

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. 8.

Marching and Care of Feet

(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. 6. Cleanliness in Camp. 7. Your Health.)

The new soldier seldom understands how important it is for him to learn to march and develop his muscles so that he can easily carry his arms and equipment. "Marching constitutes the principal occupation of troops in campaign" (Infantry Drill Regulations, paragraph 623.) Modern trench warfare in Europe has for the time being reduced the amount of marching required in campaign; yet it remains just as important an element in the soldier's training as it ever was.

In order to march for long distances the soldier's feet must be in good condition. As has been aptly remarked, "the infantryman's feet are his means of transportation." Special attention should be paid to the fitting of shoes and the care of the feet. Marching shoes should be quite a little larger than shoes for ordinary wear. "Sores and blisters on the feet should be promptly dressed during halts. At the end of the march feet should be bathed and dressed; the socks, and if practicable the shoes, should be changed." (Infantry Drill Regulations, paragraph 627.)

You will learn in time the practical rules for taking care of your feet that are followed by experienced soldiers. You will avoid considerable discomfort, however, if you learn some of these rules now and put them into practice from the very beginning.

1. See that your shoes are large enough. They will at first look and unnecessarily loose. This is needed because it has been found that feet swell and lengthen on marches, especially when carrying packs. But shoes fitted this way will give you no corns, bunions, blisters, or other foot ills. In fact, they will cure any that you may already have.

2. Take pains to keep your shoes

in good condition. It is a good idea to apply a light coat of neat's foot oil, which will both soften the leather and tend to make them waterproof. Don't neglect to smooth out wrinkles in the lining of the shoe. "Break in" new shoes before wearing them on long marches.

3. Wear light woolen socks, such as will be issued to you. See that you have no holes or wrinkles in them; if a hole has been worn, you cannot be needed at once, change the sock from one foot to the other so that your foot will not be irritated more than is necessary.

4. Keep your feet, socks, and shoes clean. When on the march try to wash your socks at night and put on a clean pair every morning. Bathe the feet every evening, or at least wipe them off with a wet towel.

5. Keep your feet scrupulously clean. A foot bath can be taken when other facilities are not at hand by scraping a small depression in the ground, throwing a poncho over it and pouring water into this from your canteen. Even a pail of water will do for a foot bath. You can bathe all over by making or finding a depression of suitable size and using your poncho as for a foot bath.

6. Keep your toe nails trimmed closely and cut them square across the end. This will tend to prevent ingrowing nails. By all means avoid the common error of rounding the corners of the nail and cutting it to a point in the center.

7. In case a blister is formed while on the march, open the edge of the blister with the point of a knife or a needle that has been heated in a match flame. Be sure to squeeze all the fluid out of the blister. To leave any in it may make it worse. Do not pull off the loose skin but press it back. Then put on an adhesive plaster, covering the skin well beyond the edges of the blister, putting it on as tightly as possible without wrinkles. In the same way put an adhesive plaster over any red or tender spots.

8. In case any tendons become inflamed or swollen (due usually to lacing the leggings or shoe too tightly or to some other unnecessary pressure), soak the foot in cold water, massage the tendons, and protect it as much as possible by strips of adhesive plaster. You should report to a medical officer at your first opportunity to make sure that the trouble does not grow worse.

One sign of a green soldier is his tendency to drink too much water while on a long march. The experienced man gorges his mouth and throat once in a while, but drinks only in sips and does not overload his stomach with either water or food. After you have arrived in camp and have cooled off you can drink slowly as much as you desire. It is of course unwise to eat fruits, candy, soft drinks, ice cream, and the like while on the march.

Another sign of a green soldier is a carelessly adjusted pack or any other equipment not neatly and securely fastened. Your comfort on the march depends very largely on the care and judgment used in getting ready. All your equipment has been so designed that it need not interfere with the free movement of your arms and legs. Your pack should be strapped to your back in such a way that you can stand erect and breathe freely. There should be no pressure on any of the soft parts of the body. You will march most easily if you keep your body erect and do not permit yourself to slouch or sway from side to side.

When the command is given to halt and fall out for a few minutes loosen your pack and rest back on it in a sitting and lying position. If possible lie with your feet higher than the head, so as to let the blood flow out of the legs into the body and rest your heart. During the first few halts you may not feel tired but rest as completely as you can anyway. Look forward to the end of the march and try to handle yourself so that you will be strong and fresh at the finish.

At the first halt it is well to readjust the pack or any part of the equipment not entirely comfortable. If your shoes or leggings are laced too tightly, this is the time to loosen them.

A cheerful attitude is one of the best aids to a soldier on a trying march. Singing and whistling on the march is usually not only allowed but encouraged. They help wonderfully to make the long road seem shorter. These are all very simple rules, but none the less important. Keep them in mind. Some men never learn except from their own hard experience; but it is expected of the men in the National Army that they will have the good sense to see the value of these suggestions and to apply them from the very beginning.

Got Four Bucks—

John Schultz and Grant Pirtle have returned from a deer hunting trip to Green Mountain where they shot four fine bucks.

Undergoes Operation—

Harry Hale was operated upon at St. Mary's hospital today by Dr. B. R. Wallace. He is getting along nicely.

WHEN answering Classified ads, please mention the Democrat.

PRESERVE YOUR SHOES.

It Will Repay You to Give Them Proper Care and Attention.

We all wear shoes. If we manage them rightly they will last longer, we will not need so many new ones and there will be more left for others. The following suggestions from the leather and paper laboratory of the United States department of agriculture can be utilized by every one who walks:

Shoes should be oiled or greased whenever the leather begins to get hard or dry. They should be brushed thoroughly and then all the dirt and mud that remains washed off with warm water, the excess water being taken off with a dry cloth. While the shoes are still wet and warm apply the oil or grease with a swab of wool or flannel. It is best to have the oil or grease about as warm as the hand can bear, and it should be rubbed well into the leather, preferably with the palm. If necessary the oil can be applied to dry leather, but it penetrates better when the latter is wet. After treatment the shoes should be left to dry in a place that is warm, not hot.

Castor oil is satisfactory for shoes that are to be polished; for plainer footgear neat'sfoot, fish oil or olive may be substituted. If it is desired to make the shoes and boots more water-proof beef tallow may be added to any of these substances at the rate of half a pound of tallow to a pint of oil. The edge of the sole and the welt should be greased thoroughly. Too much grease cannot be applied to these parts.

A simple method of making the soles more durable, pliable and water resistant is to swab them occasionally with linseed oil, setting them aside to dry overnight.

Many of the common shoe polishes are harmful to leather. All those which contain sulphuric, hydrochloric or caustic acids, turpentine, benzine or other volatile solvents have a tendency to harden the leather and make it more liable to crack.

It is poor economy, too, to wear a shoe with the heel badly worn on one side. This throws the shoe out of shape and may soon result in its ruin. It is also likely to cause temporary injury to the foot.

Hair and Cold Water.

To make your hair grow use cold water as it runs from the hydrant. Apply the water to your hair with your wet hands and run your fingers through what hair you have or rub your scalp with your wet cold hands. This exercise will bring the blood to the scalp, and only from the blood can you get new hair or make the hair you already have more luxuriant. You cannot get hair from grease. Nothing in the world is so good for the hair as cold water applied with the wet hands until the water has reached the scalp. But do not immerse your head in cold water. This is all too much of a shock.—Los Angeles Times.

Think Health.

It is not a fear of illness or of death that we should encourage, but a love of health, a sense of responsibility for the care of our bodies, a desire for bodily endurance and efficiency and full achievement.

If the mind is fixed on these ideals and the already known means of approaching them are utilized the needless miseries that embitter the lives of so many may be left to take care of themselves.

It is not so much necessary to fight disease as to cultivate health for the happiness, contentment and moral gain that it brings.

First Use of "Magazine."

"Magazine" properly a storeroom (Araheon), has been annexed by literature, but it is interesting to recall the birth of its now common literary use—in that venerable periodical, the Gentleman's Magazine. In the introduction to its number (1731) we read, "This consideration has induced several gentlemen to treasure up, as in a magazine, the most remarkable pieces on the subjects above mentioned."—London Times.

Her First Journey.

Margaret, five years old, was traveling for the first time. She sat as if entranced by the view from the car window.

Her father, noticing the rapt expression on her face as the train sped along, said:

"What do you think of it, Margaret?" She replied, "Oh, father, it is just like a picture book, only you don't have to turn the pages."—Chicago News.

Dehydrating.

Dehydrating is simply what was formerly known as drying fruits and vegetables. The old method of paring and slicing apples, stringing the slices and hanging them up to dry, although called drying, was really dehydrating.—New York Sun.

Took It to Herself.

"She's a vain girl. There is no mirror handy, so now she is looking at the barometer."

"How will the barometer enter to her vanity?" "It says, 'Fair.'"—Louisville Courier-Journal.

History Repeats Itself.

"Can't say that the world is getting a bit smarter," asserted grandma. "My grandson asks me the same silly questions that his father asked at his age."

But He Did.

Teacher—Bobby, give an example of the double negative.
Bobby—I don't know none.

The love of country is more powerful than reason itself.—Ovid.

GRAND JURY IS CALLED FOR AUGUST 27TH

According to a statement by Deputy District Attorney Willard Marks the Grand Jury will meet in special session preparatory for the September term of court on Monday, August 27. Two cases will be presented to the jury at that time. One is the case of the State of Oregon vs. Alfred Matlock charged with larceny of a calf and the other the case of the state vs. W. H. Gillard charged with an assault with a deadly weapon.

A ROMANCE OF TRADE.

The Start and Rise of the Famous Krupp Gun Works.

The famous gunnery foundry of Krupp, at Essen, was established in 1811 by Frederick Krupp, who abandoned a successful grocery business at the instigation of two brothers named Von Kestel in order to devote himself to the manufacture of cast-steel.

The process was then unknown in Germany, and the article itself went under the name of "English steel" because it was imported from England. Krupp had money, and the Kestels had or pretended to have technical knowledge. The firm started its operations in an old water power mill at Altenessen. The experiments of the Von Kestels were unsuccessful. For nearly two years they did their best, but all their efforts to produce "English steel" failed. In the end Krupp decided to get rid of them after having spent one-half of his fortune in experiments and took over the management of the work himself.

For a long time he had no luck, and it was only after some years of disappointment and labor that a satisfactory metal was produced. It was under his son Alfred that the business first really began to flourish. Its exhibit at the London exposition of 1851 revealed to the world that a little known German firm was producing iron and steel that could not be bettered by the industry of any other country. Orders from the Prussian government followed, and the name and fortune of the firm were made.—Philadelphia Inquirer.



We make a specialty

of

Friendship

Engagement, and

Wedding Rings

F. M. FRENCH & SON

Jewelers and

Engravers

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.

Jitney Service

Both Phones 25

CITY NEWS

Aldrich to Work Here—

Fred Aldrich went to Portland on business Monday morning and returned in the evening. He has accepted a position in the freight department in the local office.

Accepts New Position—

Mrs. Clara McCoy, who has been working in Worth's Department store, resigned Saturday evening to accept a position in Hamilton's store. She began her new work Monday morning.

In from Shedd—

Miss Lois Yates is in the city today on a shopping tour.

Look the List Over

If you are interested call and get our prices.

WINDOW GLASS, ALL SIZES

VARNISH, STAINS, ENAMELS
PHOENIX PURE PAINTS

SHEEP DIP STOCK TONIC
POULTRY FOOD

—and a new and up-to-date line of
Wall Paper. WE BUY RIGHT—
we'll SELL RIGHT.

Burkhart & Lee

Albany, Oregon

August Outdoors in Oregon

Oregon outdoors beckons the vacationist to seashore, to mountain glade, to rushing trout streams, to trackless wilderness. Nature smiles and the elements are favorable in August:

Newport by the Sea

A very pleasant place to go for a vacation. Situated, as it is, on the shore of the Pacific and Yaquina Bay, one can enjoy beach bathing and boating. Newport offers many Summer attractions, ample and varied accommodations.

Low Round-Trip Fares.

Crater Lake

Nature created but one Crater Lake. It stands by itself, unique among the natural world wonders. The Crater Lake season is open. Ample accommodations at Crater Lake Lodge on the rim of the lake.

Low Round-Trip Summer Excursion Fares.

Brettenbush Hot Springs

Tucked away in the heart of the Cascade Mountains, a delightful place to spend a vacation. Good hunting and fishing.

Low Round-Trip Fares.



Tillamook County Beaches

For more than 10 miles along the seashore inviting resorts dot the shore line of Tillamook County. Here you will find just what you want for a Summer vacation. Hotels, cottages and camps offer a variety of accommodations. Excellent bathing and all the delights of the beach.

Low Round-Trip Fares.

Lakes of Coos Bay Line

Along the new Coos Bay line are several large and beautiful lakes. These lakes and adjacent streams are a veritable paradise for fishermen, campers and vacationists. Several resorts afford accommodations.

Low Round-Trip Fares.

Mt. Jefferson Country

This is a wonderfully scenic region for camping, hunting and fishing.

Low Round-Trip Fares to Detroit.

Fishing Bulletin

If you enjoy a week-end fishing trip, our weekly Fishing Bulletin will give you latest information on where to look for good fishing. Ask for the Bulletin. It's free.

Josephine County Caves

Also called the Marble Halls of Oregon. These marvelous natural caves are 17 miles from Grants Pass. Beautifully located, they offer unusual diversions.

Low Round-Trip Fares.

Free Books

describing the multitudinous attractions of Western Oregon, may be secured from any agent of this company or will be mailed on application to the undersigned.

Ask Your Local Agent for Further Information.
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.