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REGISTRATION DAY

June 5th Has Been Named as the "War Census Day"

President Wilson has named the 5th day of June 1917 as Registration Day. On that day the fighting men will be numbered.

Every male resident of these United States between the ages of 21 and 30, inclusive, must register at their respective polling places on that day. This includes aliens—the festive Irishman, the German, the Englishman, the Jap, the Chink, the Dago and the Dude.

EXEMPTIONS

There are no exemptions from registration of men between the age of 21 and 30. The exemptions from military service will be an after consideration; therefore the halt, the blind, the rich, the poor and the married man, even though all his wife's relations be dependent, he must register.

ABSENTEES

Should you have a premonition that you will be away from your usual 'stomping grounds' on this momentous day, you should at once apply to the county clerk of the county in which you may be at the time, whether in Oregon or elsewhere, who will fill out your registration card. He will then give you the card, which you must mail to the registrar of your home precinct, in care of the sheriff of your home county, in time to reach the registrar by War Census Day. Remember, the burden of having your card reach the registrar of your home precinct by War Census Day is on you.

THE SICK

Men of military age who are too ill to go to the voting booth to register must send a competent person before War Census Day to the county clerk to explain the circumstances, and secure instructions from the Federal regulations which these officials will receive from the Government.

PENALTY

Failing to register, or making any false statement will subject you imprisonment, and your wife if you have one, will not benefit by the "widow's pension act."

Don't Overload

Employees are being added to government payrolls by the thousands. Alleged expert supervisors, teachers and inspectors, together with an army of clerks, are being engaged as rapidly as official ingenuity can devise methods of spending money from the gigantic appropriations made by Congress.

Uncle Sam's credit is good, thus making it certain that these thousands of new employees will draw their salaries promptly.

Every anxious patriot hopes this is all for the best, because the cost must all be paid by the great producing masses of the people in the increased price of food, raiment and shelter.

In so far as these employees are necessary to a large military establishment, commensurate with our country's stupendous duty in this great war, they must be employed, and the nation will not feel niggardly about millions of added expense.

But in so far as these expenses are for multitudes of supervisors to interfere in the production and distribution of foodstuffs and other necessities of life, they

may be a hindrance as well as an extravagance.

Turning loose a horde of theoretical regulators to meddle with every step of agriculture, manufacture and transportation may result in suppressing rather than promoting industry.

HEALTH AND LONG LIFE.

One Way to Attain Them is to Be Moderate in All Things.

Sickness and death have always existed in the world and always will so long as man's physical constitution remains what it is. The body is evidently intended to last only a certain time, although man himself has unquestionably greatly shortened the length of its endurance. The limit of threescore years and ten set by the psalmist deprives us of many years that are our due.

Students of longevity have established the rule that the animal body, including man's, should endure, barring accident, five times as long as it takes to reach full majority, as marked by the complete ossification of the bones. In man that period is about twenty years, and a man should therefore live to round out a century. That he usually lives only half or three-quarters as long is his fault and the fault of his ancestors.

A French writer once asserted that a man is as old as his arteries, meaning that the degenerative changes of old age were dependent upon or measurable by the degree of hardening of the arteries. That is undoubtedly true to a certain extent, but epigrams do not solve problems or even explain facts. It affords slight comfort to know that we are as old as our arteries if we do not know how to prevent them from aging prematurely.

Fortunately we do know many of the causes of the presenile degeneration that cuts us off before our time. Heredity counts for much. Some families are long lived. In others most or all of the members die young. That sounds hopeless, yet we can do much by hygienic living to lengthen our days even if we come of a short lived family. More than that, we can transmit to our descendants a still higher degree of stamina. The other causes of early aging may be summed up in the one word excess—overwork, mental or physical, worry, overeating and even oversleeping. Moderation (not insufficiency) in all things—eating, drinking, working, playing, sleeping—is the secret of health and longevity.—Youth's Companion.

Salad Dressing Boiled.

The following boiled dressing is very nice with tomato, jelly, fish salads and fresh green salad herbs and with a bit of onion or cress makes a delicious filling for sandwiches; it may also be used on bread or rolls when a butter famine shoots up prices: Beat two eggs together, add a tiny pinch of salt, two tablespoonfuls of sugar, half a scant teaspoonful of ground mustard and half a cupful of milk. Mix well and then stir in a quarter of a cupful of vinegar. Cook the mixture until it thickens, taking care to stir it constantly to prevent curdling. Upon removing from the fire let it cool and then add a few drops of olive oil.

The Shrewmouse.

The smallest mammal in the British isles is the shrewmouse. This is not only the smallest British mammal, but, with the exception of one other of the same genus, the smallest in Europe. The harvest mouse is sometimes thought to be even smaller, but the length of its head and body is often two and a half inches, while that of the lesser shrew is rarely more than two inches. The tail measures about one and a third inches, and its teeth are so extremely small that a lens is required to detect them.

The Giant Petrel.

The giant petrel of the arctic regions will feed on offal until it is so absolutely gorged as to be unable to rise off the ice in flight. Then it runs along the ice if chased, spreading its wings out as sails. Before being captured, however, the petrel will suddenly stop and discharge a quantity of food and then go off on a run again. If overtaken a second time it will repeat the performance and when once it has got rid of its dinner flies away.

THE KING OF CEREALS.

Wheat Forms the Principal Food of the Civilized World.

Both in the quantity produced and in its value, wheat is the world's king of cereals. Recent statistics show, however, that 800,000,000 persons, or 54 per cent of the inhabitants of the globe, derive their sustenance mainly from rice.

The most important cereal produced in the United States, measured in bushels or dollars, is corn, and wheat stands second. Taking the civilized world as a whole, wheat forms the principal food of man. It is much more widely distributed than either its commercial rival, corn, or its rival food cereal, rice. It is a prime necessity of civilized life.

The quantity of wheat milled is larger than that of all other cereals combined. It is essentially a bread cereal. Bananas, rice, potatoes and other soil products will sustain a greater population on a given unit of land than wheat will, but they are not so well adapted to a high standard of living. Herein lies the present and increasingly great importance of wheat, for it seems to be the tendency of the civilized world to raise its standard of living.

As the standard of living rises wheat becomes a relatively more important part of human food. Rye and oats furnished the bread of the great body of people in Europe during the middle ages. Wheat was high priced and not extensively grown. England early became a wheat eating nation. France and the other Latin countries followed later. Rye is still extensively used in Germany, but is gradually being superseded by wheat. Even Russia is using more wheat flour than she did twenty years ago.

The great intrinsic food value of wheat, its ease of cultivation and preparation for use, its wide adaptation to different climates and soils, its quick and bountiful return and the fact of its being paniferous and yielding such a vast number and variety of products are all factors that enhance the value of the wheat grain. Its combined qualitative and quantitative importance gives to wheat a great superiority over any other cereal. As an essential part of the food of civilized man it becomes of an importance so vital as to be dominating.—From "The Book of Wheat."

Gravitation.

Gravitation as a supposed incalculable power was noticed by the Greeks and also by Seneca, who speaks of the moon attracting the waters, about 38 B. C. Kepler investigated the subject about 1615, and Hooke devised a system of gravitation about 1674. The principles of gravity were demonstrated by Galilei at Florence about 1633, but it was not until the great Newton stepped upon the stage that the matter was fairly settled. The others had guessed. Newton proved, and to Newton unquestionably belongs the high honor of having shown us the true mechanism of the heavens.

Length of the Law.

The phrase "the length of the law" owes its origin to the enormous length of some of the parchment rolls upon which the ancient statutes of Great Britain were inscribed. The present day official title of the "master of the rolls" is a reminder of this ancient custom. Some faint idea of the bulk of the English records may be obtained from the fact that a single statute, the land tax commissioners' act, passed in the first year of the reign of George IV., measures when unrolled upward of 900 feet!

Fish Delusions.

There are two popular delusions about fish—one that they cannot live out of water and the other that they can live in any pure water, the food supply taking care of itself. As a matter of fact, there are fish in Africa which, having to exist in absolutely dry rivers for a portion of the year, have developed lungs, while in many an amateur's aquarium fish cannot live in the water provided owing to lack of food.

Siamese Clothes.

In Siam both men and women wear the "panung," which is described as a piece of silk or cotton cloth wound round the hips, the slack being rolled up, passed between the legs and hitched up behind in such a way as to give the appearance of a pair of loose knickerbockers. For waist coverings the women wear

jackets or blouses, and the men wear coats.

All is Fault.

Mr. Blinks (with an invalid wife)—Look here, now! This paper says nothing will improve a woman's health like sweeping, baking, bed-making, dishwashing and polishing the silver. Mrs. Blinks—Huh! You know very well you never gave me any silver to polish. No wonder I'm ill!—London Mail.

Rebuking an Emperor.

Once, so the story goes, Emperor Nicholas of Russia asked Liszt to play in his presence. The musician complied, but during the performance the czar started a conversation with an aid-de-camp. Liszt stopped playing at once. The czar asked what was the matter. "When the emperor speaks," said Liszt, "every one must be silent." The czar smilingly took the hint, and the playing proceeded.

District of Columbia.

The District of Columbia was originally called the territory of Columbia, but it was soon changed to district as a more convenient term. In fact, the term "district" was in use before "territory," and for many years Kentucky was designated a district of Virginia and Maine a district of Massachusetts.

A CONGRESSIONAL OATH

At the Gridiron Club dinner in Washington recently the newspaper correspondents presented a burlesque of the organizing of the House of Representatives. "Joe Cannon" administered the oath of office. It was as follows:

"Hands up! You ought to be able to do that after the railroad brotherhoods taught you how. Do you solemnly swear to support the Constitution as amended from time to time, either by the Supreme Court or the White House; also the constitution of the Federation of Labor; act promptly on telephone calls from Tumulty, keep in close touch with Sam Gompers, soak the rich by increasing the income tax, jolly the poor by bunk embargo investigations of the high cost of living, scrap in public and fix it up in private, vote for prohibition and hope it won't pass, play politics with women suffrage, reduce the mileage to 5 cents and beg the senate to keep it at 20—in short, in the last analysis, do you swear to act as first-class politicians on to their job."

The Oregonian has to say of the Conscription act:—"For want of a better name it is called draft or conscription, when it really is the volunteering of the entire nation." This universal (?) approval of the bill, doubtless influenced Congress to deny the people a vote on it; brought about an insurrection in Texas to resist it; caused the migration of thousands of young men to Canada to evade it. Heretofore it has never been deemed necessary to provide a punishment for volunteers who declined to volunteer. All this attests to the truthfulness of the Oregonian's statement. Why not face the situation fairly and squarely and call things by their "scriptural names?"

CENSORSHIP ESTABLISHED

Without waiting for action by Congress, Secretary Lansing has instituted a censorship of news from the State Department which clamps down the lid far stronger than any which is to be found at any Foreign Office in Europe. Not only are under officials of the State Department forbidden to talk to any newspaper men about any matter, however insignificant of fact or detail, but any of them who utters a word upon which a criticism of the administration's war policy may be based will be instantly dismissed.

DO NOT BUY YOUR SPRING CLOAK

Until you see what we have to offer the latter part of next week

A prominent New York manufacturer in order to make a quick clean-up sold cloaks at about One-Half of the early prices. We wired an order and as soon as they arrive we believe that you will agree they are Genuine Bargains.

WAIT!

SELIG'S, Cash Price Store,

"Meeting and Beating Competition".

WE SELL THE BEST GROCERIES

Today, tomorrow, or next week you will find the best that can be bought at any time or any place.

SHOES AND LOGGERS SUPPLIES

Prices as low as consistent with first-class merchandise.

FALLS CITY LOGGING & LUMBER CO.

CO-OPERATION

We co-operate with those who patronize this bank, in every manner permitted by best conservative banking methods. We assist by extending credit where credit is due, by advice, by counsel, by giving the customer the benefits of our knowledge and experience and taking an active interest in his welfare.

We have money to loan on improved farms and write Fire Insurance in several reliable companies.

BANK OF FALLS CITY.

antly dismissed. The prevailing atmosphere in Washington just now is not conducive to the development of freedom. It is small wonder that when a Senator met a Congressman the other day and said, "How are you?" the Congressman replied, "I would like to tell you, but the censorship forbids it."

SEEK AND YE SHALL FIND

A thoro search should be instituted for the old fashioned orator who used to argue that if the democrats were elected, corn would rot in the crib, wheat

would sell for 15 cents a bushel and hogs and cattle and butter and eggs would have practically no value on the market.—James-town Optimist.

It will not be necessary to search very far. This orator will be found just around the corner, listening to the Democratic orator that in the campaign of 1912 urged the election of Wilson as a means of reducing the high cost of living and of government and in the campaign of 1916 urged the re-election of Wilson because he would keep us out of war.—Beloit Gazette.