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I have the Perfection, Hartford and Florence Coaloil Cook Stoves, made in one, two, three and four burners; with or without ovens and with or without high shelf.

I also have one (only) $60.00 Crescent Range, made in St. Johns, Ore., at a special price of $52.50 to close out.

E. A. ROSS

FURNITURE UNDERTAKING

HOLE WHEET FLOUR IS MORE WHOLESOME

...le Wheat Bread is a Hygienic Necessity.

...r. Charles E. Banks of the pub...health service says that the flour ...general use has been bled white ...the millers. It represents the ...ely white powder remaining after ...t of the nutritional elements ex...t the starch and gluten have been ...ed out. He says that experiments ...w that test chickens fed exclu...ly on bleached white flour, after ...days will become paralyzed from ...alnutrition and that a few days' ...ding on the parts of the grain ...ed out will restore them to ...alth.

White flour has no value except ...t due to starch and a moderate ...ount of wheat protein. It ap...ls to the housewife because it ...ks white and pretty, it keeps well, ...works up well into bread and pas...y and it makes attractive bread. ...is commercially attractive because ...keeps well in all climates. It is ...dead, inert substance that resists ...aterial processes well and is not ...ally fermented.

On the other hand, whole wheat ...ur contains the wheat germ and ...consequence does not keep so well ...the very vitalizing quality of the ...ur makes it less stable.

...In the parts of the wheat berry ...rdinarily bolted out are the vita...nes so necessary for continued ...alth, the phosphates and other ...neral salts needed by the human ...dy, a considerable part of the pro...ins, most of the fats and some of ...e carbohydrates. The very ingredi...nts of the berry most needed for ...alth are made into byproducts and ...old to farmers as food for cattle and ...gs.

The United States public health ...ervice issued a bulletin on this sub...ct in 1916. Any one who reads ...is bulletin will understand why ...any Americans are constipated, ...weak, pasty and anemic.

As things now are, the consumer ...as trouble in getting whole wheat ...flour from dealers. Having unsuc...cessfully tried some of the grocery ...stores, some have purchased coffee ...mills and ground their own flour.

A person taking a mixed diet ex...pects to get from other foods the ...ingredients which are lacking in ...flour. The suggestion offered by Dr. ...Banks is that we change our custom ...now. A wide demand for whole ...wheat flour would be followed by an ...easily obtainable supply. The change ...in custom would increase the supply ...of flour and increase the healthful...ness of bread.

RAILROADS HELP IN FOOD PRODUCTION

Southern Pacific agents all over the country have been directed to co-operate with state and federal authorities in enlisting farmers and housewives in the campaign for food conservation and production. Not only is the railroad providing agricultural experts to travel along its lines and lecture to farmers, but station agents and representatives of the Southern Pacific Company have been asked to bring to the attention of those concerned, placards and bulletins which are now being issued by Dean Thomas F. Hunt of the agricultural experiment station of the University of California, and the special committee on resources and food supply appointed by the state council of defense.

The Southern Pacific Bulletin, which reaches 45,000 employes semi-monthly, urges that farmers be advised to plant grain sorghums immediately on any good average soil, and on irrigated soil up to June 25. Details may be obtained from the local farm adviser or by writing the University of California, Agricultural College, Berkeley, Cal.

The same railroad publication also points out the following seven ways in which money is wasted on food, and how to save this waste:

1. The use of needlessly expensive material, providing little nutrition, often selected because of appearance. The most economical food is that which supplies the nutriment at the lowest cost.
2. Failure to select rightly according to season.
3. Poor preparation which reduces the food value.
4. A great deal is thrown away that might be used.
5. Ignorance of the proper care of food materials in the home and of preservation methods.
6. Expense of retail delivery to homes, which is often demanded for small orders twice a day, and duplication of delivery routes for the same product.
7. Waste in fuel. Plan menus to conserve it. By proper care of stoves, and the use of the gas oven for most of the meal instead of for the meat alone much waste may be eliminated.

COWS IMPROVING

Monthly Report of the Gresham Columbia Slough Association.

A month ago there were but 26 cows on the honor roll while now we have 34, and must remember that there is one less day than in March The production in general is much higher and for once we cannot lay it to green feed nor warmer weather, merely to the fact that the cows are good and the dairymen are doing more scientific work. Mr. Mullenhoff's cow Josie freshened December 14, and since that time, a little over four months, has made 422.43 pounds of butter fat. When the year's summary is figured she will probably approach the 600-lb. mark.

Lucy, a grade cow belonging to Mr. Luscher, tops the association list this month and it may be remembered that this cow also topped the list last June. She is of good type and has a wonderfully shaped square udder. She has a good test and we might say that this is one of the features that official testing brings out in a dairy herd.

Johanson Bros.' cow again produced over 60 pounds of butter fat and bids fair to keep up the pace. She is the cow that headed our list last month and also the one that was once sold to the butcher.

The Multnomah County Farm herd has recently been placed on test and there were found to be several good producers in the herd, four of them being placed on the honor roll during the first month of test. There are several registered animals on the farm that are making creditable showing, but owing to the lack of previous records they do not show up in the records as well as some of the cows which have freshened recently, but when the yearly record is made out they will be placed among the highest producers.

C. H. Johanson, who has a milking herd of 14 cows, has five of them on the honor roll this month and has never had less since December. This is Mr. Johanson's second year in the association and, needless to say, he is very much interested in another association this coming year.

Kelvin Grove's herd of registered Ayrshires has recently been placed on official test to determine which of his cows were the best producers. The results were very gratifying to the company when they found that 50 per cent of their herd had made the honor roll during the first month of test.

This month there has been five cows sold to the butcher and doubtless many more will go when the year's work is summarized. Next month will complete the year's work for the association and at that time a complete summary of the work will be given. DANA S. FRAME,
Tester.

H. G. MULLENHOFF,
Secretary.

Lime and sulphur spraying solution, 50c a gallon. Water glass—egg preservative—in 35c, 60c and $1 bottles. Deming's Drug Store, on the Strand.

SUMMONS

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF COLUMBIA.

Celia Bagley, Plaintiff, vs. Lucius P. Bagley, Defendant.

To Lucius P. Bagley, the above named defendant:

In the name of the State of Oregon, you are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before the 5th day of May, 1917, said day being after the expiration of six weeks from the date of the first publication of this summons, and if you fail to appear and answer said Complaint, for want thereof, the plaintiff will apply to the Court for the relief demanded therein, to-wit: for a decree forever dissolving the bonds of matrimony now existing between plaintiff and defendant and for such other and further relief as to the Court may seem meet and equitable in the premises. This summons is published by order of the Honorable J. A. Eakin, Judge of the above entitled court, which order was made and entered on the 19th day of March, 1917, and the time prescribed for publication thereof is six weeks beginning with the issue of Friday, March 23, 1917, and continuing each week thereafter to and including the issue of Friday, May 4, 1917.

CLARENCE L. EATON,
Masonic Temple, Oregon City, Oregon,
Attorney for Plaintiff.

SUMMONS BY PUBLICATION

IN THE CIRCUIT COURT OF THE STATE OF OREGON, IN AND FOR THE COUNTY OF COLUMBIA.

Mary E. Buol, Plaintiff, vs. Frank A. Buol, Defendant.

To Frank A. Buol, the above named defendant:

In the name of the State of Oregon, you are hereby required to appear and answer the complaint filed against you in the above entitled suit, on or before the 8th day of June, 1917, said date being more than six weeks from the 27th day of April, 1917, the date fixed for the first publication of this summons, and if you fail to answer or otherwise appear herein, the plaintiff for the want thereof, will apply to the court for the relief prayed for in her complaint herein, to-wit: For a judgment and decree against the defendant that the bonds of matrimony heretofore existing and now existing between the plaintiff and defendant be dissolved and held for naught, and such further and other relief as to this Honorable Court may seem just and equitable.

This Summons is served upon you by publication thereof in the St. Helens Mist, by order of the Honorable J. A. Eakin, judge of the above entitled Court, dated the 23rd day of April, 1917.

WYATT & CAMPBELL,
Attorneys for Plaintiff, Portland, Oregon.

Date of first publication April 27, 1917.

Date of last publication June 1st, 1917.

NOTICE IS HEREBY GIVEN, that the undersigned has been appointed administratrix of the estate of George L. Morel, deceased, by the County Court of the State of Oregon for Columbia County, and has qualified. All persons having claims against said estate are hereby notified to present same, duly verified, to the undersigned at her home at Goble, Oregon, within six months from date hereof.

Dated and first published May 4, 1917.

LOUISE M. ANLIKER,
Administratrix of the estate of George L. Morel, deceased.
J. W. DAY,
Attorney. 20-5

ARE YOU TROUBLED WITH CATARRH?

If so, you should try a bottle of MUCU-TONE, the great catarrh remedy. It contains no opiates or narcotics and the use of it will not therefore produce the drug habit. We recommend that all you who suffer with catarrh try a bottle of this wonderful remedy. It comes in 50c and $1 sizes. Sold and recommended by Plaza Pharmacy, St. Helens.

NOTICE TO CREDITORS

IN THE COUNTY COURT OF THE STATE OF OREGON FOR COLUMBIA COUNTY.

In the Matter of the Estate of Frank Newbold, Deceased.

Notice is hereby given, That the undersigned has been duly appointed administratrix of the estate of Frank Newbold, deceased, by the County Court of Columbia County, State of Oregon, and has duly qualified for said trust. All persons having claims against said estate are hereby notified and required to present the same, duly verified and with proper vouchers to the administratrix at her residence in the City of St. Helens, Columbia County, State of Oregon, within six months from the date of this notice.

Dated at St. Helens, Oregon, April 27th, 1917.

ANNIE NEWBOLD,
Administratrix of the estate of Frank Newbold, deceased.
HARRIS & GORE,
Attorneys for Administratrix, St. Helens, Ore. 19-5

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Good fast tables and a clean place. A pleasant way to spend an idle hour.
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It is a check on forgetfulness. Your check back from the bank is a receipt and a reminder in case entry of the payment has been omitted.
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