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THURSDAY, MAY 20, 1918.

DRAFT REGISTRATION.

Wednesday, June 5, is a date of great importance to every man in the United States who has attained the age of 21 years since registration day on June 5, one year ago.

For on this coming June 5 will be held another registration day, on which every man who has passed his 21st birthday since last June 5 must register with his local draft board.

This applies to non-citizens as well as citizens. No man who comes within the age limit is exempted from registering, unless he is already in the military or naval service of the United States.

And men 21 years old who for any reason have been discharged from the military or naval service must register on June 5.

The registration will be conducted by the local draft boards throughout the United States. Each draft board is required to post publicly the location of its registration place, and men 21 years old must present themselves there on June 5 for registration.

The registration places will open on

registration day at 7 o'clock in the morning, and will be open until 9 o'clock that night.

No excuse will be accepted for failure to register. The burden of informing himself of the time and place for registration is by law placed on the registrant himself. Failure to register is punishable by imprisonment up to one year in jail.

Attempts to evade registration will bring disaster to the evader. All city, county, state and United States peace officers have been specifically directed to assist in bringing about a complete registration of men 21 years old, and to examine the registration lists and report immediately to the federal authorities the names of any persons liable to registration known by them to have failed to register.

Men who are too ill to appear at the registration place in person must send some competent person to the local board to obtain a registration card with authority to fill it out. This card when filled must be mailed or taken in person to the local board in time to be filed on registration day, June 5.

Provision is also made for reistration by mail of men 21 years old who will unavoidably be absent from their home jurisdictions on registration day.

All such persons should proceed immediately, without waiting for registration day, to the local board nearest to the place in which they happen to be, and have their registration card made out by this board.

The card must then be mailed by the registrant, together with a self addressed and stamped envelope for return of a registration certificate, to the registrant's own local board.

As this registration card must reach the local board by June 5, men 21 years old who will be absent from their home jurisdiction on June 5 should make haste now to have their registration cards filled out so they can mail the cards without delay to the proper board.

Descriptive Letter From a Soldier.

Aix le' Bains, France, April 7, 1918.

I am on my furlough at last and permitted to write more and tell where I am. Left the camp April second and stopped a few hours in Dijon, left there at 2 a. m. The train was very crowded and I for one had to crawl in the window of a third class coach, there was barely room enough to stand in the aisle, even then. There were only twelve of us Americans and the rest were French, both civil and military. Some of them went to sleep and sat down on the floor and when anyone wanted to get off they just walked over them. One of our boys climbed over a Frenchman's head and got in the rack over the seats where our luggage should have been, but we didn't have any. We stopped at Lyon at 10 a. m. and spent the day and night there. Lyon is the second largest city in France and was one of the greatest silk manufacturing cities. It is a nice city and there are two rivers flowing through it, the Lyon and Saon, and numerous bridges of stone and concrete crossing them. Three of us went upon the Heights above the city, (via cable car) and went through the Catholic church, a very remarkable building with a thousand candles burning, and people coming in and crossing themselves after dipping their fingers in the Holy water. They say, "When in Rome do as the Romans do", so I crossed myself. It made me think of when I was a kid and someone doubted my word and I would "Cross my heart and hope to die, if it isn't so"—Remember? Well to a real American this is about as absurd, but it is a wonderful building. Then we went up in a steel tower, on an elevator, and had a wonderful panoramic view of the city and surrounding country, it was simply magnificent.

We also climbed the tower into what we would call the court house or city hall. Up and up around a narrow spiral staircase, then to get in the top, we would climb a ladder, pull it up after us and repeat for three stories. One of the boys almost had heart failure when we were directly beneath the great bells. They struck the quarter hour and he thought a German bomb had hit the tower. The works of the clock itself cover 6x9 feet. There were a number of bells some as large as six feet across. They sound very pretty at a distance but in that dark and quiet old tower they make a very awesome noise. I thought of the stories we have read about them, and could very well imagine it. My knowledge of French wasn't great enough to thoroughly understand all the man told me of the history of the place, but it had something to do with prisoners and that the building was constructed in the fourteenth century. We left Lyon the following morning at seven. This time we had good seats and enjoyed the trip fine. Went up to Bellegarde near the Swiss border where there was beautiful scenery. We came back to this place in the afternoon. This is "Aix le' Bains", a very famous resort for the wealthy class all over the world. It is situated in the French Alps, at the foot of Mt. Revard on Sac Borget, a large and beautiful lake up in the mountains. The railroad follows the shore of the lake and there are tunnels through the cliffs where they come down to the waters edge, and now I want to apologize to the French railroads for what I have said about them for this is the first real railroad I have been over since arriving here last fall. They have large engines which are capable of making very good time also pulling some 20 to 30 coaches, very unlike the dinky little ones we have traveled on for a few hundred miles. Previously to the war Aix le' Bains was the second "Monte Carlo" and one of the greatest gambling resorts in the world. Right here where I am writing in Le Grande Cercle, or as we call it, the Casino, a magnificent building costing over a million dollars and it was built especially for gambling. It has a library, conference room, rest room, and a billiard room where we play billiards now. We drink chocolate over the same bar they used to serve champagne and the costliest wines over. We see the best shows and hear the best music in the same theater that once nobody but the wealthiest attended. The building is finished beautifully within and without, surrounded by grounds covered with trees and shrubbery of varied descriptions and in one corner is a grotto or cave, made of stone and concrete, that is so natural that it deceives a great many, and what a change than before the war where nothing but the highest priced tailored suits and Parisian gowns might have been seen, and now is the uniform of the Y. M. C. A. and the U. S. Army. The U. S. government has practically taken over the city, which as a resort contains mostly cafes, restaurants and first class hotels, with scores of people catering to the wishes of the tourists. We are staying in the

best hotels and I was lucky enough to get one of the very best, the hotel, De L' Europe, have my shoes shined every morning, and breakfast in bed, if so inclined, a private bathroom, in fact everything that goes with the best hotels. I will add however that I have no valet and still dress myself. I am allowed exactly seven days rest like this every four months and the time coming and going isn't counted. All the expenses are paid by the U. S. government, now this isn't as unreasonable as it may sound, all these hotels are here and the only patrons they have is soldiers. Of course the government get very reduced rates and a soldier can have a vacation here for fifty dollars what would have cost at least five hundred dollars at one time. The Y. M. C. A. is doing wonderful work. We see the best theatres for from one to two francs (18 to 35c), and automobile trips, back, bicycles, on foot or boat riding. A cog railroad crawls to the top of Mt. Revard, we were up and had a grand view, saw Mt. Blanc and saw several other Alpine mountains of France, Italy and Switzerland, there was some snow left on Mt. Revard yet but flowers were growing near the drifts. We went down to the Gorge Du' Sierroz, a gorge of exceptional beauty, taken some pictures but it was cloudy, have a very hard time to get films here. Have met some wonderful people of all kinds, rich society workers, actresses and amateur benefit dancers, both from America and England. Was invited out to tea and a dance and had personal talks with ladies both young and some that were not so young, the reason I state it this way is that one lady said she didn't like to be called old. There is no distinction made between rich and poor, officers and privates, all are treated alike and stay at the hotels and eat the same food. Loie Fuller, the famous dancer a few years ago, is here with three young ladies from England. She is going to America soon to tour the country and meet the folks and friends of the boys here. She says she wants to write a letter home and let her take them and read them to the people over there. I think its a grand idea. I had quite a talk with her about the Columbia River country and of course we think it is just as grand as this. She told me about a castle that was to be built on the Washington side and a bridge across the Columbia connecting the Columbia Highway. I presume this will be news there as she said it wasn't published yet. There are other names that might be mentioned but I imagine they don't care to have their names brought in, I have certainly changed my mind about at least some society people I have known of. They are doing all they can here. I could write all day and night just like this but I am sure its too much

to expect of me, isn't it? May write some more before leaving.

It is the same in the army as always—not much time—too much doing. I will start back from here April 12th, and from a gentleman of leisure I will become once more a common American soldier, and I think, if possible, a better one than when I came here. We have put in some hardships and worked hard but I have never regretted the day I enlisted with the U. S. Army, the grandest army on earth.

With love and best wishes to all.

Frank K. Lightfoot,
Co. F. Det. 2nd Bn. 20th Engineers,
A. P. O. 712 A. E. F.

USE POTATOES

INSTEAD OF BREAD

Bread Must Be Saved—Potatoes Contain the Same Nutrient.

How many potatoes are you eating? This is a question the Food Administration wants every loyal American to ask himself or herself. Strange as it may seem, the eating of potatoes at this time is a practical war service, according to a recent Food Administration bulletin, which points out that this nation now has a large potato surplus on hand and that this valuable food, unless eaten within the next two months, will be lost through sprouting and rotting. By eating of potatoes liberally, every family can save a substantial amount of other food, particularly of wheat. By eating up the surplus of potatoes the nation will also prevent serious loss to the potato producer, who needs to be encouraged to grow maximum crops during the coming year.

Domestic science experts have figured that: One ordinary baked potato equals in nourishment one thick slice of wheat bread.

"Potatoes at one and one-half to two cents a pound have more food value than bread at ten cents a loaf.

"Potatoes are healthful. They improve the general tone of the system by their wholesome action on the digestive organs. They are easiest on the stomach of all vegetable foods. They are easy on the kidneys because of the minimum of nitrogen they contain. They are easy on the intestines because of the tenderness and small proportion of their cellulose and the fine division of starch.

"Potatoes are valuable in the diet of the sick. They can be eaten with benefit by people suffering from dyspepsia, anemia, diabetes, Bright's disease, cardiac affections, intestinal troubles, constipation, hyperacidity, arthritis, gout, liver complaints, etc.

"Always serve potatoes with meat," concludes the Food Administration bulletin. "Never serve bread and potatoes."

The Niagara Insurance Co. is represented in Cloverdale by Frank Taylor. See him about your insurance.

STRETCHING PARIS TO MEET THE NEEDS OF FRANCE

THE RED CROSS HAS HELPED WHERE GOVERNMENTS WERE HELPLESS.

The avalanche of refugees that swept into Paris from the north of France had been the despair of the civil authorities. These homeless, stunned people were a new responsibility to be added to the thousands of wounded men that came steadily from the shambles of the west front.

Paris is an old city. It was not ready to take in its neighbors' children. Its population was already a tight fit. So it made the best of its poor hospitality by offering up its garrets. New building construction seemed impossible. Men were scarce. The mechanic was either manning the trenches or fighting the fight in the war factories. Paris was distracted.

It is wonderful indeed how nobly Paris tried to meet this condition. And it is remarkable how Paris met it with the aid of our own Red Cross. Unhampered by red tape or precedent, our Red Cross put on overalls and jumper, carried the hod, became architect, engineer and contractor and went into the building of homes. Here was a church lot that lay vacant; here an unfinished hospital; there a worn out

building, all of which in a fortnight were started on their way toward new apartments, rooms and sleeping wards.

We here at home who associate the great Red Cross movement with bandages and white gowned nurses must lose this old illusion in the light of a thousand other works for humanity.

In this case we see the Red Cross first as diplomats convincing the civil authorities of Paris as to their ability to remedy the situation, then as architects remodeling buildings, changing building plans, hiring labor gathered by themselves from the ex-soldiers and the older man, all the while working under every imaginable handicap, while Father Time cried, "Get it done, get it done."

So out of the garrets came these despairing people to find new hope in clean homes, to get new cheer out of sheer bodily comfort and fresh courage to again take up the great trust that France has kept so well—"to carry on." It is not strange that our French brothers believe in your own Red Cross just a little more than you do. But should this be?

Dr. E. L. Glaisyer
VETERINARIAN
County Dairy Inspector

Telephone Main 3—and Mutual.

Tillamook, Oregon

Quality Counts

In ever line of Merchandise, but none more especially than in

HARDWARE

Our large stock is in every instance the best that can be had and our aim will be to keep the high standard up.

Builders' Hardware,
Tools
Shelf and Heavy Hardware
Stoves, Ranges, Farm and Garden Tools

And everything usually kept in a first-class hardware store, and all goods are of the best quality.

Alex McNair & Co., Tillamook, Ore.