### TILLAMOOK HEADLIGHT, SEPTEMBER 27, 1917.

been forced

HOUSEWIVES HELPING.

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

What is said to be the first compre-hensive 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. She is telling what her family has on hand row Wilson, President of the United on a given date, what it needs to eat for a week, and what its monthly ra-tion is. This she is doing to help States . along the war emergency food survey now being conducted by the United States Department of Agriculture.

Enlist Services of 10,000. An army of 10,000 women is en-listed in the work, and to each has been sent a letter from the department together with blanks for the in-ventory of food on hand and for the record of a week's total of food used

by the family. President Wilson, in approving the plans of the Secretary of Agriculture for the survey, said that "authoritative information concerning the Na-tion's food supply is a matter of con-sequence at all times and is of peculiar importance at the present moment." All who are assisting the de-partment in making the survey are rendering valuable patriotic service. It is felt that inventories of stocks on farms, in storages, and in retail es-tablishments, which are also being taken at this time, will be under-standable only in relation to the rate of food consumption. The interpretive figures, therefore, are being given by the women of the country, and statements will guide the governmental agencies and the public in making plans to increase the product ion of certain food, to promote effi-ciency in the distribution of these products, and to direct the campaigns to better conserve and use them. What is Listed.

The inventory is of all stocks on hand on the pantry shelves, in the bins, the refrigirator, 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 or 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 garden for instance, as well as mose purchased. Mothers are also asked to report the candy, cakes and ice cream which are bought and eaten in ad-dition to the regular meals. This will probably require considerable coop-eration on the part of the children who have convict to spend who have pennies to spend.

Fifty-four items are included in the records of food on hand, although it is not supposed that any family will have an entry under each one of the 54 classifications. The classifications themselves are further subdivided, as in the case of fresh meats, salted meats, bakery products, fresh vege-tables, and the like, under which sep-arate items are to be listed. For example, under fresh meat would be listed pork, veal, lamb, beef, and so on. The same classification is used under the record of food consumed in a week.

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. She then lists the members of the household by lists the sex and age and occupation, and will tell the number of meals which they eat at home and those which they eat away from home during the week in which the record is kept. Meals prepared at home but eaten elsewhere, such as lunches taken to work, are considered home meals. Where there are children in the family the approx imate quantity of milk used daily by each of the children under 7 years of age is also recorded. It has been stated that the only survey which is in any way equiva-lent to this one now being taken was made some 20 years ago on a limited scale. It has been considered the one authoritative source of such information, although standards and costs of living have advanced materially since it was taken.

of property involved, immense and words sound like as if uttered in the erious as that is, but only of the vanton and wholesale destruction of light of the present. We are at war today because we have children, engaged in pursuits which have always, even in the darkest pe-nave always, even in the darkest pement" of the Prussian policy was proving fatal to all other nationaliods of modern history, been deemed innocent and legitimate. Property can be paid for; the lives of peaceful and innocent people can not be. The ties and liberties, our own included. Bacon on the Rhine. present German submarine warfare is a warfare against mankind." Wood-

from

the Rhine.

# (By Charley L. Gant.) Wake up, boys! and fall in line, there's lots of bacon on the Rhine,

your vast domain all blood soaked where your lust has slain the babes in arms, the lame and old, and

all for love of power and gold. We're

The price of wheat seems low to me to the side of the price of liberty which France once helped our boys

wheat go to the skies and the price

of beef get twice the size it is; we'll still find meat and bread, and see that the folks at home are fed, as

well as the boys out there in France

who were no slackers and took a chance. We love this land, this U. S. A., where the lambs and the hump-

backed salmon play and the bonni

flag floats everywhere and the hired man and the millionaire marching

forth at the country's call and for

Freedom's sake they will give their all. We're going forth to the kaiser's land, where the fight is thickest, to

take a hand and when we're hungry

and care to dine there's lots of bacon still on the Rhine.

Wonderful land which we have out

though beef is high and mutton, too, a good, big slice of hog will do. We've got a land of sunshine here—when To Supplant Legs. The individual motor car, just arge enough for one, and taking up rain don't come and skies are clearthe brightest stars, the serenest moon, ittle more room that a wheeled chair, and Nature plays the sweetest tune on the ukulele of her forest trees and

s yet to come. This vehicle may be propelled upon the sidewalks, in time mild guitar of her sapphire seas. We have the song of the forest birds, the hum of bees and the low of herds, otally supplanting the pedestrian. The whole world will go on wheels, and legs will no longer be used ex-cept in athletics and within doors. It the soughing breeze and the moun tain range-no, thank you kaiser, just keep the change-we want no land reasonable to believe that the evo-

lution of motoring is not half com-pleted. The new "auto"-cracy is just beginning to establish itself.

### Wild Fears of Army Life.

going to fight, if fight we must and we'll march right through Berlin or "bust," pitch your tents on Rhone and Rhine and take a twist at the kaiser's spine. Come on, boys! Let's get the swine, there's lots of bacon on the Rhine Numerous incidents reported in the inited States since the selective concription law was passed have shown that many persons have a wildly ex-aggerated notion of the dangers and ardships of army service. They evidently feel that a call to the colors is about the same thing as a death sen-tence. A few have killed themselves to pay—our duty's clearer it seems that way. Good turns should never be forgot though done by a dog or a Hugeunot. We still have love for ome have shot off an arm or cut off everal fingers. Other mutilations nave been reported. This is the madness of fear. In all those old vets and it's time we tried to pay our debts. Let the price of

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. German and British records indicate that the ratio of fatalities is

not more tthan one out of 25 men annually.

As for hardships, some soldiers like the change from conditions of civil life .Many seek to remain in milary service after the war's end Most all who escape wounds say they feel unusually well and physically fit, Disease in modern armies maintained my advanced nations is less common than in ordinary occupations.

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. Nobody wore white shoes. Nobody sprayed orchards. Cream was 5 cents a pint. Most young men had "livery bills." Contaloups were muskmelons. You never heard of a "tin Lizzie." Doctors wanted to see your tongue. Milk shake was a favorie drink. Advertisers did not tell the truth. Nobody cared for the price of gas-

Farmers came to town for their The hired girl drew one-fifty a

The butcher threw in a chunk of liver.

Folks said pneumatic tires were a traps-the kaiser isn't wise perhaps,

East Via California

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

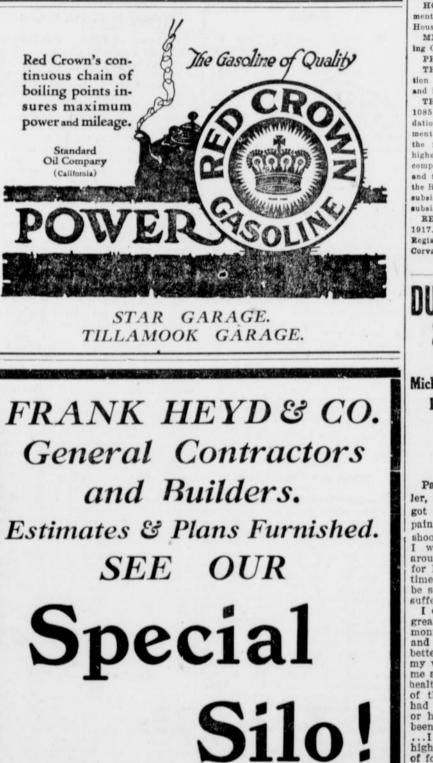
Three daily trains from Portland connecting at San Francisco for the South and East. First and second class sleeping cars. Unexcelled Dining Car Service.

The Safety Route.

Ask Your Local Agent for Tickets and Booklets descriptive of this wonderful trip.

JOHN M. SCOTT, General Passenger Agent, Portland.

## SOUTHERN PACIFIC LINES.





The Oregon **Agricultural College** Where trained specialists with modern lab-

oratories and adequate equipment give instruction leading to collegiate degrees in the following schools: AGRICULTURE, with 15 departments;

COMMERCE, with 4 departments; ENGINEERING, with 6 departments, in eluding Civil, Electrical, Highway, Industrial Arts, Irrigation, and Mechanical Engineering; FORESTRY, including Logging Engineer

HOME ECONOMICS, with 4 major departnents, including training in the Practice House

MINING, with three departments, including Chemical Engineering; PHARMACY.

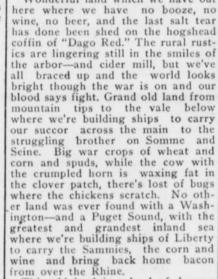
THE SCHOOL OF MUSIC, offers instruetion in the principal departments of voca and instrumental music

THE MILITARY DEPARTMENT, enrolled 1085 cadets in 1916-17, and won recommendation for O. A. C. from the Western Department of the U. S. War Department as one of the fifteen "distinguished institutions" higher learning. All cadets will be furnished complete uniforms by the U. S. Government and the junior and senior cadets, enrolled in the R. O. T. C., will be given commutation for subsistence, as well as all transportation and

subsistence at the six weeks' Summer camp REGISTRATION BEGINS OCTOBER & 1917. Information on request. Address Registrar, Oregon Agricultural Corvallis, Oregon. College



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



### 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' incompetent conduct of the war. We may be short of military tactics, but we are long, very long, on throwing Generations have perfected the Amererican arm for this purpose until it has become one of the modern won-ders of the world. Yet this acquired and inherited skill is tossed aside, and we are told that we must throw like men who know only cricket! Is this scientific warfare? Think what a bri gade of American baseball players with bombs in their hands might 'do on the western front! The mere fact that a bomb weighs many times what a baseball does is surely irrely evant. Or, if it proves anything, it is that a bomb ought to be hurled in the fashion in which a football is passed. If not one American game, then another, must win the war.

## America's Cause for War.

"The new German policy swept ev-ry restriction aside. Vessels of gry restriction aside. every kind, whatever their flag, their the resources of the nation and make character, their cargo, their destin-ation, their errand, have been ruthlessly sent to the bottom without arming and perpetually seeking po-warning and without thought of help litical aggrandizement when the or mercy for those on board, the ves-sels of friendly neutrals along with those of belligerents. Even hospital ships and ships carrying relief to the solely bereaved and stricken people of Belgium, though the latter were provided with safe conduct through the proscribed areas by the German government itself and were disting-uished by unmistakable marks of identity, have been sunk with the same reckless lack of compassion or of principle.

lam not now thinking of the loss

Nobody "listened in" on a tele phone.

There were no sane Fourths, nor electric meters. Strawstacks were burned instead of

Publishing a country newspaper ras not a business. People<sup>®</sup> thought English sparrows

Jules Verne was the only convert o the submarine.

You stuck tubes to your ears to hear a phonograph, and it cost a

## 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 mili-tary monarchy it is Prussia; and this kingdom has been in Europe what

Sparta was to Greece. All the successors of Frederick have followed his policy with singular tenacity. All their habits and associations have been military. They have made their

country one vast military camp. "The resources of the kingdom have been expended in standing armies, and these are a perpetual menace. A network of military machinery controls all other pursuits and interests. The peasant is a military slave. Precedence is given to military men over merchants, learned men and jurists, The genius of the nation has been diected to the perfection of military

discipline and weapons. 'The government has always been prepared for war, and has been rare-ly adverse to it. It has ever been ready to seize a province or pick a quarrel. The great idea of Prussia is military aggrandizement. It believes new annexations until Germany shall be united under a Prussian kaiser. What Rome became Prussia aspires to be. The spirit, the animus of

Prussia, is military power. "This military spirit is seen in the large standing armies, which dry up war a perpetual necessity ..... I have no admiration of a nation perpetually great aims of civilization are lost sight of. This is what Frederick sought and his successors have cherished. The legacy he bequeathed the world was not emancipating ideas, but....an ever expanding policy of military aggrandizement, by which velopment proves fatal to all other nationalities and liberties."

Written a generation ago these | Store,

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, 'cause he's found a man that they both can't whip. If Woodrow hadn't have had the jar on the way to fight, our Teddy R. would have made the kaiser a kraut machine from the scraps picked up from his submarine. But Woodrow, too, is doing fine, he's using our fir and spruce and pine in ships and planes and wings which are big aplenty to carry things for the boys to eat and shoot and wearwe've got the kaiser up in the air. We don't care for the cost of duds and the price of beef and flour and spuds for the whole shebang will work out fine-there's lots of bacon still on the

This old land is a land of dreams

with its forests, farms and bays and streams, fish and fruit and mills and

Rhine. PROOF FROM FOREST GROVE

Forest Grove Citizens Speak out Publicly.

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. Tillamook People will do well to profit by Mr. Haynie's experience.

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. After taking about twenty boxes of Doan's Kidney Pills in succession, I was restored to my former, good health and today I can hold my own with any man. I give Doan's Kidney Pills full credit for my present good condition. This medi-cine has no equal and I always re-commend it to others I hear com-plaining of kidney trouble." Price 60c. at all dealers. Don't sim-

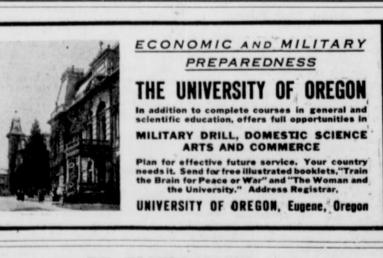
ply ask for a kidney remedy-get Doan's Kidney Pills-the same that Mr. Haynie had. Foster-Milburn Co., Props, Buffalo, N. Y.

#### 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. Con-sider the suffering that must be endured until a physician arrives or medicine can be obtained. Chamberlain's Colic, Cholera and Diarrhoea remedy has a reputation second to none for the quick relief which it affords. For sale by Lamar's Drug

Call at our plant and get prices. It will save you money.

> ONE BLOCK WEST OF P.O. Both Phones.



DR. ELMER ALLEN, DR. GEORGE J. PETERSON. Dentists. National Building. Tillamook, Oregon.

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 was weak and could only drag around, and should have been in bed, for I really wasn't able to be up. At times I would have spells that would be so bad I'd have to go to bed, and suffered intensely ...

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I decided to try Cardul, 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. Cardul did my work was easy for me. Cardul dd me a world of good. It built me up in health and strength. I haven't had one of those bad spells since. I haven't had to take any more medicine since or have any doctors either and have been able to do my work right along ... I recommend it to other women highly as the best medicine I know of for women who suffer from female of for women who suffer from female trouble."

trouble." If you suffer from female troubles, follow this advice. Get a bottle of Cardui today and give it a thorough trial. It should help you, as it has helped thousands of other women in the past 40 years. At all druggists. EB-14



Good for Biliousness.

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