Woman's War Work

BY VELLA WINNER

HOT weather does not affect the energies of Vale Red Cross workers, for this week a huge box consisting of nine hospital equipments and another box of extra articles were shipped by freight to the Red Cross Supply depot at Seattle.

The Brogan and Juntura auxiliaries have sent in a good many garments in the short time they have been working which have helped to swell the numbers and more quickly fill the boxes. The Vale women now feel that with the help of all auxiliaries throughout the county a box will be ready for shipping frequently. Jamieson workers have a number of garments under way and will send in completed work soon. On account of the busy haying season work in many of the auxiliaries has been delayed a few days.

War Work for Canal Women.—Mrs. E. Arnett Smith of Cristobal, Panama canal zone, has been asked by the women's committee of the Council of National Defense to represent the district in which she lives in the great army of women being mobilized for the purpose of war work. Porto Rico, Hawaii and the Philippine Islands have also been asked to organize to utilize the patriotic service of women in these districts. Alaska is already fully organized and at work in its various committees.

Forest Grove Honor Guard.—At the August business meeting of the Forest Grove Honor Guard it was reported that 14 children's dresses made by the girls at their Thursday meeting have been sent to France to be distributed by the Duryea war relief. Starting in September a fine of 5 cents will be levied against all members absent from business meetings without reason, and three such absences without payment of fines will constitute loss of membership. August state dues are now payable. An all-day hike and picnic is being planned for this week. All members wishing to go will meet the committee in charge, Evelyn McFeeters, chairman, at Langley hall at 4 o'clock next Tuesday when arrangements will be completed.

Milton Honor Guard Busy.—The girls of the Honor Guard of Milton and Freewater are crocheting blocks for quilts for convalescent soldiers. They are soliciting yarn from the residents of both cities for this purpose. Small balls of left-over yarn can be utilized. Donations of this material from Milton are being left at the home of Miss Goldie Piersol.

Dallas D. A. R. to Knit.—Under the supervision of state regent, Mrs. Isaac Lee Patterson of Eola, the Dallas chapter of the Daughters of the American Revolution have pledged themselves to make one of each of the following knitted garments, which will be given to the navy: knitted sweater, helmet, wristlets and muffler.

Mrs. B. A. Legg, chairman of the Parkrose chapter of the Red Cross, which is doing valuable work this summer.

WAR TIME COOKERY

Here are a few high lights from an address on food conservation given by Miss Juliet L. Rane, assistant professor of home economics at the Washington State college, in a lecture delivered recently in Seattle:

"Produce as nearly as possible your entire food supply. It will make you largely self-supporting. It will save you money and you will have a good supply of healthful food and be able to do more efficient work.

"Grow an additional amount of food to help someone else. This is a patriotic duty that we owe to others. It is the only way to keep others from starving.

"Take the best care of everything produced. Eliminate all waste. Use all food products economically.

"Be absolutely loyal to your country and do anything and everything that needs to be done.

"Every individual should be properly fed. Do your part in seeing that those who are dependent on you are properly nourished, especially the children. Health, the first consideration of the human race, depends largely upon food.

"The strength, efficiency and power of endurance of the individual are dependant upon the food supply.

"The hungry individual is in no position to meet the burdens placed upon him.

"Grow, as far as possible, everything you consume. It is cheaper to produce your own food supply than to buy it. The quality is better and the supply is more uniform.

"When buying, study and watch closely local markets. Many times markets are overstocked with good perishables. Buy each product in season, as it is too expensive to buy out of season. Buy when the market is being supplied by districts as nearly local as possible, thereby saving the transportation charges. Buy when products are in good condition. Buy wisely and economically. Buy in quantity, if possible, especially when prices are low, but be sure that products can be properly stored.

"Perishables must be taken care of at the time they are ripe. They lose in condition very rapidly. The loss in wastage is heavy. They also lose in flavor.

"Make use of everything you grow or buy. Waste nothing. Use kitchen refuse as feed for poultry, rabbits or pigs. Waste nothing in harvesting. Handle products carefully in harvesting and do not bruise or injure. Procure a variety of food materials. Store products in the best possible manner.

"Cook and serve carefully. Get all possible food value out of foods by proper cooking. Cook no more than needed. Eat sanely and sensibly. Do not waste in serving too large portions. Use combinations of foods that are satisfying."

When writing to or calling on advertisers, please mention The Journal.

Beauty Chat

BY LILLIAN RUSSELL

Are You Real?

WHEN you are doing war work, are you aware of what you are doing and why? When you see the boys in the training camps—do you realize what they are doing and for what purpose? It looks so picturesque and they all look so nice in the khaki that nine tenths of the women and girls think no further than simple admiration of them.

Few of our women realize what all that training of men is for. Even women who have sons and brothers in war training today hardly realize that there is a real war existing—and make such vapid remarks as "I hate to have my boy away but I guess it will all be over soon." They are not conscious of what is going on in Europe nor does their "war work" mean anything to them.

I attended a Red Cross benefit recently. A noted singer was to appear. Fashionable women sold tickets to their fashionable friends for $5 each—and, of course, to any others who would buy. The daughters of the fashionable women were most attractively costumed in white chiffon dresses with white chiffon voluminously draped on their heads, with red satin bands around their hands and red crosses above their foreheads and around their arms. They were to sell programs. They meant well as far as being attractive was concerned and evidently they sold a few programs. But they could not tell anyone what the benefit was for. One lovely girl admitted she didn't know what it was all about—that she was asked to sell programs and did so because she was always crazy to put on a Red Cross uniform. Her chiffon "get-up" was as far from the real Red Cross habit as was her earnestness in the work. The whole benefit was conducted without system. It seemed to be a fashionable society chat, at $5 a head—as far as attention to the singing was concerned. There was nothing real about it.

Honesty of purpose is a wonderful quality to possess or acquire. Every woman should study herself and find herself. She should analyze her motives and right any selfish influences. It is beautiful to be real. To live and act no lie. To be big and broad and brave—now, when we are needed. It is our work, real and earnest, that will give our boys comforts this coming winter in Europe. Don't delude yourself with the false comfort that they will not need our work, for they will. The winters in France and Belgium are bleak and damp, and our boys are to face exposure for hours at a time. The Red Cross has no monopoly on good works. Their principal duty is in nursing the sick and wounded. They spread out and do other things, but those are side issues of little importance compared to their original work.

Therefore, the women who want to help our boys must work. Thousands of woolen mufflers must be made—wristlets and helmets—and abdominal bandages. Kit bags made of strong cloth 14 inches square, without pockets, are absolute necessities to them—something to carry their small things in. They need small towels, soap and a number of useful things. Candies are superfluous. Fighting men require no dainties.

They want the real necessities. They need pipes and smoking tobacco. If every woman would mother one boy, do for him, write to him and pray for him, she would be doing real work. Don't wait for some society to beg for your assistance, but go to work now. If you can do nothing else, knit gray woolen mufflers ten inches wide and 58 inches long. Make a bag 14 inches square with a strong drawing string.

The Red Cross will take care of the wounded. You must take care of the well boys and see that they have some comforts. In whatever you do be real—be true to yourself and what you were created for. Helpless women are only household pets, like other domestic animals. They may be pretty and smooth, but of no importance. If you do not know where to send your work, you may send it to me. I will see that it is delivered, and if you put your name and address on the package the boy who receives it may write and thank you. Thus you may start a correspondence with our boys. This is beautiful work and as ennobling as any done in the world. There are many lonesome boys going over there to fight for you. Do some real work for them—above all, get down to reality.

Tomorrow—Work and Grow Beautiful.

CLIMBED STAIRS ON HER HANDS

Too Ill to Walk Upright—Operation Advised—Saved by Lydia E. Pinkham's Vegetable Compound.

This woman now raises chickens and does manual labor. Read her story:

Richmond, Ind.—"For two years I was so sick and weak with troubles from my age that when going up stairs I had to go very slowly with my hands on the steps, then sit down at the top to rest. The doctor said he thought I should have an operation, and my friends thought I would not live to move into our new house. My daughter asked me to try Lydia E. Pinkham's Vegetable Compound, as she had taken it with good results. I did so, my weakness disappeared, I gained in strength, moved into our new home, did all kinds of garden work, shoveled dirt, did building and cement work, and raised hundreds of chickens and ducks. I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound and if these facts are useful you may publish them for the benefit of other women."—MRS. M. O. JOHNSTON, Route D, Box 190, Richmond, Ind. Adv.

Club News

Albina Union Meets.—Albina W. C. T. U. will meet Tuesday at 2:30 in the afternoon at the home of Mrs. Christiensen, 883 Borthwick street.

Ranch Women Plan Exchange.—A service department has been added to the Burbank Federation of Women's Clubs of Ada county, Idaho. Rural and city women expect, through this department, to become even more closely affiliated than now, for the plan of this department is to have the country women register their names and addresses, together with what they have, or will have in the near future, for sale. The city woman needing spring chickens, cottage cheese, ranch butter, peaches, squabs—in fact, anything raised on the farm—has only to telephone the chairman of the committee and she will receive the addresses of the women having those articles for sale.

All favored the idea, but members differed when it came to discussing prices. Some thought the country women should be willing to sell direct to the city women at the same price they would sell to the dealer, while others thought the city women should be willing to pay the retail market price, for they would be sure to get better goods, since the women selling direct would take a greater pride in maintaining a reputation for their wares. The question of price was, therefore, left to each buyer and seller.

One of the interesting features of the meeting was the conversation overheard during the picnic lunch, which was served cafeteria fashion beneath the apple trees in the Manville orchard.

"It was just impossible for me to get here," remarked one little woman, "but I simply couldn't afford to miss the meeting."

"How did you get here, then?" queried another member.

"Well," said the first speaker, "I got up at 4:30, turned the irrigation water on the five acres, made a crate of raspberries into jelly, baked two cakes, fixed the dinner for the hay hand, and left the rest."

Another woman told of preserving 10 gallons of cherries and baking a batch of bread before the 10:30 car came.

In fact, nearly every rural member present had risen at 5 a. m., put up fruit, cooked for farmhands, and then appeared at 10:30 in immaculate white dress and shoes, with picnic lunch prepared. And many of them had to cook for farmhands upon their return. All expressed themselves, however, as gaining enough inspiration from the meetings to make unusual sacrifices to attend.

The hostess clubs furnished ice cream, cake and iced tea as their share of the party.

Holladay Canning Classes.—There will be a demonstration of drying, salting and pickling at the Holladay school Wednesday at 1 o'clock by Mrs. Georgia Swafford. A large attendance of women is desired as this is the last in the series of canning demonstrations which has been given under the auspices of the Parent-Teacher association of that school.

Highland Canning Classes.—The last of the series of canning demonstrations which have been held at the Highland school will be held Tuesday morning at 9 o'clock. All women of the neighborhood are invited.

The Journal Woman's Calendar

By Vella Winner

DO THEIR CLOTHES IMPRESS?

It seems to be a particularly feminine trait to be observant of other women's clothes. Men, I believe, are just as observant, but their powers of observation lie in another direction. They may not be able to describe the sort of hat a woman wears, or the cut of her frock, but they almost invariably take away with them a distinct impression of her personality—if she has any.

I know a girl who is set down as particularly unfeminine in that she does not always "take in" the wearing apparel of other girls. She is thought to be indifferent, uninterested in others, when she sometimes fails to notice and to remark on another's new chapeau.

Yet, did they but know it, these same girls should feel flattered, for no change in themselves escapes her scrutiny. Little tired lines around the eyes, a petulant droop to the mouth, these mean so much more to the girl who is really interested in you than a new jabot or a different hat. But the girl who has a graceful little way of admiring your clothes is usually more appreciated, for there are few women who do not relish approval of their taste in dress.

PEANUT BUTTER TEA ROLLS

One cupful scalded milk, one quarter cupful sugar, two eggs, one quarter cupful melted butter, one teaspoonful salt, one cake yeast, one half cupful peanut butter, three and one half cupfuls flour, pinch of nutmeg. Dissolve the yeast cake in one quarter cupful lukewarm water. When milk is lukewarm stir in peanut butter, add one and one half cupfuls flour. Beat well, add dissolved yeast cake, let rise, add butter, sugar, salt, nutmeg and well-beaten egg. To this add the flour to make a soft dough. Knead and let rise in a warm place. When light, shape into rolls. Put in a well-buttered pan, let rise and bake in a quick oven about 15 minutes.

ENGLISH CRUMPETS

Mix together three gills of lukewarm water, one half teaspoonful each of salt and sugar, one teaspoonful of melted butter, then dissolve a quarter of a yeast cake in this mixture. Into this stir enough flour to make a very stiff batter. Beat for 10 minutes, adding as you do so enough lukewarm milk to make batter stiff enough to be poured slowly from the bowl. Grease shallow muffinrings. Place these on a soapstone griddle and when hot pour the batter into them to a depth of one quarter of an inch. Bake slowly, not turning until brown on the other side, then turn for only a few minutes.

KITCHEN KNOWLEDGE

Fruits, vegetables and other foods spoil because they are exposed to microscopic organisms known as yeasts, molds, etc., which under conditions of warmth and moisture feed upon them until the whole substance is consumed.

Preserves are whole fruits or large portions of fruit cooked in a heavy sugar solution. For marmalades the fruits are shredded.

Currants, sour apples, crab apples and grapes are rich in pectin, which is necessary for the transformation of fruit juice into jelly.

Pie crust will be nicely browned on top if it is brushed over with milk before placing in the oven.

Water in which potatoes have been boiled is best for cleaning an iron sink.

When a sink is coated with grease a pound or more of washing soda should be put in a colander or strainer, then held over the sink and have boiling water poured through it.

THE TIPPING BUSINESS

The system of tipping, as it has grown in this country, is all wrong. But still, it has become a custom, and if one desires any service at all it seems to be a necessary evil.

In summer hotels it is always amusing to watch the negro waiters, who may be deferential enough to the women, literally fall all over themselves when men come down for the weekend. And why? Because men know the workings of their minds. They feed a man a tip right at the beginning, while women dawdle along and expect the man to understand there is a tip in store for him. As a result, the services are performed very perfunctorily.

Try the man's system this summer. As one man expressed it last summer, "A quarter in the hand is worth a dollar in the future" to the average waiter.

Do You Do It?

Try to live every day so that your old sweethearts will have reason to point you out to their husbands as "the man they might have married."

SERMON TOPICS

Armageddon Explained by Rev. C. C. Rarick at Central Church

World's End Not in Sight.—Armageddon will be a spiritual struggle, not an actual clash of armed nations, explained Rev. C. C. Rarick at the Central M. E. church Sunday night. Eventually the holy city will descend from heaven, said the pastor, and Jesus Christ will come more fully into the life of the world. Sickness and sorrow will pass away and there will be abundance and happiness for all.

Rev. Fred Alban Weil Heard.—"The Challenge of Worship" was the subject of a sermon Sunday morning at the Church of Our Father (Unitarian) by Rev. Fred Alban Weil, son-in-law of Dr. T. L. Eliot, pastor emeritus of the church, and brother-in-law of Rev. W. G. Eliot Jr., the pastor, now absent on his vacation. Rev. Mr. Weil has been in charge of the Unitarian church at eBllingham for 10 years, but has accepted the pastorate of the Denver church of his denomination and will take up his work in the Colorado city shortly. Mr. Weil in his address Sunday morning advocated a religion inspired by admiration, not one led by fear. Mr. Weil urged that all men live up to what they believed was best.

Criticis mIs Answered.—"Our Lord's method of dealing with evil was startlingly new," said Rev. H. H. Griffis in his sermon Sunday morning at the First Christian church, in answer to the criticism that Christianity had offered nothing new in the realm of morals. Continuing, the pastor explained that "this method was not one of reprisal and retribution, but one of truth, patience and love. It may be summed up in the command, 'Be not overcome of evil, but overcome evil with good.'"

Pastor Accepts Pulpit Call

Santa Rosa, Aug. 13.—(I. N. S.)—The Rev. Charles A. S. Price, pastor of the First Congregational church of this city, has accepted an indefinite call to the pastorate of the Calvary Congregational church in Oakland, vacated by the acceptance by the pastor, the Rev. Roy H. Campbell, of army service with the new camp at San Diego with the Y. M. C. A.

Bed Time Tales

BY CLARA INGRAM JUDSON

Where the Pigeon Built Its Nest

IN THE big down town park of a great city, men were setting out trees ready for summer growing. Rows and rows of trees they had—trees were piled up on the walks and stacked up on the ground, and all the while, wagons were hauling trees and more trees from the great freight yard near at hand. For, you see, it was intended to transform that bare tract of ugly land into a forest park—all in one winter!

While the wagons hauled the trees, and men planted them, other men worked unwrapping the trees as they were put off the wagons. They took off the gunnysack covers with which the tender roots were protected. They pulled off the straw and moss and threw it aside and they made the trees ready for planting.

And because they were so busily working, not one of those workmen noticed the straw and moss; it just laid there till, later in the day, trashmen came and hauled it away.

But somebody noticed it, yes indeed! Somebody eyed that moss and straw and thought it so fine and beautiful! And that somebody was a pigeon who happened to be flying by. Up in the air, he spied something interesting, and quick as a flash, he dashed downward to investigate.

Yes! It was exactly as appeared! All over the ground were straws and bits of soft moss, every bit just right for nest building. He picked up one straw, balanced it in his bill ready for flying, and then he happened to wonder where he was going to carry it!

"I don't believe I'd better carry this way back to where we had planned to build a nest," he said to himself as he cocked his head to one side. "That would make too long a journey for each straw and bit of moss. I believe I should build a nest near by so I can surely get all the nice material I need before somebody else takes it all. But where should the nest be made?" Yes, where? That was the question. Certainly the neighborhood didn't seem the place for birds. There were only high buildings on one side of the to-be park and only freight cars on the other—the trees just set out were too new to count.

Just as the pigeon was waiting there, hesitating, Mrs. Pigeon, who had been following in his wake, caught up with him. "Look at what I have found!" the pigeon cried to her. "Just the stuff for our nest! But where in all this downtown world, shall we build?"

Mrs. Pigeon exclaimed over the suitableness of the moss and straws and then said: "We must build near, and we must build at once, before all the straw and moss is taken by other birds as lucky as we."

"I know that," replied Mr. Pigeon, "we must build near—but where?"

"Let's explore these buildings," said Mrs. Pigeon, and away they flew toward the top of the high office buildings. After a bit of careful exploring, they found a stone ledge 20 stories above the sidewalk and there they decided to build. Down they flew for the first straws and then back up again to their lofty home. For days they worked, and by the time the trees were all set out, the muss cleared away and the park in order, five little baby pigeons came to the nest so high above the busy street. And though they were so high up, they grew just as fast, and ate just as much and pleased their parents quite as thoroughly as any baby pigeons born in the farmer's barn!

A stone ledge 20 stories above the sidewalk.

Tomorrow—Industrious Mary Jane.

Too Much Food in Summer means clogged liver and sluggish brain; The man on the job must keep his brain clear and his muscles responsive. The way to do this is to eat **Shredded Wheat Biscuit,** the food that contains everything in the whole wheat grain prepared in a digestible form, including the outer bran coat which is so useful in keeping the alimentary canal clean and healthy. Two of these crisp, little brown loaves of whole wheat with milk make a nourishing, strengthening meal. Ready-cooked and ready-to-serve. You are invited to visit our new model, sunlit, sanitary factory at Oakland, California.

Olds, Wortman & King

The Standard Store of the Northwest

66th Anniversary Sales

Olds, Wortman & King

Reliable Merchandise and Reliable Methods

Double Stamps Tomorrow With Cash Purchases in All Depts. Except Groceries

Save Your S. & H. Green Trading Stamps and Get a Substantial Cash Dividend on Your Purchases at This Store — Ask for Them

Boys' Suits At $4.65

Main Floor—Boys' Norfolk Suits—odd lines in sizes 6, 12, 13, 14, 15, 16, 17 and 18. Good, serviceable dark colors in tweeds and homespuns. Pinch back and belted Norfolks. Two pairs of full lined pants with each suit. Priced special at, suit **$4.65**

September Patterns Are Now Ready

—Ladies Home Journal Patterns for September, Book of Fashions and new Embroidery Book ready at the Pattern Counter on the Main Floor.

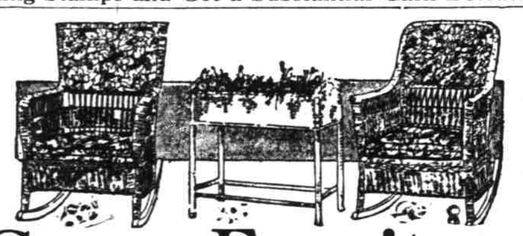
Willow Waste Baskets 34c to 64c

Third Floor—Special low prices on select whole willow Waste Baskets for the next few days. New designs in both round and square shapes shown.

—45c Willow Waste Baskets **34c**
—50c Willow Waste Baskets **38c**
—55c Willow Waste Baskets **42c**
—60c Willow Waste Baskets **45c**
—75c Willow Waste Baskets **59c**
—85c Willow Waste Baskets **64c**

Colonial Hams 26c lb.

—At this special price Tuesday only Colonial sugar-cured Hams, medium size, weighing 10 to 12 pounds each. —Model Grocery, on the Fourth Floor.



Grass Furniture At New Low Prices

—$6.00 Grass Chairs and Rockers. Special.. **$4.75**
—$9 and $9.50 Grass Chairs and Rockers, at **$6.95**
—$12.50 Grass Chairs and Rockers. Special.. **$8.95**
—$12.00 Grass Chairs, priced special only.... **$9.60**
—$2.50 Grass Baskets and Tabourettes at.... **$1.98**
—$9 and $9.50 Grass Tables. Priced special **$7.45**
—$45.00 Breakfast Set, consisting of Grass Table and 4 Grass Chairs to match—very attractive. Set at only **$35.00**

Grass Rugs Underpriced

—$2.00 Grass Rugs, size 36x72 inches, at.. **$1.69**
—$3.50 Grass Rugs, size 4:6x7:6, for..... **$2.48**
—$5.00 Grass Rugs, size 4:6x7:6, for..... **$3.98**
—$7.50 Grass Rugs, size 6x9 feet. Special **$5.75**
—$10.00 Grass Rugs, size8x10 feet. Special **$6.80**
—$12.00 Grass Rugs, size 9x12 feet. Special **$8.25**

—Double Stamps With Cash Purchases in Our Furniture Department

Important Clearance of Wash Goods

35c to 75c Tub Fabrics, Special Yard

AT THE CENTER CIRCLE TUESDAY we shall dispose of several thousand yards of high-grade Wash Goods at an exceptionally low price. With many weeks of summer weather yet to come, women will be glad of this opportunity to buy sheer tub fabrics at a saving. In the assortment you will find dainty sheer voiles in various patterns and colors—beautiful silk mixtures, wash crepes and novelty suitings. Material formerly priced at 35c to 75c, on sale at **23c** a yard.

23c Yd.

Embroideries and Laces

Clean-Up of Many Odd Lines

At 5c—Clean-up of odd pieces and short lengths of embroideries—edges, insertions, beaded insertions, bands and galloons. Desirable patterns and excellent quality materials—cambrics, nainsooks and swisses. Various widths. Embroideries formerly selling up to 20c, in a great Clean-Up sale at special, the yard **5c**

At 79c—36-inch Lustre Allover Laces, in tan, turquoise, yellow, brown, purple, Shangtung and dark blue. Very desirable material for waists. Worth to $2.25. Priced special, the yard..... **79c**
—SAMPLE LACES—8 to 10 yards to the piece, cut to any length you may desire. St. Gall, Venise and Filets. Special **10c, 15c, 19c** and **25c** a yard.
—ODD LINES 25c TO 35c LACES—CLEARANCE **10c** YARD

Middy Suits Special $1.48

One Model as Illustrated

Second Floor—Women's and Misses' Middy Suits of fancy plaid and checked ginghams or blue, pink and lavender percale, trimmed with checked or striped gingham. Also one model of white galatea. Round or sailor collars, belts, fancy pockets, etc. **$1.48**

Middy Suits at $2.49

Second Floor—Several smart styles at this price. Made up in white galatea, blue madras, fancy striped voiles, ginghams and Japanese crepe. Some have organdie collars and cuffs. Very popular for beach and porch wear. Priced special at **$2.49**

Middy Suits for $2.98

Second Floor—Middy Suits of plain and striped Japanese crepes, linen-color pique, fancy striped madras. Also attractive porch dresses of figured voiles, plaid and striped ginghams, white organdie collars and cuffs. Good range of sizes. At **$2.98**

Tub Waists $1.00

Bargain Circle, 1st Floor—Dainty styles made up in plain and fancy voiles, lawns and organdies. Some have colored collars and cuffs. Good selection, at **$1.00**
—WASH PETTICOATS of striped rippelette and gingham. Special **$1.00**