

OF INTEREST TO WOMEN

The Woman Who Wastes

By Sophie Irene Loeb.

The following items come from England: Hettie Pugh, who runs the George hotel at Sherwbury, was fined \$100 for using too much meat, \$50 for using too much sugar and \$25 for not keeping a public record of the number of meals. Lady Dring, Steephill lodge, Shanklin, near Tisbury, was fined \$50 for buying more table syrup than she had a right to.

Thus, rich and poor alike are liable to the law in the conservation of food "over there." Hundreds of cases are recorded. One market gardener, Joseph Hall of Biggleswade, was fined \$12,915, and sent to prison for two months for selling potatoes at higher prices than the food controller authorized. At Thames police court \$5,000 was collected in two days from retail grocers who lied about their supply of sugar.

A few days ago I talked with Mr. Hoover in Washington. Every effort is being made in the campaign of food education to make such drastic measures unnecessary in this country. And, according to the authorities, the keynote of the whole proposition is to eliminate waste—to conserve. The cry of save, save, save is heard on all sides.

But who is to save? Hundreds of letters come to me from members of the Housewives' Protective association of the Evening World, which bears out the truth that there are thousands of women who couldn't save another cent to save their souls.

Where are these women? They are found mostly in the congested areas of our city—mothers in the homes of workers.

They have been sorely tried to make ends meet. They have stretched the dollar so far that it is threadbare trying to meet their needs. The soaring

prices even of the substitutes for the usual foods have made it difficult to keep the wolf from the door in many, many homes.

To these women I would say, be of good cheer. Plans are under way by Mr. Hoover and his associates to see that in the future when a shortage of any commodity is imminent, arrangements will be made to supply indigent neighborhoods with that commodity first as fast as possible and thus alleviate suffering.

But there is something to be said about the woman who wastes willfully and woefully. She is of the Lady Dring type, who loves her syrup, not wisely but too well.

These are the women who are the wasters—the women of means who refuse to give up the things to which they have become accustomed. Usually they go about preaching patriotism. They urge saving—for the other woman. They forget that, like charity, true patriotism should begin at home.

The women who talk saving and do not save themselves remind me of the wealthy woman who came down to the east side adorned with a \$20 bouquet of orchids and a pearl necklace to tell the "working girls" how, with economy, they could live on \$6 per week. It sounded good to her, but how would she like to try it?

In like manner the air is filled with the voices of patriots. The true test of such is to look into their own kitchens and cupboards and see how far they have given up the foods they delight in and "just can't do without"—many of which have ingredients that are so sorely needed elsewhere to fill war wants. Let them study their own resources of saving and show a willingness to eliminate waste before they preach what they are not practicing. A word to the wise, etc.

HUNTING JOB? SEE MRS. McCANN



Mrs. McCann is in charge of the big campaign launched by the ordinance bureau to secure thousands of civil service employees. The bureau has increased several hundred per cent on account of the war. Mrs. McCann was president of the Los Angeles civil service commission four years, and was recently in England studying war labor problems.

BIRDS CAUSE BOY TO REFORM WAYS

Teacher Tells How She Made Worst Youth in School Become Better.

TAUGHT HIM LESSONS

Habits of Feathered Life in Woods Appeal to His Inner Soul.

Wichita, Kan.—The worst boy in one of the public schools of Wichita was reclaimed simply by putting him to studying birds and their habits. Miss Gertrude E. Martin, his teacher, tells about it in "The Kansas Teacher."

Here was a boy truant, who "swore like a pirate," fought like a wildcat, teased the girls, killed birds, and robbed their nests. He was the terror of the neighborhood. Mothers wouldn't let their good boys play with him. He was on the way to the reform school, and from that it is only one step to the penitentiary.

Birds as Cure.

A good many school teachers would have helped the ruin of this boy by expelling him from school, but Miss Martin, a bird lover herself, has discovered that any boy or girl can easily be interested in birds.

There seems to be some sort of a affinity between children and birds,

when the children are taught to watch birds and listen to them and study their nests and habits. And Miss Martin took the bird route to this boy's heart. She taught him the names of the different birds, the difference in their plumage and ways of building nests, and all about them, and one day he came into the school room with a dead sparrow in his hand.

"I found it on the ground, and I'm afraid the boys will step on it," he said.

Wasn't Bad at All.

It turned out that he was not a bad boy at all. Most "bad boys" are not. He was simply overflowing with energy, and was longing for something to expend his deep sympathy on. The teacher, who understood, switched his energy from wrong ways of expression and centered it upon birds, and this led to tramps in the timber along the Arkansas river bottoms, and to an intimate study of trees and wild flowers and a deep love of all outdoors, and thus the boy came to his real self.

But this was not all. The bird study spread throughout the whole school, and to other schools in Wichita, and bird clubs were formed, and it was found that children became so much interested in bird study that they were more alive to all the other school activities. And now it is planned to extend bird study to every school in the state.

This is an important thing, when one considers that Kansas loses millions of dollars every year from insects which destroy crops, and that birds are the best insect destroyers, and that it pays in dollars to protect the birds.

One can be buried in oblivion without the aid of an undertaker.

A girl will believe everything a man tells her during courtship, but after a marriage—well, the accounts vary.

U. S. EXPORT CONTROL REDUCES HUN SUPPLY

Imports of Food Cut 65 to 85 Per Cent.

Washington, Feb. 24.—Food shipments from the northern European neutral countries to Germany have been cut 65 to 85 per cent since last year by the operation of America's export control as disclosed tonight in the first annual report of the war trade board. The effect has been also to decrease to a marked extent shipments of other commodities from neutral countries to the enemy.

The board disclaims any policy of coercion or retaliation in its dealings with neutrals and sets forth that it is proceeding on a policy of negotiation and agreement.

The report tells of the embargoes which have been in force for several months against neutrals and outlines the agreement reached with Switzerland under which the Swiss will get food from the United States in return for assurances that none of it will reach Germany and that shipments of some of her own commodities to Germany will be limited.

"WAR" DINNERS IN BUDAPEST.

Berne, Feb. 24.—All restaurants and hotels in Budapest must now provide a "war" dinner at 80 cents, according to the latest food regulations. The menu must consist of soup, nine ounces of vegetables, two ounces of meat and a dessert. Small restaurants may not charge more than 60 cents for a meat course with vegetables.

THEY GAVE HER VINOL FOR BRONCHITIS

And It Cured Her—Read Mrs. Thayer's Letter.

West Somerville, Mass.—"I suffered from a severe attack of bronchitis, with a terrible cough, no appetite, no energy, no strength and loss of sleep. The usual remedies failed to help me, but they gave me Vinol and it restored my appetite, stopped the cough and did my housework again."—Mrs. P. B. Thayer.

We guarantee Vinol for chronic coughs, colds, bronchitis, because it is a constitutional cod liver and iron remedy. Formula on every bottle. For sale by Missoula Drug Co., G. F. Peterson and all the best drug stores in every town and city in the country. —Adv.

WILL MOVE GRAIN.

Railroads of the nation have given orders that absolute preference in the use of box cars shall be given to the movement of grain and grain products until such time as the present situation of inadequate movement is relieved. Administrator Atkinson of Montana is advised that the movement of box cars into Montana from the east is being expedited. The food administration is trying to have all soft corn moved before the end of March. Every device is being used to secure co-operation in car movement for the next 30 days.

Appendicitis

How It Occurs and Some of the Reasons Why.

The appendix is about the size of a small lead pencil and two to three inches long.

It lacks the activity of contracting and expanding muscles or fibers that the intestine employs hence if bits of undigested food gain entrance to the appendix they remain—and set up inflammation.

This inflammation causes swelling which in turn interferes with the circulation of the blood in the minute vessels in the muscular wall. Should the swelling continue the nutrition of the wall of the appendix is impaired and a condition known as gangrene develops. Should the appendix rupture poisonous germs scatter among the coils of the intestine and peritonitis follows.

Dr. Henry P. De Forest of New York gives as some of the contributing causes of appendicitis, haste in eating, indigestible food, imperfect mastication and disorders of the stomach or intestines which interfere with normal production of the gastric or intestinal juices.

The food itself should be pure and free from poisonous or injurious ingredients. The quantity of food taken should not be excessive nor should the stomach and other organs of digestion be called upon to perform more work than is actually needed to supply body waste or needed growth.

Appendicitis occurs four times as often in men as in women, although the reason is not known.

NO KAISER TWIN.

Carrollton, Mo.—E. M. Lee, clerk of the probate court of Carroll county, positively refused to recognize his birthday anniversary this year because it fell on January 27, the same day Kaiser Bill celebrates as his.

THIS WOMAN KNOWS

She Proved that Lydia E. Finkham's Vegetable Compound Does Help Suffering Women

Watertown, N. Y.—"Last fall when I was expecting to become a mother I was in very poor health. I suffered from a female weakness so I did not have strength enough to do my own work and could not stand on my feet for any length of time. Lydia E. Finkham's Vegetable Compound corrected my trouble and I improved in health so that when my baby came the doctor said he never saw a woman get along any better than I did and I know it was Lydia E. Finkham's Vegetable Compound that helped me."—Mrs. Ernest Evans, 124 Wyoming Ave., Watertown, N. Y.

Women who continually overtax their strength until they get into such a weakened condition should profit by Mrs. Beebe's experience and try this famous root and herb remedy, Lydia E. Finkham's Vegetable Compound.

For special suggestions write Lydia E. Finkham Medicine Co. The result of the long experience is at your service.

What Kind?

G. O. P. Undecided Regarding Woman for Office.

Albany, N. Y.—The Republican leaders have decided to nominate a woman next fall for one of the seven elective state offices. Having gone that far, they are faced with these problems:

1. Shall she be married or single? If single, shall she be young or old, comely or plain? If married, shall she have children or not? Or would it be better to have a widow?

The weightiest objection urged against the nomination of a married woman is that her husband might boss the job, and that if she has children her domestic duties might conflict with her public duties.

Some of the bosses, particularly those who believe a married woman's place is in the home, are inclined to favor an unmarried woman. As to qualifications, they place oratory first and good looks second.

The widow hasn't figured much in the calculations of the bosses so far, because, as one of them expressed it, "a widow is always dangerous."

Thus far the best judgment of the Republican bosses is that the place on the state ticket that a woman is best qualified to fill is the office of state treasurer, for these reasons:

1. She would have a nicely appointed office.
2. She would not be burdened with work.
3. (Most important) She would have practically no patronage to distribute.

To make up for lack of jobs in the treasurer's office, provided a woman is nominated for it, the bosses intend to name a number of women as deputies in other important state offices.

The women also will be given numerical representation on boards of managers of hospitals and other institutions.

ALAND ISLAND FALL INTO SWEDEN'S HANDS

Bolsheviki Troops Resist but Are Overcome.

Petrograd, Tuesday, Feb. 19.—Via London, Thursday, Feb. 21.—At the Bolshevik headquarters confirmation is given of the report that Swedish forces have seized the Aland islands. The landing force was resisted stubbornly by the small garrison of Bolshevik troops.

The forwarding of Swedish troops to maintain order in the Aland islands was reported unofficially last week, although until the arrival of this dispatch, apparently delayed by censor, no announcement had been received of the actual seizure of the islands. The Swedish parliament yesterday adopted the government's proposal for military intervention. Premier Eden said the project was to be carried out under an agreement arrived at between the Swedish Red Guard, which is supported by the Russians, and the White Guard, which is attempting to overthrow the Bolsheviks. The Aland islands, which formerly belonged to Sweden, are populated largely by Swedes, who have made several appeals to Stockholm for protection and the return of the islands to Sweden.

Although the toper knows that he has to die some time he draws the line at a watery grave.

Enemy Alien, Fearing U. S. Order, Falls to His Death

Philadelphia, Pa.—While working at an elevation of 45 feet on a grain elevator under construction at Girard Point, in southwestern Philadelphia, John Quap, 50 years old, lost his footing and fell to his death.

Quap was a German enemy alien and police investigating the matter said that fear of violation of the government barred zone regulation had made him nervous and caused the tragedy. Quap was employed as structural iron worker by a bridge company located at Second and Arch streets. He was told to go to work on the grain elevator. He expressed the fear to his employer that he would be shot if he got within the alien zone.

Told to "forget it," he went to Girard Point, reluctant and fearful. Workmen noticed his nervousness. At 1 o'clock he was seen to totter at the high elevation. His body struck a concrete floor. He was rushed to the Methodist hospital, where he was pronounced dead.

Plans to Develop American Minerals to Save Shipping

Washington, Feb. 24.—Immediate further development of America's mineral resources to save food and army supplies, ship space now used for bringing minerals from abroad is planned by Secretary Lane, who announced tonight that he has asked congress for a special appropriation so that a large force of metallurgists can be set at work on changes in practice necessary for the use of low grade manganese ores needed as an alloy for steel.

Substitute Flour Order to Apply Impartially

Washington, Feb. 24.—All city, county, state and municipal institutions including schools, must make their purchases according to the wheat substitute regulations the food administration announced today. Purchases of flour for baking bread or rolls must be in the ratio of four to one, for other purposes, 50-50. Exceptions may be made by federal food administrators for the various states for hospitals, asylums and sanitariums.

Missoula Evidence for Missoula People

The Statements of Missoula Residents Are Surely More Reliable Than Those of Utter Strangers.

Home testimony is real proof. Public statements of Missoula people carry real weight.

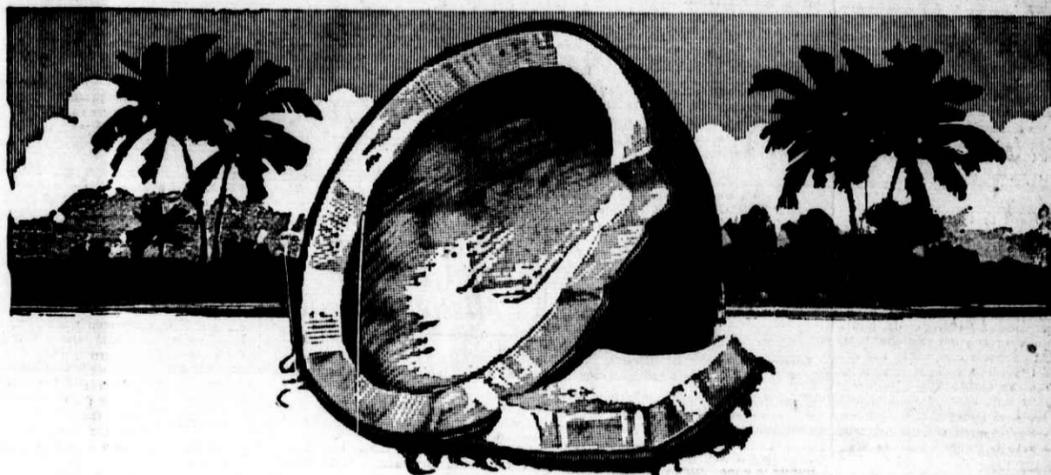
What a friend or neighbor says compels respect. The word of one whose home is far away invites your doubts.

Here's a Missoula statement. And it's for Missoula people's benefit.

Such evidence is convincing. That's the kind of proof that backs Doan's Kidney Pills.

E. Breitenstein, stationary engineer, 420 Madison St., says: "Heavy work and being out in the open in all kinds of weather weakened my kidneys and I had a lot of trouble. Sometimes my kidneys were so badly disordered, I had severe pains in the small of my back and was so lame that when I bent down, I could just manage to straighten again. Doan's Kidney Pills were the best remedy I ever used for that trouble. Two boxes of Doan's have always been enough to cure such attacks."

Price 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Breitenstein had. Foster-Milburn Co., Mfgs., Buffalo, N. Y.—Adv.



Science Solves the Butter Problem with Butter Made from the White Meat of Cocomanuts

Just when the price of butter threatens to make it an unattainable luxury, science perfects TROCO, the new vegetable butter made from the white meat of the cocoanut.

It tastes exactly like the finest creamery butter and is even more wholesome and pure.

It is churned with fresh Pasteurized milk to give true butter flavor.

Because of old laws, made before this discovery, we are compelled to label this nut-made butter as oleomargarine.

But it contains no oleo oils—no hog or beef fat.

TROCO is simply vegetable fats, churned with milk for the butter taste.

Yet this appetizing combination costs no more than does the best grades of oleomargarine.

TROCO

Can't Be Told From Butter

TROCO has all the good qualities of fine creamery butter. The only difference you will notice is the cost.

It is as nutritious as cream butter, and as easily digested. It possesses the fuel value needed for energy.

TROCO when served has butter's golden color, because we supply the same vegetable coloring used by all butter makers.

Served on your table, without explanation, no one can tell the difference.

Goes Farther In Cooking

TROCO, used in cooking, gives the same results as butter, except that it goes farther. Cooks should remember this and reduce the amount.

It makes such cake as has not been known since butter soared in price.

It allows the old-fashioned "rich cooking" that builds up the family health.

Your Dealer Can Supply TROCO

If your dealer doesn't already keep TROCO, ask him to get it for you. Tell him you must have this new-day successor to butter.

Insist until he secures a supply. For TROCO solves one of the biggest problems presented by our high food prices—

—The problem of serving appetizing, wholesome butter at a moderate cost.

Made by the

TROCO NUT BUTTER CO., Milwaukee, Wis.

Stone-Ordean-Wells Co., Distributors
Missoula, Montana

NOTICE: Under the law, all butter substitutes must be branded Oleomargarine. That law was passed before TROCO was invented. So the TROCO package is branded "Oleomargarine," though there is no oleo in it. All butter substitutes must pay an extra tax if colored. So the color for TROCO comes in a capsule. Add it yourself, as you do with Oleomargarine.

