

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."

Baby Expert Preaches Greater Use Of Milk.

A milk bill and healthy children is cheaper than a doctor's bill and an underfed, under-nourished child. It would be cheaper to start right. So says Mrs. A. Bayley, of the Parents' Educational Bureau, Oregon Congress of Mothers, who has presided at the testing of thousands of babies. She finds the milkfed youngster of three or four years scores much higher than the child who has had little milk in his diet. Mrs. Bayley preaches a greater use of milk for young and old.

Dairy Commissioner Sees Encouraging Signs.

J. D. Mickle, State Dairy and Food Commissioner, stated recently that the dairy situation, in spite of high prices of feed and scarcity of labor, is not all gloom. Reports have come to him from various parts of the state showing that the housekeepers are beginning to see that they must pay more for milk than they did a few years ago. The dairymen are beginning to take heart, too, in some instances and are looking to the future when the cow of today will be worth much more money alive than she would now, slaughtered. And that future isn't so far off if the dairymen only continue to have courage and patience.

The wise man and the one who is far-seeing, is keeping his herds intact. True, he won't keep the old boarder who would just eat the food and bring no returns, but he is holding his good stock. The sensible housewife, too, must know a man can't feed and care

Letters from The Boys Who Have Gone to Make the World Safe for Democracy

Letters from Omar Akin to his mother and to his sister, Mrs. E. S. May, of Cedar Mills:

Somewhere in France, Sept. 19, 1918. Dear Mother:—I suppose that you think that I have forgotten you as I have not written for some time, but as we have been quite busy for the past month and expecting mail every day, I have been putting it off. We have not had any mail for over a month until yesterday and we all were over-

for cows, keep a first class dairy, and provide clean bottles and well paid deliverymen without some expense. The Oregon Dairy Council is doing much to get the situation straightened out. The exhibit at the state fair, the splendid cooperation of the Food Administration, the public schools, Oregon Agricultural College and the Bureau of Health, all help the educational work and are part of the great task of "keeping the home fires burning," which task includes the preservation of essential home industries and the health of the nation.

A farmer may slaughter his dairy herd in three hours but he could not replace it in three years.

stocked with letters.

We have been on two different parts of fronts since I last wrote to you. We are some globe-trotters, but we are now back of the lines. Don't know how long we will stay but think it is only for a short time. We have been having plenty of rain and it makes it disagreeable with the kind of work we do.

Every thing is fine with me. You must not worry about me. You will please excuse the short letters and write often for we are short of paper at times and other times we do not have time to write. But I will write when I can. We all expect to go home after a few more wallows at the Huns.

I am glad that you are still in good health. Goodbye, dear mother. Write soon. Your loving son, OMER AKIN, Bat. C, 148 F. A.

Dear Sister:—Because of the scarcity of paper and time, I will drop you a line along with mother's. I was glad to get your letters of July 23 and August 2, the first mail we have had for over a month.

Everything is going fine but the weather is against us for it has been raining for some time and doesn't look like it is going to stop soon.

We have been some busy the past month and are now back of the lines a short way and think we will get busy soon.

Things must be looking bad for Fritz these days and I don't think that he can see any other way than to quit soon.

The pictures of the kiddies are fine, but I do not understand the tall one on the end. He must be quite a man by now. I expect to see them before long, for we are going after things over here with zip.

Excuse this short note. Will tell you all about it when I see you. Write soon and I will write as often as I can, which may not be as often as I should. Goodbye. Your brother, OMER AKIN.

"Fat" Duncanson Now in Navy.

The following letter to the Times, dated at Ketchikan, Alaska, October 21, may interest the friends of "Fat" Duncanson, at one time operator on the third tick at the S. P. depot. As the paper conservation rules do not permit us to send free copies, we suggest that some of his friends here mail him a copy of this issue.

"Don't know whether you remember me or not. I used to be the Southern Pacific station not so long ago. I was mostly known by the name of "Fat." I suppose my friends at Beaverton wonder where I am. If you have lots of space, you might let them know through your paper. I'm in the Navy as a wireless operator and am stationed at the Navy wireless station here at Ketchikan, Alaska. Hope this finds Beaverton intact and all mulling together. As ever, (Fat) O. E. DUNCANSON."

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