

HOME READING COURSE FOR CITIZEN-SOLDIERS

LESSON NO. 4. GETTING READY FOR CAMP.

(Proceeding Lessons: 1. Your Post of Honor. 2. Making Good as a Soldier. 3. Nine Soldierly Qualities.) Your real training for your duties as a soldier will begin after you and your comrades are assembled at the training camp. However, there are a few simple things you can do during the next few weeks which will be of decided value in getting you started along the right lines.

The simplest thing, and perhaps the most useful of all, is to begin at once to practice correct habits of standing and walking. Even in civilian life a man's reputation in his community—yes, and for that matter his own self-respect—is determined to a surprising extent by his bearing. The man who slouches feels like a slouch. The man who holds his head up faces the world with confidence and courage.

If this is true in civilian life, it is ten times more true in military life. For a soldier must always be strongly marked by his snap, his precision, and his vigor. He can not himself these traits unless he carries himself like a soldier.

The Bearing of a Soldier.
Few people without military training have a correct idea of what is meant by the position and the bearing of a soldier. They are apt to imagine that it means a strut or an extremely strained attitude. Or, more frequently, they think that the term can properly be applied to any erect position. The truth of the case, however, is that there is a definite procedure to follow in order to place yourself in what is known in the army as "the position of a soldier." It is the position which the dismounted soldier always assumes at the command "Attention," except as it may be slightly modified to enable him to carry properly any arms he may have in his hands.

It will be well for you to memorize paragraph 51 of the Infantry Drill Regulations, which gives the complete

and accurate description of the position of the soldier. This paragraph is slightly paraphrased and simplified in the description following: Keep in mind that there are ten elements which must be properly adjusted to each other, and check yourself up to see that each one of them is properly placed.

1. Heels—on the same line and as near each other as possible; most men should be able to stand with heels touching each other.
2. Feet—turned out equally and forming an angle of about 45 degrees. You are to be alert but not tense.
3. Hips—level and drawn back slightly; body erect and resting equally on hips.
4. Chest—lifted and arched.
5. Shoulders—square and falling equally.
6. Arms—hanging naturally.
7. Hands—hanging naturally, thumb along the seam of the trousers.
8. Head—erect and squarely to the front; chin drawn in so that axis of head and neck is vertical (means that a straight line drawn through the center of the head and neck should be vertical) eyes straight to the front.
9. Entire body—weight of body resting equally upon the heels and balls of the feet.

Note especially that you are not required to stand in a strained attitude. You are to be alert but not tense.

One of the very best things you can do today is to spend fifteen minutes practicing this position, getting it right. Keep this up every day until you report at camp. In the army, as in every day life, first impressions are important. The first impression you make on your officers and fellows will depend, more than you probably realize, on the manner in which you stand and walk.

Making Yourself "Fit."
If you can devote part of your time between now and the opening of camp to physical exercise you are fortunate and should by all means take advantage of every opportunity. Climbing,

jumping, gymnastic exercises, all kinds of canoeing races, swimming, rowing, boxing, wrestling and running, are all recommended as excellent methods of developing the skill, strength, endurance, grace, courage and self-reliance that every soldier needs.

There are some simple rules of eating and living which all of us should follow regularly. They will be especially helpful to you if you put them into practice in preparing for camp life.

Perhaps the most important of these rules is to use no alcohol of any kind. If you have been in the habit of smoking immoderately, cut down; get your wind, your nerves and your digestion into the best possible condition. Eat and drink moderately. Chew your food well. It is advisable, however, to drink a deal of cool (not cold) water between meals. Don't eat between meals. Keep away from soda fountains and soft drink stands. Learn to enjoy simple, nourishing food. Accustom yourself to regular hours for sleeping, eating and the morning functions.

Don't "take a last fling." It may land you in the hospital. At the best it will probably bring you into camp in an unfit condition to take up your new duties with profit and enjoyment. There are strenuous days ahead of you and it will be good sense on your part to make reasonable preparation for them.

Look Forward With Confidence.

You will find nothing required of you in the army that is beyond the powers of the every day American. You will see clearly ahead of you, after you have read this course, the path which you are to follow. Look forward with confidence. Enter the service with the firm determination of doing your best at all times, of playing square with your superiors, your associates, and yourself, and of taking care always of your assigned duties whatever they happen.

You will find that everyone else will treat you with courtesy and fairness—for that is the inflexible rule of the army, out of that rule grows the comradeship and the attractiveness, even in the face of all dangers and hardships, that are characteristic of American army life.

Daily Chats With the Housewife

Ready to Serve Carrots, Home Canned.

Wash your jars; wash rubbers; test rubbers for quality. Set empty jars with rubbers in pan of water to heat and keep hot. Fill washboiler to cover jars 2 inches with water. Heat water in washboiler. Use young, tender carrots, freshly pulled. Wash carrots thoroughly; use a vegetable brush. Place carrots in colander; scald by setting over a vessel of boiling water, covered tight, for 5 to 10 minutes. Dip quickly into cold water. Scrape or pare to remove skin. Pack whole carrots, slices, or cross-section pieces in hot jars. Place rubbers and caps in position; not air tight. Place jars on false bottom of washboiler. Submerge jars 2 inches. Let water boil 90 minutes. Start to count when water begins to boil. Remove jars. Tighten covers. Invert to cool and examine for leaks. If leaks are found, change rubbers and boil again for 10 minutes. Wrap in paper. Store in a cool, dry place.

Ready to Serve Lima Beans, Home Canned.

Wash your jars; wash rubbers; test rubbers for quality. Set empty jars and rubbers in pan of water to heat and keep hot. Fill washboiler to cover jars two inches with water. Heat water in washboiler. Use only young, freshly picked beans. Place beans in colander, steam by setting over a vessel of boiling water, covered tight, for 5 to 10 minutes. Dip quickly in cold water. Pack immediately in hot glass jars. Add boiling hot water to fill jars. Place rubbers and tops of jars in position. Place jars on false bottom of washboiler. Submerge jars 2 inches. Let the water boil 180 minutes. Start counting after water begins to boil. Remove jars. Tighten covers. Invert to cool and examine for leaks. If leaks are found, change rubbers and boil again for 10 minutes. Wrap in paper. Store in cool dry place.

Winter Tomatoes at Summer Prices, Home Canned.

Wash your jars; wash rubbers; test rubbers for quality. Set empty jars and rubbers in pan of water to heat, and keep hot. Fill washboiler to cover jars 2 inches with water. Heat water in washboiler. Use only sound, fresh fruit. Place tomatoes in a colander, scald by setting over a vessel of boiling water, covered tight, or plunging into boiling water 1-2 minutes. Dip quickly into cold clean water. Remove skins and cores. Pack quickly into hot jars.

Press down with tablespoon; add no water. Add level teaspoon salt per quart. Put rubbers and caps in position; not tight. Place jars on false bottom of washboiler. Submerge jars 2 inches. Let boil for 22 minutes, start counting when water begins to boil. Remove jars. Tighten covers. Invert to cool and examine for leaks. If leaks are found, change rubbers and boil again for 10 minutes. Wrap in paper. Store in cool, dry place.

Chronic Constipation.

It is by no means an easy matter to cure this disease, but it can be done in most instances by taking Chamberlain's Tablets and complying with the plain printed directions that accompany each package.—Adv.

SOCIAL AND PERSONAL

The annual children's day of Magnolia lodge No. 34, Degree of Honor, was held yesterday afternoon at the home of Mrs. P. C. Peterson, 300 Perkins avenue, and there was a large attendance of members and children. What with games and contests there was plenty doing at all times for the children while their elders found enjoyment in watching the young folk.

The following are the results in the various contests: Peanut hunt, won by Bernon Beard, Norman Jones second; girls' hunting contest, won by Hazel Williamson; boys' hunting contest, won by Orville Beard; big boys' race, won by Bernon Beard; small boys' race, won by Rola Jones; girls' race, 9 to 12, won by Evelyn Anderson; girls' race, 4 to 6, won by Catherine Deebach.

Ice cream and cake was served to all present and the afternoon proved a highly enjoyable one.

Miss Edna Zimmerman arrived home last evening from Seaside where she had spent the past two weeks with Mrs. James H. Sturgis and Mrs. George Strand.

Mrs. H. H. Hattery and Mrs. W. J. Clarke are enjoying an outing at Hildaway Springs.

Blaine Burton, one of the proprietors of the Charles Company, has returned from a vacation spent at Wallowa Lake.

Mr. and Mrs. C. P. Roberts of Arkansas City, Kansas, are visiting at the home of Mr. Roberts' father, W. A. Roberts.

Dr. and Mrs. G. S. Holmington and daughter Marian left today for Hildaway Springs where the doctor will install his family for an outing.

Mrs. J. G. Rankin and daughter, Miss Pearl Rankin, have returned from Portland where they spent several months and will remain here indefinitely.

SPORTS

Coast League.	
Oakland	5 9 1
Portland	0 4 0
Krause and Murray; Brenton and Baldwin.	
Los Angeles	1 5 0
Vernon	2 7 0
Crandall and Boles; Promme and Moore.	
Salt Lake	5 9 1
San Francisco	1 4 2
Leverenz and Hannah; Decanniere, Smith and Baker.	
American League.	
Boston 4, Philadelphia 2.	
Chicago 5, Cleveland 4.	
No other games.	
National League.	
Boston 3, Philadelphia 0.	
Brooklyn 3-1, New York 2-1.	
Cincinnati 2, Pittsburg 3.	

Stomach and Liver Troubles.
No end of misery and actual suffering is caused by disorders of the stomach and liver, and may be avoided by the use of Chamberlain's Tablets. Give them a trial. They only cost a quarter.—Adv.

JAY GOULD'S GRANDSON CLAIMS EXEMPTION



Kingdon Gould, son of George J. Gould, and grandson of Jay Gould, has claimed exemption from service in the army on the ground he had dependents. This photograph of him was taken just before he passed the examination before the board at Camp River, N. J. His business, Mr. Gould's marriage a month ago to a poor Italian excited widespread inter-

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Potatoes, 5 pounds for	25c
Peach Plums, dozen	15c
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Corn, dozen	25c
Cherries, B. R. box	10c
June Apples, good eating, pound	5c
Thompson Seedless Grapes, pound	15c
Cucumbers, 3 for	10c
Black Berries, box	10c
Cabbage, 8 pounds for	25c
Oranges	30c, 40c and 50c
Cooking Apples, 7 pounds for	25c
Hespo Steel Cut Coffee, 1 pound	30c
Small Size Lard	80c
Medium Size Lard	\$1.30
Peanut Butter, pound	20c
Citrus Wash Powder, package	25c
White Satin Flour, sack	\$3.00
Red Wing Grape Juice, pints	25c

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