

How Would You Like to Be a Movie Actress?



Now, if you were a movie actress you might dress like this and work in this kind of dress in the summertime. The Fox Film Corporation, which has a large studio in Los Angeles, has engaged these nymphs for a picture, and they don't have anything to do but pose in costumes like those they wear here.

SHE SUFFERED FIVE YEARS

Finally Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Key West, Fla.—"For five years I suffered from irregularities, with terrible pains and an awful weakness in my back. The doctor gave me different medicines but they did me no good. A friend asked me to try Lydia E. Pinkham's Vegetable Compound and I found it to be the best medicine I ever tried because it made me well, and I can now do my housework. I am telling my friends about it."—Mrs. J. M. CAMUS, 728 Caroline St., Key West, Florida.

Many women at some period in their life suffer from ailments peculiar to their sex and which in most cases may be readily relieved by this famous root and herb medicine, Lydia E. Pinkham's Vegetable Compound, just as Mrs. Camus found it helped her after suffering for years and trying everything else in vain.

If you have any annoying symptoms you fail to understand, write Lydia E. Pinkham Medicine Co., Lynn, Mass. The results of their 40 years experience in advising women on this subject is at your service.

THE GARDEN IN SUMMER.

When the vegetable seeds have been planted the work in the garden for the season is not finished but is really just begun. It is necessary to cultivate, spray, train, and sometimes to water the plants to keep them in good growing condition and to secure a maximum crop.

The health of the plant depends directly on the condition of the soil and freedom from plant pests. To supply moisture and food for the plant and to allow it to get rid of injurious excretions the soil must be kept fine and loose. This requires frequent cultivations. On some soils moisture may need to be added by thoroughly watering once or twice a week during the growing season. A general knowledge of the growth of plants will help the amateur gardener realize the importance of keeping the garden crops in a healthy condition throughout their growing season.

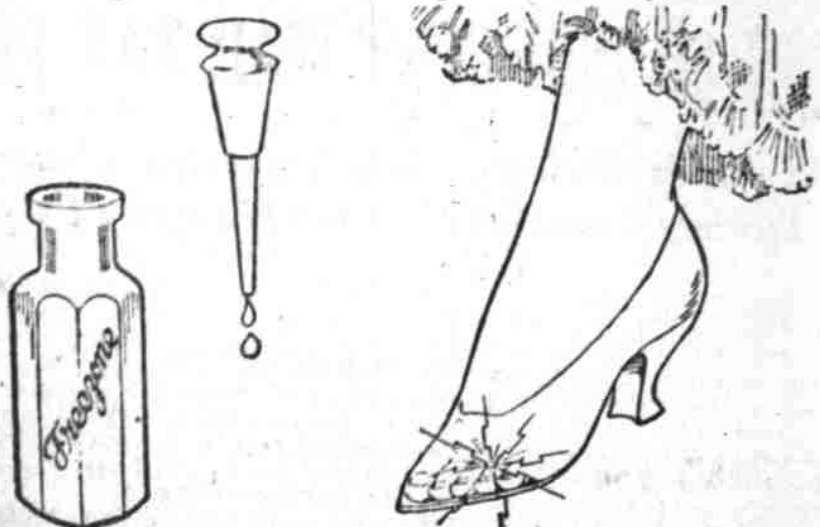
Plants are made up of cells, tissues and organs, all of which bear a close relation to each other. As they do not have jaws to chew and stomachs to digest their food, the materials they use in growth must be absorbed and assimilated in some other way. Root-hairs, small roots and the leaves play an important part in absorption and digestion. Materials in the soil which the plant uses in its growth are secured in solution through the soil moisture. The root-hairs absorb this moisture from a film around each soil particle, transfer it to tiny roots, where it is passed on to larger roots and carried up through the stem to the leaves. These materials unite with gases taken in through the leaves and form food that the plant can assimilate. Water furnishes much of the material in the plant food, serves also as a vehicle of transfer for other materials and helps expand the plant cells into growth. A soil kept in fine and loose condition will receive and hold available for the plant the maximum amount of moisture possible for that soil.

It can readily be seen how important it is to keep the roots and foliage of the plants in the best working order. If insects or diseases injure its roots and stem so that the plant cannot secure the water necessary for life and growth, it dies. If the top is defoliated the plant will have to live on short food rations until new foliage can be grown. Under such conditions a maximum crop cannot be produced, as the fruit or seeds are formed from surplus plant food stored up.

Besides watering, cultivating and keeping the plants in healthy condition, other garden practices are important. When a vegetable is harvested another should be put in its place if the season will permit in other crops. Spinach, lettuce and turnips can be seeded as follows even until quite late in the season, and cabbage, cauliflower and celery plants may be set after the earliest sown vegetables are removed. Where water is available onions may be seeded in later summer, will produce green bulbs during winter and ripen well the following summer. They can often be grown in that way when spring-seeded onions will be destroyed by root maggot.

Lift Off Corns!

"Freezone" is Magic! Lift any Corn or Callus right off with fingers—No pain!



Drop a little Freezone on an aching corn, instantly that corn stops hurting, then you lift it right out. It doesn't hurt one bit. Yes, magic! Why wait? Your druggist sells a tiny bottle of Freezone for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and calluses, without a pain or irritation. Try it! No humbug!

STUDENT STATUS IS MADE KNOWN

President Doney Apprised of Standing of Army Training Corps

Dr. Carl G. Doney, president of Willamette university, is in receipt of an important circular from the American Council of education in Washington, relative to the status of male students who may wish to enter college this fall, but are in doubt what would be their standing in relation to the draft when the 18-to-21 draft bill becomes a law.

According to this official announcement, and following the definitely published program of the administration, boys from 18 to 21 are to be encouraged to prepare themselves for national service by taking their military training along with a technical or scientific education in colleges. They are part of the real army, designed for special service in fitting themselves for high grade military service when their call comes. The government has little need to call the 19-year-olds into the field army. Few boys of that age are sufficiently matured to be at their best, and the nation has enough men older than that ready to fill every need save that of preparation. The college boys could be called out in the event of any great national need; but for training purposes they are left in the colleges from which they may be dismissed and placed in the ordinary draft classification if they do not do their college work in a military manner. They will be uniformed by the government.

It is the general opinion that the colleges without sufficient enrollment of male students to give them a military department maintained by the government will fare pretty hard this year. Willamette is assured of a national instructor and of a military organization, and the enrollment of students should be very large because of the opportunity given for military training along the lines of same patriotism indicated by the national authorities.

The circular received by Dr. Doney showing the status of students enrolled in the students army training corps follows:

A student enlisted in the Students' Army Training Corps is in military service of the United States. Because he does not receive pay, he is classed as an inactive service but in a national emergency the President may call him at any time to active service. He is called to active service each summer when he attends camp for six weeks and receives the pay of a private.

His relation to the draft is as follows: Any student so enlisted, though in the military service of the United States, is technically on inactive duty, and therefore must register after he has reached draft age and upon notice by the President. Upon standing on his questionnaire that he is already in the military service of the United States, he will be placed automatically by his local Draft Board in Class V D, as provided by the Selective Service regulations. The Draft Board will not call him for induction so long as he remains a member of the Students' Army Training Corps.

In order that the college student may not even appear to enjoy special privileges, it is agreed, however, that when the day arrives on which according to his order number he would have been drafted, had he not already volunteered, the fact is reported to the president of the college, and to the Commanding Officer at the college, who in turn reports it to the adjutant general. This is the day of reckoning for the college man. The President of the college and the commanding officer will then report to the chairman of the committee on education and special training of the war department, for what form of military service the student is in their judgment best qualified. They will recommend either that the student should continue his studies to prepare for work in medicine, engineering, chemistry, psychology, economics, etc., or that he should go at once to an officers' training camp to prepare for an officer's commission in the infantry, artillery, etc., or that he should be assigned to work in the ordnance, quartermaster or other staff corps or sent immediately to a division at one of the camps. Lieut. Col. Rees, commander of the entire Students' Corps, has authority to dispose of his men in the way best suited to meet the emergencies of the military and national situation at the time. The presumption is that, for the next year, the largest proportion of the student body reaching twenty-one years will be required to supply a large part of the officers needed for the national army. It is understood that at least four or five times as many officers will be required as the total number of students who will graduate from all American colleges and universities. Enlistment in the Students' Army Training Corps, therefore, while it does not hold out any promise of an officer's commission, is at the present time the plainest road leading in that direction.

The student who shows no ability for special service in his college and military work, will be ordered into active service as a private when his day of reckoning comes. Enlistment is for the duration of the war. If, however, the student fails to improve his college opportunities, he may be dismissed from college by action of the college authorities and discharged from military service by the military authorities. He would then be subject to the operation of the draft. His enlistment may be cancelled for other sufficient causes such as sickness, lack of funds, etc., upon recommendation of the president of the college and the military officer in command at the college.

Opportunity will be given for the enlisted student, who so elects, to transfer from army to navy, and vice versa, and to be assigned to active

Foodstuffs from the United States to Allies

DURING THE LAST HARVEST YEAR.

The federal food administration made public the following letter recently:

It is now possible to summarize the shipments of foodstuffs from the United States to the Allies countries during the fiscal year just closed—practically the last harvest year. These amounts include all shipments to Allied countries for their and our armies, the civilian population, the Belgian Relief and Red Cross. The figures indicate the measure of effort of the American people in support of Allied food supplies.

The total value of these food shipments which were in the main purchased through, or with the collaboration of, the food administration, amount to, roundly, \$1,400,000,000 during the fiscal year.

The shipments of meats and fats (includes meat products, dairy products, vegetable oils, etc.) to Allied destinations were as follows:

Fiscal year of 1916-17, 2,166,500,000 lbs.; 1917-18, 3,011,100,000 lbs.; increase, 844,600,000 lbs.

Our slaughterable animals at the beginning of the last fiscal year were not appreciably larger than the year before and particularly in hogs; they were probably less. The increase in shipments is due to conservation and the extra weight of animals added by our farmers. The full effect of these efforts began to bear their best results in the last half of the fiscal year when the exports to the Allies were 2,133,100,000 pounds, as against 1,266,500,000 pounds in the same period of the year before. This compares with an average of 801,000,000 pounds of total exports for the same half years in the three-year pre-war period.

In cereals and cereal products reduced to terms of cereal bushels, our shipments to Allied destinations have been: Fiscal year 1916-17, 259,900,000 bushels; 1917-18, 340,800,000 bushels; increase, 80,900,000 bushels.

Of these cereals our shipments of the prime breadstuffs in the fiscal year 1917-18 to Allied destinations were: Wheat 131,000,000 bushels, and of rye 13,000,000 bushels—a total of 144,900,000 bushels.

The exports to Allied destinations during the fiscal year 1916-17 were: Wheat 125,100,000 bushels and rye 2,300,000 bushels—a total of 127,400,000 bushels. In addition, some 10,000,000 bushels of 1917 wheat are now in port for Allied destinations or en route thereto. The total shipments to Allied countries from our last harvest of wheat will be, therefore, about 141,000,000 bushels or a total of 154,900,000 bushels of prime breadstuffs. In addition to this we have shipped some 10,000,000 bushels to neutrals dependent upon us and we have received some imports from other quarters. A large part of the other cereals exported have also gone into war bread.

It is interesting to note that since the urgent request of the Allied food controllers early in the year for a further shipment of 75,000,000 bush-

service in one of the various corps of the army upon recommendation of the college president and the proper military authority.

Regular uniforms, including hats, shoes and overcoats, will be furnished all members of the Students' Army Training Corps by the government. Should congress lower the age of liability to immediate military service, men of the new ages not already enlisted may find difficulty in entering the service otherwise than through the draft boards. In view of this possibility, all men expecting to enlist at all in the Students' Army Training Corps would do well to enter promptly.

Waitress Supplants Garcon at Best

Known Hotel in the United States

Because waiting on the table is a non-essential occupation the Waldorf Astoria, the best-known hotel in the United States, and the first of the great modern hotels in the world, has had to turn out its French and Swiss waiters, and substitute young women. The managers say they are sorry they did not make the change years ago.



Manager and Old Fighters Are Anxious to Help Uncle Sam in France



Jack McLaughlin, former lightweight champion; Tom Sharkey, who gave Jim Jeffries his hardest battle for the heavyweight championship, and Sam Fitzpatrick, who managed Peter Jackson in the United States and made Jack Johnson heavyweight champion, are anxious to go to France to help Uncle Sam. Sharkey has already bought his uniform, as shown here.

HILL-SELECTION OF POTATOES WITH REFERENCE TO CONTROLLING DISEASE.

On account of the value of potatoes as a food crop it is an important matter to the grower that he exert all possible means of reducing loss by controlling the various diseases and insect pests. Seed treatment, spraying and hill-selection are means of controlling diseases. This article deals with those troubles which can be controlled by hill-selection.

By hill-selection is meant the marking of a sufficient number of hills from which to secure seed to be used for next year's crop. The field should be inspected soon after blossoming time and a small stick placed beside hills that are vigorous, healthy and free from disease. Before digging the main crop the selected hills should be dug and the best-yielding hills kept for seed purposes. Enough hills should be marked to furnish an ample supply. This procedure will give a good strong seed supply free from disease.

In marking hills the following diseases should be noted and avoided. To protect the crops, affected plants should be pulled up and destroyed.

Wilt Diseases.—Plants may wilt suddenly or turn yellowish and then wilt. There are two wilt diseases. As these diseases are carried over in the seed until the next year the affected plants should be taken out and destroyed.

Leaf Roll.—True leaf roll is characterized by upward rolling of the leaves, color of the plant being yellowish, reddish or purplish, the seed pieces remaining hard and sound until harvest time. A condition of leaf roll may often be caused by other diseases such as rhizoctonia, the wilt diseases, blackleg, or even hot weather. True leaf roll is carried by the tubers from one season to the next and in bad cases reduces the yield.

Curly Dwarf.—Symptoms of this trouble generally show a light green or yellowish foliage, with a blackened area on the stem at the ground and also above and below that point. The trouble comes from planting a diseased tuber. Often seed pieces rot and do not grow. The pulling up and destruction of the affected plants is the only sure way to control this trouble.

In addition to the above trouble there are two others that need attention at this time, although little can be done in the field by hill-selection to control them. These are rhizoctonia and late blight. The rhizoctonia is a soil fungus and is controlled by both seed treatment and proper handling of the soil. Late blight is a rot living over inside the tuber and can only get into a field by planting therein a diseased tuber. Seed treatment will not control late blight.

The presence of rhizoctonia in the field may be shown by any of the following symptoms: Many missing hills, large tops, yellowing of the foliage and rolled leaves, gradual dy-

ing of the plant—the lower leaves yellowing and drying up first, little potatoes formed on the top, ring of little potatoes at the surface of the ground. Although the fungus does exist in the soil, a help in the control of it will be to avoid using for seed plants that show any of the above symptoms.

Late blight can only be controlled by spraying. The first spray should be applied when the plants are small, and if possible keep the tops covered, using spray throughout the season. Do not wait until the disease appears before starting to spray, as it will then be too late. Black rotting areas on the leaves, with a grayish-white mold on the under side of the black area, is the first indication of the trouble. It will spread rapidly through a field in damp weather, killing the whole plants. From the tops the spores of the fungus drop on the ground and get upon the tubers, where they cause a rot and carry the fungus over until next year. It is best not to use for seed any potatoes from a field that has blight.—A. Frank.

EDUCATED FIGHTERS.

Educated men make the best fighters. The Kaiser is quoted as saying that Russian troops could not withstand his because German soldiers were so much better educated. Secretary of the Navy Daniels, at the beginning of his administration, yet a school, with academic instruction included, aboard every warship in the navy, arguing that a sailor made even a better coal passer if he could parse sentences. An advertisement appearing in some of the papers says that when the recruiting of American soldiers was begun one year ago, each state was allotted a certain quota. One year later eight states had failed to complete their quotas—"six of these are states showing the highest percentage of illiteracy in our entire country."

Lemon Juice For Freckles

Girls! Make beauty lotion at home for a few cents. Try it!

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless.

Carter's Little Liver Pills

You Cannot be Constipated and Happy

A Remedy That Makes Life Worth Living

Small Pill Small Dose Small Price

ABSENCE of Iron in the Blood is the reason for many colorless faces but

CARTER'S IRON PILLS

will greatly help most pale-faced people