



Knights of Columbus who are in charge of campaign to raise \$50,000 fund for war relief work. Above, left to right-Frank J. Lonergan, state deputy; Patrick Bacon, grand knight. Below, left to right-John M. Casey, chairman cantonment committee; Frank J. Whalen, secretary and recorder.

K. of C. Seek \$50,000 Fund For War Work

The charter offiknight; J. P. Kavanaugh, deputy grand Dr. Ben L. Norden, chancellor; John B. Ryan, recorder; T. A. O'Gorman, financial secretary; John P. Mc-Entee, lecturer; Frank E. Dooly, treasurer; Rev. John C. Hughes, chaplain; Dr. A. C. Smith, medical examiner; J M. Healey, warden; R. B. Sinnott, advocate; A. E. Kerrigan, inner guard; William F, Coman, outer guard; M. Fouler, E. F. Murphy and John J. Sharkey, trustees.

new council prospered from the start, and many of the most prominent citizens of the community were enrolled on its books. In 1907 it purchased the property at the southwest corner of Park and Taylor streets, paying \$35,000 council was expecting to build a more modern home on this site in 1918 but turned its funds and energies into the

George Littlewood, outside lishment of the Moose Temple. guard; Dr. T. J. Fox, medical examiner; J. J. Richardson, lecturer: H. P. Kennedy, J. J. Harper and Frank A. Smith,

officers are: Frank J. Lonergan of bership. Portland, state deputy; A. A. Smith of order at large numbers over 400,-

000, and is a fraternal insurance organrendering mutual aid and assistance both lodges. to the members of said society and their families," as stated in the articles of members to face the problems of life. year. its total payments to them amount to nearly \$131,000,000.

The admitted assets of the order ount to over \$7,000,000, largely invested in the best and approved securities. While its membership is restricted to those of the Catholic faith its principles embrace the broadest fraternity and the most devoted patriotism. Portland council has always been anx-

ious and willing to upbuild the councils



reat troubles that threaten to become ite. this Calcium compound will be i effective. The handlest form yet ed. Free from harmful or habiting drugs. Try them today. 50 cents a box, including war tax For sale by all druggists Eckman Laboratory, Philadelphi

in all parts of the state, and its offi- Oswego Tribe and the Degree of Pocaers and members have made frequent hontas to hold joint installation ceretrips to towns from Bend to Marsh- monies at the Woodmen hall, East Sixth field, and from Astoria to Medford to and East Alder streets, Thursday night. present the instructive and impressive All the great chiefs in Portland will at-

ritualistic work.

start its drive for the proportion of thrown open to the Red Men and their \$50,000 assigned it in the securing of the ladies, and the public is invited. und of \$3,000,000 to sustain recreation halls and reading rooms in the different cantonments in the United States and night met in Moose Temple, Fourth and PORTLAND Council, No. 678, Knights of Portland council, is of Columbus, was organized in this grand knight of Portland council, is now in charge of one of the three halls of H. Tuomy, representing the supreme cers were John M. Gearin, grand a permanent manager. The work going on there in this enterprise is highly appreciated by officers and men, and as everywhere else is extended freely to all regardless of religious affiliations. The special committee of Portland council having charge of this work of securing funds are John N. Casey, Patrick Bacon, Frank J. Whalen and Frank J. Lonergan. Every member is determined that Oregon shall lead in this as it has Sickle, guard. The large floor space of in every other work of a patriotic nature started since the war with the Huns room was soon crowded with dancers,

In proportion to strength Portland the music. council members volunteered to defend their country fully equal to any frater- City and Alberta camps, Modern Woodnal organization in the state, and in men the country at large the Knights of camp, Royal Neighbors of America, will Columbus have contributed more than be held next Thursday night. January which has since been made into their full quota. Portland council has 10 at M. W. A. hall, Eleventh near a comfortable clubhouse with meeting 49 members, nearly 10 per cent of its Stark street. J. W. Simmons, state depmembership, serving the flag in defense uty, will act as installing officer for the and wholesome desserts.

of democracy and liberty. two M. W. A. camps, and Mrs. Ger-It was a strenuous job to get "Old trude F. Simmons will be installing oragreater and more patriotic work of Billy Moose," the stuffed representative helping out the national Knights of Co- of the Loyal Order of Moose, to his new ing will be open to the public and all lumbus movement to build and maintain quarters in the Moose Temple. Last to be bresent and house with groceries in them. recreation halls in the different military Wednesday it required the careful lacantonments in this country and in Eu- bors of a dozen of his devotees to steer charge for the M. W. A. is F. J. Darlingrope for the use of American soldiers. him up the broad stairway of his new The present officers of Portland coun- home. Had Billy been two inches wider cil are: Patrick Bacon, grand knight; between the horns he could not have A. F. Ward, deputy grand knight; T. J. made it. With his refurbished coat and Dowd, chancellor; Frank J. Whalen, re- his full set of colored electric lights on corder-secretary; John F. Cahalin, ad- the tip of each horn he will extend the vocate; T. E. Dooley, treasurer; A. L. glad hand, so to speak, to all who enter express purpose of reorganizing its de-Gianelli, warden; J. N. Whitty, inside the portals of the commodious estab-

The Brotherhood of American Yeo men will celebrate its twenty-first birthlast April for men to fight for democday in February and to mark that event a nation-wide campaign for membership racy and liberty against the Huns. There The Knights of Columbus in Oregon is in progress. In Oregon Joseph South, have over 1800 members, and have local state manager, is expecting to present councils at the following points outside the supreme Homestead with more than ficers at once or very shortly after enof Portland: Baker, Marshfield, As- its quota of increase. The five local listing. The camp has furnished 29 importance in everything that pertains toria, Eugene, La Grande, Albany, Med- homesteads of Portland are busily at men from its membership of less than to food. The Dalles, McMinnville, Hills- work, and will do their share. Substan- 400, and is expecting to furnish more. Ontario, Pendleton, Salem, Mt. tial prizes are offered to induce each Captain Lawson is in hopes that he can Angel, Corvallis and Bend. The state local homestead to increase its mem- secure recruits to make up his team

Orient lodge, I. O. O. F., will unite Baker, Frank Davy of Salem and Sam With Samaritan lodge next Wednesday land Star Homestead, Brotherhood of of sugar and one-half cup of water to night to install officers at First and Alder streets in the I. O. O. F. temple. years, positively refused to longer conoo, and is a fraternal insurance organization, incorporated under the laws of master, will be the installing officer. Connecticut in 1882, for the purpose of A large attendance is expected from the way. Threader, Language 1 at easpoonful of chopped nuts or of honey, strip of lemon or orange peel, and over the whole sprinkle cinnamon

Canton Portland, I. O. O. F., will give incorporation. The magnitude of its the play. "It Pays to Advertise," with work may be judged from its total re- the Alcazar players at the Baker theaceipts of \$2,232,000 during the year end- tre, Tuesday, January 29. There will ing July 1. It sustains a fraternal life be several special features in addition. in Moose temple. They will reside at grand commander. The higher degrees benefit fund that has aided the widow The profits will go toward the centen- Oswego Lake. and the orphans of many thousands of hial of Odfl Fellowship celebration next

Ivanhoe homestead. Brotherhood of efits to dependents of 11 soldiers who \$9,418,803. Its total insurance in force is American Yeomen, will give a card have died since war was declared against party and dance next Wednesday night the Huns. The order has paid out nearly in Arcanum hall, 109 Thirteenth street \$15,000,000 to beneficiaries of 8648 memnear Washington. All are invited to bers who have died since its foundation. participate. Proceeds will go to help All soldiers are carried free on the books maintain the boys in good standing of each camp and the head camp pays who have gone to the front for flag and the benefits regardless of the change of country.

> Wednesday night Portland camp, W. W., and Royal circle, Neighbors of Woodcraft, will hold joint installation quet of the Past Sachems' association, eremonies at W. O. W. temple, 128 Improved Order of Red Men, will be giv-Eleventh street. The meeting will be en at the Empire restaurant, 167 Third open' to members and visitors and a street. All members of the order are lance will follow.

Ellison encampment, I. O. O. F., and Golden Rule encampment will unite in holding joint installation ceremonies at good time for all Red Men. the I. O. O. F. temple, First and Alder streets, Tuesday night.

Advance assembly. United Artisans, will dance Monday night in W. O. W. temple, 128 Eleventh street. There will

86 Stars In Reed College Service Flag

DUE respect was done the Reed college men in service at an assembly Thursday morning, when the Amanda Reed association presented Dr. William T. Foster, as a representative of the flag. The flag has a star on it for every student, graduate and member of the faculty that is in any branch of the service for his country, and there was room left for more stars for those who may enter at a later date.

Altogether, there are 86 men now in service, counting those in the Y. M. C. A. camps, Knights of Columbus buildings, and Red Cross work. Fourteen men are known to have gone to France already, and it is thought that all those who were transferred to Camp Mills have gone by this time.

Miss Gertrude Hyatt, the president of the Amanda Reed association, presented the flag to Dr. Foster, who then gave a short talk on the spirit of the country at large, the effect of the entry of this country into the war and the many ways in which we could conserve. He mentioned the fact that the people of the United States wasted enough supplies to win this war. He ended up with an appeal to the students of the college to save in every way and pointed out many possible ways of doing this.

Dr. Bertha Stuart, professor of physical education for the women of Reed college, has received a commission with the children's bureau of the American Red Cross and will leave Portland today for the east, whence she will sail for France about the middle of the month. Her place will be filled by Miss Goldsmith, who has been assisting Dr. Stuart this year.

President William T. Foster will leave Portland for the east this evening. He will make addresses under the auspices of the American Red Cross and the National Chamber of Commerce at Chicago, Milwaukee, Detroit, Buffalo and other cities. On his return in the latter part of the month, he will make several addresses in Montana. Dr. Foster will speak at vespers today.

Professor Hudson Bridge Hastings will give his next extension course ad- has been giving to those within his reach. dress on the "Problems of Investigating and Financing New Industries" on Literary Tastes in at the Central library. The topic of this address is "Sales Policies." The Classical club met Wednesday night at the home of Dr. Kelley Rees

Miss Chunard read a paper on the 'Average Greek Life on the Street." day mornings at 8:50 o'clock. A numulty of the college will address the

Reed college was the first institution in the west to become a member of the American University Union in meet the needs of the American univer- elect for military and other service in the headquarters is in the Royal Palace tend. After the ceremonies there will be hotel in Paris, and already the hotel Portland council on January 14 will dancing. The entire building will be is filling with American college men.

Help Hoover Portland Star Homestead, Brother-And Own Purse wide note wide not year

or cooking.

hood of American Yeomen, Thursday

foreman, installed the following officers

D. H. Kastilahn, worthy foreman; Mrs.

H. Moore, master of ceremonies; Mrs.

Yetta Haines, correspondent; Mrs. L.

Frances Spencer, chaplain; T. W. Blood,

overseer: Mrs. Rose Blood, Lady Row-

ena: Mrs. Jessie Enwall, Lady Rebecca;

Annie Madison, watchman; Mrs. F.

the well lighted Moose Temple assembly

Jessie Barnum and Nora McAfee.

gree team under Captain F. G. Lawson.

who has devoted himself to this work for

numbered 24 men when the call came

were 18 enlisted from the team, all of

whom were made non-commissioned of-

Frances Fry, correspondent of Port-

Mr. and Mrs. Van Sickle received the

congratulations of the Homestead mem-

The Modern Woodmen of America have

Next Tuesday night the annual ban-

invited. The great chiefs of Oregon and

many visiting members will be present.

There will be speeches, music and a joily

.The Scottish Rite Masons of Oregon

will meet in their thirty-seventh an-

nual reunion in this city January 17,

18 and 19. The reunion will be held

at the Scottish Rite cathedral at Mor-

paid an aggregate of \$16,000 due as ben-

ance risk" more than six times.

Whitehair, sentinel; Mrs. Frances Van

BEEF drippings can be used in gin-Always save sour cream for cheese

Honey and baked apples served together are delicious. Onion soup is a savory dish to serve

on a cold night. Salmon can be used instead of codfish the Pierce Yeomen orchestra furnishing in potato cakes. Add a sprig of mint to new potatoes

Joint installation of officers by Rose while boiling them. Fried filet of fish is excellent served of America, with Oregon Rose with cabbage salad. If you don't serve potatoes with meat,

be sure to serve spinach. Prune pudding or whips make cheap

When washing dishes leave the saucecle for the Royal Neighbors. The meet- pan till after the plates. Save all the boxes that come to

to bring their friends. The committee in Cut pickles into tiny bits and add to potato salad to give relish. ton, J. F. Coffey and H. W. Hinch. The Parker House rolls can be made with committee for the R. N. A. is Nellie Mc-

Donald, Iola Pazina, Lura Frederickson, a little cornmeal in them Eggs scrambled with lemon make ar Prospect Camp, Woodmen of the appetizing luncheon dish. World, will meet Thursday night for the

Orange rind mixed with the apple in apple pie improves the flavor

The cheaper cuts of beef require more the past 11 years. The degree team careful cooking than the fine cuts. Eggs preserved in water glass should be very fresh, clean and infertile.

Stick a whole clove in each piece of lemon served on the afternoon tea table. Cleanliness is a matter of tremendous

Apples and Nuts

Apples baked with nuts or honey are Peel and core and place in American Yeomen for the past seven each apple. In the center of each place A large attendance is expected from the year. Tuesday, January 1, she mar- and nutmeg. Bake very slowly and the ried P. W. Van Sickle, a member of the juice will become jellylike. Serve hot or Homestead, to the great surprise of all. cold.

> bers Thursday evening at the meeting States of America, George F. Moore from the fourth to the thirty-second are conferred by this body. Philip S. Malcolm, sovereign grand inspector general for Oregon, will rep-

resent the supreme council. Louis G. Clarke, thirty-third degree honorary, is master of Kadosh, Oregon Consistory, No. 1, the highest division of the Scothish Rite Masons in the state.

Multnomah camp, Woodmen of the World, installed officers with open doors

occupation having increased the "insur- Friday evening. E. P. Martin, deputy head consul, represented Head Consul I. I. Boak in performing the ceremonies. Richard Deich was installed as consul commander, succeeding V. G. Chessman, J. O. Wilson, clerk, is now serving his eighth term in that office. After the installation the large crowd of members and their friends enjoyed dancing. Golden Rod Assembly, United Artisans, will give its annual mask ball at Sunnyside, Thirty-fourth and East Yamhill streets. Wednesday night, and all are

receive and care for all visitors. The cadets of Oregon Assembly will temple, 128 Eleventh street. There will be cards and light refreshments.

Oneonta Tribe, Improved Order of Red Men, has invited Willamette Tribe outlier in the southern jurisdiction of the United a good time to every one attending.

welcome. An experienced committee will

GOING TO WAR ZONE TO REST UP "AGAIN"



Lieutenant Hector MacQuarrie

Lieutenant Hector MacQuarrie of the Royal fields artillery, who has been in this country inspecting munitions for the British government and incidentally giving informal talks to the men in training for the American army, expects to sail for Europe the first of the year to begin service in a British tank.

MacQuarrie says that he is going back to the war zone "to rest" after his strenuous American campaign, which included the writing of "How to Live at the Front" (Lippincotts), which carries

The Cigar Factories

In the cigar or cigarette factories, what impressed the scribe most was of this war, guaranteed by the combined the Past," as the title implies, has a A special series of lectures on hygiene not the little brown man rolling deftly force of the democratic nations of the psychological plot with suggestions of has been arranged for the students of with his fingers, but the voice from world. The purpose of this war is stat- the supernatural. It is a story of Reed college for this month. The meet- the gallery above, the voice of the ings will be held on Monday and Thurs- paid reader, translating the news of the European war or declaiming a ber of Portland physicians and the fac- chapter from a book by Victor Hugo. For three hours every day this read-

ing goes on, half the time being given to newspapers and the other half to fiction. The choice of reading is not left to the reader, but is governed by a racy alone will fit into the new world Europe. The object of the union is to ballot system. The tobacco workers order; that autocracy is an anachronism. sity and college men who are in Europe secretary and treasurer. The work- deepening respect for human rights, of west to the Pacific, the compilation of vitality is depressed, appetite and digescause of the allies. The European the reader's salary. The selection of the hoped-for enthronement of reason, the press of Doubleday, Page & Co., New ing is experienced. This was formerly he is to finish one the secretary holds an election to determine what novel should be taken up next. As many as 50 different novels may be proposed at one of the elections, but the choice usually centers on three or four of

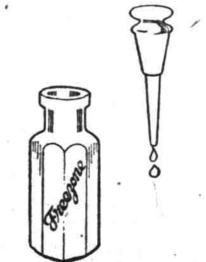
Some years ago sentiment in one of the factories was divided between "Quo Vadis" and "Pere Goriot." Finally, Sienkiewicz's book was chosen by 180 votes to 150. But most often the from 1496 B. C. to A. D. 1916, there were choice falls on modern novels, prefer- only 227 years of peace. All of the old ably those by Spanish writers. No ways have failed, the average life of year passes in any Havana factory. is said, without a reading of "Don Quixote." Among English novels read intended to be permanent—was only two are "Vanity Fair." "Oliver Twist." "A years. Tale of Two Cities" and some of the melodramatic stories of Wilkie Collins and Hugh Conway. Some of the English poets are favorites, in particular

Byron. Only one American book has ever had repeated reading in Havana cigar factories, and that fell into disuse about 20 years ago. It was "Uncle Tom's Cabin." Victor Hugo is an unfailing favorite.-Arthur Bartlett Maurice in Harper's Magazine for January,

Carolyn Wells Hits "Century" Carolyn Wells (whose Stone" stories have had a recent sequel in "The Mark of Cain" published by Lippincott) is celébrating the publication of her hundredth book. The fair Carolyn has many a year to live before her years will match her literary labors. In honor of this event, a dinner was given for her on December 8, at "Collander." the historic home of Mr. Kendall at Dobbs Ferry, at which many

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Clark—Life and Letters of John Fiske.

Murphy—Oregon, the Picturesque. I Stephans, ed., Sou lof Russia, 1916.

Fiction

Bartley—Paradise Auction.

Brooks—Fighting Men.
Cobb—Those Times and These.
Snatth—The Coming.
Ward—Missing.

Fine Arts

Buck—The Organ, 1909.

Burleigh—Little Mother of Mine.

Buck—The Organ, 1909.
Burleigh—Little Mother of Mine.
Canty—Bugle Signals, Calls and

Matthews—The Fountain. National Anthems of the Allies, Sternberg—Ethics and Esthetics

Vierne—Quatrieme Symphonic Pour Orque.

Leslie—Celt and the World 1917. MacQuarrie—How to Live at the

Laning—Practical Science Manual

Doll-Anthropometry as an

pton-Military Policy of

Unfinished Novels

New York, at \$1.50 net, the volume.

New Book Tells

the trail.

"The Ivory Tower" deals with the

About Our Flowers

The "Western Flower Guide," a hand-

Forum for January

experiences and problems of a young

American, to whom a great fortune has

History
Dugard—Battle of Verdun, 1917.
Gibson—Journal From Our Legation in Bel-

m. 1917. Hazen-Alsace-Lorraine Under German Rufe.

Aeschylus—Lyrical Dramas. 1914.
Benavente y Martinez—Plays. 1917.
Seneca—Ad Lucilium Epistulae Morales.
917.

NEW BOOKS IN THE LIBRARY Big Issue In World War Is Among the books recently added to the public library are the following: General Works Bostwick—American Public Library. New edition. 1917. Discussed

THE Fundamental Issue in the World War" is the general topic handled in the edition of the Commonwealth Review of the University of Oregon, to be off the press in a few days. Though the number is given over to an explanation of the plans and purposes of the League to Enforce Peace, it is definitely set forth both in the editorials of Professor F. G. Young, managing editor, and in every article printed, that the only route to an enduring peace lies through victory for the United States and her allies.

In the introduction, the editor says: "The world has, during the last three years, been experiencing the horror of having in its midst one of its leading nations insane as a whole and impelled by its malady to run amuck. The obsession of this people led it to equip and organize itself for consummate efficrency in slaughter and destruction. The first desperate concern, therefore, of the peoples who would save themselves and civilization is to overcome this nation and its allies and bring it, if possible, to a clarified sense of restored sanity. This is the immediate issue in the world war."

Other Well Known Contributors Doll—Authropometry as an Aid to Mental Diagnosis. 1916.
Gibbs.—Minimum Cost of Living. 1917.
Mande—Cavalry Versus Infantry. c1896.
Maude—Military Letters and Essays. c1895.
Mose—Army Paperwork. 1917.
Taylor—Boys' Camp Manusl. 1917.
U. S. Army Service Schools. Fort Leavenworth. Dept. of Military Art. Problems in Troop Leading. 1916.
Unto—Military Policy of the United States. Among the contributors are Charles Henry Carey, William D. Wheelwright, president of the Oregon branch of the eague to Enforce Peace; Richard Ward Montague, Robert D. Leigh of Reed college, and Frank Abbott Magruder of the Oregon Agricultural college.

A letter from William H. Short, sec retary of the American branch of the league, summarizing the aims and activties of the organization, also is included. In this letter Mr. Short points out the menace of a premature peace, pointing out that if peace is made before German to all training camps the message he militarism has been humbled, Prussia will have been victorious. "No other national organization has a program, as we have," writes Mr. Short, "the successful establishment of which has as by Henry James, who died in 1915. its first condition the winning of the brought out by Charles Scribner's Sons,

> Other Vital Functions The second function of the orgamizaion, he points out, is the preparation of the basis for a just peace at the end been unexpectedly left. ed as the destruction of Prussian militarism. A fourth function of the league. though not peculiarly its own, is to as sist in every win-the-war activity, Mr. Short points out.

In his paper on "The National Unit," Mr. Montague points out that "Democamong themselves a president, In the light of widening intelligence, of men contribute the fund which pays the decaying sanctity of authority and Charles Francis Saunders, comes from tion suffer, and a heavy, drowsy feelnovels is a deliberate process. The it is a creed outworn, condemned by York, (\$1.25 net). reader judges the period required for a its own acts, out of its own mouth, and certain book, and a few days before the only hope for peace in the world is ible binding, will prove a highly value expelled from the lungs of every individis passing."

> "What the world needs now and must have is not a patched-up peace which would be merely a suspension of hostillties, but a new order of things," "The Scope of the League to Enforce Peace and the Reasonableness of Its on the flore of the far west."

"In the 3412 years of recorded history some 8000 treaties of which we have a record-all of them for the most part

"The announcement of the German chancellor in early August, 1914, that Belgium would be invaded, his confession that Germany was committing a breach of international law, and his mocking inquiry of the British ambasreally go to war for a 'scrap of paper. sounded the death knell of the treaty as a preserver of the peace.

Tells of Canoe Trip Up the Peace River "On the Headwaters of Peace River,"

y Paul Leland Haworth, is a narrative of a thousand-mile canoe trip to the little known Peace river range of the Canadian Rockies, a narrative of impelling interest and instruction. There are bits of incidents of fishing and hunting in the great game country that stir the sporting blood and make one sniff for the big outdoors. Charles Scribner's Sons, New York

Poetry for January "The Landiady of the Whinton In Tells a Story," which opens the Jannumber of Poetry, shows Miss Amy Lowell at her best as a teller of stories. Cliff Steele, Mirandy Eccles, and Timothy Adams are very real people, and they move in an atmosphere of convincing commonplace, broken only by such events as jury duty or falling

This month there are two pieces by F. S. Flint, "Children" and "In the Cathedral." Charles Granville contributes a series of "Poems of the Hour." picturing war problems and war in cidents Another feature of the number is

some Chinese translations by Arthur Waley, which give the aphoristic side of Chinese verse, as well as its more often represented aspect of picturesqueness.

From Roses to Aviation George C. Thomas Jr., whose "Practical Book of Outdoor Rose Growing' was issued in a beautiful fourth edition by the Lippincotts for holiday gift giving, was active in organizing the aviation school at Essington, on the Delaware river. Some of his own flights in a hydroplane were record makers, and since the government took over the school he has been active as an instructor. It is a long step from per-fume laden gardens to aviating in the blue sky, and for a time at least roses are hardly likely to figure among the missiles thrown on the enemy.

A Gentleman William H. Hayne in the January Scribner He does not vaunt in phrases fine Descent from his ancestral line; Nor does he ask, when Eve once "span, Who was then the gentleman

He simply greets with open mind The high and lowly of mankind And proves in deeds of courteous grace His love for all the human race

A woman's virtue he will guard From each instituating word; And when the battle bugles blow Goes to the front to meet his fo Look Out In Winter Time; Danger Near

T MAY not be very cheering to know that the months of January, February and March show the highest mortality of the year, but it is a fact, nevertheless, in view of which we quote from Dr. Henry Dwight Chapin's new volume, "Health First," (The Century Company,

On the subject of "How to Keep Well in Winter," Dr. Chapin says:

"It must be remembered that cold has a depressing as well as a stimulating effect, depending largely upon the age and physical condition of the individual person. January, February and March show the highest mortality of the year, with the last-named month usually in the lead. It is particularly the old and feeble who succumb at this period. Extra care must, therefore, be given during these months to those whose vitality is Fuentes and Francois — Practical Spanish rammar. 1917. low. It is always the extreme of tem perature, either summer heat or winter cold, that lowers the resistance of the body. Winter seasons that are accompanied by cold rains and a heavy snowfall tend to increase sickness, and epidemics of grippe and pneumonia abound.

> Exposure to Be Avoided "All people should avoid undue exposare, such as leaving off overcoats of heavy wraps in very cold weather and not protecting the feet. Proper underwear is very important in the effort to maintain the surface of the body at an even temperature. It may consist of wool and cotton, linen mesh, or silk, according to the experience or occupation of the individual. It is a mistake to be too warmly clad in the house, and it is not wise to wear heavy sweaters while at work or exercise indoors. One easily becomes overheated in this way and is apt to catch cold on going out.

"The costumes of women and girls in By Henry James winter is often especially faulty. With the back of the neck protected by heavy fur, and the front of the waist wide "The Ivory Towers" and "The Sense open so that the chest is exposed to cold of the Past" are two unfinished novels winds, they finish by wearing thin papersoled shoes that leave the feet unpro tected and chilly. It would be hard to improve such a costume as far as danger to respiratory diseases is concerned

Keep Constant Temperature "The rooms of our houses are often

overheated in winter. Whatever the temperature desired, it should be kept as constant as possible. Varying temperatures are hard to resist. An average day temperature from 68 to 70 degrees Fahrenheit, with plenty of good ventilation, will afford the best results in health. Occasionally pld or feeble people require more warmth, and 72 to 74 degrees may then do better, but there must always be free admission of fresh

book of wild flowers of the Rockies and fined in a close, unventilated space, the supposed to be due to the extra amount The little volume in handy size, flex- of carbon dioxide gas that is constantly able friend to the nature-lover, who loves ual in the room. It is not the chemical —as every real nature-lover does love—ingredients of the air, such as diminto be able to name the beautiful things ished oxygen and increased carbon dioxhe passes by the side of the road and ide, that are injurious, but the warmth and water vapor that interferes with This flower book is illustrated in nat- healthy activity of the skin. By letting

Edward Lyell Fox: "The Labor Hold-The Forum for January presents an Back," by John Bruce Mitchell: "Truth article on the war and war aims by About the Food Situation," by Charles Vice President Marshall. The number J. Brand (chief of the U. S. bureau of also contains: "Josephus A. Daniels markets); "David Lamar, ex-Wolf of and the Navy." by Edwin Wildman; Wall Street," by H. De Wissen, and "Our New National Army," by Captain other timely offerings.

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