

HOME READING COURSE FOR CITIZEN SOLDIERS

This course of thirty daily lessons is offered to the men selected for service in the National Army as a practical help in getting started in the right way. It is informal in tone and does not attempt to give binding rules and directions. These are contained in the various manuals and regulations of the United States Army, to which this course is merely introductory.

Lesson No. 4.

Getting Ready for Camp
Preceding Lessons: 1. Your Post of Honor, 2. Making Good as a Soldier, 3. Nine Soldierly Qualities.

Your real training for your duties as a soldier will begin after you and your comrades are assembled at the training camps. However, there are a few simple things you can do during the next few weeks which will be of decided value in getting you started along the right lines.

The simplest thing, and perhaps the most useful of all, is begin at once to practice correct habits of standing and walking. Even in civilian life a man's reputation in his community—yes, and for that matter his own self-respect—is determined to a surprising extent by his bearing. The man who slouches feels like a slouch. The man who holds his head up faces the world with confidence and courage.

If this is true in civilian life, it is ten times more true in military life. For a soldier must always be strongly marked by his snap, his precision, and his vigor. He can not have these traits unless he carries himself like a soldier.

The Bearing of a Soldier

Few people without military training have a correct idea of what is meant by the position and the bearing of a soldier. They are apt to imagine that it means a strut or an extremely strained attitude. Or, more frequently, they think that the term can properly be applied to erect position. The truth of the case, however, is that there is a definite procedure to follow in order to place yourself in what is known in the army as "the position of a soldier," it is the position which the dismounted soldier always assumes at the command "Attention," except as it may be slightly modified to enable him to carry properly any arms he may have in his hands.

It will be well for you to memorize paragraph 51 of the Infantry Drill Regulations, which gives the complete and accurate description of the position of the soldier. This paragraph is slightly paraphrased and simplified in the description following. Keep in mind that there are ten elements which must be properly adjusted to each other, and check yourself up to see that each one of them is properly placed.

1. Feet—on the same line and as near each other as possible; most men would be able to stand with heels touching each other.

2. Feet—turned out equally and forming an angle of about 45 degrees.

3. Knees—straight without stiffness.

4. Hips—level and drawn back slightly; body erect and resting equally on hips.

5. Chest—lifted and arched.

6. Shoulders—square and falling equally.

8. Hands—hanging naturally, thumb along the seam of the trousers.

9. Head—erect and squarely to the front; chin drawn in so that axis of head and neck is vertical (means that a straight line drawn through the center of head and neck should be vertically eyes straight to the front).

10. Entire Body—weight of body resting equally upon the heels and balls of the feet.

Note especially that you are not required to stand in a strained attitude. You are to be alert but not tense.

One of the very best things you can do today is to spend fifteen minutes practicing this position, getting it right. Keep this up every day until you report at camp. In the army as in every day life, first impressions are important. The first impression you make on your officers and fellows will depend, more than you probably realize, on the manner in which you stand and walk.

Making Yourself "Fit"

If you can devote part of your time between now and the opening of camp to physical exercise you are fortunate and should by all means take advantage of every opportunity. Climbing, jumping, gymnastic exercises, all kinds of competitive games, swimming, rowing, boxing, wrestling, and running are all recommended as excellent methods of developing the skill, strength, endurance, grace, courage and self-restraint that every soldier needs.

There are some simple rules of eating and living which all of us should follow regularly. They will be especially helpful to you if you put them into practice in preparing for camp life.

Perhaps the most important of these rules is to use no alcohol of any kind.

If you have been in the habit of smoking immoderately, cut down; get your wind, your nerves and your digestion into the best possible condition.

Eat and drink moderately. Chew your food well. It is advisable, however, to drink a great deal of cool (not cold) water between meals. Don't eat between meals.

Keep away from soda fountains and soft drink stands. Learn to enjoy simple, nourishing food.

Accustom yourself to regular hours for sleeping, eating and the morning functions.

Don't "take a last fling." It may land you in the hospital. At the best, it will probably bring you into camp in an unfit condition to take up your new duties with profit and enjoyment. There are strenuous days ahead of you and it will be good sense on your part to make reasonable preparation for them.

Look Forward With Confidence.

You will find nothing required of you in the army that is beyond the powers of the present-day American. You will see clearly ahead of you, after you have read this course, the path which you are to follow. Look forward with confidence. Enter the service with the firm determination of doing your best at all times, of playing square with your superiors, your associates, and yourself, and of taking care always of your assigned duties whatever may happen.

You will find that everyone else will treat you with courtesy and fairness—for that is the inflexible rule of the army. Out of that rule grows the comradeship and the attractiveness, even in the face of all dangers and hardships, that are characteristic of American army life.

SEA GULLS AS AID AGAINST SUBMARINES

(By United Press)

Washington, August 15.—He was an earnest inventor and the August heat hadn't gone to his head, either, he said.

He wanted to help his country, and suggested this means of killing the U-boat.

"Prevent all merchant ships from straggling garbage on the ocean. Then the sea-gulls wouldn't trail the ships. Then take some tame U. S. submarines, and throw food out from them to the gulls. Very simple. Gulls learn to associate periscope of submarines with food. Follow submarines. German U-boat pops up its periscope, while gulls circle for food. Destroyed notes gulls, knows they mean periscope. Kills U-boat.

The U-boats still gather their toll.

CITY NEWS

Accepts Position—

Miss Beatrice Sanders has accepted a position as bookkeeper in Barker's hardware store on First street.

Left for Detroit—

Mr. and Mrs. W. H. Holman left yesterday for Detroit where they will spend a two-weeks' vacation.

Girl Breaks Arm—

Leila, the little daughter of Mr. and Mrs. S. E. Watson, fell from a ladder Tuesday and broke her arm. She was placed under the care of Dr. B. R. Wallace, who set the break.

Operation at St. Mary's—

Mrs. F. J. Felsner, wife of a prominent farmer residing six miles southeast of the city, was operated on for gall stone yesterday by Dr. B. R. Wallace at St. Mary's hospital.

Fire in Rubbish—

The fire department was called out Tuesday evening to control a blaze in a pile of rubbish at the foot of Montgomery street. A large amount of smoke was made, but no damage done. The fire was a benefit rather than a damage-maker, it is said.

CARD OF THANKS

The members of the family of the late George W. Richards take this means of expressing their thanks to their friends of their acts of kindness in the bereavement of their late husband and father.

MRS. GEO. W. RICHARDS
AND CHILDREN

HAMILTONS' Second Blue Bird Flyers



Something New! Something Different!

Only values of a most unusual nature will be advertised under this heading

Hereafter, instead of advertising them under such hackneyed, stereotyped headings, "A Special Purchase," "A Clean-Up," and the like (these headings themselves are not bad but they have been misused so much that they have lost their value) they will be advertised under this new heading:

The Blue Bird Series

Every item here advertised must be something unusual. Ordinary values will not be allowed to come under this heading. In short, if you see an article advertised here, it's unusual. Here are Blue Birds for this

FRIDAY and SATURDAY WATCH THEM FLY

Groceries
Watermelons, Fresh and Ripe,
1½ lb.

SUGAR Best Cane, 11 lbs. for \$1.00

ROLLED OATS, Golden Rod, large 40c pkg. with premium, while they last 29c

BUTTER, Fresh Churned No. 1 Creamery, roll 87c

CLEANSER, Sunbrite, 5 cans for 19c

ECONOMY JAR CAPS Per dozen 20c

WASH GOODS
8 Bolts of 36-inch and 38-inch white Voiles and Marquisettes in latest white stripes and checks, 39c

'Tis true they won't last long at this price. They will soon fly away. Cage your share and be happy.

HAMILTONS'

SECRETARIES FOR SAMMIES

By George Martin, United Press Staff Correspondent

Washington, August 15.—Every Sammy in France will have a secretary to write letters to his folks if he is too maddly wounded or too busy swatting the Boches to do it himself. Adjutant General McCain has arranged the same secretariat system for the first 687,000 draft Sammies in cantonment camps in this country this fall. And for the militiamen, likewise.

"Our plan to enable friends and relatives of American soldiers to get prompt information as to their welfare," said General McCain today, "will require, for every million men, about 1,200 officers, enlisted men and field clerks."

World headquarters for this organization, which is already at work, will be in the State, War and Navy building in Washington. It is known officially as "The Statistical Division."

In addition to writing letters and postcards, the duties of members of the division will include:

Gathering information concerning individuals at general, divisional, regimental and company headquarters, field and base hospitals, ports of embarkation and camps in this country where troops are mobilized and trained.

Handling inquiries concerning prisoners of war, both German prisoners in America and American prisoners in Germany.

A big training school for these Sammies' secretaries has been established at the War Department and is in operation now. Officers of the division are being selected from the officers' training camps and will be sent to France and to places in this country as soon as trained.

"Every company of American soldiers, everywhere," said General McCain, "will be accompanied by one or more of these men regularly stationed with it and part of whose job will be to know every man in the company."

"This man will report to the regimental Statistical Division which will be specially charged with the preparation and forwarding of casualty lists and data as to wounded and seriously ill."

"Information to all civilians accredited with the army."

"The organization will finally be completed by having a regimental section with each regiment. This will be in charge of the regular adjutant, assisted by the chaplain."

General McCain wishes all Sammies, their relatives and friends to make full use of this secretariat division. Word can be gotten rather, he feels, more expeditiously by the Sammies, through one of the division's form postcards than by any other means except expensive cable.

These postcards are official and do not have to be delayed for censoring. If unable to write himself, his statistical field secretary will gladly do it for the Sammy.

Ex-Gov. West Here—

Ex-Governor Oswald West was in the city yesterday on business in connection with the Home Telephone Co. of Portland, of which he is receiver.

Portland People Visit—

Mr. and Mrs. Merrill Eastham of Portland, stopped in the city yesterday on their way from a trip to Crater Lake.

er Lake. Mr. Eastham is connected with the Northwestern National Bank.

Here on Business—Mrs. Raymond Burkhardt and son, Max, of near Lebanon, were in Albany yesterday on business.

WHEN answering Classified ads, please mention the Democrat.

TIME TO PAINT

Now is the time to paint your buildings: We are closing out some of Patton's Sun Proof Paints.

Gallons to close out for	\$2.75
Quarts to close out	75c
Porch Paint	85c qt., \$1.55 1-2 gal., \$2.95 gallons
Floor Paint	85c qt., \$1.50 1-2 gal., \$2.85 gallons
Auto Gloss, the Best Automobile Paint	\$1.25 quart
Furniture Varnish	55c pint, 90c quart
1 inch Paint Brushes	10c each
1 1-2 inch Paint Brushes	15c each
2 inch Paint Brushes	25c each

Woodworth Drug Co.

Jetney Service Both Phones 25

Good Fishing Detroit Branch

SPECIAL TRAIN SUN., AUG. 19.

A Special Train will leave Detroit on Sunday, August 19th, at 3:40 p. m., arriving in Albany at 6:45 p. m., stopping at all points enroute. This will enable fishermen to leave Albany Saturday, returning Sunday.

WEEK-END FARES

apply from Albany to points on Detroit branch. Can be purchased Saturday.

Ask you local agent for particulars.
JOHN M. SCOTT, General Passenger Agent

Southern Pacific Lines

Electric
Ranges
Are
Clean
Safe
Reliable



Electric
Ranges
Are
Sanitary
Durable
Efficient

"When I get back My Dinner will be ready to serve"

An Electric Range Is a Thing of Beauty

Something every woman admires and wants in her kitchen but not for beauty alone. Because electric ranges employ no open flame for heat—they are clean and safe. Because they are clean they are sanitary. Because they are not subject to the whims of dampers and drafts and flues they are reliable. More than all else—modern housewives prefer and use electric ranges because they are economical and produce superior results with less trouble. Ask about the new cooking and heating rate—and decide to take advantage of the low price time payment offer before it expires.

Electric Ranges Low Prices Time Payments

OREGON POWER COMPANY
Both Phones 15 306 W. Second St.

No Other Fireless Cook Stove LIKE THIS

Roasts
Bakes
Steams



Stews
Fries
Boils

The "IDEAL" Fireless Cook Stove

An automatic maid that never grows tired, or careless—never burns the food, never wants a day out, never leaves you, demands no wages—that relieves you, of more than half of your kitchen work, saves-four-fifths of your fuel bill and cooks the most delicious meals you ever tasted.

We will be glad to Demonstrate the many Advantages to You.

Fortmiller Furniture Co.