

HOUSEWIVES HELPING.

They Are Giving the First Comprehensive Record Ever Made of the American Family's Weekly Diet

What is said to be the first comprehensive record of the Nation's diet, from by far the largest number of individual household pantries, is now under way, through the cooperation of the American housewife.

Enlist Services of 10,000.

An army of 10,000 women is enlisted in the work, and to each has been sent a letter from the department together with blanks for the inventory of food on hand and for the record of a week's total of food used by the family.

What is Listed.

The inventory is of all stocks on hand in the pantry shelves, in the bins, the refrigerator, or the kitchen cabinet. This is accompanied by a list of the members of the family, their ages and occupations.

There is also a weekly record of meals served to home folks and to guests, with the kinds and quantities used. These include the foods used from the household stocks and those produced at home, from the home garden for instance, as well as those purchased.

The Family Record.

In the family record the name and address of the family is given, but not for publication. Each housewife will tell whether the family lives in the city or in the country and will give the total family income.

The American Throwing Arm.

The story of Plattsburg that our men, eager to throw bombs in the way they throw baseballs, are being compelled to adopt the British style, shows once more the administration's incompetent conduct of the war.

America's Cause for War.

"The new German policy swept every restriction aside. Vessels of every kind, whatever their flag, their character, their cargo, their destination, their errand, have been ruthlessly sent to the bottom without warning and without thought of help or mercy for those on board."

of property involved, immense and serious as that is, but only of the wanton and wholesale destruction of noncombatants, men, women and children, engaged in pursuits which have always, even in the darkest periods of modern history, been deemed innocent and legitimate.

To Supplant Legs.

The individual motor car, just large enough for one, and taking up little more room than a wheeled chair, is yet to come. This vehicle may be propelled upon the sidewalks, in time totally supplanting the pedestrian.

Wild Fears of Army Life.

Numerous incidents reported in the United States since the selective conscription law was passed have shown that many persons have a wildly exaggerated notion of the dangers and hardships of army service.

This is the madness of fear. In all wars, even in the tremendous conflict now raging, a soldier has about 19 chances out of 20 of surviving a year's service. In two years he does not run as much as a 10 per cent risk of death.

As for hardships, some soldiers like the change from conditions of civil life. Many seek to remain in military service after the war's end.

War is grim and terrible enough without wild exaggerations of its perils and sufferings. Always its chances have a good balance on the side of safety.

Twenty Years Ago.

Ladies wore bustles. Operations were rare. Nobody swatted the fly. Nobody had seen a silo. Nobody had appendicitis.

Why We Are at War With Germany.

In John Lord's lecture on Frederick the Great, and published in the "Beacon Lights of History," he says: "If ever there was a purely military monarchy it is Prussia; and this kingdom has been in Europe what Sparta was to Greece."

words sound like as if uttered in the light of the present. We are at war today because we have been forced to see what Lord so clearly saw—that the "final and logical development" of the Prussian policy was proving fatal to all other nationalities and liberties, our own included.

Bacon on the Rhine.

(By Charley L. Gant.) Wake up, boys! and fall in line, there's lots of bacon on the Rhine, though beef is high and mutton, too, a good, big slice of hog will do.

The price of wheat seems low to me to the side of the price of liberty which France once helped our boys to pay—our duty's clearer. It seems that way. Good turns should never be forgot though done by a dog or a Hugenot.

Wonderful land which we have out here where we have no booze, no wine, no beer, and the last salt tear has done been shed on the hoghead coffin of "Dago Red."

This old land is a land of dreams with its forests, farms and bays and streams, fish and fruit and mills and traps—the kaiser isn't wise perhaps, but we have the kitchen to feed the world—and we have a flag which will stay unfurled till the last sun shines and the last moon's full and the kaiser no longer shall peddle the bull about "Me und Gott" in a partnership.

PROOF FROM FOREST GROVE

In Forest Grove we find that people are praising Doan's Kidney Pills highly. Being so near by, the statement of a Forest Grove resident is of particular interest.

John F. Haynie, county road commissioner, Forest Grove, Ore., says: "Several years ago, I was given up to die with complication of kidney and bladder troubles. Words couldn't begin to explain what I went through for nearly a year."

Chamberlain's Colic, Cholera and Diarrhoea Remedy.

This is a medicine that every family should be provided with. Colic and diarrhoea often come on suddenly and it is of the greatest importance that they be treated promptly.

East Via California

Most enjoyable route. Beautiful mountain scenery. Liberal stopovers. See San Francisco, Los Angeles, Apache Trail, El Paso New Orleans. Something new and delightful every hour.

Three daily trains from Portland connecting at San Francisco for the South and East. First and second class sleeping cars. Unexcelled Dining Car Service.

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JOHN M. SCOTT, General Passenger Agent, Portland.

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FRANK HEYD & CO. General Contractors and Builders.

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Position Guaranteed WRITE FOR CATALOGUE

The Oregon Agricultural College

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- AGRICULTURE, with 15 departments;
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FORESTRY, including Logging Engineering;
HOME ECONOMICS, with 4 major departments, including training in the Practice House;
MINING, with three departments, including Chemical Engineering;
PHARMACY;
THE SCHOOL OF MUSIC, offers instruction in the principal departments of vocal and instrumental music.

DULL AND SHARP SHOOTING PAINS

Michigan Lady Suffered Such Pain In Back and Head, But Says Cardui Stopped These Bad Spells.

Palmyra, Mich.—Mrs. Chas. T. Fuller, of this place, writes: "In 1911 I got run-down, and I suffered great pain...with both dull and sharp shooting pains...also back and head."

I decided to try Cardui, and saw a great improvement in less than a month's time. I used 7 or 8 bottles and was stronger...I got so much better that my strength returned and my work was easy for me.

BRAVE THE WIND AND STORM in the best wet weather togs ever invented

the FISH BRAND REFLEX SLICKER

(PATENTED) \$3.00 and PROTECTOR HAT 75

Dealors everywhere Our 80th year A. J. TOWER CO. BOSTON

Good for Biliousness.

"I took Chamberlain's Tablets last night, and I feel fifty per cent better than I have for weeks," says J. Firestone of Allgan, Mich. "They are certainly a fine article for biliousness. For sale by Lamar's Drug Store."