

HOME READING COURSE FOR CITIZEN SOLDIERS

This course of thirty daily lessons is offered to the men select 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. 6

Cleanliness in Camp

(Preceding Lessons: 1. Your Post of Honor. 2. Making Good as a Soldier. 3. Nine Qualities of a Soldier. 4. Getting Ready for Camp. 5. First Days in Camp.)

When large numbers of men are assembled in camp it is necessary for the good of all that strict rules of personal conduct and sanitation should be enforced. These rules are by no means a hardship. They are a protection. By insisting on strict obedience to these rules, the diseases which once took so heavy a toll in nearly all military camps have been brought under control, some have been practically eliminated.

Suppose you were asked to make a choice, either to live under conditions in which small pox, typhoid fever, diarrhea, dysentery and cholera flourish, or to live under strict regulations, which make these diseases far more of a rarity in military than in civil life. Your good sense would lead you to choose the latter. Bear this in mind. See to it that you cooperate with enthusiasm in the measures that will be taken to keep your camps clean, comfortable and healthful.

One of the pests of camp life, if perfect cleanliness is not observed, is the presence of swarms of flies. Flies are not merely annoying. They are dangerous. Somebody has said, with perhaps a slight exaggeration, that to soldiers they are more dangerous than bullets. This is because flies carry disease germs. They feed on manure, garbage, uncovered food, human excreta and the like. They also lay their eggs wherever refuse of the same kind is found. The best way to keep flies away from camp is to destroy the places where they breed and feed; in other words, keep the camp spotlessly clean.

For this reason the daily "polishing" (or cleaning up) of the camp is a matter of first importance. You will be required to keep your company street free from even small objects, bits of food, and the like, which might attract flies or other insects. At least once a day a squad will be detailed to inspect and clean every square foot of space in or near your living quarters. This is a duty which an experienced soldier usually performs with more interest and thoroughness than the raw recruit; for he more clearly realizes its importance.

The best safeguards against disease, either in the army or out of it, are soap and sunshine. You will be required to keep everything in the camp well scrubbed and well aired. If

it were not required, you would doubtless be anxious to do it, anyway.

The good soldier is almost "fussy" in the care of his person, his clothing, his bedding and his other belongings. Personal cleanliness includes using only your own linen, toilet articles, cup and mess kit. Many annoying skin troubles and such diseases as colds and infectious fevers are often passed from one person to others by using articles in common.

In the training camp there will be plenty of shower baths, and you will of course, make free use of them. If in temporary camps or at any other time you cannot obtain a bath, give yourself a good stiff rub with a dry towel. Twice a week, or oftener if necessary, your shirts, drawers and socks should be washed and fresh underclothes put on. In case it is necessary to sleep in your underwear, as it probably will be, put one aside to wear at night, so that you will always feel fresh and clean in the morning.

The scalp should be thoroughly cleaned about as frequently as the rest of the body. This will be made easier if you keep your hair cut short. The teeth should be brushed at least once a day; twice a day is better. Neglecting this practice will cause decay of the teeth, resulting in failure to chew food thoroughly and probably ending in stomach troubles.

Cleanliness includes also the practice of emptying your bowels at least once a day. Get into the habit of doing this at a certain time each morning. It is a habit that can be cultivated, just like any other habit. Do not let a little personal inconvenience or laziness stand in the way.

The Medical Corps of the army and your own officers will use every means within their power to safeguard and improve your general health. Within recent years better methods of medical supervision have greatly reduced the losses and the disabilities due to warfare.

The increased power of weapons has been more than met by increased efficiency in maintaining the health of troops and in caring for those who are wounded.

But the responsibility for keeping yourself in good health can not rest wholly upon your officers. Just as in civil life, you are expected to use a reasonable amount of good sense in looking after yourself. You will do this partly because it adds to your own comfort and safety. You will take care of yourself, also, because it is a duty that every soldier owes to the country.

You will have plenty of fresh air, exercise and good food, which are after all the chief essentials of good health. It should be a comparatively easy thing for you to look after the smaller things.

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SOCIETY

Mae Tillman
Society Editor

Bryant's Park was the scene of a jolly picnic crowd on Wednesday, when about fifteen young folks enjoyed supper together, followed by a marshmallow roast. Games and singing made up the latter part of the evening's pleasure. Those present were Misses Helen Solomon, the chaperon, Violet Manning, Helen Nebelgall, Alta Brown, Norma Blanche, Mary Walker, Charlotte Solomon, Messrs Harold Watrous, Lyman Palmer, Harvey Beauchamp, Martin Lennon and Buford Morris.

The employees of the First National Bank enjoyed a splendid time on Tuesday, when they held their annual picnic in a pretty grove about five miles out on the Corvallis road. Various games were played, followed by a bountiful supper. Those who had the privilege of attending were Mr. and Mrs. O. A. Archibald, Mr. and Mrs. J. C. Irvine, Mr. and Mrs. Ralph McKelvie, Mr. and Mrs. Gustav Abraham, Mr. and Mrs. Clyde Williamson, Mr. A. C. Schmitt, Harold Irvine, Elliott Irvine, Miss Minnie Heinrich, Miss Oliver (Amity, Ore.), Miss Pauline Burch, Mr. Hiram Torbet and Mr. Daniel Brennerman.

The Loyal Daughters of the Christian church enjoyed a picnic supper, followed by a short business session Wednesday night in Bryant's Park. The members present included the Misses Louise Dannels, Dolores Chinner, Vera Brown, Grace Austin, Gertrude Bilyeu, Hazel Smith, Rev. and Mrs. Lloyd Morgan, Miss Armo Smith was a guest.

On Wednesday morning in the parsonage of the Christian church, Miss Ruth Porter was united in marriage to Mr. Cletus Curry, the Rev. Lloyd Morgan officiating. The newlyweds will make their home in this city.

Last Sunday morning Mr. and Mrs. Grant Pirtle were hosts at breakfast at the St. Charles, in compliment to Mr. and Mrs. S. E. Watson, who leave in a few days for Seattle, Wash.

Additional covers were laid for Mr. and Mrs. L. H. Fish, Mr. and Mrs. R. A. B. Veal and Dr. and Mrs. A. J. Hodges.

Miss Wilma Jenkins entertained at a weenie roast on Wednesday, complimenting her cousin, Miss Irene Kendall. The affair was held in Bryant's Park and was attended by a jolly crowd. Those present were Misses Irene Kendall, Reta Medin, Ianthie Smith, Thelma Burnett, Messrs Elwood Anderson, Royal Archibald, Irvine, Roy Harris, Vernon Henderson, and Floyd Chandler. Mrs. Glen Jenkins chaperoned the party.

Mr. and Mrs. Earl Sears of Lebanon, and Mr. and Mrs. Leonard Hurst of the city returned the first of the week after a delightful automobile trip to Crater Lake.

Mrs. E. J. Knapp was hostess on Thursday for the members of the New Idea Club. The afternoon was pleasantly passed in fancy work and conversation, followed by choice refreshments. It was decided to hold a special meeting of the club on August 23 at the home of Mrs. John Carnegie.

A most pleasant afternoon was passed by the members of the Blue Flower Club of Grace Presbyterian church, on Tuesday, when they met at the home of Miss Amy Ross on East Fifth street, for their regular monthly social. During the afternoon delicious refreshments were served by the hostess.

Last Sunday Dr. and Mrs. A. J. Hodges entertained at dinner, in honor of Mr. and Mrs. S. E. Watson, who leave soon for their new home in Seattle, Washington. Seated around the attractively decorated table were Mr. Watson, Mrs. Watson, Lelia Watson, Buster Fish, Miss Genevieve Watson of Jefferson, and the hosts.

In compliment to Mr. and Mrs. Watson, Mr. and Mrs. L. H. Fish presided over a pretty dinner party on Wednesday, when their guests included Mr. and Mrs. J. D. Summers, Mr. and Mrs. Watson, Dr. and Mrs. A. J. Hodges, Miss Carolyn Wright, Buster Fish and Lelia Watson.

Another affair in honor of the Watson family was the dinner party given Thursday with Mr. and Mrs. J. D. Summers as hosts. Covers were laid for Dr. and Mrs. Hodges, Mr. and Mrs. Fish, Mr. and Mrs. Watson, Lelia Watson, Buster Fish and Mr. and Mrs. Summers.

Mr. and Mrs. S. E. Watson were the guests of honor at a dancing and card party last Monday night at the home of Mrs. Clara Hand. "500" was the game played during the evening for those who did not care to dance. At a late hour light refreshments were served. The guest list included Messrs. and Mesdames S. E. Watson, O. D. Austin, Grant Pirtle, L. H. Fish, Walton Worrell, R. A. B. Veal, J. D. Summers, Dr. and Mrs. A. J. Hodges and Mrs. C. H. Wieder.

Mrs. Hazel Hockensmith-Ewing and Miss Enlah Hand entertained the members of the Queen Esther Circle of the Methodist church on Wednesday in the church. A feature of the evening was a surprise Miscellaneous shower given Mrs. Ewing by the members of the society. She received many dainty and useful articles. A dainty repast rounded out the evening's pleasure.

The Rural Ladies Club met Thursday with Mrs. Mervyl Looney, at her home on the Tangent road. Fancy

work and music were very much enjoyed during the afternoon and at the close, a dainty lunch was served. The members present included Mesdames Barber Allen, Shirley, May, Urber Schrode, Pike, School, Virgil Looney, Misses Florence Ralston, Mildred Allen, Gladys May and Norah Ashton.

Mrs. Oliver o-fAmity, is the house guest of Mrs. Gustav Abraham this week.

Mr. and Mrs. Joseph Guth and Mrs. Carl Fuchs returned to Sacramento, Calif., after a few weeks' visit with their daughter and sister, Mrs. C. B. Essex.

Beulah Rebeckah lodge held its regular meeting last night. After a short business session the lodge closed and an open meeting was followed with singing patriotic songs and sociable repartee. The lodge was delightfully surprised by a delicious watermelon treat. There was a good attendance all enjoying a delightful evening.

The Pythian Sisters entertained their husbands and members of their families last Tuesday night in Hackleman's grove. A cafeteria supper was served at 6:30, after which games and music were the diversions of the evening.

Miss Cecil Sawyer of Brownsville, will be married tomorrow to Mr. Dal M. King. Miss Sawyer is a University of Oregon girl, and quite popular in her set. Mr. King attended the University of Oregon also, and is employed by the railroad.

The Willing Workers, composed of young ladies of Miss Beatrice Sanders' Sunday school class of the First Presbyterian church held a picnic in Bryant's Park today. Games were played and the girls enjoyed a pleasant time together.

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