

Strongest and Fittest to Serve In the First Line of Defense

Prior to leaving for Washington to attend the national health conference, Dr. Blwer, secretary of the state board of health prepared the first of a series of articles dealing with public health problems of vital importance now that the nation and state are preparing to conserve food resources and enlist in the army and navy millions of men for military duty. The article is as follows:

"During this period of active endeavor along the lines of preparedness and conservation of the resources of our nation, much has been said nationally as well as locally of the conservation and production of foodstuffs of all kinds, of the production and storage of fuel, of the guarding and protection of public and private institutions. But in all this laudable activity how little we hear of the safeguarding of the most essential factor to be considered, namely the health of the men who are to go forth and face the enemy, and who must be made of such material as to enable them to attain the highest degree of efficiency, even though they are compelled by circumstances to maintain the glory of our flag and nation under the very worst of conditions.

"Fortunately the men in the fighting units are certain to be favored by the maintenance of the best sanitary measures under the supervision of the highly trained medical division of our army and navy; but what of those who will be called on to take their place in the ranks later—why should we not insist that they be carefully considered and so served as to make them physically fit for the active and

exacting duties they are due to assume.

MUST BE STRONG FOR SERVICE.

"In the very nature of things only the strongest and fittest are accepted for service in the first line of defense. The standards in use cause the rejection of many who are anxious to serve our country in the army or navy, purely and simply because they do not measure up to the physical requirements.

"Now, it must be obvious to the most casual observer that these many rejections because of physical lack is not to be taken at all as a sign of national degeneracy—the fault is absolutely to be found in our careless indifference to right living. To be sure some babies are born with a heritage that makes it impossible for them to attain perfect manhood or womanhood, but these poor unfortunates, such because of disregard of right living on the part of their progenitors, rapidly fall by the wayside; on the other hand vastly more are born with an heritage that fits them to meet the exacting of this world properly. If during their years of growth and development, they are taught the ways of right living and are surrounded by an environment which will conserve what nature has given them.

"Unquestionably the man in the ranks or on the firing line will be vastly more efficient, if his mind is at ease regarding those near and dear to him at home, but imagine the mental state of a fighter in the ranks who knows that an epidemic of typhoid has developed in his home community, and that his folks are apt to fall victims.

KEEP FREE FROM DISEASE.

"These are some of the many reasons why the public should co-operate intelligently with the public health authorities in keeping communicable diseases at a minimum or even in eradicating them entirely. Preventable disease is a crime; an offense against society, and in just such measure as we prevent or eradicate preventable disease, do we lengthen human life and increase the sum total of human happiness.

"Right living is not arduous—it does not entail any hardship nor require the giving up of any of the normal pleasures of life. It means only the exercise of a reasonable amount of care to observe the fundamental laws of hygiene, both personal and general; to take advantage of the abundant fresh air and sunshine; to maintain personal cleanliness, both physical and moral; to moderate in appeasing the appetite; to have a proper regard for the rights of your neighbor, that he, too, may practice right living without hindrance on your part, and to delegate to yourself the task of always striving for the general public good.

"Later articles will give detailed advice, and suggestions on the conservation of that priceless boon—good health."

MINNEAPOLIS WHEAT.
Minneapolis, May 4.—Wheat closed today at 2.61; July at 2.29 1/2.

Two men were hotly discussing the merits of a book. Finally one of them, himself an author, said to the other: "No, John, you can't appreciate it. You never wrote a book yourself."

"No," retorted John, "and I never laid an egg, but I'm a better judge of an omelet than any hen."

NEWS NOTES - MIDLAND

BILLIE BURKE is to act for the movies again, but this time it will not interfere with her stage work. The actress of the titian hair has just signed a contract with the Famous Players-Lasky Corporation to pose for photographs to be made by them for a period of two years. Her first picture of the new series will be "The Mysterious Miss Terry," based on a scenario by Gelet Burgess. Work on the film will be begun within a few days at the New York studios of the company.



Billie Burke.

LIFE'S LITTLE TRAGEDIES.

Maybe this will explain why you haven't received that autographed photograph, from Thomas Meighan, Famous Players' leading man. Thomas found that his correspondence was accumulating something terrible. So he hired a young lady by the name of Marjorie Van Allen to answer his mail, turning over to her scores of letters containing stamps and coins. She took them "home" for the purpose of addressing the letters and enclosing the photographs. . . . And, say, if you happen to know where she is now call the New York police. Thomas, we imagine, would appreciate it excessively.

SHAW IN MOVIES.

George Bernard Shaw has gone in for the movies, that is, George B. has gone in so far as to appear in a prologue to a London production of "Masks and Faces." It was rumored that George B. was none too thrilled by the experiment. "Why, I didn't get to talk at all," he confided afterward to one of the boys over at the Academy of Dramatic Art.

FAME ENOUGH, SAY WE.

Jules Raucort, a character actor with Mutual, has done things in a literary and dramatic way of considerable importance. He has scored stage successes in Belgium, France and England. He is the author of "The Purple Garden."

But the American amusement seeker knows him only as the ex-dancing partner of Gaby Deslys.

Carol Holloway had just come in from location. The day had been a quiet one with the Vitagraph serial company. Miss Holloway stated, as the capturing of a mountain lion and

Miss Holloway's going hand-over-hand over William Duncan's lariat suspended from one precipice to another, had been all in the way of thrills that the day had brought forth.

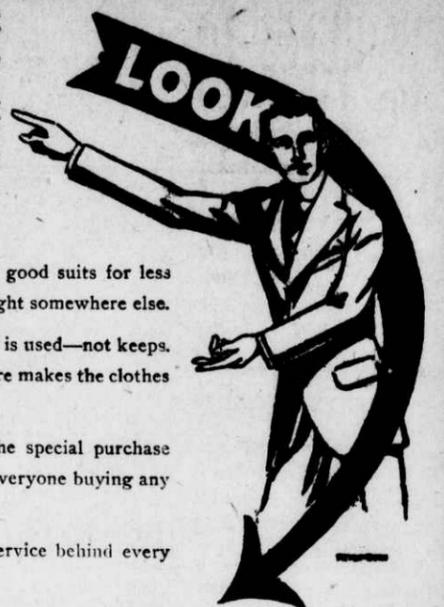
Bessie Love's new contract with the Triangle company entitles her to a new dressing room at the Thomas H. Ince studios. Bessie is supervising its decoration, which will combine a restful brown and white, Bessie's eyes and hair giving her a natural right to the color brown. Bessie is also carrying out this color scheme in her present stationery.

Ruth Stonehouse completed the direction of her first Red Feather picture recently, on the day which commemorated the completion of her first year with the Universal company.

Fritzi Brunette's special engagement with the Seig company has developed into one with a contract, and an opportunity for Miss Brunette's playing a number of big feature leads.

THE NEW YORK STORE

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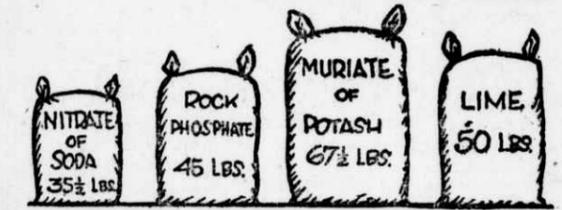
THE NEW YORK STORE

TERRIBLY SICK WOMAN

Surgical Operation Thought Necessary, but Lydia E. Pinkham's Vegetable Compound Saved Her.

Madison, Wis.—"I was a terribly sick woman for over three years. I suffered with terrible pains in my back and was about to have an operation when a friend said to me, 'Before having that operation just try Lydia E. Pinkham's Vegetable Compound.' So I let the operation wait, and my husband bought me the Vegetable Compound and it has made me a well woman and we have a lovely baby girl. We cannot praise Lydia E. Pinkham's Vegetable Compound enough, and I hope this letter will lead other suffering women to try it."—Mrs. BENJAMIN F. BLAKE, R.F.D. No. 5, Box 22, Madison, Wis.

HERE IS THE PROPER COMBINATION OF FERTILIZERS FOR YOUR GARDEN



Fertilizers mixed in these proportions make a compound sufficient for a home garden of 3,500 square feet.

Nitrate of soda, rock phosphate, muriate of potash and lime, mixed in the proper proportions, make one of the best fertilizers for home garden use. Assuming that you have a garden plot containing 3,600 square feet, these fertilizers, mixed according to the poundages shown in the diagram above, produce a good result. A shovel and a coarse screen are the only equipment needed to mix this fertilizer.

Amber Cane Forage Good Crop; Time to Arrange for the Seed

That amber cane forage is a successful crop in Idaho and farmers desiring to plant it should arrange for their seed immediately, is the statement of O. P. Hendershot, secretary of the Ada county increased production committee who is actively engaged in promoting the production campaign for Ada county. In a statement issued on the subject Secretary Hendershot said:

"Perhaps the next best forage to alfalfa is amber cane. Besides being a nutritious feed it is one of the heaviest yielders in tonnage that can be planted. In Nebraska, where I grew the black amber cane for a number of years, our average yield per acre was better than ten tons. It is also one of the safest crops to plant on dry land, being deep rooted it has drought resisting qualities for greater than that of corn.

"Cane should be planted with a press drill about the same depth as wheat. It is advisable under the present high prices of cane seed to cork up every other feed in your press drill, putting on not to exceed sixty pounds to the acre. Seed should be well cleaned so that there are no sticks or other trash to stop up the feed. While cane can be planted any time before June 1, by planting earlier the seed will ripen and the stalk contain a great deal higher percentage of sugar than the late planting. We do not advise cane for filling silos, but where cane cannot be procured, Kaffir corn or Milo maize can be planted for filling the silos. We advise all farmers who expect to build silos to plant sufficient corn to fill them, planting corn as early as possible as corn for silage, should be cut of the milk when the silos are filled.

SHOULD PLACE ORDERS.
"Parties desiring cane seed should

place their orders with their seed dealer as soon as possible. While the price of cane seed is high at this time it is bound to go much higher. Those deferring ordering may not get the seed they desire to pay a high price for it. From reports, the 1917 crop was short, and while the prices seem high, it is well worth the price and I advise all who can to at least try out a small acreage of amber cane. In the Boise valley the yield of cane per acre where the ground is properly conditioned, with proper care and handling, should produce at least fifteen tons of feed per acre. The feeding value of a ton of cane is considerably higher than that of timothy hay. While it will not take the place of alfalfa hay altogether, it is the next best substitution, and is worthy of the attention of every stock grower growing his own forage.

"Cane forage can be harvested and handled successfully at a less cost than a single cutting of alfalfa hay and yet produce probably five times a greater yield.

IN CARLOAD LOTS.

"We have advised our seed dealers to lay in a supply of cane seed. At this writing, however, they have not been able to locate any quantities where it can be shipped in carload lots. Native seed corn is very scarce and farmers needing corn should place their orders with their seed dealers, as well as all other seed orders, at once. The proposition of supplying seed is serious throughout Idaho. Delay means almost certain failure in producing corn. Kaffir corn, Milo maize, or amber cane.

"Millet is a good feed for cattle and sheep but is not considered a safe forage for horses.

"The forage committee for increased production urges immediate action among all farmers who contemplate producing any of the above forage."

VALE YOUNG WOMEN FORM HONOR GUARD

(Capital News Special Service.)

Vale, May 4.—Not content with sending more than 20 young men to join the land and naval forces of the United States and then forming a large and enthusiastic Red Cross chapter Vale has taken one more step toward national defense. The young women of the community have taken President Wilson's plea for co-operation in the present emergency, to heart and on Wednesday more than 50 met in the Chamber of Commerce rooms to form a local chapter of the Girls Honor Guard.

Miss Fay Clark, county superintendent of schools, presided at the meeting. In a short address Miss Clark explained the purpose of the meeting, the need for an organization and the nature of the Honor Guard. She said that, while the national organization planned to teach the girls of the country to take the place of the men in various lines in case duties at the front would call the men, those who were members of the local chapter would center their attention upon the production of food stuffs, the handling of automobiles and the care of sick and wounded.

After Miss Clark had outlined the work and told of the purpose of the organization the following officers were elected: Miss Bessie Hope, leader; Miss Lillian Davis, assistant

leader; Miss Mearine Jones, treasurer; Miss Valeda Rose, secretary. The next meeting will be held on Monday and at that time a definite plan will be presented so that the young ladies can at once begin their work."

RED CROSS TO KEEP UP ITS CAMPAIGN

Boise chapter of the American Red Cross has received notice that the postmaster general had notified the office here that the Red Cross chapters should use the federal buildings for headquarters for active campaign work. Accordingly it has been decided to hold another campaign of two days for those who have not yet had the opportunity to join. On Saturday, May 5, a membership desk will be in the postoffice lobby. Mrs. Henry Cobb, Mrs. C. E. Rose, Miss Jean Roberts, Miss Ivah Holt, Mrs. B. S. Howe, Mrs. Walter

Mendenhall, Miss Golden Graham and Miss Margaret Cobb will preside.

On Monday, May 7, the work will continue and the women will be very glad to have all those who have not yet done so, volunteer their membership.

An Atlanta lawyer tells of a newly qualified judge in one of the towns of the south who was trying one of his first criminal cases. The prisoner was an old negro charged with robbing a hen coop. He had been in court before on a similar charge and was then acquitted.

"Well, Henry," observed the judge, "I see you're in trouble again."

"Yessuh," replied the negro, "the last time, judge, you will recollect, you was my lawyer."

"Where is your lawyer this time?" "I ain't got no lawyer this time," said Henry, "It's going to tell the truth."

Two Irishmen, long enemies, met one day. Said one:

"What's the sense of two intelligent men goin' along, year after year, like a couple of wild cats spittin' at each other? Here we live in the same town, and 'tis a burnin' shame that we do be actin' like a couple of boobies. Come along wid yer and shake hands, and we'll make up and be friends."

"Which they did, and went to an adjacent saloon to cement the friendship with a glass of grog.

Both stood at the bar in silence. One looked at the other and said: "What are you thinking about?" "O I'm thinkin' the same thing that you are."

"Oh, so ye're startin' again, are ye?"

Wichita is the first city in Kansas to adopt the manager plan.

Be Introduced

To the Merits of a Creole Dinner.

\$1.15 Doz.
10c Can.

Tourists bring back pleasant recollection of the famous southern foods.

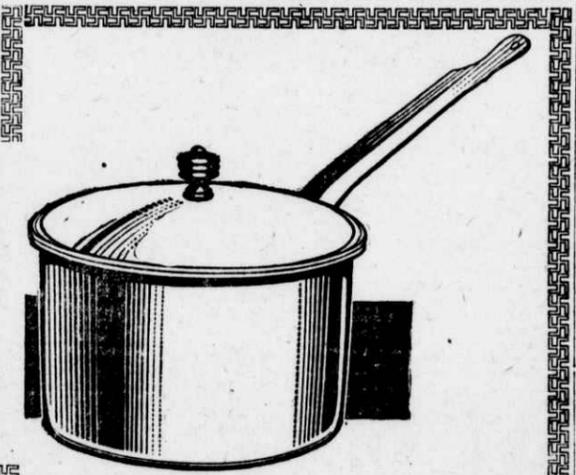
A Creole Dinner is one of the most popular.

Creole Dinner is made from fresh vegetables — plucked and packed immediately on the plantation where grown — a happy combination of Tomatoes, Sweet Peppers, Okra, Onions and Fresh Meats. There are many appetizing ways of serving it—Creole Omelet—Rice and Creole Dinner—Sauté—served hot with Fish, Vegetables, Soup, Hot Roast, etc.

TRY THIS RECENT INTRODUCTION.

W. J. CAMPBELL & SON

PHONE 15.



Something Unusual

These times, when everything is Going Up. Here is "Wear-Ever" Aluminum going down. This 2-quart Berlin Sauce Pan, regular price \$1.35

Now 95c

This special sale offer ends Wednesday, May 9. Supply is limited. Don't wait. Handy size for every-day use.

See fine big display of complete line of "Wear-Ever" Aluminum in our window

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SWEET-TELLER HDW. CO.

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The Keen Kutter store. The Brighten up store. The Wear-ever Store.

Coffee Special SATURDAY ONLY.

Good old Iowa Coffee. The kind you can appreciate.

At 25c per pound.

We advise you to put in a supply.

Hohberger Market & Grocery

Phone 1076. 221 N. 8th St.

SUGAR! SUGAR! SUGAR!

Full carload on track today at \$9.40. F. O. B. Caldwell. Get your order in now—while this special price is in effect.

Pure tested alfalfa seed.....17c

Oregon Bayo Beans.....10c

McCormick or Deering Suckles, complete.....\$2.00

Ask your agent the rate on 300 to your town to Caldwell.

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With its one-piece Porcelain Lining having rounded corners and every inside part instantly removable, the Leonard is as easy to clean as a new china dish. Be sure and see this wonderful Refrigerator before buying. On sale only at

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