
FOOD ADMINISTRATION CREDO

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

continue to fight. To feed the hungry in Belgium

and other lands that they may continue to live. To feed our own soldiers over-

seas that they may want noth-Ing

To keep prices steady and the flow of distribution even that the poor at home may be fed. To make everyone's effort count its utmost for winning the

war for freedom. 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. Millions of people in Poland, Finland, Serbia, Armenia and Russia are dying of starvation and other millions are suffering from too little food. Our Allies and the neutrals are living on the barest margins that will support life and strength

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. The Germans themselves are not the worst sufferers. They are extorting at the cannon's mouth the harvests and cattle of the people they have overrun, leaving them in desolation. If the war were to cease tomorrow, the toll of actual dead from starvation within the German lines would double or treble the 5,000,000 or 6,000,000 of men who have been actually killed by Germany and her allies in arms. The 10,000,000 people in occupied Belgium and Northern France would have died of starvation

had it not been for us and the Allies. 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 communica-This United States is the last reservoir of men, the last reservoir of ships, the last reservoir of munitions and the last reservoir of food upon which the Allied world must depend if Germany is to be defeated and if we are to be free men.

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. Sugar has been made available for home canning purposes and the supply is good at the present time. The home garden and the canning of its products means more this year than it ever did before because it will play a very important part in keeping the fighting forces supplied with the kind of food they need at the time they need it most.

America expects every civilian to do his or her duty in the same spirit



It's Up to Us.

"Germany's war of starvation is 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 steadfast-

ness of Britain, the courage of Italy, the exaitation of France. "We cannot excel the Allies in heroism, in endurance, in fortitude. Our force in battle, though it may be de-

cisive, will not be as great as theirs. "We can hope to contribute most to the common cause from our larger To relieve desperate priresources.

vation, 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.

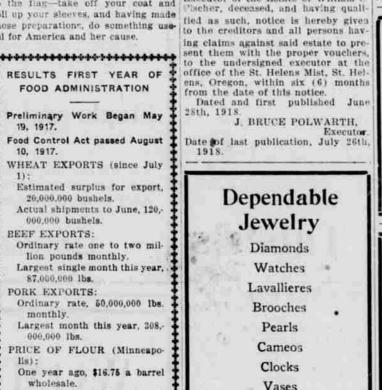
"Now is the hour of testing. Wheat is the test."

Give the Children Milk.

Milk is one of the most important food sources the human race pos-For the proper nourishment sesses. of the child, it is absolutely indispensable and its use should be kept up in the diet as long as possible. Not only does it contain all the essential food elements in the most available form for ready digestion, but the recent scientific discoveries show it to be especially rich in certain peculiar properties that alone render growth 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 usetul for America and her cause

Present price, \$9.80 per barrel.



ST. HELENS MIST, FRIDAY, JULY 5, 1918

Doing Good

Few medicines have met with more vor or accomplished more good thing hamberlain's Colic and Diarrhoes medy John F. Janzan Delevan favor or accomplished more good thun Chamberlain's Colic and Diarrhoes Remedy, John F. Jantzen, Delmeny, Sack., says of it, "I have used Chamberlain's Colic and Diarrhoea Remedy myself and in my family, and can recommend it is being an exceptionally fine preparation."

SUMMONS IN THE CIRCUIT COURT OF TAPE STATE OF OREGON FOR THE COUNTY OF COLUMBIA. harlotte Ann Gardner, Plaintiff, vs.

William Edward Gardner, Defendant. To William Edward Gardner, the named defendant: above

In the name of the State of Oregon, you are hereby required to an wer 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 here-in will take a decree against you as prayed for in her complaint ic-wil: For the dissolution of the bonds of matrimony heretofore and now existing between the plaintiff and the de fendant and for the care and enstody of the minor child, George Garduer, 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 cir-culation, in compliance with an order made an entered by the Hen, J. A. Eakin, Judge of the above entitled Court, dated the 25 h day of May.

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

THE COUNTY COURT OF THE STATE OF OREGON FOR THE COUNTY OF COLUMBIA. the Matter of the Estate of Wil-

In liam C. Fischer, Deceased. The undersigned having been

pointed by the County Court of the ate of Oregon for Columbia County, Executor of the Estate of William (

NOTICE TO CREDITORS

Kester, Deceased. Notice is hereby given that the un-

Notice is hereby given that the un-dersigned has been duly appointed executor of the estate of E. P. Kes-ter, deceased, under the will of said deceased, and said will has been duly proven, and letters testimentary 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 re-guired to present the same duly veri-fied 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. June 28, 1918

JOHANNAH KESTER. Last publication, July 26, 1918.

> C.A. REESE ST. HELENS, OREGON

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WHEN YOU WANT ICE CREAM WHY NOT GET THE BEST

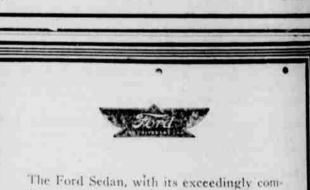
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