

FOOD ADMINISTRATION Credo

By willing service of a free people to do these things: To feed the Allies that they may continue to fight.

FOOD CONTROL IN AMERICA IS OF AND FOR THE PEOPLE

OUR GREAT TASK

By Herbert Hoover.

If you could stand in the middle of Europe today and survey the land to its borders, you would discover its whole population of 400,000,000 human beings short of food.

This, the most appalling and dreadful thing that has come to humanity since the dawn of civilization, is to me the outstanding creation of German militarism.

We must build our food resources to stand ready for any demands upon us by the Allies. It is of no purpose to us to send millions of our best to France if we fail to maintain the strength of their men, women and children on our lines of communication.

Now is the time to eat and to preserve home grown products. Perishable fruits are coming on the market, the gardens are making available daily supplies of food that will take the place of the commercial canned articles that are needed for shipment abroad.

America expects every civilian to do his or her duty in the same spirit as she expects each soldier when the command comes, "TO GO OVER THE TOP" without turning to see if his neighbor had gone first.

We have often quoted that old verse, "Gather your roses while ye may," and we can well now change it to "gather your vegetables," for by so doing we can accomplish great good.

"We stand behind our boys in France and we will not call it a sacrifice but a privilege to do our bit toward feeding them Over There."—Emma V. Milliken.

Conserve, reserve and preserve all of these fine fruits and vegetables that are now within your reach; you will need them the coming winter.

By eating more perishables here at home we may save others from perishing "Over There."



It's Up to Us.

"Germany's war of starvation is a challenge most of all to America," says a Food Administration Bulletin. "Against Germany's lust for dominion, America's purpose is to establish the society of nations. Against destruction, America's aim is healing. Against mastery, America's ideal is service."

"We cannot surpass the steadfastness of Britain, the courage of Italy, the exaltation of France.

"We cannot excel the Allies in heroism, in endurance, in fortitude. Our force in battle, though it may be decisive, will not be as great as theirs.

"We can hope to contribute most to the common cause from our larger resources. To relieve desperate privation, America can supply food.

"Giving up wheat is a little thing compared to their death struggle—in which our soldiers are splendidly sharing.

"A little thing—yet we can do it with greatness of spirit. Supporting our army and adding whole-hearted service to humanity, it is in America's power to defeat forever the passion of conquest.

"Now is the hour of testing. Wheat is the test."

Give the Children Milk.

Milk is one of the most important food sources the human race possesses. For the proper nourishment of the child, it is absolutely indispensable and its use should be kept up in the diet as long as possible.

It is not enough to take off your hat to the flag—take off your coat and roll up your sleeves, and having made those preparations, do something useful for America and her cause.

RESULTS FIRST YEAR OF FOOD ADMINISTRATION

Preliminary Work Began May 19, 1917.

Food Control Act passed August 10, 1917.

WHEAT EXPORTS (since July 1): Estimated surplus for export, 20,000,000 bushels. Actual shipments to June, 120,000,000 bushels.

BEEF EXPORTS: Ordinary rate one to two million pounds monthly. Largest single month this year, 87,000,000 lbs.

PORK EXPORTS: Ordinary rate, 50,000,000 lbs. monthly. Largest month this year, 308,000,000 lbs.

PRICE OF FLOUR (Minneapolis): One year ago, \$16.75 a barrel wholesale. Present price, \$9.80 per barrel.

PRICE MARGIN (between farmer's wheat and flour made from it): One year ago the difference was \$5.65. Present date the difference is 64 cents.

IN GENERAL: To the farmer going to market, 27 per cent more than last summer; to the housewife buying in market, 13 per cent less than last summer.

And the Allies have been sustained.

Cause of Despondency

Despondency is often caused by indigestion and constipation, and quickly disappears when Chamberlain's Tablets are taken. These tablets strengthen the digestion and move the bowels.

Doing Good

Few medicines have met with more favor or accomplished more good than Chamberlain's Colic and Diarrhoea Remedy. John F. Jantzen, Delmar, Sack, says of it, "I have used Chamberlain's Colic and Diarrhoea Remedy myself and in my family, and can recommend it as being an exceptionally fine preparation."

SUMMONS

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF COLUMBIA. Charlotte Ann Gardner, Plaintiff, vs. William Edward Gardner, Defendant.

To William Edward Gardner, the above named defendant:

In the name of the State of Oregon, you are hereby required to answer the complaint of the plaintiff filed against you in the above entitled suit within six (6) weeks from the date of the first publication of this summons, to-wit, on the 13th day of July, 1918, and if you fail to so appear and answer the said complaint, for want thereof, the plaintiff herein will take a decree against you as prayed for in her complaint to-wit: For the dissolution of the bonds of matrimony heretofore and now existing between the plaintiff and the defendant and for the care and custody of the minor child, George Gardner, and for such other and further relief as to the Court may seem just and equitable.

This summons is served upon you by publication in the St. Helens Mist, a weekly newspaper of general circulation, in compliance with an order made an entered by the Hon. J. A. Eakln, Judge of the above entitled Court, dated the 25th day of May, 1918.

Date of the first publication May 31, 1918. Date of the last publication July 12, 1918.

WILL H. BARD, Attorney for the Plaintiff, Chamber of Commerce Bldg.

NOTICE TO CREDITORS

IN THE COUNTY COURT OF THE STATE OF OREGON FOR THE COUNTY OF COLUMBIA. In the Matter of the Estate of William C. Fischer, Deceased.

The undersigned having been appointed by the County Court of the State of Oregon for Columbia County, Executor of the Estate of William C. Fischer, deceased, and having qualified as such, notice is hereby given to the creditors and all persons having claims against said estate to present them with the proper vouchers, to the undersigned executor at the office of the St. Helens Mist, St. Helens, Oregon, within six (6) months from the date of this notice.

Dated and first published June 28th, 1918. J. BRUCE POLWARTH, Executor. Date of last publication, July 26th, 1918.

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NOTICE TO CREDITORS

IN THE COUNTY COURT OF THE STATE OF OREGON, FOR COLUMBIA COUNTY. In the Matter of the Estate of E. P. Kester, Deceased.

Notice is hereby given that the undersigned has been duly appointed executor of the estate of E. P. Kester, deceased, under the will of said deceased, and said will has been duly proven, and letters testamentary have been issued to her out of the above named court and she has duly qualified. All persons having claims against said estate are hereby required to present the same duly verified to the undersigned at Goble, Oregon, within six months from the date of the first publication of this notice. Date of first publication is June 28, 1918.

JOHANNAH KESTER, Executrix. Last publication, July 26, 1918.

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