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THE FIRST SQUARE MEAL

How Red Cross Has Fed Italian Prisoners.

Last spring the Red Cross workers at Berne were busy arranging to care for the American soldiers who were taken prisoners by the Germans, and now the new exchange agreement means that Italians from Austria on their way back to Italy are being cared for in hundreds. They are a pathetic lot, these "grand blesses"—the hopelessly wounded men—but they are always delighted with the prospect of going home, even though it may be going home to die. Nearly all of them are tubercular.

The method employed is this: The Italian Government sends a train into Austria through Switzerland to gather up the men released under the exchange agreement. The train crosses the Swiss border and at Buchs is met by delegations from the allied Red Cross organizations, and under the present plan the food is furnished by the American Red Cross. To many of these men this is the first square meal that they have had for years. Clothing is also furnished them. Each man of the 300 which each train carries is given cigarettes and a small American flag, and many who have been in America, some of whom have taken out their first papers, are overjoyed at the bit of red, white and blue and most demonstrative in their delight.

The representatives of the Red Cross remain on the train until it reaches Zurich, then return to Switzerland again.

It is the food which America has sent over which gives to these men their first meal—food which has been saved by eating smaller portions, and by going without.

Children of France.

Some one has said of the children of the devastated regions: "They are too sad, they must laugh or they cannot live." It is not enough to found hospitals and to provide food. They must be given wholesome recreation and their natural joy in life restored. This is what the American Red Cross is doing for the children of France.

Freak Cucumber.

J. W. Applegate of Mount Zion, Ky., has a cucumber that is quite a freak. It is just the shape of a hand, with four fingers and a thumb. Mr. Applegate thinks it is the hand that will write the kaiser's doom on the wall.

MEN FROM OREGON OFFICIALLY HELD NATION'S CLEANEST

Surgeon-General Blue Wires Fact Is Disclosed in First 1,000,000 Camp Reports.

Only Fifty-nine Hundredths of One Per Cent Found to Have Venereal Disease on Arrival at Cantonments.

Surgeon-General's Official Telegram
Oregon Social Hygiene Society, 720 Selling Bldg., Portland.
A tabulation of one million reports first received from camp surgeons throughout the country shows that Oregon leads the country with a rate of fifty-nine hundredths of one per cent found to have a venereal disease on arriving in camp. It is hoped that Oregon can continue vigorous measures in combating venereal diseases during the period of demobilization and thereafter.
RUPERT BLUE.

Oregon men, called to the colors during the greatest of all wars, were physically the cleanest in the entire United States Army.

Such is not the mere boast of any citizen of this state, backed only by a high sense of local pride, but it is the established record of the United States Army, communicated to the Oregon Social Hygiene Society by Rupert Blue, Surgeon-General, thus giving it the greatest possible weight.

As will be seen by perusal of the foregoing telegram from Surgeon-General Blue, a tabulation of 1,000,000 of the first reports received from camp surgeons places Oregon in the lead with a rate of fifty-nine hundredths of one per cent (which means less than six men to the thousand), or, compared with another wire from him, this state's standing is but a fraction lower than 18 times ahead of the state with the highest per cent of infection, which was eight and nine-tenths per cent (eighty-nine men to the thousand).

This constitutes one of the grandest and proudest records of the whole war period and, great as has been this state's part in all patriotic endeavors, nothing could fill the hearts of its people with a higher degree of pride than the official acknowledgment from the National Capital that Oregon's men stood far and away above all others in clean manhood.

"That the work of the Oregon Social Hygiene Society, carried forward for but seven years, should produce such magnificent results, is a subject of the most gratifying kind to the entire Board," said Executive Secretary Cummins. "Every one of the men who have worked so hard to bring about the result regard this official notification from the Surgeon-General as a complete vindication of the program sought to be carried forward in this state. That the public will respond to sane, clear facts, rightly presented, is also demonstrated beyond doubt. Educators, who have assisted greatly in the work, may well feel that young men under their tutelage will absorb the benefit to be derived from information along physiological lines, rightly administered. Parents must now see plainly that their children should have the truth as to their physical beings and that, having this, untold good will result."

"Future generations, following, are bound to demonstrate the benefits of Oregon's clean manhood, as set forth officially," commented A. F. Fiegel, president of the Society. "This record cannot be overestimated. It is a glorious achievement."

"The full significance of the official announcement from Dr. Blue is difficult to grasp," said Adolph Wolfe, treasurer of the Society. "Dealing as it does with human life and morals, it is, in a larger sense, more important than many other achievements, not to detract one whit from any of them. At the outset, many good people doubted the ability of the Oregon Social Hygiene Society to accomplish worthwhile results. I think now, however, no further comment need be had. Surgeon-General Blue's telegram is sufficient."

Lieutenant-Colonel P. C. Field, division surgeon of the 91st Division at Camp Lewis, has officially credited the splendid record made by Oregon men to the educational work that has been and is being done by the Oregon Social Hygiene Society.

Little Things Cause Sunshine.

The sunshine of life is made up of very little beams that are bright all the time. To give up something, when giving up will prevent unhappiness; to yield, when persisting will chafe and fret others; to go a little around rather than come against another; to take an ill look or a cross word quietly, rather than resent or return it—these are the ways in which clouds and storms are kept off, and a pleasant and steady sunshine secured.—Aikin.

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ESTRAYED—One yearling steer. Color—light red; brand—small "W" and "bar" on right hip, no ear marks. Reward for information leading to recovery of same. W. H. Hull, Rt. 1, Grants Pass, phone 606-F-21. 38

Vastness of Mexico.
It cannot be reiterated too often that Mexico is a vast country. Mexico extends in length over two thousand miles, or is as long as from Iceland to Africa. It measures a thousand miles across the widest area. It is vast, it contains every climate from tropical to northern; it has huge mountains, some of the greatest volcanoes in the world; and some of the largest rivers are to be found in the south, although water is lacking in the north. The north is flat and hideous, the south beautiful and mountainous. Mexico produces every class of ore and every form of agriculture and some of the most picturesque and beautiful old Spanish towns in the world remain from the days when they were built by Cortez in 1519.

One cannot help being struck with the contrast between the two coasts. On the Pacific shore everything is dry; on the Gulf (Atlantic) everything is wet. A depth of eight or ten feet of soil is common.—From "Mexico," by Mrs. Alice Tweedie.

Arabian Table Customs.
"Whenever I visit San Francisco I dine with an Arab—a business acquaintance—and the members of his family," said Thomas Hartwell of Mexico City, in an interview at New York. "In their eating they still attempt to follow the customs of their country. At their table I tasted for the first time the most popular Arab dish, which is called pliaf. It is made of olive oil and a few nut kernels mixed with rice. My host's wife makes her own bread, which is baked in flat cakes an inch thick and compares very well with the baker's bread which the Americans use. The Arab is a dry eater and does not take his coffee with his repast. I find that my host and his family sip their coffee in small cups and regard it as a luxury. They still hold to the belief, in spite of the fact that they have lived in this country for several years, that those who do not make a noise with their lips in drinking coffee are illbred."

Portugal's Many Holidays.
Christmas day is not so generally observed as New Year's day. It has, moreover, only three different dates. The only country whose holidays reveal little of its political, racial or religious origin is Portugal. This is its calendar: January 1, dedicated to universal brotherhood; January 31, dedicated to the memory of all those who fought and died to establish the republic of Portugal; May 3, in memory of the discovery of Brazil by the Portuguese; June 10, municipal holiday at Oporto; October 5, the date of the establishment of the Portuguese republic; December 1, Flag day, to commemorate the independence of the country; December 25, family day.

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