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HOME READING COURSE FOR CITIZEN-SOLDIERS

LESSON NO. 8. MARCHING AND CARE OF FEET.

(Preceding Lessons: 1. Your Post of Honor; 2. Making Good as a Soldier; 3. Nine Qualities of a Soldier; 4. Getting Ready for Camp; 5. First Days in Camp; 6. Cleanliness in Camp; 7. Your Health.)

The new soldier seldom understands how important it is for him to learn to march and to develop his muscles so that he can easily carry his arms and equipment. "Marching constitutes the principal occupation of troops in campaign." (Infantry Drill Regulations, paragraph 623.) Modern trench warfare in Europe has for the time being reduced the amount of marching required in campaign; yet it remains just as important an element in the soldier's training as it ever was.

In order to march for long distances the soldier's feet must be in good condition. As has been aptly remarked, "the infantryman's feet are his means of transportation." Special attention should be paid to the fitting of shoes and the care of the feet. Marching shoes should be quite a little larger than shoes for ordinary wear. "Sores and blisters on the feet should be promptly dressed during halts. At the end of the march feet should be bathed and dressed; the socks, and if practicable the shoes should be changed." (Infantry Drill Regulations, paragraph 627.)

You will learn in time the practical rules for taking care of your feet that are followed by experienced soldiers. You will avoid considerable discomfort, however, if you learn some of these rules now and put them into practice from the very beginning.

1. See that your shoes are large enough. They will at first look and feel unnecessarily loose. This is necessary because it has been found that feet swell and lengthen on marches, especially when carrying packs. But shoes fitted this way will give you no corns, bunions, blisters, or other foot ills. In fact, they will cure any that you may already have.

2. Take pains to keep your shoes in good condition. It is a good idea to apply a light coat of neat's-foot oil which will both soften the leather and tend to make them waterproof. Don't neglect to smooth out wrinkles in the lining of the shoe. "Break in" new shoes before wearing them on long marches.

3. Wear light woolen socks, such as will be issued to you. See that you have no holes or wrinkles in them. If a hole has been worn and can not be mended at once, change the sock from one foot to the other so that

your foot will not be irritated more than is necessary.

4. Keep your feet, socks and shoes clean. When on the march try to wash your socks at night and put on a clean pair every morning. Bathe the feet very evening or at least wipe them off with a wet towel.

5. Keep your feet scrupulously clean. A foot bath can be taken when other facilities are not at hand by scraping a small depression in the ground, throwing a poncho over it and pouring water into this from your canteen. Even a pint of water will do for a foot bath. You can bathe all over by making or finding a depression of suitable size and using your poncho as for a foot bath.

6. Keep your toe nails trimmed closely and cut them square across the ends. This will tend to prevent ingrowing nails. By all means avoid the common error of rounding the corners of the nail and cutting it to a point in the center.

7. In case a blister is formed while on the march, open the edge of the blister with the point of a knife or a needle that has been heated in a match flame. Be sure to squeeze all the fluid out of the blister. Do not pull off the loose skin but press it back. Then put on an adhesive plaster, covering the skin well beyond the edges of the blister, putting it on as tightly as possible without wrinkles. In the same way put an adhesive plaster over any red or tender spots.

8. In case any tendons become inflamed or swollen (usually due to the legging or shoe too tightly or to some other unnecessary pressure), soak the foot in cold water, massage the tendon, and protect it as much as possible by strips of adhesive plaster. You should report to a medical officer at your first opportunity to make sure that the trouble does not grow worse.

One sign of a green soldier is his tendency to drink too much water while on a long march. The experienced man sips his mouth and throat once in a while, but drinks only in sips, and does not overload his stomach with either water or food.

After you have arrived in camp and have cooled off you can drink slowly as much as you desire. It is, of course, unwise to eat fruit, candy, soft drinks, ice cream, and the like while on the march.

Another sign of a green soldier is a carelessly adjusted pack or any other equipment not neatly and securely fastened. Your comfort on the march depends very largely on the care and adjustment used in getting ready. All your equipment has been so designed that it need not interfere with the free movement of your arms and legs. Your pack should be adjusted to your back in such a way that you can stand erect and breathe freely. There should be no pressure on any of the soft parts of the body. You will march most easily if you keep your body erect and do not permit yourself to slouch or sway from side to side.

When the command is given to halt and fall out for a few minutes loosen your pack and rest back on it in a sitting and lying position. If possible, lie with your feet higher than the head, so as to let the blood flow out of the legs into the body and rest your heart. During the first few halts you may not feel tired, but rest as completely as you can anyway. Look forward to the end of the march and try to handle yourself so that you will be strong and fresh at the finish.

At the first halt it is well to readjust the pack or any part of the equipment not entirely comfortable. If your shoes or leggings are heated or tight, this is the time to loosen them.

A cheerful attitude is one of the best aids to a soldier on a trying march. Singing and whistling on the march is usually not only allowed but encouraged. They help wonderfully to make the long road seem shorter. There are all very simple rules, but none the less important. Keep them in mind. Some men never learn except from their own hard experience; but it is expected of the men in the National Army that they will have the good sense to see the value of these suggestions and to apply them from the very beginning.

LARGEST POTATO CROP EVER PRODUCED IS IN PROSPECT SAY REPORTS

WASHINGTON, Aug. 21.—The largest potato crop ever produced in this country is the promise of the monthly crop report just issued. Leon M. Estabrook, chief of the Bureau of Crop Estimates of the United States Department of Agriculture, stated this morning that the average production for the previous five years (1913-1915) was 263,000,000 bushels, which represents a fair crop. This year the indications are that there will be a crop of 447,000,000 bushels, which is 184,000,000 above the average.

In order to avoid waste, officials of the Department of Agriculture suggest two ways of taking care of this large increase.

First, all housewives are urged to use potatoes as far as possible as a substitute for bread stuffs.

Second, to preserve the potatoes for winter use by home storage. These measures it is stated, will not only use the potatoes to advantage, but will save wheat.

STANDARD OIL DIVIDENDS.

Profits at a Share, 10-cent, and Extra One of 5¢.

CLEVELAND, Ohio, Aug. 21.—The Standard Oil company of Ohio, today declared its regular quarterly dividend of \$1, payable October 1, to stockholders of record August 31.



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"Yes, they are fine blankets. Aren't they soft and fluffy? We'll enjoy warmth and comfort in a pair of 'Dorset' Wool Blankets, even on the coldest nights."

"DORSET" WOOL BLANKETS

are made of selected wools with long warps, which are strong and durable. The filling of these blankets is carefully sorted, thoroughly cleaned, scoured and carbonized. The napping process gives to the blanket that soft finish which means warmth and comfort.

"SUBWOOL" COTTON BLANKETS

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The colors are beautiful, and are almost as permanent as the blanket itself. We have "Dorset" and "Subwool" Blankets in a broad range of prices, in many sizes, and in a variety of colors and border effects.

DORSET WOOL BLANKETS

\$10 to \$20 per pair.

SUBWOOL COTTON BLANKETS

\$4 to \$5 per pair.

WARRIOR COTTON BLANKETS

\$1 to \$2.95 per pair.

Best in its Class

ALEXANDERS

BEDDING DEPT.

FARMERS NOT HOLDING CORN

High Prices Due to 1916 Shortage, Increased Exports and Increased Demand for Feeding Livestock.

WASHINGTON, D. C., Aug. 21.—That the unprecedentedly high price of corn is not due to abnormal holding of supplies by farmers is the belief of the United States department of agriculture, based on reports just received from crop correspondents in Illinois, Ohio, Kentucky, Iowa, and Missouri. These states are typical of the great surplus white-corn producing region of the United States, the department declares, and their conditions throughout the corn-producing area. The investigations disclosed that farmers are holding only enough corn to insure their seed supply for next spring and to protect their livestock feeding interests until the production of a sufficient supply from the present crop is assured; and that the stocks in their hands are much longer than normally.

Among the conditions making for high corn prices, according to the department of agriculture, are shortage of the 1916 crop and the carry-over from 1915, increased exports, increase in the general level of prices, and the increased numbers of live-

stock farms. The 1916 corn crop, it is pointed out, was 400,000,000 bushels short of the 1915 crop, and stocks on the farms on March 1, 1917, were 200,000,000 bushels short of the stocks on farms on the same date the preceding year. The exports of corn in the year ended June 30, 1917, were approximately 10 per cent greater than the preceding year and about seven times greater than in the year ended June 30, 1914, the year preceding the war. The general level of prices, it is pointed out, has increased greatly during the last year, especially as regards foodstuffs. Live stock in the United States has increased about three million head in the past three years, statistics of the department show, and so has helped to increase the demand for corn for feeding purposes.

With short corn stocks, the department specialists point out, the highest corn prices are naturally being reached just before the maturity of the new crop, when the shortage is most marked. The department's reports point to the harvesting of a large crop of corn this year provided climatic conditions are favorable during the remainder of the season.

It appears from present indications that Gov. Lowden is going to be a "war governor" according to the fine old traditions established by certain state executives in civil war days.

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Wonderful Remedy for
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One dose convinces.
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Touring car for country.

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Half section of wheat land, improvements fair, more summerfallow goes with the place. Price \$20.00 per acre.

Half section of wheat land, good improvements, 250 acres in summerfallow, one half section of rented land goes with it. Price \$40.00.

New 5-room bungalow on north side. Price \$3500.

New 5-room bungalow on north side. Price \$3400.

Good 8-room residence on East Court street 4 blocks from Court House. Price, \$3000.

16 room house on corner lot, 2 blocks from Main street. Price \$3500.

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Doesn't it appeal to you to get as protection, without cost, by becoming one of our depositors?

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