## The American Iestion Coquill Poat No, 36 Alice Louise Shrode Tueday, January 4th <br> at Liberty Theater

## 






 $\therefore$ no


Welcomed by the Whole Pamily
 Grming end finit sminite netivation of hit or har mits.

 - mortion aircome


 The weltre of the
The veltre or each and ever one of ou th clowillilhted

 Wult eleaner soed, and iaprever conditionit all around for anuit grower, dairyman, twoek rebsen market zardener, and
Cale advantage of our clubbing ofter and get this big value , whaing matter.

O


PRISONERS OF REDS GO GRAZY
many of Captives Returned to Germany Are Sent to insane Asylums.

ITIER TOWIRD FITHERLINID
 5,000 Remon to huoter proten cump

yhmer thent mineo tuer
15



 Hion wo


Work in 1300















 2.25
 timud
 $=$
 6a. vale of tion temon metion tim
4. Individoul an

## garment maling.

2. Three training achools held when
2i leaders were trained to carry on
the sewing work the the home com-
to 6. Clothing surveys were made in
in 14 communittes to determine the sem.
ing needs of the women.
3. Three siris seming clube orgen. The proot and Nutrition Tork purpone of to brise braneh of the the women a bet ter ideen of foods best suited for the human body. hiso to bring the many
under nouriethed chidren up to nor-
mal weight. In a recent baby con-
 realize that the kind of food the child
eats has a very cloee relation to hin eats has a very clooes relation to his
physical condition. Hot lueches are
also estahlished whder this also established uhder this projeet
Work done:
Five communities placed study of Wrive communities placed study o
toode on women's clob programs. 2. Community kitchens were entab-
Tished during the "flu" epidemic it one codimunity.
4. Two communities have entab lished hot lauch in school, others are
making plans.
5. Gave demonstration of echool
lunches at teachers' institute for lunches at teachers' institute for
three daya; served 396 peolpe. Chree days; served 396 peoipe,
6. Conferences, with mothen on
child diet was held at four baby elinenid.
ies. Individual suggestions were git
en on diet. a on diot. Home Besutification
Beauty is a pert of lifo and hould
not be left out in the Farm home, either on the inside or in ite eemera surroundings. Boys and giris will
stay it the place attracts them. Work
donet
done: homes beautified (exterions.) to a greest extent upon the amount of rone the hosiewite must spend on the routine of the household. Nore time can be given to the enro of the tamilly.

ac woended, whop peosions are to
adenato to auply
them with food
 drive with cap to thad, begatiog or antror of or parte of maltorme, thele thet of of parts of yoltorng, and A party of Amorlcient wanting down

 REFUSE TO FAVOR RUUS REDS
 Bolte - Mie ans congrees efe ato ©o on mecord as tavoriag the notilet covernient of Ruests. Thery wio a hand cotert between Hollom ovirithe the and tiodependent sodee westes attededed the meeting 1,000 degates atteaned the meetige tion Fin and commercial cetabitithmentes,

1
veries to to cole yor to entablich

35 ,
Tap Premping by $x$-Ray.
 ahtan in in to pay to propare the porider ove th The copy metellte nate
 6 bloctis of 00 ohove meth it is mild en pormaged Hemblapoony around

to



