

THE HOPE OF THE WORLD

By HAROLD BELL WRIGHT.

THE hope of the world is not alone that the armies of humanity will be victorious, but that the spirit and purpose of our warfare will prevail in our victory. The hope of the world is in the Red Cross, because the Red Cross is voicing this spirit and purpose that must, through the force of our arms, triumph. Just to the degree that we can evidence this Red Cross spirit of mercy and brotherhood we will hold true in the dangerous hour of victory to the ideals that have forced us into the trenches in the defense of human rights and human liberty.

The one sane and saving thought in this delirium of death that now possesses the world is the Red Cross.

Wherever the storms of battle bell rage, amid the fires of ruthless destruction, in trench and camp and hospital, these soldiers of mercy with heroism unsurpassed are carrying the flag of the highest conceivable ideals of humanity. The ideals for which our armies have taken the field are, by these unarmed hosts, proclaimed to friend and foe, in that unmistakable language of universal mercy and brotherhood. In the terms of wasted towns rebuilt, of broken humanity salvaged, of dying children rescued, of desolate families succored, the Red Cross declares the cause for which we war and proclaims the principles and ideals that must and will in the end prevail. Above the thunder of the guns, the roar of exploding mines,

the crash of fallen cities and the cries of tortured humanity, the voice of the Red Cross carries clear and strong the one message of hope to our war-burdened world.

The black horror of this world's crisis would be unbearable were it not for the spirit and work of this mighty force. The normal mind refuses to contemplate the situation without this saving power.

It is the knowledge that in every city, town and hamlet, men, women and children are united in this work of declaring to the world, through the Red Cross, our message of mercy and brotherhood, that keeps our hearts from sinking under the burden of woe and sustains our faith in human kind. It is the constant daily, almost hourly touch with the Red Cross work that is felt by every citizen in the land, that inspires us with courage and hope.

Out of this hell of slaughter the Red Cross will guide the warring nations to a heaven of world-wide peace and brotherhood.

Because it is the living expression of those ideals and principles in defense of which we are giving our all in lives and material wealth—because on every field of death it is proclaiming its message of life—because it keeps ever before us and the world the cause for which we war—because it will preserve us in the hour of our victory from defeating ourselves—the Red Cross is the hope of the world.



KAISER—ACH VOT PIKERS.

FULL MAN-SIZED HAM SANDWICH

What Ten Minutes for Refreshments Means in Modern War.

Think of what refreshments mean "over there." Think of the Sammie or the Polli coming out of the trenches with a thirty-six hour leave of absence, getting aboard the train or motor on the L. O. C.—the Line of Communication between the front and the rear. Think of those tired fellows

stopping ten minutes for refreshments at a Red Cross Canteen.

Think of a big cup of hot coffee and a wealth of man-sized ham sandwiches served by the Red Cross—women with the joy of service in their eyes. Think of ten minutes for refreshments within sound of the guns—such refreshments served by such women. Did ever a weary lad have such refreshments? Did ever a cup of coffee and a sandwich taste so good?

It is service like this, the supplying of "food that's got a homey taste" at a time when a man's spirits are likely to be at lowest ebb, that moved a Commanding General of the American Forces to write on December 30: "The extent of the work of the Red Cross is only limited by the number of members it has and the amount of funds available for its use."

USE POTATOES INSTEAD OF BREAD

Bread Must Be Saved—Potatoes Contain the Same Nutrients.

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."



By Mrs. Robt. J. Burdette.

The firing line is now in your kitchen. Knock out the breadline at your table.

It has been said that the Revolutionary War was won by men fed on hasty pudding. In other words, corn meal mush. Let it be written in history that the winning of the present war was made possible by the United States eating potatoes.

The manner of eating, the time of eating and even the kind of foodstuffs eaten are largely a matter of habit. We do not desire to break ourselves entirely of the habit of eating or life would not prove worth living, but it can be made to prove better worth living if we change some of the habits. Suppose we cure ourselves of the hand-eating habit and see if we do not consume less bread. If you were to put your bread and butter on your plate and eat it with a knife and fork it would reduce the amount of bread eaten at once. In some of the Oriental countries men carry strings of bright red wooden beads that are known as "Conversation beads," and they seem unable to talk unless they have them in their hands to play with and pass from one hand to the other. We seem to need something in our hands at table or we feel the meal is incomplete and that something is usually bread. Forget this habit and save wheat. If you must continue the hand-eating habit, hold a hot potato.



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From Albany 9:22 a.m.
Motor to Mill City 7:05 a.m.
" from " 4:21 p.m.

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J. D. Densmore.

Notice of Final Settlement

Notice is hereby given that the undersigned, as the executor of the estate of Lydia Large, deceased, has filed in County Court of Linn County, Oregon, his final account as such executor and that said Court has fixed Monday, the 10th day of June, 1918, at the hour of 10 o'clock in the forenoon of that day as the time for the hearing of objections to said final account, and the settlement thereof.

Any and all persons having objections to said final account are hereby notified to be present at said time in the County Court room in the Court House in the City of Albany, Linn County, Oregon, and then and there make such objections.

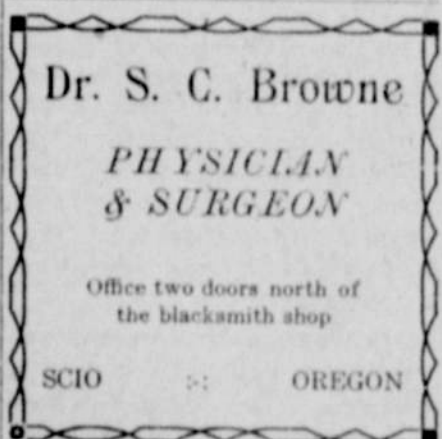
THOMAS J. LARGE,
Willard L. Marks, Executor.
Attorney for Executor.

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