewis stands next to home itself in the affections of hundreds of boys who, sick or wounded, looked forward to the day when they might leave the bare and cheerless ward in the base hospital and spend part of each day enjoying its easy chairs, its music, its books, its pictures, and its good cheer. Even now, a year after the armistice, there are overseas men, patients at Camp Lewis, not yet well enough to be discharged, who sit before the great fireplace these autumn days, thankful that The Greatest Mother is still mindful of them. The picture is duplicated in army hospitals all over the land, and wherever throughout the world American boys are still in Uncle Sam's service.

HAS YOUR CLUB SET ITS RED CROSS DAY?

A series of Red Cross "club days" are to be held in all parts of the United States during October. Granges, Church Societies, Business, Commercial, Rotary, Kiwanis, Advertising, Fraternal, Woman's and other clubs, are being invited to set aside a regular meeting or a day for a special luncheon at which plans will be made for aiding the Third Red Cross Roll Call to be held throughout the country November 2 to 11.

The clubs will call for volunteer workers, including prominent members for speakers, in the interest of enrolling members for the peace-time program of the Red Cross. Many of the speakers on the war-time activities of the Red Cross will be former service men and women who came in contact with the Red Cross on the field of action.

PEACE TIME RED CROSS FACES HUGE TASKS

War Task Not Finished--Public Health Problems Must Be Solved By Red Cross

The American Red Cross, according to a statement just issued from Washington, D. C., believes that its first duty is to finish its war task, one hundred per cent. The Red Cross must also continue to carry on even more effectively than in the past, its established system of National and International relief, in mitigating the suffering caused by famine, fire, floods, and great national calamities. It must also render every necessary service to the Army and Navy, and must continue the work undertaken prior to the war in the field of nursing and "First Aid."

The responsibilities of the Red Cross are greatly increased as a result of the lessons taught by the war, the statement continues. Higher standards of responsibility have been set to prevent needless suffering and loss of life. The Red Cross, with its traditions and its established organization, will aid in maintaining these standards by co-operating with all recognized agencies engaged in conserving human life and happiness. Activities already authorized include the encouragement and support of Public Health Nursing, educational classes in dietetics, home care of the sick, and First Aid, the extension of Red Cross Home Service, an increased Junior program, and co-operation in developing community health centers.

War time developments have given every community in the United States a recognized and organized center of Red Cross activity through which the people of that community may, if they wish, serve themselves, with all the advantages of national leadership, national standards, national and international contacts. It rests with the people of every community to determine for themselves just how fully they have need of a movement which under the associated Red Cross Societies is to express the effort of the peoples of the world to free themselves from needless death and suffering through neighborly cooperation and service.

"It is extraordinary what can be accomplished when a free people all unite and work together for their common good and for the good of humanity."—Cardinal Mercier.

The Red Cross—a work of the heart on a sound business basis. Membership in the Red Cross is insurance against regret. The Red Cross never intrudes—but she has a mother's sensitive hearing. Red Cross is not a responsibility—it's an opportunity. JOIN.

You're in mighty good company when you belong to the Red Cross. So long as there's sickness, suffering, disaster, the Red Cross must stand by! The H. C. of L. hasn't hit Red Cross memberships. They're still a dollar. If nine million youngsters believe in the Red Cross, it must have the right idea.



Dr. Livingston Farrand, the greatest authority on public health in America, served in France as the head of the fight against tuberculosis. He now succeeds Henry P. Davison as head of the American Red Cross. Dr. Farrand recently visited Seattle, Spokane and Portland and conferred with representatives of Red Cross Chapters of Alaska, Idaho, Oregon and Washington. "The Red Cross faces problems in the post-war period more serious, if possible, than the problems of the war itself. Not a great amount of money, but the membership and hearty co-operation of every American citizen is what is needed to help the Red Cross to solve these problems, which threaten our national vitality, and which, unless solved, will rob us of the fruits of victory," said Dr. Farrand.



Give the world the once over

LISTEN, fellows, to some straight talk. Many a man when he gets to be 40, misses something. He may have lots of money, and a fine family but— He never "got out and saw things". After he gets settled down, it's too late.

Every man wants to see the world. No man likes to stand still all his life. The best time to TRAVEL is when you're young and lively—right NOW!

Right NOW your Uncle Sam is calling, "Shove off!" He wants men for his Navy. He's inviting you! It's the biggest chance you'll ever get to give the world the once over!

The Navy goes all over the world—sails the Seven Seas—squints at the six continents—that's its business. You stand to see more odd sights, wonderful scenery and strange people than you ever dreamed of.

You'll work hard while you work. You'll play hard while you play. You'll earn and learn. You'll get, in addition to "shore-leave", a 30-day straight vacation—which is more than the average bank president can count on.

You can join for two years. When you get through you'll be physically and mentally "stunned up" for the rest of your life. You'll be ready through and through for SUCCESS.

There's a Recruiting Station right near you. If you don't know where it is, your Postmaster will be glad to tell you.

Shove off! - Join the U. S. Navy

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Child's play suit \$98c and \$1.25

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SALEM, OREGON

NOTICE

Stayton Feed Store Delivery Days are on Tuesday's, Thursday's and Saturday's only. Orders must be in by 3 p. m. on those days. Oct. 16 41.

Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, liver, and bowel poisons before breakfast.

To feel your best day in and day out, to feel clean inside; to not sour bile to coat your tongue and sicken your breath or dull your head, no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid stomach, you must bathe on the inside like you bathe outside. This is vastly more important, because the skin pores do not absorb impurities into the blood, while the bowel pores do, says a well-known physician.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse, purify and freshen the entire alimentary tract, before putting more food into the stomach.

Get a quarter pound of limestone phosphate from your pharmacist. It is inexpensive and, almost tasteless, except a sourish twinge which is not unpleasant. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins; also to prevent their formation.

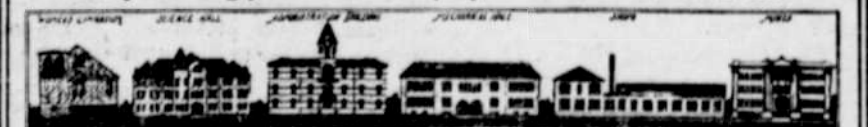
To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment and above all, keep it up! As soap and hot water act on the skin, cleansing, sweetening and purifying, so limestone phosphate and hot water before breakfast, set on the stomach, liver, kidneys and bowels.

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