

## HEALTH CENTERS AID ALL COMMUNITY LIFE

### Home Service Work Broadens to Include Civilian Families.

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An integral part of the great health program of the American Red Cross, undertaken after the suspension of many of the war activities of the organization, is the establishment of Health Centers—which now are being installed in many communities throughout the northwest. It is a movement of compelling interest to the citizens of this part of the country. The health center as organized by the Red Cross is proving the greatest preventive medicine known, as well as protection of great value in times of widespread illness or epidemic. From health centers radiate all kinds of helpful influences from the giving of proper advice and the furnishing of competent nursing, medical and surgical aid, to the inauguration of many forms of beneficial exercises such as community singing, athletics and outdoor games. From health centers go the visiting nurses. There are held the teaching classes for home nursing, children's clinics and proper welfare work.

The Red Cross says that no longer shall curable physical deformities curse the lives of our children. It believes the time is past when tuberculosis should be allowed without hindrance to fasten itself upon the tender bodies of our little ones. It



A BEDSIDE VISIT

Care of mother and babe is part of the follow up work of the American Red Cross health center at Bridgetown, New Jersey. Miss Anna Miller, home visiting nurse from the health center, is reading a mother's temperature.

believes that through health centers established in every considerable community throughout the United States, health can be safeguarded and therefrom greater happiness be brought to our people.

Ignorance of diseases, ignorance as to what are the best means to pursue in combatting them, ignorance as to the standing and competency of certain medical men—these today are responsible for a vast number of deaths in the world. Quacks prey upon our people with their glaring and lying advertisements and in hundreds of thousands of cases individuals absolutely deceived by their pretensions pass beyond the days when their infirmities might be cured. For these perils the Red Cross health center forms a safeguard.

The health centers being established become the people's clubs, with memberships designed to reach vast numbers of the population since membership costs but \$1 a year—the annual Red Cross dues.

Another phase of the peace-time program of the organization which rapidly is becoming of paramount value in the northwest is comprised in the Home Service activities. Designed originally for the benefit solely of disabled service men and their families, it has grown to occupy a far broader field. Red Cross welfare workers look to the interests of former soldiers and sailors in hospitals and schools; maintain personal contact with the disabled who are at home. Home Service forms the connecting link between the disabled man in hospital or school and his family.

But Home Service has grown beyond this. In nearly 40 of the 106 chapters of the Northwestern Division experienced social workers are employed, and the service is being extended to civilian families. In some chapters information stations for the benefit of the general public have been established. In Raymond, Washington, the Home Service department maintains an office close to the railway stations and hotels where any day may be seen the visitor inquiring for the residence of a friend, or the genial traveling man asking the location of the business house upon which he wants to call.

Social Service extends down through the chapters to the branches and auxiliaries. Several Northwestern chapters have branches which maintain local Home Service operatives, their activities being financed through small revolving funds from the chapter treasuries.

Fifty cents of every dollar of membership fees stays in the community in which it has been contributed. It is that fifty cents which aids in this important Home Service development.

## NATURE IN A RAGE

### Violence of Typhoon Is Almost Beyond Belief.

Writer Vividly Describes Scene When Great Windstorm Wrought Havoc in Harbor of Hong Kong—Boats Piled on Shore.

"I had been anxious to see a typhoon," says Edwin Tarrise, who has spent some years in the East, "and I had my wish gratified in Hong Kong more than once. The strength of the wind at such times is greater than one would have thought possible. It whirled helplessly adrift from the firmest moorings and with sudden blast takes away the corners of houses and sends projecting verandas flying across the street.

"During the night of one gale the residents for the most part shut themselves closely in their houses, carefully securing their doors and windows, and so remained with constant apprehension and dread lest the dwelling should be swept away and themselves be entombed in the ruins.

"Once, while the storm was at its worst, I ventured down to the Praya to see the crowd of Chinese boats that had been blown inshore and piled up in a mass of wreckage just below the city. The sky was of dark leaden color, and the wind caught up the crested waves and sent them in long, white streaks of vapor across the scene, through which the dismantled ships were dimly descried drifting from their moorings.

"The heavy, stone-faced wall of the Praya had given way, and the great granite blocks had been washed in upon the road. Half-blinded by the waves as they leaped over the road and dashed in angry foam against the houses, and buffeted by the wind, I made slow headway to the east end of the settlement, where a number of foreigners were attempting to rescue two women from a small Chinese boat.

"We had to cling to the lamp posts and stanchions and seek shelter against the doorways and walls. Advantage was taken of a slight lull in the storm to fire off rockets, but these were driven back like feathers against the houses. Then, long lifeboats were dragged to the pier, but the first was broken and disabled the moment it touched the water, while the second met a like fate and its gallant crew were pitched out into the sea.

"In short, every effort proved abortive, and as darkness set in the unhappy women and their boat were reluctantly abandoned to their fate.

"Next morning, the whole length of the Praya presented a scene of wreckage and desolation. Many of the Chinese, notwithstanding their shrewdness in predicting storms, had been taken quite unawares and hence the fearful sacrifice of life and the loss of property which ensued."

#### Where Old Jewelry Goes.

The United States assay office at New York has recently received much gold and silver in queer articles for conversion to bullion or coin.

The charges for converting gold and silver are less than those made by any private company, which circumstance brings to the assay office dealers in precious metals, pawnbrokers, jewelers, gold and silver producers and the banks. It is no unusual sight to see a dealer bring in a lot of jewelry made up of a gold mesh bag, brooches, scarf pins and rings. This is weighed in bulk and a receipt given which includes no statement of value. All the articles are melted as a whole, and the owner given the privilege of receiving in payment gold or silver bullion or cash.

Some time ago the executrix of an estate sent a silver chandelier of enormous proportions, but hopelessly out of style. It was reported to have cost \$20,000 fifty years ago. Melted it brought about \$2,700.

#### Whales Not Deep Divers.

Although it is a common belief among sailors that whales, when they "sound," descend to enormous depths in the ocean, and, although it has been estimated that the larger whales commonly dive to a depth of almost two-thirds of a mile, yet a member of an antarctic expedition challenges these statements and avers that about 300 feet is the maximum depth to which a whale can dive, says the Sun and New York Herald. He bases his statement partly on the fact that the fish on which they feed and to obtain which they are accustomed to sound, dwell near the surface, and partly on the fact that at the depth of 1,000 yards or more the pressure is so great that they could not withstand it, and that their muscular strength is not sufficient to propel them into the regions where it prevails.

#### Advise Walking on Tiptoe.

Walking on tiptoe a few minutes daily is the form of exercise prescribed by Dr. Gautiez, a French physician. It brings into action little used muscles of back and abdomen as well as those of calf and thigh, stiffens the spinal column and neck, and promotes chest breathing in place of the abdominal breathing common from constant walking on the heels. It gives the benefit of gymnastic running without the useless heart fatigue and loss of breath. It is pronounced the most convenient form of physical culture, and its efficacy is easily tested. But it must not be assumed that the deforming practice of wearing high-heeled shoes has the advantages of the few-minutes-a-day exercise.

## The KITCHEN CABINET

"Throw up the window. 'Tis the morn of life  
In its most subtle luxury. The air  
is like the breathing from a rarer  
world,  
And the south wind is like a gentle  
friend,  
Parting the hair so softly on my brow."

#### SEASONABLE DISHES.

When making rolls for variety, make them very small and put three together in well-greased gem pans. When risen very light bake until brown. They will break apart into three small shapely rolls.

**Round of Beef en Casserole.**—Put into a casserole one-fourth of a cupful of sweet fat, and when melted add one cupful of the following mixture: Equal parts of celery, carrots, onion and ham, all chopped together. Cook the vegetables until brown, then lay over them four pounds of beef from the tougher end of the round. Cover with a second cupful of the same mixture and cook in a hot oven three-quarters of an hour. Remove the meat from the casserole, strain off the vegetables, add a cupful of stock to the strained liquid and return to the casserole with the meat. Over the meat spread one cupful of seeded raisins. Cover and cook for one hour and a quarter longer.

**Roast Veal au Jus.**—Season a fillet of veal with salt and pepper and put in a pan with an onion, carrot, bay leaf, clove and small piece of butter. Place in a roaster; put in the oven and bake one-half hour; remove the cover, baste every five minutes for one-half hour. Remove the meat to platter. Put a little water in the pan and let simmer five minutes. Strain and pour this gravy around the roast.

**Pork Chicken.**—Split a pork tenderloin lengthwise leaving the halves joined. Pound the meat of each slice until half-inch thick. Spread with the following stuffing: One cupful of bread crumbs, one-quarter of a teaspoonful of salt, a dash of pepper, a slice of chopped parsley, pickles, capers, and lemon juice and a tablespoonful of chopped olives. Mix with one-fourth of a cupful of melted butter and one beaten egg. Arrange the stuffing so that it will be higher in the center, and sew or tie the edges of the meat together so that it will resemble a plump boned bird. Bake, basting until well browned.

## Nellie Maxwell

#### FACTS OF INTEREST

Under the laws of China the adult who loses his temper in a discussion is sent to jail for five days to cool down.

Every day lost on strike decreases the supply of the necessities of life. Can't we find a sane method of settling industrial disputes?

In 1870, during the Franco-Prussian war, the value of diamonds was largely depreciated by the quantity offered for sale in London by French refugees.

Palm sugar, called "jaggery," is obtained in India from a species of palm trees. The sweet juice flows from the top shoot of the tree when it is wounded.

The earliest college exclusively for women was Mount Holyoke, founded in 1837. The system of coeducation in the United States began in Oberlin (O.) college in 1833.

The soil is so rich in China that the farms are generally very small—indeed it is estimated that a square mile should be capable of supporting a population of 4,000 persons.

The left hand in France is universally regarded as that "of the heart" and is reserved for relatives and intimate friends and those toward whom the giver is unusually well disposed.

#### A Whole Lot.

"Cholly, do you love me?"  
"Sure."  
"A whole lot?"  
"Listen here, girl. I think I love you nearly as well as you love yourself."



#### TEST OF NERVES.

First Doctor—How are that patient's nerves?  
Second Doctor—Fine; he can read all the headlines in the daily paper now without a tremor.

#### Think of Others.

When on the slippery street you set your feet and get a twist,  
Think of what fun the others get;  
Just be an altruist.

## At the Electric Sign "SHOES"

# "Get From Under" SHOE SALE

## Beginning Thursday, November 4th

The store was closed all day Wednesday, to arrange stock for the Big Sale. We had trouble in getting extra experienced help and will have to get things convenient so we can give our usual service.

**We Promise you Something Better Than we have ever given before. Every pair of shoes in the stock WILL BE REDUCED, some 20 per cent, some 35 per cent, some 50 per cent, and some will be sold at prices out of all reason of regard to original cost. We intend to reduce our stock at least 35 per cent by the first of the year. Only a few prices will be quoted here.**

## Flat 25 per cent off

of the original marked price on Ladies' Red Cross Pumps of any kind

Ladies' Oxfords from

**\$4.29 up**

Black Kid Oxfords, school heels \$4.29  
\$12.00 Red Cross Brogue Oxfords \$9.99  
\$11.90 Red Cross Black Kid Oxfords, Cuban heels \$8.85  
One lot Black Kid Oxfords, Military heels at \$5.68

(These Oxfords are worth up to \$7.50 a pair)  
Special Prices on all other Oxfords

## Lot of Ladies Shoes

that are actually worth, we sold them for \$7.00 and \$7.50, at special \$5.87

## No Ladies Shoe in the house over \$13.35. All are reduced

\$17.00 Camel color all Kid, French heels \$9.91  
\$15.00 Camel top, brown vamp, French heels \$10.16

\$11.75 Brown Brogue shoe, military heels \$10.39  
\$9.25 Brown Calf, school heels \$8.46  
13.50 Black Patent, turn French heels 9.96  
14.00 Black all Kid, turn soles French heels 8.66  
(Not all sizes in this last lot)

Fine Black Kid, military heels 8.65  
Fine Black Kid, small sizes only 5.95  
Fine Black Kid, school heels 5.95  
Black Kid, Old Ladies' Bals, plain toe 3.69

## 91c Ladies' Shoes 46c

Two lots of shoes in sizes of 2½ to 4, none bigger, some all kids, some black tops, some grey tops, but all in quality worth from \$6.00 to 9.00 If you wear 4 or smaller, don't miss these

## Lower Prices on Children's Shoes

We can only give a very few of the great many bargains. The Bargain tables will be full  
Misses shoes, 11 to 2, button and lace \$2.89  
Smaller in proportion  
Misses' Gun Metal Button and Blucher, broad toes, low rubber heels, \$6.00 grade \$4.25

## Every Pair of Shoes Reduced and Every Pair Warranted Satisfactory

### Shoe Market Conditions

are very unsettled, some prices have been cut, but at present the boldest will not prophecy as to the future. If Europe comes to buy again, prices will rise; if not, they will drop. Your guess is as good as mine or the best shoe man in U. S.

## MEN

We are selling the New Regals at from \$1.50 to \$3.50 under the market of six months ago and the styles are the very best.

All prices are trimmed more for this sale

Men's \$12.50 Brown Calf Brown top welt \$9.95  
These shoes equal in quality any shoe that sold six months ago at \$15.00 and better; then some

Dark Brown English Lace welt \$7.69  
Dark Brown Brogue effect welt \$8.78  
Regal Norwegian Grain, \$13.50 value at \$11.95  
Brown Bluchers, round toes, welt \$6.45  
\$9.00 Gun Metal English Lace welt \$6.95  
\$7.50 Gun Metal, round toe welt \$5.95  
\$8.00 Black Kid, plain toe welt \$5.98  
Foresters' Loggers \$15.95  
With Calks \$16.70

## All Boy's & Youth's Shoes are Cut but there is not room to state prices here

Boys' light Dress Shoes, may be had all the way from \$3.95 up  
Also see them in the Bargain Bins



LITTLER & UPMEYER, The Sole Owners

AT THE ELECTRIC SIGN "SHOES"