

# HOME-READING COURSE FOR CITIZEN-SOLDIERS

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This course of thirty daily lessons is offered to the men selected for service in the National Army as a practical help in getting started in the right way. It is informal in tone and does not attempt to give binding rules and directions. These are contained in the various manuals and regulations of the United States Army, to which this Course is merely introductory.

**LESSON NO. 4**  
**Getting Ready For Camp**  
(Preceding Lessons: 1. Your Post of Honor. 2. Making Good as a Soldier. 3. Nine Soldierly Qualities.)  
Your real training for your duties as a soldier will begin after you and your comrades are assembled at the training camps. However, there are a few simple things you can do during the next few weeks which will be of decided value in getting you started along the right lines.

The simplest thing, and perhaps the most useful of all, is to begin at once to practice correct habits of standing and walking. Even in civilian life a man's reputation in his community—yes, and by that matter his own self-respect—is deter-

mined to a surprising extent by his bearing. The man who slouches feels like a slouch. The man who holds his head up faces the world with confidence and courage. If this is true in civilian life, it is ten times more true in military life. For a soldier must always be strongly marked by his snap, his precision, and his vigor. He can not have these traits unless he carries himself like a soldier.

The bearing of a soldier training have a correct idea of what is meant by the position and the bearing of a soldier. They are apt to be extremely strained attitude. Or, more frequently, they think that the term can properly be applied to any erect position. The truth of the case,

## Dangerous Stomach Acids That Make Your Food Ferment and Sour—Cause Gas and Indigestion

The Contents of an Acid Stomach Should be Neutralized and Sweetened—Never Artificially Digested Say Physicians.

Medical authorities everywhere are now practically agreed that nearly nine-tenths of the cases of stomach trouble, dyspepsia, indigestion, heartburn, sour stomachs, gastric catarrh, bloating, nausea, etc., are caused not by a lack of digestive juices or by imperfectly digested organs, but by an excessively acid condition of the stomach.

Nearly everyone who has stomach trouble, they say, carries about a glassful or more of stomach which is constantly irritating and inflaming the delicate stomach lining, souring their food, creating gas on the stomach, delaying digestion and causing the distressing symptoms so frequently mistaken for dyspepsia and indigestion.

**Seneca**  
REG. U.S. PAT. OFF.  
REG. CANADA

*use it regularly keeps the teeth clean and gums healthy—your dentist knows, ask him*

## A "Regular" King Is KING OSCAR

5c CIGAR

Because he rules with favor. You will find him always the same and always pleasant.

**John C. Herman & Co.**  
Makers  
On Top For 26 Years

## PEA COAL

**J. B. Montgomery**  
Third and Chestnut Both Phones

however, is that there is a definite procedure to follow in order to place oneself in the position known in the army as "the position of a soldier." It is the position which the dismounted soldier always assumes at the command "Attention," except as it may be slightly modified to enable him to carry properly any arms he may have in his hands.

It will be well for you to memorize paragraph 51 of the Infantry Drill Regulations, which gives the complete and accurate description of the position of the soldier. This paragraph is slightly paraphrased and simplified in the description following. Keep in mind that there are ten elements which must be properly adjusted to each other, and check yourself up to see that each one of them is properly placed.

1. Head—erect and squarely to the front; chin drawn in so that axis of head and neck is vertical (means that a straight line drawn through the center of head and neck should be vertical) eyes straight to the front.

2. Neck—erect and squarely to the front; chin drawn in so that axis of head and neck is vertical (means that a straight line drawn through the center of head and neck should be vertical) eyes straight to the front.

**German Intrigue Made China Enter Into War**  
Washington, Aug. 16.—China's official explanation of the declaration of a state of war with Germany and Austria-Hungary, in the form of a statement by the Foreign Office, was received last night at the Chinese Legation here. It said: "In view of the many kinds of German intrigues designed to create disorder in China the Chinese Government found it impossible to wait for the convocation of Parliament before declaring the existence of the state of war with Germany, especially since the rupture of diplomatic relations with the Imperial German Government had been previously approved by Parliament almost unanimously."

**Sacrificed His Life to Save Sweetheart**  
Kittanning, Pa., Aug. 16.—Sacrificing his life to save the girl he was betrothed, Ralph Hollonback, 24 years old, a private in Company K, Sixteenth Pennsylvania Infantry, was killed by a northbound Pennsylvania Railroad passenger train last night. He threw Mary Graz, his sweetheart, off the track, while he himself was mangled.

**MR. TAFT LEAVES CLAY CENTER**  
Clay Center, Pa., Aug. 16.—Former President William H. Taft, much improved after his illness here of more than a year, left here yesterday afternoon for Chicago en route to his summer home at Murray Bay, Canada. Mr. Taft, due to an attack of intestinal indigestion, has cancelled his speaking engagements for the remainder of this month.

## ROOT GIVEN VALOR MEDAL

Roosevelt Brands I. W. W. Enemies at Big Reception For Returned Diplomat

New York, Aug. 16.—Expressing confidence in the soundness of the character of the Russian people for self-government, Elliott Root, head of the special diplomatic mission to Russia, in two addresses here at this city's official reception in that country during its time of peril by "men corresponding to the I. W. W. here, the extreme Socialists and anarchists with whom the German agents made common cause."

City Hall and then at the Chamber of Commerce, likewise declared that "organizations like the I. W. W. are criminally aiding German propaganda in this country," adding: "Let us make those who oppose obstacles to the success of the war feel that they are unhelpful traitors."  
He further said that "until the United States has placed 5,000,000 men in the fighting line we will have no right to consider ourselves as standing level with Canada in this fight for democracy," and advocated the putting of American soldiers "in masses on whichever front they are most needed."

## CHEESE CONTAINS MUCH FOOD VALUE

Department of Agriculture Points Out Nourishment in Dairy Product

Washington, Aug. 17.—"Store" cheese—more properly known as American Cheddar—is more nourishing, pound for pound, than any meat, and therefore should have a prominent place in the diet as a meat substitute, says a statement issued today by the United States Department of Agriculture.

"Few people in this country eat cheese in sufficient quantities for it really to form an important part of the daily fare," says the statement. "Indeed, it is used more often simply as an appetizer or as a seasoning for some other food. Nearly every one wishes good American Cheddar or 'store' cheese, but there is an impression that it is indigestible and constipating. Extensive digestion experiments carried on by the Department of Agriculture have demonstrated that more than 95 per cent. of its energy is available. Even when eaten in large quantities and for long periods, no case of indigestion, constipation, or other disturbance was observed in those who ate it. One man who ate cheese as the chief source of both protein and energy, for more than two years, did a fair amount of muscular work and kept in good health."

very satisfactory substitute for meat. It can be kept in storage for a long time, and contains much food in small volume.  
"A pound of cheese supplies more than twice as much energy as a pound of fowl or round steak and almost twice as much protein as the same amount of fowl or ham. Cheese, therefore, is usually a cheaper food than the meats.  
"Cheese can also be combined in many palatable dishes. When grated it may be used in soups or with many vegetables. Other foods in which cheese is used are: Macaroni and cheese, Welsh rabbit, tomato rabbit, baked rice and cheese, baked crackers and cheese, vegetables and cheese rolls, cheese omelet, oatmeal and cheese and cheese mush.  
"Receipts and further information are given in Farmers' Bulletin 487, 'Cheese and Its Economical Uses in the Diet,' which may be obtained free on application to the Department of Agriculture, Washington, D. C."

# KAUFMAN'S BANNER-VALUE DAY

FOR ONE DAY ONLY--TOMORROW, FRIDAY

Store Opens 8:30 A. M. Closes 5 P. M. Friday

Another Remarkable Money-Saving Opportunity Biggest Ever Offered By Any Store in This City

Those who have attended our previous Banner-Value Days need not be urged to come again tomorrow. When we hoist the banner to the breeze tomorrow, they will instantly recognize it as a signal for money-saving opportunities. Everybody knows that you can Buy It For Less at Kaufman's

Every item advertised is absolutely priced below the customary "Kaufman-Underselling" price, and is naturally much lower than prices asked elsewhere for merchandise of similar quality. Quantities are limited, so it will pay you to buy early.

<b>1 Woman's White Coat</b> Was \$15.00 Only one left White An- gora Coat. Size 36. Beady soil- ed. Second Floor. <b>\$1.00</b>	<b>1 Evening Dress</b> Was \$10.00 Light Blue Silk. Size 18. Second Floor. <b>\$2.95</b>	<b>English Long Cloth</b> 10 - yard pieces. \$1.95 value, for ... Basement. <b>\$1.49</b>	<b>100 Boys' Wash Suits</b> Nobby pat- terns; sizes 3 to 8 years. Worth to 75c. for ... First Floor. <b>39c</b>	<b>42 Girls' Wash Skirts</b> Worth to \$1.00 Made of gal- latea cloth; slightly soiled; sizes 6 to 10 years. Second Floor. <b>33c</b>
<b>1 Chinchilla Coat</b> Was \$10.00 Only one coat. Plaid Chinchilla. Size 16. Slightly soiled. Second Floor. <b>\$1.00</b>	<b>2 Silk Party Dresses</b> Were \$12.90 Dresden Silk; size 16 and 36. Second Floor. <b>\$2.95</b>	<b>85 Silk &amp; Voile Waists</b> Values to \$3. Tub silks and fine voiles; plaid and fancy assort- ed sizes. First Floor. <b>75c</b>	<b>150 Boys' Wash Suits</b> Classy Nor- folk models; sizes 3 to 8 years. Worth to \$3.50, for ... First Floor. <b>95c</b>	<b>55 Ladies' Petticoats</b> Cut full and with embroi- ery ruffle. Worth to 50c. for ... Second Floor. <b>29c</b>
<b>2 Spring Coats</b> Were \$6.50. Made of wool plaid. Sizes 16. Only 2 coats. Second Floor. <b>\$1.00</b>	<b>9 Hds. White Dresses</b> Were \$15.00 to \$25.00. Fine white sandy and voile. Second Floor. <b>\$3.95</b>	<b>89 White Waists</b> Worth to 50c. White lawn brocade and lace trimmed sizes 36 to 44. First Floor. <b>29c</b>	<b>60 Boys' Rompers</b> Only 60 in this lot; we wish we had more; sizes 3 to 8 years, 39c value, for ... First Floor. <b>19c</b>	<b>1 Lot Ladies' Neckwear</b> Exquisite lace and lawn. Worth to 50c, for ... First Floor. <b>15c</b>
<b>8 Silk Poplin Dresses</b> Were \$5.95. Silk Pop- lin dresses, sizes 16 and 36. Only 8 dresses. Second Floor. <b>\$1.95</b>	<b>25 Coffee Percolators</b> 8-cup size. \$2.00 value, for ... Basement. <b>98c</b>	<b>61 House Dresses</b> Worth to \$1.00. Lawn and percales in pretty assort- ed patterns; sizes 36 and 38 only. Second Floor. <b>39c</b>	<b>75 Pair Boys' Pants</b> Worth to 75c. Khaki and cool cloth; an odd lot of sizes 6 to 10 years. First Floor. <b>39c</b>	<b>10 Cobbler Outfits</b> Shoe making outfit with a full assortment of useful tools. \$1.50 value for ... Basement. <b>98c</b>
<b>7 Women's Rain Coats</b> Was \$3.50. Back Poplin dress, beige and blue. Only 7 coats to sell. Second Floor. <b>\$1.00</b>	<b>Vacuum Washers</b> New im- proved ma- chine made of white en- amel. Can be operated by a child. \$2.00 value, for ... Basement. <b>35c</b>	<b>76 Full Length Kimonos</b> Worth to 75c. Made of fancy figured lawn; assort- ed colors and sizes. Second Floor. <b>27c</b>	<b>10 Boys' Norfolk Suits</b> Values to \$5. Cool cloth, and Palm Beach. Be- cause of extra ordi- nary values, Worth \$1.50, for ... First Floor. <b>\$2.25</b>	<b>Porch Cushions</b> Japanese mattings in cushions in artistic designs; well made. 39c value, for ... Basement. <b>17c</b>
<b>1 Silk Taffeta Coat</b> Was \$15.00 Women's black silk taffeta; size 36. Only 1 coat. Second Floor. <b>\$5.00</b>	<b>Clothes Dryers</b> A collapsible rack that is easy to handle, well made. \$1.25 value, for ... Basement. <b>45c</b>	<b>39 White Dress Skirts</b> Values to \$1.50. Linen pique and gab- ardine; assort- ed sizes. Second Floor. <b>50c</b>	<b>5 Doz. Boys' Rompers</b> Bloomers and Beach Model Rompers; sizes 3 to 8 years. Worth to 75c. for ... First Floor. <b>47c</b>	<b>6 Book Racks</b> Also suitable for magazine stands; built of fine oak; 3 shelves. \$1.50 value, for ... Basement. <b>49c</b>
<b>1 Silk Taffeta Cape</b> Was \$10.00 Navy Blue Taffeta Cape; size 38. Second Floor. <b>\$2.95</b>	<b>"Old Glory" Outfit</b> One 48x flag with a strong pole and holder, \$2.00 value; complete for ... Basement. <b>\$1.98</b>	<b>29 Cloth Dress Skirts</b> Values to \$3. Stripes and meat checks and plaids; all good styles. Only 29 to sell. Second Floor. <b>95c</b>	<b>25 Men's Straw Hats</b> Sennett straw hats in extra ordi- nary values. Worth \$1.50, for ... First Floor. <b>69c</b>	<b>Useful Kitchen Sets</b> Consisting of 5 pieces and a dandy rack to hold same, for ... Basement. <b>39c</b>
<b>1 Evening Dress</b> Was \$20.00 Blue Satin with net over dress; size 16. Slightly soiled. Second Floor. <b>\$3.95</b>	<b>Mercerized Poplin</b> Fine quality poplin; 28 in. wide; about five desirable colors. 29c value, for ... Basement. <b>17c</b>	<b>25 Pair Khaki Pants</b> This is an odd lot in broken sizes. Worth to \$1.75 for ... First Floor. <b>90c</b>	<b>38 Middy Blouses</b> Worth to \$1.00. Slightly soil- ed; assorted sizes for ladies and children. Second Floor. <b>33c</b>	<b>18 Household Sets</b> A handy oil-mop combination consisting of 1 Medicated Dust- ing Mop; 1 Oil Mop; 1 Medicated Dust Cloth; 1 bottle "Big Wonder" Oil. 75c value, for ... Basement. <b>45c</b>
<b>1 Evening Dress</b> Was \$22.50. Dark Taff- eta with silver trim- ming; size 18. Second Floor. <b>\$4.95</b>	<b>White Goods</b> Plain voiles, nain- ticks and o.g. cloths. 25c value for ... Basement. <b>12 1/2c</b>	<b>15 Men's Auto Coats</b> For serv- iceable wear in tan and gray. Worth to \$2.50 for ... First Floor. <b>\$1.49</b>	<b>31 Pr. Women's Pumps</b> Formerly \$3.50 to \$4.50. Combina- tion of brown and ivory wash- able kid. First Floor. <b>\$1.59</b>	<b>Dainty Luncheon Sets</b> Blue and white colors; each set consisting of 6 Bread and Butter Dishes, 6 Plate Dishes, and one large centerpiece; 13 pieces in all. 98c value, for ... Basement. <b>49c</b>
<b>1 Evening Dress</b> Was \$22.50. White crystal trimming; size 16. Second Floor. <b>\$4.95</b>	<b>Brown Muslin</b> Every good house- wife needs it. 12 1/2 c value for ... Basement. <b>8 1/2c</b>	<b>8 Men's Cool Cloth Suits</b> Worth to \$8.50. Up-to-the- minute belt- back mod- els. They must be seen to be appreciated. First Floor. <b>\$3.95</b>	<b>15 Pr. Women's Pumps</b> Formerly \$2 to \$3. Gray washable kid; covered heels. First Floor. <b>\$1.39</b>	<b>Electric Fans</b> There will be plenty of hot weather yet—be prepared. This handy little breeze can be set wherever you need one. Buy one, a keep cool \$5.00 value, for ... Basement. <b>\$3.89</b>
<b>1 Evening Dress</b> Was \$22.50. Lavender Taffeta with silver trim- ming; size 16. Second Floor. <b>\$4.95</b>	<b>Dress Gingham</b> Be se- lection of patterns; 27 in. wide. 12c value, for ... Basement. <b>12 1/2c</b>	<b>50 Pairs Men's Pants</b> Worth to \$3.00. Blue serges and fancy wor- sters; sizes 32 to 42 waist. First Floor. <b>\$1.93</b>	<b>13 Pr. Women's Pumps</b> White Canvas Lace Boots; with white leather and heels. Formerly \$2.75, for ... First Floor. <b>\$1.49</b>	<b>9 Mohair Auto Dusters</b> Worth to \$5.95. Just au- to dusters, made of Mohair, choice Second Floor. <b>\$2.95</b>

# KAUFMAN'S MARKET SQUARE

UNDERSELLING STORE