

DEER ISLAND

Mr. Chas. Merrill went to Portland Saturday to visit Mrs. Merrill, who is a patient in Emanuel hospital.

W. Wood and Mrs. Blakeslee went to Portland Friday, returning Saturday evening.

The Goble school has sent an invitation to the people of this vicinity to be present at a play and program to be given Saturday, June 1.

The Deer Island school will picnic Sunday. Everyone invited.

W. E. Clark was in Portland Wednesday.

Mr. and Mrs. Sam Sheets returned from Dallas Monday. They will live near the Tide Creek mills.

Mrs. Larned and Mrs. Johns spent the week-end with Mrs. Albert Adams.

A pleasant party was given Miss Gertrude Whlman last Wednesday evening at the home of Mrs. Leon Jasper.

Mrs. Maud Adams and two sons were guests of Mr. and Mrs. Fred Adams last week.

The Deer Island Woman's Club has been accepted as a member of the State Federation.

Mrs. Arthur Gaitens and little son returned from Emanuel hospital last Friday.

A letter from Ruel Gaitens states he is serving on the Missouri, one of the big six transports.

Mrs. Robert Hannill, of Portland, is a guest at the home of Mrs. Leon Jasper.

John Gaitens, stationed at Vancouver, is reported on the sick list.

Harold English and wife were guests at the Chas. English home Sunday.

Joe Holiday was shaking hands with old friends and acquaintances Monday.

Mr. Holliday says he likes eastern Oregon, but would not mind coming back to Columbia county.

Ed and Mary Keelan were home from Vancouver for the week-end.

The ladies of the Columbia Auxiliary wish to thank all those who so generously helped to sell the chances on the Red Cross cow. Their hard work has been well rewarded and a nice sum has been realized for the Red Cross, a little more than \$300.

A. C. Miller of Albany came down to attend to some Grange business Wednesday.

The regular meeting of the Deer Island Grange, Wednesday, May 29, 8 o'clock.

Road to Happiness.

Be amiable, cheerful and good natured and you are much more likely to be happy. You will find this difficult, if not impossible, however, when you are constantly troubled with constipation. Take Chamberlain's Tablets and get rid of that and it will be easy. These tablets not only move the bowels, but improve the appetite and strengthen the digestion.

GROCCERS HELP IN 50-50 PLAN

SIGN PLEDGE TO CARRY OUT FOOD ADMINISTRATION PROGRAM.

POST CARDS IN STORES.

Explain New Wheat Ruling to Thousands of Customers—Insures Greater Food Saving.

Grocers of the nation have accepted enthusiastically the 50-50 basis for the purchase of wheat flour and are doing their utmost to explain the new regulation to the housewife. This ruling by the U. S. Food Administration requires each purchaser of wheat flour to buy one pound of cereal substitute, one kind or assorted, for every pound of wheat flour. It was necessary to restrict the use of wheat flour in order that the allies and our fighting forces abroad might be assured of an adequate supply of wheat to meet their vital needs. This supply must come from our savings because we have already sent our normal surplus.

Wheat saving pledge cards were forwarded by the Food Administration to all retail food merchants, and these are being signed and posted in stores throughout the country. This card states, "We pledge ourselves loyally to carry out the Food Administration program. In accordance with this order we will not sell any wheat flour except where the purchaser buys an equal weight of one or more of the following, a greater use of which in the home will save wheat:

"Cornmeal, corn flour, edible corn starch, hominy, corn grits, barley flour, potato flour, sweet potato flour, soy bean flour, feterita flour and meals, rice, rice flour, oatmeal, rolled oats and buckwheat flour."

Some confusion has resulted on the part of the consumer in construing this "50-50" ruling to mean that an equal amount in value of substitutes must be purchased with wheat flour. This is a mistaken idea. The ruling states that the consumer in purchasing flour shall "buy at the same time an equal weight of other cereals."

One exception to this ruling is concerning graham flour and whole wheat flour, which may be sold at the ratio of three pounds to five pounds of wheat flour. This provision is made because approximately 25 per cent. more of the wheat berry is used in the manufacture of these flours than standard wheat flour.

Another exception is that concerning mixed flours containing less than 50 per cent. of wheat flour, which may be sold without substitutes. Retailers, however, are forbidden to sell mixed flours containing more than 50 per cent. of wheat flour to any person unless the amount of wheat flour substitutes sold is sufficient to make the total amount of substitutes, including those mixed in flours, equal to the total amount in wheat flour in the mixed flour. For instance, if any mixed flour is purchased containing 60 per cent. wheat flour and 40 per cent. substitutes it is necessary that an additional 20 per cent. of substitutes be purchased. This brings it to the basis of one pound of substitutes for each pound of wheat flour.

A special exemption may be granted upon application in the case of specially prepared infants' and invalids' food containing flour where the necessity is shown.

Some misunderstanding seems to exist on the part of consumers in assuming that with the purchase of wheat flour one must confine the additional 50 per cent. purchase to one of the substitutes. This is not the case. One may select from the entire range of substitutes a sufficient amount of each to bring the total weight of all substitutes equal to the weight of the wheat flour purchased. For instance, if a purchase of 24 pounds of wheat flour is made a range of substitutes may be selected as follows:

Cornmeal, 8 pounds; corn grits, 4 pounds; rice, 4 pounds; buckwheat, 2 pounds; corn starch, 1 pound; hominy, 2 pounds; rolled oats, 3 pounds.

These substitutes may be used in the following manner:

Cornmeal, 8 Pounds.—Corn bread, no flour; corn muffins or spoon bread, one-fourth flour or one-third rice or one-third hominy; 20 per cent. substitutes in whole bread.

Corn Starch, 1 Pound.—Thickening gravy, making custard, one-third substitute in cake.

Corn Grits, 4 Pounds.—Fried like mush, used with meal in making corn bread.

Rolling Oats, 3 Pounds.—One-fourth to one-third substitutes in bread, one-half substitute in muffins; breakfast porridge, use freely; oatmeal cookies, oatmeal soup.

Buckwheat Flour, 2 Pounds.—One-fourth substitute in bread, buckwheat cakes.

Hominy, 2 Pounds.—Billed for dinner, baked for dinner, with cheese sauce.

Rice, 4 Pounds.—One-fourth substitute in wheat bread, one-third substitute in corn bread, boiled for dinner (a bread cut), as a breakfast food, to thicken soups, rice pudding instead of cake or pie, rice batter cakes.

Several grocers have stated that their customers who strictly observe the 11 wheatless meals each week find it necessary to buy substitutes in addition to those ordered under the 50-50 plan.

From the date of the establishment of flying schools and camps in this country and at Camp Borden, Toronto, until April 24, 1918, there have been 102 deaths in flying accidents.

1756 Eq. SUMMONS

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF COLUMBIA.
Laura H. Northup, Plaintiff, vs. James Benjamin Paul, Jane Morrell, her husband, Frederick D. Paul and Nora Paul, his wife, Prudence L. Ingles and Clinton S. Ingles, her husband, Charles William Paul, Elizabeth Lane, nee Elizabeth Paul and William Lane, her husband, Della Bennett, nee Della Paul and Kenneth Bennett, her husband, and Lydia B. Northup, Defendants.

To Charles William Paul, Elizabeth Lane, William Lane, Della Bennett and Kenneth Bennett, defendants above named:

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 within six weeks from the date of the first publication of this summons, and if you fail to answer for want thereof the said plaintiff will take a decree for the partition of the following described real property, to-wit: The Southeast quarter (SE ¼) of the Northeast quarter (NE ¼) and the Northeast quarter (NE ¼) of the Southeast quarter (SE ¼) and the South half (S ½) of the Southeast quarter (SE ¼) of Section twenty-five (25) in Township six (6) North, Range five (5) West of the Willamette Meridian, in Columbia County, Oregon.

This summons is served upon you by publication in the St. Helens Mist for six successive weeks in pursuance of an order made by the Hon. James A. Eakin, Judge of the above entitled Court, on the 20th day of May, A. D. 1918, prescribing six weeks for publication thereof.

Dated and first publication this 24th day of May, A. D. 1918.
GEORGE W. GEARHART,
Attorney for Plaintiff,
P. O. Address, 607 Henry Bldg.,
Portland, Oregon.

SUMMONS

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

Peninsula Lumber Company, a corporation, Plaintiff, vs. Albert Raymond, Defendant.

To Albert Raymond:
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 within six weeks from the 24 day of May, 1918, the date of the first publication of this summons, and if you fail so to answer, for want thereof the plaintiff will apply to the court for the relief demanded in its complaint, to-wit:

For a decree of strict foreclosure against you of the land contract described in the complaint whereby you agreed to purchase the following described premises in Columbia County, Oregon, to-wit: The Southeast quarter of Northwest quarter of Sec. 16, Tp. 5 North, Range 2 West, and described as Lots 29 and 32 in Tract Unit A of Deer Island Farms, according to an unrecorded plat thereof, unless you pay the amount due upon said contract, together with interest as therein specified and a reasonable sum for attorney's fees, together with costs and disbursements of said suit.

This summons is published by virtue of an order of the Honorable James A. Eakin, Judge of the above entitled court made on the 20th day of May, 1918, directing the same to be published in "The St. Helens Mist" a newspaper of general circulation published in St. Helens, Columbia County, Oregon.

Date of first publication: May 24th, 1918.
Date of last publication: June 21st, 1918.

R. SLEIGHT,
Attorney for Plaintiff,
Postoffice address: 1521 Yeon Bldg., Portland, Oregon.

SUMMONS

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

Peninsula Lumber Company, a corporation, Plaintiff, vs. Jonas Larson, Defendant.

To Jonas Larson:
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 within six weeks from the 24 day of May, 1918, the date of the first publication of this summons, and if you fail so to answer, for want thereof the plaintiff will apply to the court for the relief demanded in its complaint, to-wit:

For a decree of strict foreclosure against you of the land contract described in the complaint whereby you agreed to purchase the following described premises in Columbia County, Oregon, to-wit: The West three fourths of the Southwest quarter of the Northeast quarter of Sec. 23, in Tp. 5 North, Range 2 West, Columbia County, Oregon, and described in said contract as Lot 45 and West ½ of Lot 44 in Tract Unit C of Deer Island Farms, according to an unrecorded plat thereof, unless you pay the amount due upon said contract, together with interest as therein specified and a reasonable sum for attorney's fees, together with costs and disbursements of said suit.

This summons is published by virtue of an order of the Honorable James A. Eakin, Judge of the above entitled court made on the 20th day of May, 1918, directing the same to be published in "The St. Helens Mist" a newspaper of general circulation published in St. Helens, Columbia County, Oregon.

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R. SLEIGHT,
Attorney for Plaintiff,
Postoffice address: 1521 Yeon Bldg., Portland, Ore.

Six Scrappy Bouts

OF FAST BOXING

Liberty Theatre, Tonight



Joe Gorman
Champion Featherweight of the Pacific Coast

—vs.—
Clare Bromeo
This match is for the Championship of the Coast.

—vs.—
Eddie Smith

—vs.—
Freddie Cole
Lightweight Contenders.

THIS WILL BE A FAST GO.

Gabe Gabrielson vs. Smoky Baum

Middleweight Contest for Championship of St. Helens

There will be an exhibition between two well-known Heavyweights and also two good preliminaries.

This Boxing Exhibition will be well worth while, so be sure to attend.

ST. HELENS ATHLETIC CLUB

By F. A. McCARTHY, Secretary.

J. L. WILLIAMS & SONS

A Full and Complete line of General Merchandise

Dry Goods, Shoes and Groceries

SCHOOL BOOKS, INK, PENS, STATIONERY

Our customers receive dependable goods at reasonable prices. Give us a trial and you will be satisfied.

Phone 34 WEST ST. HELENS, ORE.



BERGMANN SHOE

Awarded GOLD MEDAL

P. P. I. E. San Francisco, 1916

The Strongest and Nearest Waterproof Shoe Made

FOR LOGGERS, CRUISERS, MILLMEN AND ALL WORKERS

THEO. BERGMANN SHOE MFG. CO. Portland

621 Thurman Street ASK FOR THE BERGMANN WATERPROOF SHOE OIL

JUST ARRIVED

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 ST. HELENS, OREGON

Tanlac

\$1.00

per bottle

— at —

DEMING'S DRUG STORE

Pastry Bread Cake

Coffee and Baked Goods Served at All Hours

St. Helens Bakery

St. Helens Acreage For Sale

From 2 to 20 acre tracts adjoining Geo. W. McBride school in West St. Helens, at \$150 to \$250 per acre, on long time and easy payments. Less than the cost of an ordinary lot. Now is the time to buy. The Highway to the sea will run along side of this tract. Let us take you out in our auto to look at this land, and you will surely find the land you want.

GEO. H. SHINN, St. Helens, Oregon

Saturday Suggestions

Which will aid you in having a nice Sunday Dinner.

- California Turnips, 2 bunches 15c
- California Green Peas, per lb. 10c
- Lettuce, per head 5 and 10c
- New Cabbage, per pound 5c
- Oregon Rhubarb, 4 lbs. 25c
- Green Onions, the bunch 5c
- Hood River Asparagus, the bunch 20c
- California Carrots 2 bunches 15c

We will also have

NEW POTATOES CALIFORNIA BEETS and other Vegetables, and FRESH STRAWBERRIES

TRY OUR BULK COFFEE

You save the price of the tins and get just as good Coffee. We have it at 25c, 30c, 35c and 40c per pound

St. Helens Mercantile Co.

If you don't trade with us we both lose money.

Phone 80 St. Helens, Oregon