

SUGGESTIONS MADE FOR PRESENTS FOR THE SOLDIER BOYS

Red Cross Hopes to Supply Package for Each of Million Men Under Arms.

CHRISTMAS CHEER GOING

Dates Will Be Announced Later When Shipments Should Be Made; Lists of Articles Made.

By Christmas the United States will have more than 1,000,000 men under arms, and everyone will be eager to help in giving them Christmas cheer. No matter how generous a supply of gifts some of the men may receive from families and friends, it is believed that all Red Cross members will want to unite in sending to each of a Christmas packet filled with good things and good will.

In order that the men may be equally remembered and that there may be a pleasing variety in the contents, the following suggestions are made for preparing and assembling the Christmas parcels.

First—Nothing should go in them which will not keep fresh from the time of packing until Christmas.

Second—Dried fruits and other food products should be packed in small tin or wooden boxes, one-quarter to one-half pound size.

Third—Hard candy, including chocolate, would probably be safe in tin foil or heavy cardboard, but no soft chocolates nor anything that could possibly be crushed should be used, as the other contents of the package might be spoiled thereby.

Small Dainties Add Variety

Fourth—Several dainties packed in oblong tin boxes each holding a quarter of a pound, will provide a better variety for a packet than a larger quantity of single confection.

Fifth—No liquids nor articles packed in glass should be placed in the package.

Sixth—For wrapping the gifts use a khaki-colored handkerchief, 27 inches square, and form the base of the packet by placing on the center of the handkerchief a pad of writing-paper about seven by 10 inches in size.

Seventh—Select a variety of articles either from the suggested list (or according to individual wishes) to an amount not exceeding \$1.50, and arrange them on the pad of paper so that the entire package shall be the width of the pad and approximately five or six inches high.

Eighth—Wrap each article with one-inch red ribbon and place a Christmas card under the bow of ribbon. A card bearing the greetings of the chapter would be desirable.

Ninth—Wrap the parcel again in heavy, light-brown manila paper, and tie securely with red, green, or gilt cord, and use Christmas labels or American flags as desired.

Articles Suggested for Packets

*Khaki-colored handkerchief, 27 ins square, for container; *writing paper pad about seven by 10 inches; *envelopes, pencil, postal, etc. (in paper covers); *scraps of home-made containing a good short story, some jokes, etc.; *electric torch, compass, *playing cards, other games, tobacco, pipe and pipe cleaner; *candy, *peppermint, *water-tight match box, chewing gum, *sweet chocolate biscuits, fruited crackers, knife, such as boy scout use; *fruit cake, mirror, (steel), handkerchiefs (khaki-colored), neckties, mouth organ, Red Cross checkbook (this is a combination set of checkbook, check, and change, and is made of heavy cardboard, especially for the Red Cross and can be purchased after October 15 for 5 cents apiece), preserved ginger salted nuts, prunes, figs, dates, raisins, hard candy, chocolate in tin foil, licorice, Katch the Kaiser (puzzle), mechanical puzzles (an assorted lot of 12 small mechanical puzzles can be bought at the rate of 12 for 50 cents).

*The articles which are marked with an asterisk will be purchased by the Red Cross supply bureau and can be bought from chapters by the time the chapters are ready to pack the parcels. This announcement is published early so that those interested may be gathering funds for the purchasing of these parcels and assembling the small articles to go in them.

Chapters will receive instructions from division managers as to the dates when parcels should be packed, and also as to the dates when the parcels intended for the home cantonments should be ready for distribution.

Money for these gifts is not to be taken from the Red Cross funds, but should be contributed by individuals for this specific purpose. The Portland chapter of the American Red Cross has not yet received the funds mentioned above as obtainable from local chapters, but it is expected they will be received soon. Notice of their receipt will be published.

War Work Notes

The Ladies' Auxiliary of Captain Sellwood's Portland Ambulance company will give a dance and card party Monday evening at Manchester hall, 455 Fifth street, between Stark and Oak, instead of the regular weekly meeting. Five hundred will be played. Prizes have been donated by leading business houses of Portland. No admission will be charged, but a silver offering will be taken for the benefit of the boys' mess fund. Everyone is cordially invited. If you do not dance or play cards, come and bring your knitting and look on.

Constipation Makes Baby Uncomfortable

When its tender little organs are bound up with a congestion of stomach waste in the bowels, baby is a mighty uncomfortable morsel of humanity, and reflects the discomfort in its disposition. Dr. Caldwell's Syrup Pepsin will just give it a tiny dose of a mild laxative, such as Dr. Caldwell's Syrup Pepsin, and the expelled, and her child be normal and happy once more.

Dr. Caldwell's Syrup Pepsin is especially desirable for children, because it contains no opiates or narcotic drug, being a combination of simple laxative herbs with pepsin, mild and gentle in action, positive in effect, and very palatable. Children like it. It is readily absorbed. Dr. Caldwell's Syrup Pepsin for fifty cents a bottle. A full bottle, free of charge, can be obtained by writing to Dr. W. B. Caldwell, 436 Washington St., Monticello, Illinois.

Woman's War Work



Mrs. E. L. Doneka, president auxiliary to Company H, Third Oregon infantry.

THE allied Red Cross bazaar has established permanent headquarters at 403 Corbett building, and all preliminary business will be transacted there. The bazaar will be held in the Auditorium, December 5, 6, 7 and 8 and the separate national organizations of the Red Cross will be represented by the following countries: French, British, Italian, Belgian, Rumanian, Japanese and Serbian. Floor space for the exhibits have been made by A. E. Doyle, chairman of the committee on decorations, and reservations for space may be made soon.

Watch-Dogging Legislation.—Missouri has a department of legislature regulation in its woman's committee, council of national defense, which has undertaken an investigation of all existing laws governing food matters with a view to the enforcement of any that may be of great help in the present emergency. All new legislation, municipal, state and federal, is backed by the committee. If approved after careful study. The department is in close touch with the government on all pending bills for food control. Two campaigns have been carried on in the city under the direction of the legislative committee, one for a municipal garbage reduction plant, as a more economical way of handling city garbage, the other to introduce measures to regulate the tremendous waste

Bed Time Tales

BY CLARA INGRAM JUDSON

Billy Bat

ONE morning just before dawn, Tommy Tittle-mouse, who was very tired of all the food hunting he had to do since his babies came, planned to be up and away before day-break.

"Perhaps if I get a good start," he said to Mrs. Tommy, "I can get over to the chicken yard before the creatures that harm me are awake. Then I can eat my breakfast and bring home plenty for all before there is so much danger."

"Don't worry about bringing home so much, Tommy," said Mrs. Tommy kindly. "Those children are now plenty big enough to feed themselves. You start now and get yourself a good breakfast. I think I will go with you. And so they left their home together. Mrs. Tommy went toward the hedge and Tommy to the chicken yard. There he found plenty of seeds and bits of grain and ate the biggest breakfast he had had for many weeks. He was not yet tired and was thinking of going home when the mournful "Who-o-o" of Old Man Owl made him gulp his last mouthful and scot for home.

"Who-o-o" of Old Man Owl made him gulp his last mouthful and scot for home. Mrs. Tommy was not far from the hedge and Tommy to the chicken yard. There he found plenty of seeds and bits of grain and ate the biggest breakfast he had had for many weeks. He was not yet tired and was thinking of going home when the mournful "Who-o-o" of Old Man Owl made him gulp his last mouthful and scot for home.

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their strongest natural propensities and assume foreign ones? They are obliged to keep continually strained every nerve and every vessel in order to carry on that deception, which is their whole existence. After all, what is the use? It is plain to be seen by clever people that they are living a lie—such a false state is nothing less than a continual strain, and this is proven by the consequences.

An incessant, nervous, restlessness and anxiety, deranged circulation and digestion, continued contradiction, both physical and mental, are its unavoidable effects.

As they grow in their assumed characters, it becomes impossible for these unfortunate people to lay them aside even for a day or so, and they become second nature to them. They live continually with the finger of their real consciousness pointing at them. And, like the vestal virgins, they are obliged to lie more and more—of act more and more to keep up the deception. They are at length come up with themselves. This false state keeps them in a nervous fever and internal irritation until the final hour approaches, when they must look truth directly in the face and give up. It is that they begin to grow—when they acknowledge their reality. Then they find the best in themselves and live harmoniously with themselves and the world.

The pride of possessions, of place and power, makes fools of men and women. After all it is more glorious to be an honest man or woman and demand the respect of the world than to be a would-be some one without the education to back one up.

Breeding tells—culture tells and intelligence stands out among people without any advance agents to advertise them. An innate modesty and kindness is the attitude of the well-bred and refined. The intelligent and cultured express themselves in every remark, and by their expressions they are known. Wealth has nothing to do with breeding. Too often we see our wealthy people assume us with their manners. It is several rungs up the ladder of perfection to live true to one's self and those who are true to themselves are on the high road to culture and refinement—two qualities that do much for the beauty of the world and the people who live in it.

Monday—Desert Flowers.

—Photo by BUSSELL.

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The Journal Woman's Calendar

By Vella Winner

DIFFERENT CUTS OF BEEF

To begin with, good beef should be bright red when it is first cut, and this red flesh should be well marbled with yellowish fat, which also thickens the meat. If it does not present this appearance you may be sure of one of three things—either the ox was not well fattened, was too young, or was not in good condition. In any case, do not buy such beef. It is dear at any price. Another point. The flesh should be firm to the touch and no mark left when it is pressed with the finger. If it feels flabby pass it by. If the suet is dry and crumbles easily that is another indication of good wholesomeness. Steaks and roasts should be cut to the location of the various cuts. First divide it into the hind and forequarters. The hind quarter contains the most expensive cuts of the meat—although not by any means the most nutritious. The choice pieces are found here—the tenderloin, sirloin, rump and round. The cheap portions of the hindquarter are the flank and shin. In the forequarter are the ribs, shoulder, shin, the rattle-round and the brisket. The ribs are at the top of the back next to the loin, joining it in fact, while the animal is whole. The best cut in this portion of the beef is the "prime" ribs which comprise the first five ribs. The neck is used for steaks and boiling. The side of the animal running along under the ribs is the rattle-round. This is used for corning. The brisket is under the side of the animal's body and that of the smaller portions of the hindquarter are the flank and shin. In the forequarter are the ribs, shoulder, shin, the rattle-round and the brisket. The ribs are at the top of the back next to the loin, joining it in fact, while the animal is whole. The