



Come in and Examine the **TIRE** With a thousand claws.

All sizes

SOLD BY THE **Overland Millner Co.**

## WAR ZONE WOMEN DRIVEN FROM HOME THREE TIMES BY HUN

Mothers of French Soldiers Flee Life Abodes With Remaining Few Treasures on Backs

By Mrs. Hazel Pedlar Faulkner

An army of French refugees was pouring into the relief station maintained by the American Red Cross. Carrying in their hands bundles of varying sizes—all their worldly possessions, old men and women, young women and children, came through the gates of the canteen where was furnished the first bit of rest and refreshment available for many hours. The Boches had made travel necessary for these dwellers in the occupied portions of France.

"May I help you any?" asked one of the workers in the canteen of a weary looking French woman.

"I can help myself," the woman replied, "you see I know just what to do when we are away from home like this. This is the third time I have had to leave."

### "CAN HELP MYSELF," BRAVE ANSWER

The third time she had had to flee. Three times she had been obliged to leave her home, or what was left of it, and start out on an unknown journey. With her worldly goods reduced to the size of a napkin-bound bundle, this old woman, mother of French soldiers, had turned her back on all she loved, and gone out into the night, an enemy at her heels and the unknown before her.

Do we realize what that means; oh, women of the West? Can we visualize for a moment the tragedy of it all?

Yet there are women in France who have done that thing daily for four years, and all without a word of complaint, with never a sigh or a tear.

Ours has been a happier part. We have lived in plenty and peace. True, we have given our sons and have divided our food. But of the horrors of war we have known none.

What will you do to relieve the condition of those mothers of France? Our government is pledged to help. It has given its word to aid to the limit of its capacity. It calls for the assistance of every individual one of our people in the work.

### EVERY AMERICAN MUST HELP

The Fourth Liberty Loan is our opportunity. You say you have subscribed three times before? The women of France have been driven out of their homes three times, each time more cruelly than before. Can we hesitate to save them a repetition of that suffering. Ours is the lesser part, however much it may seem to entail of sacrifice and deprivation.

An American marine, wounded grievously, was visited in hospital by a Congressman from his State. "What shall I tell the folks back home?" asked the Congressman.

The marine smiled. "Tell them we may not all come back, but we are all helping to win the war."

Shall we be able to answer as honestly, when the boys from over there ask us the question?

Nothing is too hard for us here. Nothing can be too hard in comparison with what has been borne for us already.

Let the Fourth Liberty Loan subscription be our answer to the call from over there.

Phone job orders to the Tidings.

**Now Open!**

**Hotel Austin Grill**

Board per week .....\$8.00

Ticket Meals ..... .40

FIRST CLASS

Commercial a la Carte

Chicken Dinner Sunday, 65c

### HILT, CAL., ITEMS

Miss Laura Jassman has accepted a position as stenographer with the Mt. Shasta Millinery Co. of Yreka.

F. F. Whittle has taken the house formerly occupied by B. F. Smith.

The women of the Red Cross will finish the 900 pads this week, on which they have been working for the past few weeks.

H. W. Stanley has just purchased a set of Lambert tires for his automobile, which is of some local interest here.

Pauline Jassman has returned from a two weeks' vacation at Portland, after a visit with the family of her uncle.

M. H. Grover has recently received from his son Myron, now with the United States forestry division in France, an epaulet from the uniform of a German soldier who Mr. Grover helped take prisoner while on duty at the firing line.

Mrs. Ira R. Disbrow returned last week from a visit to Sacramento.

F. B. Hutchinson, of Los Angeles, general manager of the Fruit Growers' Supply Co., spent a few days last week here looking after business matters.

Mr. and Mrs. Bert Miller entertained Mr. and Mrs. Fouts of Medford on Sunday.

Mr. and Mrs. O. W. Pierson had a pleasant surprise last week by the arrival of Mr. and Mrs. Harry Martin, of Pasadena, cousins of Mr. Pierson, who were on their way to Seattle and Vancouver by auto.

The Hilt Bible school has now 30 pupils, and much interest is being taken by the parents and pupils in this work. Ira R. Disbrow is superintendent, and Mrs. O. W. Pierson assistant. This week \$3.50 was given from its treasury to the Salvation Army drive and a remittance sent for supplies for the coming winter. It is possible that a permanent church organization will grow out of this good work.

Hilt has made another record in collecting nearly \$300 for the Salvation Army drive. The following helped in the work: Mrs. Jno. Nelson, Mrs. Jesse Sands, Mrs. Ralph Norris, Dr. G. J. Hale, Miss Elna Bailey, Fred Jassman, Ed Young and V. E. Warrens. Mr. Holland assisted in collecting at camp.

Dr. G. J. Hall, local physician here, was busy last week examining the children of this community, under the direction of the children's health conference of the National Child Welfare movement. Each parent is given a record containing a statement of the child's physical condition and any general advice that seems needed regarding diet, exercise and general hygiene. This is an effort to decrease for the coming year at least one-third the 300,000 infant mortality in this country over last year.

### FEW CHANGES IN GENERAL CONSERVATION PROGRAM

"There will probably be few changes in the general conservation program. There is still necessity for the greatest care in preventing waste of any foodstuffs, and for conservation in all lines, especially in the four essentials—wheat, meat, fats and sugar. The one great fact to keep in mind is that while, through our conservation efforts this year, we were able to ship our allies ten million tons of foodstuffs, next year we must send them fifteen million tons. The Food Administration will continue to depend upon the housewife to work out her conservation problems in her own way, with this object in view.

"The important phase of the sugar situation is to maintain prices high enough to stimulate production, yet reasonable to the consumer. Since the sugar equalization board has taken over the entire sugar supply with power to fix prices, limit profits and direct distribution, this situation is now well in hand. Because of shipping and transportation difficulties and labor shortage, there will probably be necessity for sugar conservation throughout the year, but there need be no fear of a sugar famine if the people will strictly observe the rules of the Food Administration, which insure a steady supply sufficient for all necessary purposes.

Professor McCallum, who is recognized as one of the greatest authorities of the age, said in a recent address in Portland, to an audience of doctors, nurses, teachers, dieticians, domestic science experts, etc., that the progress of certain groups of mankind can be grouped and correlated with the character of the diet. "I want to leave with you," he said, "the fundamental idea that the keeping of the dairy animals is the greatest single discovery in the history of human progress. Those races or groups who do not use milk in their diet are inferior in the standard of their health and efficiency." Especially among the children, disease ravages are appalling, among groups or in districts where milk is used only sparingly.

The Food Administration calls upon the people of Oregon to stand by the dairies, to use dairy products that mean health to them, and support of home industries; to help the dairyman hold his herds together despite high prices of feed and scarcity of labor and materials.

Old papers for sale at the Tidings office.



**SUBSCRIBER**

HONOR EMBLEM

**4th LIBERTY LOAN**

This is a reproduction of the window poster to which subscribers to the Fourth Liberty Loan are entitled. No AMERICAN Home should be without it.

### MEN OF DRAFT AGE TO ENTER WAR INDUSTRIES

Drastic instructions which are expected to force every man of draft age from non-essential industries into war industries have been sent to all community boards from Washington.

The expected results from the order will be that men falling or refusing to get out of such positions will be looked upon as slackers. The order is intended to force the hand of both employe and employer. Lists in this order will probably include clerks and office help, ticket sellers of all kinds, attendants and similar occupations. The order is in line with General Crowder's work or fight order with instructions already issued for the placing of women in non-essential industries and employment.

With the recruiting of labor, distribution of labor and settlement of disputes as its duties, an advisory board which will work in co-operation with the Department of Labor has been formed in Oregon, as in every other state in the Union, and is expected to aid materially in the campaign that has been launched to secure 1,000,000 men for war industries. Associated with the state board will be community organizations which will be delegated to further the government's program. The state committee in Oregon is headed by Wilfred F. Smith, of the United States Employment Bureau, chairman; F. T. Griffith, state director of public reserves, is ex-officio member, while members representing employers are: F. A. Dooty, D. A. Pattullo, J. W. Shaver and H. D. Kilham. Employers are represented by Otto R. Hartwig, E. J. Stack, Phillip Pollock and B. W. Sleeman.

Community boards appointed to co-operate with the state advisory board have been formed in the following places:

- Astoria, Clatsop county; St. Helens, Columbia county from Goble east; Rainier, Columbia county from Goble west; Portland; Hood River, Hood River county; The Dalles, Wasco, Sherman, Gilliam and Wheeler counties; Pendleton, Morrow and Umatilla counties; LaGrande, Union and Walowa counties; Baker, Grant, Harney and Malheur counties; Bend, Deschutes, Crook and Jefferson counties; Klamath Falls, Klamath and Lake counties; Medford, Jackson and Josephine counties; Roseburg, Douglas county east of range 9 west; Marshfield, Coos Bay and Curry counties, Douglas county west of range 8 west and Lane county west of range 8 west; Eugene, Lane county east of range 9 west; Salem, Marion county; Tillamook county; Oregon City, Clackamas county; Albany, Linn county; Corvallis, Benton and Lincoln counties; Dallas, Polk county; McMinnville, Yamhill county; Hillsboro, Washington county.

### LIMITED SERVICE MEN WILL BE TAKEN NEXT

Provost Marshal-General Crowder has sent out calls to the governors of 34 states and the draft executives of the District of Columbia for 13,000 white men qualified for limited military service to be sent to camp between September 30 and October 1. Draft officials of Alaska were called upon to furnish 574 white men and five negroes qualified for general military service, and 277 white men qualified for limited military service to be sent to Fort William Seward, Haines, Alaska, September 30 to October 15.

The state quotas and camps designated in the call for limited service men include:

- Idaho, 190; Jefferson Barracks, Mo.
  - Montana, 275; Jefferson Barracks, Mo.
  - Oregon, 300; Fort McDowell.
  - Washington, 200; Fort McDowell.
  - Wyoming, 50; Fort Logan.
- Limited service men are to be taken overseas for the American expeditionary forces and in order to conserve the manpower of the nation, every man who is physically fit for

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Don't you think it will pay you to give your Home a coat of paint? It will give you more pleasure and make your property last longer.

Now is the time for Fall painting. We have a complete stock and some bargains to offer. We will send our painters to figure with you or contract your painting ourselves.

We Believe it Will Pay You to See Us About Painting Your Home

# Carson-Fowler Lbr. Co.

38-m-40

combatant service overseas is to be used solely for that purpose, according to a letter from the adjutant-general's office announcing the new War Department policy at Camp Lewis. The new policy is taken to indicate that many men now in the quartermaster's corps and other organizations of like character who are physically fit for combatant service will be sent overseas, and limited service men called in the draft to take their places.

In bird circles it is customary to leave early for wintering in the south. Many of the exclusive members have already gone, but the robins are still with us.

Phone job orders to the Tidings.



"Regular as Clockwork"

# You can foretell the future

You say "The man who could foretell illness would make a fortune!" Of course no man can—in the sense you mean. But you can tell pretty accurately what to expect your own body to do.

How?

Get this simple physiology: Your body machine has to be repaired. It also must have fuel to supply heat and energy. Your food supplies both repair material and fuel. But a furnace always produces ashes and clinkers. If these accumulate, the furnace becomes clogged and cannot work properly.

If your bowels become clogged—you suffer from constipation.

Perhaps you hurry to work or play and neglect to obey Nature's call. Waste matter stagnates in the bowels. You go right on eating, drinking, working. What happens? The constipation becomes established. Waste matter undergoes decay, fermentation and germ action. Poisons are formed, absorbed, carried all over the body. They attack the weakest part of you first.

Then you know you're sick. In reality you've been getting sick since you missed that first movement.

If you want to keep well—wholly well, all the time, so that you're on your toes every day, remove that waste.

Many people take pills, castor oil, purgative mineral waters to force the bowels to act.

These act, but they irritate, tire out the intestinal muscles, make the trouble worse.

Others take "salts," which attract water to the intestines and flush the bowels—about as gently as a fire hose. A re-action follows that makes the intestines dryer than ever and aggravates the constipation.

You needn't do this and weaken your system just because all of your ancestors did.

The Nujol Treatment moves the waste regularly, and easily. It is a purely mechanical process, absolutely harmless, based on a simple principle—that you can move a softened mass out of a tube more easily than a hard, dry one. It doesn't gripe—you won't know you have taken anything until after a few days your bowels move at the regular hour. It makes you "regular as clockwork."

Don't try to foretell illness. Foretell it. Don't wait until you are sick. Keep well now. Your druggist has Nujol.

# Nujol

TRADE MARK

## For Constipation

Warning: Nujol is sold in sealed bottles bearing the Nujol Trade Mark. Insist on Nujol. You may suffer from substitutes.

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