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**Waterman's Ideal Fountain Pen**

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Call and Let Us Show You this Pen. We Have a Complete Stock.

A Waterman Fountain Pen makes an ideal gift for a boy in the camp or over there.

**Burmeister & Andresen**  
Oregon City Jewelers  
Suspension Bridge Corner

SHALL THE RING RULE OR VOTERS?  
(Continued from Page 1)

**MILK AS STRENGTH BUILDER ADVOCATED**

Dr. Mae Cardwell, Back From Washington, Advises Housewives.

Dr. Mae H. Cardwell, of Portland, who recently returned to Oregon from Gary, Ind., New York and Washington, where she was engaged in medical research work for the Children's Bureau of the Department of Labor, said in an interview: "The dairy industries must be encouraged. The children of America must have milk. They cannot thrive without good clean milk. Housewives must use more milk. If they demand it the dairyman will find some solution to his problems and will see that his cows get the feed and that he keeps them alive and in good health. However, if the women don't order the milk, the dairyman isn't going to keep his cows around just as pets and ornaments. Feed is too scarce and labor too high for that. It's up to the housekeepers.

"Are you sending your breadwinners to work with all the vigor and strength you can muster for them in the way of proper food?" asks Dr. Cardwell. "If they don't get the right food they can't think or work well. The same applies to the school children. See that they have milk to drink; milk in puddings. The kitchen is the power plant of the family and consequently, of the nation. Don't waste a drop of milk or an ounce of butter, but use plenty. The health of the nation is the kitchen question. Milk is one of the main factors in a diet."

Baby Expert Preaches Greater Use Of Milk.

A milk bill and healthy children is cheaper than a doctor's bill and an underfed, under-nourished child. It would be cheaper to start right. So says Mrs. A. Bayley, of the Parents' Educational Bureau, Oregon Congress of Mothers, who has presided at the testing of thousands of babies. She finds the milked youngster of three or four years scores much higher than the child who has had little milk in his diet. Mrs. Bayley preaches a greater use of milk for young and old.

Dairy Commissioner Sees Encouraging Signs.

J. D. Mickle, State Dairy and Food Commissioner, stated recently that the dairy situation, in spite of high prices of feed and scarcity of labor, is not all gloom. Reports have come to him from various parts of the state showing that the housekeepers are beginning to see that they must pay more for milk than they did a few years ago. The dairymen are beginning to take heart, too, in some instances and are looking to the future when the cow of today will be worth much more money alive than she would now, slaughtered. And that future isn't so far off if the dairymen only continue to have courage and patience.

The wise man and the one who is far-seeing, is keeping his herds intact. True, he won't keep the old boarder who would just eat the food and bring no returns, but he is holding his good stock. The sensible housewife, too, must know a man can't feed and care for cows, keep a first class dairy, and provide clean bottles and well paid deliveries without some expense. The Oregon Dairy Council is doing much to get the situation straightened out. The exhibit at the state fair, the splendid cooperation of the Food Administration, the public schools, Oregon Agricultural College and the Bureau of Health, all help the educational work and are part of the great task of "keeping the home fires burning," which task includes the preservation of essential home industries and the health of the nation.

A farmer may slaughter his dairy herd in three hours but he could not replace it in three years.

**BABIES MUST HAVE MILK**

"You get more calories to the penny from milk than from any other food even at the present price," said Dr. E. J. Labbe, specialist, who returned recently from Europe and who spoke at the State Fair and at other patriotic gatherings. Dr. Labbe told of the children he treated in the Red Cross children's hospital in Evian, on Lake Geneva, in France. The little French and Belgian refugees were wan and weak and almost lifeless. A milk diet soon brought good results and the babes thrived. "But," said Dr. Labbe, "they will never entirely shake off the marks made by the months in which they were starved for milk. Children must have milk if the race is to go on. It is every man's and every woman's duty to do all in his power to keep the herds of Oregon alive. Feed men, mill men, dairymen, householders, dealers, everyone must co-operate. The babies of the world must be saved."

Milk may be used not only as an addition to an already rich diet, but in place of some of the slowly digested dishes which over tax the digestive organs and impair the health. Milk contains all the elements necessary to sustain life and build up the body. It must be remembered, too, that butter is a food for all, for rich and poor, for old and young. Cottage cheese is another dairy product that is of great food value.

Milk As An Energy Maker Acknowledged by Shipbuilders.

Because Portland and Seattle shipbuilders make a scramble for the milk bottles when the noon whistle blows they are becoming famous and the fact that they drink milk is attributed their ability to do better work than any other shipbuilders.

Now comes San Francisco showing she, too, has taken up the habit. The Pacific Dairy Review says "one distributor alone supplies 1,500 quarts daily to men in the Union Iron Works," although, the review adds, "in San Francisco, the milk-drinking habit is still in its infancy." Here's another argument for keeping up the dairy herds. The milk bottle is backing the beer can off the map. Time was when the men of the iron works would have "rushed the can" as they termed getting their beer.

"The food value of a quart of milk is the equivalent of three fourths of a pound of beef, two pounds of chicken or eight eggs. Compare the costs and milk wins." Dr. E. V. McCullom of John Hopkins University who visited Oregon not long ago made this statement. He adds "For the sake of your family's health, and for the reduction of your living expenses, use more dairy products, and then some more."

"The restricted use of milk would mean a serious loss of energy, and a serious menace to the winning of the war" says G. A. Morgan in Hoard's Dairyman.

Shoes have gone up in price but we buy them. They are a necessity. Yet milk, the food that is necessary to everyone, because it goes up, is too often cut from the diet. Isn't that a little inconsistent?

We must have pure fresh milk. Count it economy to see that each child in the family has at least a pint of milk a day. Get the milk habit. Encourage the dairymen to keep up his dairy. He is willing to do his share but he can't do everything without co-operation.

The self-denial of the American home, added to the efforts of the American farmer, have removed fear from the minds of our Allies, for this year, at least. Let's keep it up.

**HOW TO AVOID BACKACHE AND NERVOUSNESS**

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches, aches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ANNE E. LYNCH, 100 Plain St., Providence, R. I.

Backache and nervousness are symptoms of nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment.

Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.

**EPIDEMIC SPREADING, BUT NO OCCASION FOR PANIC**

Whether or not the grip epidemic, which has caused such serious concern throughout the country during the past ten days, is of German origin, the number of its victims has recently been increasing so rapidly that drastic steps throughout the nation are called for.

The latest reports from the surgeon-general's office unfortunately indicate that the disease is as yet unchecked in army camps, and the government has considered it necessary to issue a warning to the effect that all possible steps should be taken to prevent conditions from becoming even worse throughout the country. It is said that reports have been received showing the presence of the disease in every one of our states except five. The condition at our national capital, with its overcrowded offices, hotels and dwellings, has become so serious that extraordinary precautions are being taken—orders having been issued for the immediate closing of theatres, dance halls, moving picture houses, etc. The Washington schools have already been closed, and the time of opening stores and public offices is being regulated in order to avoid dangerous crowded conditions on street cars. The hospitals are already filled to capacity and two buildings have been taken over by the government to be used for the treatment of war workers. Unfortunately the condition in Washington seems to be a fair example of the situation in over-crowded districts in many other parts of the country, and there is need for complete co-operation on the part of the public authorities and people generally wherever the disease appears.

While the situation in certain parts of the country is undeniably acute on account of the large number of persons affected, fortunately, in almost every instance the health authorities are proving able to check the spread of the disease shortly after its appearance; moreover, the percentage of fatalities is comparatively small. People should bear in mind the fact, however, that while there is no reason for any great alarm or panic about the matter, it is important for everyone to exercise unusual care as to health and all should aid in every possible way to prevent the spread of the epidemic and to combat it wherever it appears.

The most important precautions against the disease are said to be to avoid crowded conditions and over-eating. Coughing, sneezing or expectorating in the presence of others is also dangerous, since the disease is highly infectious.

**The VAUGHAN**

The Only Practical DRAG SAW For the Farmer

The design and the construction of the VAUGHAN is based on and is the result of hard earned experience. It is made under the personal supervision of a mechanical engineer who has had 15 years of practical experience with the wood and timber conditions of the Pacific Northwest. It is the only proven, practical machine of its kind.

For Timbermen Ranchers Wood Cutters

20 Cords in Ten Hour Run

This is the original machine. Pat. Dec. 21, 1912. They have been in use ever since and are the most popular and best in any kind of weather. The only proven practical machine of its kind on the market.

These machines are designed for CUTTING WOOD of any kind in any place under any conditions to be found in the lumber and wood camps in any kind of weather. These machines have been in use over four years.

**LIGHTEST AND STRONGEST DRAG SAW MADE**

COME IN! WE'LL SHOW YOU!

**HOGG BROS.**

OPPOSITE COURT HOUSE OREGON CITY, OREGON

It is a fair law, devised in the interest of the tax payer, to give him a square deal in the hour of emergency, and to protect him in that hour from the tax title vulture and the scheming land attorney. It provides for the publication of the delinquent tax list, it is true, but it also provides—and this is the part of the law the Portland Journal would have you overlook—that publication of the delinquents shall only be made after a mailed notice has been sent out, regularly advising the delinquent that his taxes have not been paid. The publication, therefore, is but an emergency measure, to be resorted to only when personal notice has failed to notify.

The taxpayers should quickly realize the practical value of such a law. Suppose you are away for the time being. Or let us assume you have changed your address. In either case a mailed statement would in all probability fail to reach you. Some time later, the delinquent lists is published in the home paper, and your friends, relatives, or neighbors notice immediately that you have overlooked your taxes, and hasten to drop you a line. They know where you are—the "tax collector" doesn't bother about you unless you notify him of the change.

The result? The title grabber, that peculiar pest who is always loitering about the books in the tax office, loses a chance to buy in your place for a song, and you are saved the embarrassment and work of redeeming your place. This is the present law, and this is exactly the way it works out.

Jackson, working with a certain Portland attorney, would cut out the publication requirement of the present law. He would end the matter once and for all with the sending of notice through the mail. If you fail to get it, under his scheme, you are the loser, and the tax title vulture will then pick up some easy money and you will foot the bill. Such is the bill proposed by Jackson and Hagood. Kill it if you would confer a favor on the taxpayers of Oregon. Vote "NO" on the Jackson delinquent bill.

Guarantee the soldier's ration by sticking to your own.

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**THE DIVORCE ...MILL...**

Three divorce cases were filed Tuesday in the circuit court. E. W. Gribben asks a divorce from his wife, Nettie L. Gribben, charging desertion.

Gust C. Peterson asks for a divorce from Maxie Martinez Peterson, his wife, claiming that she had another husband living from whom she had not been legally separated at the time of her marriage to him.

The couple was married in Vancouver October 27, 1915.

Ida Adams has filed suit for divorce against Adolph D. Adams, her husband, alleging desertion. They were married in Portland September 21, 1905.

Because he called her a fool and a liar, Mary A. Korman asks divorce from Michael N. Korman. She also alleges in her complaint that he ordered her from their home last Friday, and that she went to her daughter's house, where he came and beat her, blacking both her eyes.

Verna L. Murphy filed suit against her husband, Chester A. Murphy, for divorce Monday. She alleges in her complaint that Murphy called her sisters "cats" and that at one time he got angry and threatened to "chop the telephone off the wall." The

couple was married in Portland November 16, 1909.

The following divorce decrees were handed down in the circuit court Saturday: Helen G. Henkel vs. Theodore Henkel; Tillie Phillips vs. Frank Phillips; \$75 per month alimony was allowed in the first named case.

Mrs. Jessie Malston has filed suit for divorce against her husband, Frederick O. Malston, charging in her complaint that he has a quick and violent temper, and was possessed of vicious and vulgar habits. The complaint also alleges that on last Monday he attacked her with a knife, pulled her hair, jabbed her with his fists and broke her wrist watch. The couple live in Portland. She asks for \$25 per month alimony and the restoration of her maiden name.

**Don't You Need One Now?**

There are times when every person needs an old fashioned physic. Indigestion, biliousness, bad breath, bloating, gas, constipation or other condition arising from a mass of undigested food in the stomach needs immediate attention. Foley Cathartic Tablets are mild and gentle, but sure in action. They cause no gripping, pain or nausea. They cleanse the bowels, sweeten the stomach and tone up the liver. Give stout people a welcome light, free feeling.—Jones Drug Co.

**Arrested for Brush Fire**

A warrant for the arrest of Anton Sovinski, of the Highland district, was issued from the justice court here Monday. Sovinski is charged with setting out a brush fire without a permit by the complaining witness, James Rutherford.

Courier and Farmer for \$1.15.

**\$1.15**

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**One Year Subscription to Oregon City Courier**

of Oregon City, Ore.

and a

**One Year Subscription to The Oregon Farmer**

for only

**\$1.15**

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Oregon City Courier, Oregon City, Oregon.

Enclosed find \$1.15 for which send me The Oregon City Courier and The Oregon Farmer for One Year each.

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**UNCLE SAM**

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**Portable-economical**

Perfection Oil Heater is easily carried—up stairs or down, from this room to that—anywhere heat is needed.

Lights at the touch of a match—gives instant heat. No smoke or odor.

**PERFECTION OIL HEATER**

Gives steady, comfortable warmth for many hours on one filling with Pearl Oil, the ever-obtainable fuel.

Cuts fuel bills, too, for less furnace heat and fewer grate and coal-stove fires are required. Oil consumed only when heat is needed—no waste.

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**HEAT WITH PEARL OIL**

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