Trade in St. Helens

The TOGGERY

MEN'S CLOTHING and FURNISHINGS

To Whom It May Concern:

GENTLEMEN:

YOU GO TO A TAILOR BECAUSE YOU THINK YOU ARE HARD TO FIT.

JUST BECAUSE YOU FEEL THAT WAY IS ALL THE MORE REASON WHY YOU SHOULD COME TO US; WE CAN FIT YOU AS PERFECTLY AS THE BEST TAILOR; GIVE YOU BETTER QUALITY AND STYLE; AND SAVE FROM $5 TO $15 FOR YOU.

WE TAKE YOUR MEASURE; HART SCHAFFNER & MARX MAKE THE CLOTHES.

SOME DAY YOU'LL SEE THE ADVANTAGES IN HART SCHAFFNER & MARX READY-MADE CLOTHES; IN ORDER TO ACQUAINT YOU WITH THESE MAKERS' QUALITY, WE WANT TO GET YOU STARTED WITH A MADE-TO-MEASURE SUIT. WE GUARANTEE TO FIT YOU.

COME IN AND SEE THE SAMPLES WE'VE JUST RECEIVED FROM HART SCHAFFNER & MARX. SUITS $25 TO $50.

YOURS TRULY,

"Dick for Duds"

W. E. LIDYARD, Manager

MEN'S FURNISHINGS

ST. HELENS, OREGON

Buy a Home and Know that You will not Have to Move Next Month

5-Room House with two good garden lots in cultivation, well located; $800.00, easy terms. See this at once.

6-Room House with two garden lots with fine soil, fruit trees and berries. Good location. $1400.00. Easy payments.

7-Room House and lot two blocks from big mill. A bargain at $1100.00. $100.00 down and balance like rent.

6-Room House and two lots for $800.00. $200.00 down and balance on small payments.

Also have several other places that can be paid for on practically rent terms.

Rutherford Realty Co.

EAT MORE POTATOES OREGON SLOGAN

Help the Farmers of Your State Sell His Crop.

When the allies asked the United States for 75 million bushels of wheat, the question "How?" immediately arose in the mind of the food administration of our country. We all know that each individual could not upon a minute's notice turn in a barrel or two of flour but that these 75 million bushels must be saved from our normal consumption by the ounce.

Even if the United States and Canada did send 2,200,000,000 lbs. of food to the allies during the month of March, our duty and privilege of feeding the army is far from ended. It will be necessary for each individual to continue to save the daily ounce of bread until this war is over and for a period after that time.

Each time the housewife, from habit, goes to the flour bin, before using of its contents she should ask herself "Do I need it?" In order to impress it more thoroughly upon our minds it would be well if we label the flour bin, "Do I need it?" If we would but have this reminder before us continually the white flour container would seldom be opened, but we would turn to the substitute bin and be glad that another ounce had been saved.

There is no better method for saving the foods we are asked to save than by leaving them alone. The question "How?" immediately then comes to our minds. Here is your program:

The large hotels of the country have pledged themselves to do without wheat until the pressure is eased. Many households are pledging themselves to the same measure of devotion to the national cause—no wheat until harvest. Are you?

This is the no-wheat program:

Use no breakfast ceral containing wheat.

Use no wheat flour to "bind" cornmeal or other cereals in muffins or quick breads.

Use barley flour, corn flour, or cornstarch for thickening soups and gravies—no wheat at all.

Use no bread containing wheat flour.

This is the "less wheat" program:

Use no breakfast cereal containing wheat.

Use no wheat flour to "bind" cornmeal or other cereals in muffins or quick breads.

Use no wheat flour for thickening soups or gravies.

Use wheatless breads as far as possible, making exception where necessary for children, aged people and invalids.

If bread must be bought, use Victory bread, but as far as possible let potatoes, rice, hominy or other cereals—not including wheat or rye—take the place of bread.

"Wheat is now a luxury for invalids, babies and very poor. It is not now fit food for strong men and women."

Here is a fit food for the strong:

Potato

Perhaps the potato is weary of being boiled—you are weary of boiling the potato—you are weary of eating the boiled potato. If so, treat your potato this way:

Bake it. Stuff it. Cream it. Mash it. Scallop it, or

Use it in bread; use it in cake; use it in cookies; use it in muffins; use it in puddings; use it in a loaf; use it in soups; use it in stuffing.

Potato Corn Meal Muffins

Two tablespoons fat, 1 tablespoon sugar or syrup, 1 egg well beaten, 1 cup milk, 1 cup mashed potatoes, 1 cup corn meal, 4 teaspoons baking powder, 1 teaspoon salt. Mix in order given. Bake 40 minutes in hot oven. This makes 12 muffins.

Potato Muffins

One cup mashed potatoes, 2 cups flour (wheat or barley), 5 teaspoons baking powder, 1 egg, 2 tablespoons sugar, 1 cup milk, 2 tablespoons fat, 1 teaspoon salt. Beat egg until light. Add milk, melted fat, sugar and potatoes. Mix all well and pour over the sifted dry ingredients. Bake in muffin tins. (This batter will be much stiffer than regular muffin batter.

Potato Drop Cookies

One-third cup molasses, 1 tablespoon fat or oil, 1 cup mashed potatoes, 1 egg, 1 tablespoon cocoa, ¼ teaspoon each of cinnamon, cloves and salt, ½ cup finely cut raisins, ½ cup flour (barley), ½ cup bran, 2 teaspoons baking powder. Mix molasses, fat, egg, spices and potato. Add sifted dry ingredients and raisins. Bake as drop cookies in quick oven. May add 1¼ cups flour, knead and roll into long rolls about 2 inches across. Cut across making the cookies about one-fourth inch thick.

Potato Cake

Six tablespoons fat, ½ cup sugar, 3 tablespoons corn syrup, 1 tablespoon water, 2 teaspoons baking powder, 2 teaspoons cinnamon, 1 egg (separate), ¼ cup corn starch, 1 cup flour, ½ cup raisins, ½ cup potatoes (cold mashed), ¼ teaspoon cloves. Cream fat, add sugar gradually. Add egg yolk, corn syrup, water and potatoes. Mix well. Dust raisins with flour, add with sifted dry ingredients. Fold in stiffly beaten egg-white last. Bake in loaf in moderate oven.

Potato Steam Pudding

One-fourth cup oil or other fat, ¾ cup sugar, 2 cups grated potatoes (raw), 1 teaspoon vanilla, 1 cup of flour, 1 tablespoon cocoa, 1 teaspoon soda, 1 cup finely cut raisins, 1-3 teaspoon each cinnamon, cloves, allspice and salt. Cream oil and sugar, add spices and potatoes. Mix raisins with part of the flour and add. Add the remainder of flour sifted with the soda. Stir well. Put into a greased vessel. Steam 2½ to 3 hours. Serve hot with a hot pudding sauce.

Potato Stuffing

Two cups hot mashed potatoes, 1 cup soft stale bread crumbs, 1 small onion finely cut, ¼ cup fat, 1 teaspoon sage, 1½ teaspoon salt, ⅛ teaspoon pepper. Mix and use as you would any stuffing.

Corn and Potato Loaf

Two cups corn, 1 quart hot mashed potatoes, 2 tablespoons drippings, 1 teaspoon salt, 2 eggs, ⅛ teaspoon pepper, ⅛ teaspoon nutmeg, 1 teaspoon grated onions. Add corn to hot mashed potatoes, drippings and seasonings. Beat egg until light. Reserve one tablespoon for top. Mix all together lightly, turn into oiled baking dish, smooth top, brush with egg, bake until browned, 30 minutes. Serve with white or tomato sauce.

Potato Cakes.

One cup chopped peanuts, 2 cups mashed potatoes, ¼ teaspoon grated nutmeg, ½ teaspoon white pepper, 1 teaspoon salt, 1 teaspoon onion juice, 1 tablespoon chopped parsley, 1 well beaten egg. Mix ingredients as given above and form into cakes. Brown in the oven or fry in shallow fat.

Proper Food for Weak Stomachs.

The proper food for one man may be all wrong for another. Every one should adopt a diet suited to his age and occupation. Those who have weak stomachs need to be especially careful and should eat slowly and masticate their food thoroughly. It is also important that they keep their bowels regular. When they become constipated or when they feel dull and stupid after eating, they should take Chamberlain's Tablets to strengthen the stomach and move the bowels. They are easy to take and pleasant in effect.

Check up occasionally on your ration of sugar and of wheat flour. If your family is doing the right thing the consumption will not be more than three pounds of sugar per person per month, nor more than one and one-half pounds of wheat per person per week.

Regulations for bread-making in Sweden permit only nine kinds, the weight and price being prescribed by law. Only rye, wheat, barley or oat flour may be used, and for ordinary bread the use of butter, lard or other fat, milk or cream is prohibited.

An additional credit of $3,250,000 has been extended to Belgium by the United States, making a total of $107,850,000 loaned to that country, and credits to all the allies $5,288,850,000.

M. HOVEN

Steamer RUTH

SAFE, SPEEDY SERVICE

TOWING, JOBBING

Passenger accomodations for 100

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Hello, Central! A 128

Yes, Bennett's Barber Shop.

Quick and good service.

All Buses Call at Hotel

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Chicken Dinner Sunday, 35c

RATES $1.00 PER DAY AND UP

Special Rates to Regular Boarders

Ever-Fresh Groceries

We make a point of never keeping Groceries—

WE SELL THEM.

That's the reason why you are always sure of getting FRESH Groceries when you come to us—

THEY DON'T HAVE TIME TO BECOME STALE.

We are determined our customers shall have the best if it is to be found in the market.

When you buy it of us, its Freshness and Purity is GUARANTEED.

We solicit YOU.

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Successors to A. S. Harrison, St. Helens

For the Best Meat trade here. We handle only the very best. Prices lowest

Central Meat Market

THE BEST MEAT MARKET IN THE COUNTY

Phone 60 Free and Prompt Delivery

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A new lot of

METAL BEDS

White, Ivory, Vernis Martin and Oak finishes.

MANY DIFFERENT PATTERNS.

Although goods are hard to get, I now have the best line of Beds I have ever had since in business. Prices right.

COME AND SEE THEM.

E. A. ROSS BANK BUILDING

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A NICE LINE OF LAIDES' SILK POPLIN DRESSES

LATEST STYLES

On Sale at $8.95

While they last. Come early and make your choice.

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