

Tired Nervous Mothers

Should Profit by the Experience of These Two Women

Buffalo, N. Y.—"I am the mother of four children, and for nearly three years I suffered from a female trouble with pains in my back and side, and a general weakness. I had professional attendance most of that time but did not seem to get well. As a last resort I decided to try Lydia E. Pinkham's Vegetable Compound which I had seen advertised in the newspapers, and in two weeks noticed a marked improvement. I continued its use and am now free from pain and able to do all my housework."—Mrs. B. B. ZELINSKA, 202 Weiss Street, Buffalo, N. Y.

Portland, Ind.—"I had a displacement and suffered so badly from it at times I could not be on my feet at all. I was all run down and so weak I could not do my housework, was nervous and could not lie down at night. I took treatments from a physician but they did not help me. My Aunt recommended Lydia E. Pinkham's Vegetable Compound. I tried it and now I am strong and well again and do my own work and I give Lydia E. Pinkham's Compound the credit."—Mrs. JOSEPHINE KIMBLE, 935 West Race Street, Portland, Ind.

Every Sick Woman Should Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

OFFICIAL CASUALTY LIST

Killed in action 24
Died of disease 2
Wounded severely 47
Wounded degree undetermined 9
Missing in action 64

Total 161

Killed in Action.

Major James A. McKenna, New York. Lieutenant Ray C. Dickop, West Bend, Wis. Sergeants William Boyle, Steubenville, O.; Henry N. Kendall, Shenandoah, Ia.; Wagoner Edward Manley, Weedsport, N. Y.; Corporal John J. Kane, Jersey City, N. J.

Privates Walter E. Akeley, Port Angeles, Wash.; Harvey Andrew Gulickson, Neenah, Wis.; R. D. Hill, Lafayette, Ind.; Anton F. Kersher, Forestville, Wis.; Charles R. Nidle, Great Falls, Mont.; Charles Rodell, New York; Denis Strong, Tunkhannock, Pa.; Frank A. Block, Milwaukee, Wis.; Clarence L. Carter, Rochester, N. Y.; Joseph Cloutier, Schenectady, N. Y.; Harold Davis, Watson, W. Va.; Clarence R. Gold, Huntsville, Ala.; George R. Norris, Indianapolis, Ind.; Curtis J. Wilson,

Hawley, Pa.; Benjamin Cardosi, Galway, O.; Albert S. Grant, Butler, Pa.; Glenn L. Howard, St. Paul.

Died from Wounds.

Sergeant Patrick Bell, Blank; Corporal Sidney Kelly, Oketo, Kan.; Privates Claude T. Annis, Adrian, Mich.; Henry J. Boeckner, Plymouth, Neb.; Luke Box, Hazen, Ark.; Earnest Divine, Wadley, Ky.; Frank Kojecik, Chicago; Finn L. Nelson, Bristow, Neb.; Philip M. Paulson, Beach, N. D.

Died of Disease.

Corporal Lloyd E. Brown, Lynn, Ind. Private Patrick Daniel Linton, Potomac, Mo.

Wounded Severely.

Lieutenant John Donald Spencer, Oshkosh, Wis. Sergeants Leo J. Brown, Farmington, Me.; Andy Frisk, Babin, Austria; Axel M. Lee, Martin, Mass. Corporals William W. Adams, Williamstown, W. Va.; John Chicosky, Forest City, Pa.; John W. Harris, Haverhill, Mass.; Robert L. Roberts, Knobnoster, Ma.; Edmond B. Constine, Keene, N. H.; Herbert C. Coulman, Lynn, Mass.; Burton Hintz, New Britain, Conn.; Burton K. Walker, Richmond, Ark. Bugler Arthur L. Gaulin, Worcester, Mass. Musician Charles Bonde, Liv-

ermore, Cal. Privates Frank T. Connolly, Lynn, Mass.; Arthur Jannale, Lynn, Mass.; Lewis Payne, Charleston, O.; Chester A. Richardson, Chesaning, Mich.; Philip Rose, Diocellina, Italy; Jettie W. Stallings, Gilkey, N. C.; Peter Valerio, no emergency address; Corrado Corradino, Portland, Me.; Jas. D. Demingware, Swanton Junction, Vt.; John F. Eunis, Northampton, Mass.; John Fesco, New York; John H. Gallagher, Stoneham, Mass.; Everett H. Keyes, Worcester, Mass.; Michael el Jajemesse, Cahoes, N. Y.; George Leierth, Burley, Idaho; Robert W. Martin, Pottsville, Pa.; Joseph Scannell, Hamilton, Mass.; William Anderson, New Britain, Conn.; Andrew Arrigoni, New York; Josse Avery, Duke, N. C.; Alex Balough, Wallingford, Conn.; Frank Berry, Johnson City, Ill.; Three Blure, Scranton, Pa. Lewis P. Carlisle, Lometa, Tex.; Frederick Dransfelt, Elmwood, Conn. Arthur Elkins, Dixon, Mo.; Stanley J. Frodema, Chicopee, Mass.; Pat Gravette, Newport, Ark.; William Grill, Rhineland, Wis.; Robert S. Jones, Schuylerville, N. Y.; Michael L. Koukhlin, Worcester, Mass.; Vernon Martin, Carroll, Ky.

Wounded—Degree Undetermined. Corporals Leslie A. Batdorf, Shamokin, Pa.; Will Boogar, Provincetown, Mass.; John W. Chitty, Brattle, Cal. Privates Bert Abbiss, Staffordshire, England; John L. Carmean, Chillicothe, Ohio; James Licata, Furuta Ribarra, Italy; Denis

Roe, West Brighton, S. I., N. Y.; William Sheets, Oblong, Ill.; Harry Vanderdrink, Prairie du Chien, Wis. Jack Vitale, New York; Noland O. Wooden, Bogard, Mo.; Michael Zewiskey, Archbold, Pa.

Missing in Action.

Lieutenants Fred W. Norton, Columbus, Ohio; A. M. Roberts, Birmingham, Ala. Corporal W. H. Kelsey, Philadelphia, Pa. Bugler James J. Heney, Philadelphia, Pa. Wagoner Edmund C. Meyer, Philadelphia, Pa. Privates Guy Crawford, Colson, Ky.; Domenico Di Cicco, Philadelphia, Pa.; Ambrose N. Dufner, Philadelphia, Pa.; Harry Dunkel, Knox, Pa.; Edward H. Flory, York, Pa.; Walter H. Gabel, Philadelphia, Pa.; Raymond H. Gibbons, Dunmore, Pa.; William F. Bohn, Scranton, Pa.; May Willard, Philadelphia, Pa.; Watson Austin Bradley, Moorestown, N. J.; Joseph Brink, Miners Mills, Pa.; Walter R. Brink, Williamsport, Pa.; Charlie P. Carstens, Sherman Co., Neb.; Harry Cohen, Elizabeth, N. J.; Michael P. Diocce, Schenectady, N. Y.; Harry F. Dreyer, Philadelphia, Pa.; Ole Egge, Nunda, S. Dak.; Carl C. Enderlin, Pittsburgh, Pa.; Salvatore Fazio, Passaic, N. J.; Edward A. Featherstone, Wilkesbarre, Pa.; William F. Entenmacher, Bowmanstown, Pa.; Giuseppe Filippini, Ardmore, Pa.; Leslie Fischer, Evansville, Wis.; Joseph Freda, Mineo Scilla, Italy; Alex Greehaviok, Oyeda Stroboskoe, Russia; Leslie Haywood Hale, Eclectic, Ala.; George Hanish, Old Forge, Pa.; Aloysius Hickey, Kenneth Square, Pa.; Steven Kowesza, Jersey City, N. J.; Joseph M. Lavin, Olyphant, Pa.; Arthur Libbert, Philadelphia, Pa.; Gustav A. Longerman, Pittsburgh, Pa.; Alex Melnick, Kiev, Russia; William H. Moore, Philadelphia, Pa.; Frank Nesosovic, Baltimore, Md.; Cassimere Niritra, Johnstown, Pa.; Bert E. O'Connell, Philadelphia, Pa.; Julius Onofroski, Mahanoy City, Pa.; Charles Onanovitz, Dickson City, Pa.; John Pavel, Putnam County, Pa.; Arthur Perry, Philadelphia, Pa.; Willie Portier, Brunswick, Ga.; William R. Renner, Danville, Pa.; Pete Rodovanitch, Dulcino, Montenegro; Harry E. Rothenthal, Allentown, Pa.; Nicholas Russin, Butler, Pa.; Edward Ryngwalski, Buffalo, N. Y.; Leo H. Schisler, Philadelphia, Pa.; Benjie Schisler, Newark, N. J.; Edward S. Schowaker, Philadelphia, Pa.; Charles H. Simmons, Philadelphia, Pa.; Clark H. Snyder, Bloomsburg, Pa.; Elmer E. Snyder, Bloomsburg, Pa.; Joseph W. Steele, Woodland, Cal.; Kazimierz Stomka, Leechburg, Pa.; William F. Thompson, Roundup, Mont.; Joseph Waksewski, Philadelphia, Pa.; Benjamin Wolfson, Woodbine, N. J.

Marine Corps Casualties

Killed in action 5
Died of wounds received in action 1
Wounded in action (severely) 3
Wounded (degree undetermined) 6

Total 15

Killed in Action

Sergeant John H. Cobeldick, Forgan, Okla. Corporal Earl P. Casner, Carthage, Mo. Privates John H. Corbet, Chicago; Carl J. Dittman, Woodstock, Ill.; Arthur C. Still, Tacoma, Wash.

Died of Wounds Received in Action

Corporal Joseph E. Bush, Fairplay, Mo.

Severely Wounded in Action

Privates Harvey Bixler, New Orleans, La.; Tony Borrelli, Chicago; Roy A. Cash, Pine Bluff, Ark.

Wounded in Action (Degree Undetermined)

Corporal Edward D. Quinn, Philadelphia, Pa. Privates W. E. Niersheimer, Newport, Ky.; C. T. Soniat, New Orleans, La.; Frank R. Stahl, Barnesville, Minn.; Everett L. Thomas, New Madison, Ohio.

Previously Reported Missing

Samuel C. Mullin, Pittsburgh, Pa.

GERMAN CHURCH DROPS LINGO

SALT LAKE CITY, Utah, Aug. 22.—The congregation of St. John's Evangelical Lutheran church, one of the largest German Lutheran churches in the intermountain country, has decided, officials announced today, to discontinue the use of the German language in church services.

LAUNCH MOVE TO ESTABLISH RECLAMATION

Nation-Wide Drive to Develop Arid and Swamp Lands Is Outlined

LANE FORWARDS LETTER

Resolutions Endorsing Lane Adopted at Conference of Defense Council

SAN FRANCISCO, Aug. 22.—A nation-wide movement for the reclamation of arid and swamp lands and a plan for the settlement thereon of returned soldiers and persons thrown out of employment in war industries after the war, as outlined in the letter of Franklin K. Lane, secretary of the interior, to President Wilson recently, was launched here today at a conference called by Director Chas. C. Moore of the state council of defense.

THE FAMILY PURSE AND THE CHILDREN'S FOOD.

By Mrs. Max West.

The family must feed, whatever foods cost, and the wise mother will study how to get the greatest return on her investment by the careful selection of foods. The cheapest foods are by no means necessarily the most economical. Half-decayed fruits and vegetables are sold very cheap from the wagons or markets, but may be very expensive to the family if illness results, and it is only too true that cheap milk may cost the life of a baby. It is plain that unless food is in good condition, it is not cheap at any price. But even when the quality of food is above reproach, it must be selected wisely and adapted to the needs of the family. To do this it is a good plan to divide the money that may be spent for food in some such way as the following:

(a) Spend from one-quarter to one-third of the total food money for bread, cereals, macaroni and rice. Bread and other cereal foods form the basis of the American family diet and should be freely used for children.

(b) Buy at least from one-third to one-half a quart of milk a day for each member of the family. This amount of milk for the family will ordinarily permit each child to have one and one-half pints a day.

(c) Spend as much for fruit and vegetables together as for milk. Children should begin to have vegetable food in the first year, and after the second year well-cooked vegetables should form a usual part of their diet.

(d) Spend not more for meat and eggs together than for vegetables and fruit. The amount spent for meat may be decreased as the amount spent for milk increases. It has been found that many families spend an entirely undue amount of their food allowance for meat, which is the most expensive article of food on the market. Especially in summer the proportion of meat in the diet of young children may be reduced by using milk, and milk products, eggs and vegetables in its place. Fish and chicken are excellent food for children.

In order to keep track of these expenditures it is a good plan for the mother to keep an itemized account of her food costs for a while. In the country and villages where the family raises a great deal of its own food the problem of buying will not be so serious, but it is always necessary to see that the proper balance of the family meals is observed.

Having purchased the food stuffs, still further economy can be effected by proper preparation and cooking. A fireless cooker will help greatly in the task of cooking in summer. Most cereals and many vegetables may be reheated so that at least enough for two days may safely be cooked at one time. Milk may be used in many kinds of good summer foods, such as vegetable soup and custards, or may be the basis of the children's suppers, either with bread or cereals. Directions for the use of milk are given in a forthcoming bulletin of the Children's Bureau, U. S. Department of

NON-ESSENTIAL CLASSES TO BE DRAINED SOON

Great Necessity for More War Workers Pointed Out at Conference

MILLION MEN NEEDED

Will Comb Over Various Lines of Endeavor for Use of the Nation

WASHINGTON, Aug. 22.—The fact that there is now a shortage in war work of one million unskilled laborers and that the reserve of the skilled workers is exhausted it developed today at a conference of field agents of the federal employment service.

The labor shortage is so serious that completion of a number of important war projects for the army navy is being delayed, it was stated at the conference. The field agents decided that the only way in which the needed laborers could be secured was to take them from non-essential industries.

"The time has come for the entire nation to realize that business as usual is no longer possible," Nathan A. Smith, assistant director of the employment service, told the conference. "If we are to end the war quickly the production of luxuries and non-essentials in this country must come to an end. It is a question of ending the war quickly or having it dragged on indefinitely."

Indication of how the non-essentials may be combed was given today when the labor community board of the District of Columbia announced a list of twenty-four classes of work regarded as non-essential.

Employers in these classes are called upon to voluntarily release their unskilled labor for war work.

Labor, Washington, D. C., on the care of the child, which will be sent to anyone who cares to write to the bureau for it.

Food should be kept as cold as possible and carefully screened against flies, mice and other marauders. When there is danger that foods will not keep until the meal for which they are needed, they should be cooked, scalded or sterilized and then cooked as quickly as possible, even if they must again be warmed before being eaten.

NORRIS IS GAINING

LINCOLN, Neb., Aug. 22.—United States Senator George W. Norris is steadily increasing his plurality over his opponents for renomination as Republican candidate for the United States senate as late returns come in tonight from Tuesday's primary election.

WHAT TO COOK AND HOW.

Oyster Stew.—One-half pint oysters, one pint of milk, salt. Wash the oysters carefully by pouring water plentifully over them and allowing it to drain off through a colander. Look over the oysters, carefully removing any bits of shell or other foreign matter that may remain. Place in a saucepan with just enough water to cover, and let come to a boil. As soon as the water is really boiling, add the milk and a lump of butter about half as large as an egg. Add salt to taste. When the milk comes to a boil the stew is ready to serve. Oyster crackers or saltines should be served with the oyster stew. When saltines are used, do not put quite so much salt in as you otherwise would.

How to Make Good Cocoa.—One and one-half teaspoonfuls of cocoa, one and one-half cups of milk, pinch of salt, one and one-half teaspoonfuls sugar, one-third teaspoonful butter, one-half teaspoonful vanilla extract. Stir the cocoa up with warm water, till there are no lumps in it. Put in the saucepan and add enough water to make one and one-half cups. Add the sugar and a very tiny pinch of salt. Let this mixture boil vigorously for at least ten minutes. The longer it boils, the clearer the cocoa will be. If convenient, add a little more water and let it boil 20 minutes. Then add the milk. Let boil a few minutes longer. Add the butter. When the butter is all melted, take from the fire, add the vanilla, and stir in. The cocoa is then ready for serving. This amount will serve three persons.

Rye Raisin Rolls.—One cupful rye, one cupful wheat, four teaspoonfuls baking powder, two tablespoonfuls sugar, four tablespoonfuls fat, three-fourths cupful milk, one-half teaspoonful salt, one-fourth teaspoon cinnamon, one-half cupful raisins. Sift together the flour, baking powder, and salt, cut in the fat, and add the milk slowly until the mixture can be handled on a board. Roll out in an oblong sheet, sprinkle with sugar mixed with the cinnamon, dot on the raisins. Roll up tightly like a jelly roll and cut in slices about three-fourths inch thick. Lay the slice on

"Big Five" Packers, Whose Business Trade Commission Would Take for Government



its flat side and bake in a hot oven about fifteen minutes.

Oatmeal Bread.—One cupful cooked oatmeal, two and one-third cupfuls flour, one tablespoonful fat, one tablespoonful corn syrup, one teaspoonful salt, one yeast cake softened in one-fourth cup lukewarm water. Add the syrup, the salt, and the fat to the oatmeal while it is still warm. Cool this mixture and then add the yeast to it. Then proceed in the same way as when making any other yeast bread. Bake in a moderate oven.

French Steamed Potatoes.—Cut two pounds of small potatoes in eighths lengthwise, steam until tender, and sprinkle with salt and chopped parsley.

Rhubarb With Orange.—To make a delicious sauce, stew your rhubarb in the usual way, and two minutes before taking from the stove, add the pulp and a little of the grated rind of an orange, and sugar to sweeten.

Cracklin' Corn Bread.—Two cupfuls cornmeal, one cupful "cracklin's," one teaspoonful salt, one teaspoonful sugar, one cupful sour milk, one-half teaspoonful soda. Place the meal, salt, and sugar in bowl, then put the "cracklin's" in and pour over them just enough boiling water to moisten. Stir in milk to which the soda has been added. This makes a soft dough which can be dropped on a greased pan with a spoon, or, better still, it can be shaped into cakes with the hands and baked in a hot oven. This bread is very good in syrup, or maple syrup.

25c Peanut Butter 16c
\$2.50 Salad Cooking Oil \$1.98
10c Barley Flour 7c
10c Oats Flour 7c
50c Coffee 30c
30c Mason Jar Caps 24c
10c Mason Jar Rubbers 5c
Salt less than 1c lb.

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FARMERS CASH STORE
Opposite Court House
on High Street

EXTRA PANTS FREE

Only a few days left in which to order that new suit and get an extra pair of pants free. This is an unusual offer—high grade all wool materials—excellent tailoring—perfect fit guaranteed—same price as formerly—and an extra pair of pants free.

Come in and pick out the material—hundreds of textures to select from.

SCOTCH WOOLEN MILLS STORE

420 State Street Salem, Ore.

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 soreness or irritation. Try it! No humbug!