

# HAVE YOU SMALL FEET?

We are overstocked on small size shoes---

Ladies' Patent Leather and Kid, sizes 3 to 4 at \$4.00.

Men's Sizes 5 to 7 from \$4.50 to \$5.50.

The above were bought two and three years ago, are not of the latest style, but are better shoes than we could purchase today at the price.

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### IF YOU HAVE TROUBLE WITH YOUR Gas Engine, Farm Tractor, Wood Saw, Water Pump, Truck or Automobile of any Make

See Pesznecker, 35 years experience as machinist. First class mechanical force on hand from 8:00 a. m. to 6:00 p. m. every day, no work done on Sunday.

Oxy-Acetyline Welding, Brazing, Cutting and Machine Work of any Kind, Battery Recharging and Repairing, Vulcanizing.

U. S. AND DIAMOND TIRES AND A FULL LINE OF ACCESSORIES.

## CASCADE GARAGE

S. P. PESZNECKER, Proprietor.

### MILK AS STRENGTH BUILDER ADVOCATED

Dr. Mae Cardwell, Back From Washington, Advises Housewives.

Dr. Mae H. Cardwell, of Portland, who recently returned to Oregon from Gary, Ind., New York and Washington, where she was engaged in medical research work for the Children's Bureau of the Department of Labor, said in an interview: "The dairy industries must be encouraged. The children of America must have milk. They cannot thrive without good clean milk. Housewives must use more milk. If they demand it the dairyman will find some solution to his problems and will see that his cows get the feed and that he keeps them alive and in good health. However, if the women don't order the milk, the dairyman isn't going to keep his cows around just as pets and ornaments. Feed is too scarce and labor too high for that. It's up to the housekeepers."

"Are you sending your breadwinners to work with all the vigor and strength you can muster for them in the way of proper food?" asks Dr. Cardwell. "If they don't get the right food they can't think or work well. The same applies to the school children. See that they have milk to drink; milk in puddings. The kitchen is the power plant of the family and consequently, of the nation. Don't waste a drop of milk or an ounce of butter, but use plenty. The health of the nation is the kitchen question. Milk is one of the main factors in a diet."

#### ON MEMORY'S SCREEN

An Old French Town in the Sixties

I am not sure of the length of the procession, but it must have taken at least an hour or more to pass a given point. It started from the cathedral and marched around the town, traversing some miles, which must have severely tested the endurance of its oldest participants, when the weather was hot. The bishop or bishops, for sometimes there were two or three, closed the line in full canonicals of heavy cloth of gold, and having canopies borne over them. But they must have found the ordeal very exhausting, as they would be besieged all along the route, with women bringing up their children to be blessed, or rosaries and handkerchiefs for like purpose. Others would reverently kneel on the pavement as they passed, to whom they waved their blessing. "Childish! theatrical! superstitious!" I hear some ardent protestant remark. Well, my friend, it may be so, but in religious matters, it is good to be as little children, nor do I think that our Blessed Lord takes amiss this honor paid to her whom He called mother. For myself, I repeat with Keble: "Ave Maria! thou whose name All but adoring love may claim, Yet we may reach thy shrine; For He, thy Son and Saviour, vows To crown all lowly lofty brows With love and joy like thine!" Hark! the angelus is ringing: "Ave Maria! gratia plena; Dominus tecum, benedicta tu in mulieribus."