

THE OBSERVER

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TRY THIS TEST AND LEARN YOUR QUALIFICATIONS.

In the March American Magazine are tests that Employers' Advisers associations are using to determine the fitness of men and boys for various business positions. Here is one of them for boys. It has been done perfectly in forty-five seconds.

Boys, in order to be graded "good," should complete the test in two minutes, and check at least eighty-five per cent of the 2's and 3's. Boys who get ninety per cent correct in two minutes are good material.

Boys' Test.

Table with 2 rows of numbers. Row 1: Cross the 2s and Ring the 3s. Row 2: 1 2 3 4 5 6 7 8 9 1 2. Row 3: 3 4 5 6 9 4 5 3 2 8 7. Row 4: 1 0 3 0 4 3 2 2 0 1 2. Row 5: 4 6 3 2 8 4 0 0 2 6 7. Row 6: 3 5 4 2 1 3 8 0 2 7 4. Row 7: 3 5 9 2 0 1 4 3 0 0 7. Row 8: 2 2 8 4 3 2 1 3 9 3 4. Row 9: 5 2 7 8 9 0 3 2 7 5 0. Row 10: 1 8 4 0 7 9 3 3 3 3 3. Row 11: 0 4 5 8 1 7 8 4 1 3 8. Row 12: 3 5 7 2 4 9 0 3 7 8 3. Row 13: 9 5 2 2 7 0 4 5 3 3 4. Row 14: 1 0 2 8 4 2 1.

WAYS OF USING RICE.

There are few food materials which serve more purposes than rice if La Grande people only knew it. A government bulletin says:

It is used as a breakfast cereal, as a thickening for soups, as a vegetable, as an ingredient of "made dishes," in which it may appear in combination with meat, fish, eggs, cheese, or vegetables, and sweetened and flavored in various ways as a dessert. The Office of Home Economics of the department has been studying the food value of rice prepared in various ways, and housekeepers can perhaps use it with better understanding of its advantages if they consider some of the results of these studies.

In and of itself, rice is a mild and pleasant-flavored cereal, which, when properly cooked, furnishes the body with an abundance of easily digested

starch, and this explains why orientals can use it as the "staff of life" instead of bread, and why it may be substituted for wheat or corn or oatmeal as a breakfast cereal. Many persons think it also may be substituted for potatoes as a mild-flavored vegetable. This is a natural supposition, since a portion of cooked rice furnishes the body with about the same quantity of energy-producing starch as a portion of potatoes. Potatoes, however, like most vegetables, differ from cereal foods in the character and combination of the mineral matters and acids they contain, which play an important part in nourishing the body and keeping it in good working order. This means that they are not exactly substitutes for one another, and that the common custom of providing fruits and vegetables as we generally do as a part of meals made up to a considerable extent of foods prepared from cereal grains is a commendable one. It follows that when rice is used like the potato as the principal starchy food of the meal, one should be careful to use fruits and vegetables generously—a custom which is in accord with the traditions of good-housekeepers.

Ideas differ as to what is the best way of cooking rice, but probably the most generally accepted standard is to have all the grains distinct. Rice cooked in this way is often described as "southern style," although it is by no means confined to the Southern States. It may be prepared as follows: To a quart of rapidly boiling water, containing two level teaspoonfuls of salt, a cupful of thoroughly washed rice is added so slowly that the boiling is not stopped. No stirring is permitted, the rice being kept from sticking to the kettle by the rapid boiling. About 20 minutes cooking is needed. When the rice is soft, the water is poured off from it and it is covered with a cloth and placed in a warm part of the stove so that its grains will swell. Some cooks, before covering the rice with a cloth, turn it into a strainer and pour over it about a quart of hot water to remove the starchy material on the outside of the grain.

The water poured off from the cooked rice contains a certain amount of food material, principally starch, and this may be boiled down and used in making soup. It will thicken the soup as would cornstarch or flour. Another way to prevent waste is to cook rice in a double boiler in only as much water as it will absorb while softening. When so cooked about three cupfuls of water and one level teaspoonful of salt are allowed for a cupful of rice. If the rice is not stirred while it is cooking, it will not be unattractive in appearance, although the grains will not be absolutely dry and separate. A more savory dish may be made by substituting meat broth and strained tomato juice for the water.

The food value of boiled rice may

be increased by using milk instead of water in preparing it. This has no special advantage in families where milk must be economically used, but where there is a large amount of skim milk which might otherwise be thrown away it is worth considering. If rice is cooked in an uncovered double boiler it can be made to absorb at least six times its volume of skim milk. By this means the protein of the dish is greatly increased. In the following recipe the amount of protein supplied by the skim milk is equal to more than that in a pound of round of beef without bone.

Rice Cooked in Skim Milk. 1 cupful of rice, 6 cupfuls of skim milk, 3 teaspoonfuls of salt.

Wash the rice thoroughly. Cook in an uncovered double boiler till all the milk is absorbed, which will take at least an hour. This nutritious dish can be made savory as well by adding to the ingredients one-fourth level teaspoonful of curry powder and a few grains of cayenne. Eaten with butter or gravy, it is very palatable when served with meat or in a similar way. If one prefers, the rice can be made savory by seasoning with a few drops of onion juice, celery salt, and paprika, or a little cayenne pepper, if it is liked, or with grated cheese.

GERMANY PROCLAIMS RULES.

Berlin, (via The Hague and London.) Feb. 11. (1.57 A. M.)—The text of the German memorandum is as follows:

"Memorandum of the Imperial German Government regarding treatment of armed merchantmen.

"Already, before the outbreak of the present war, the British Government had given British shipping companies an opportunity to arm merchantmen with guns. Churchill, then First Lord of the Admiralty, on March 26, 1913, gave in the British Parliament a declaration that the Admiralty required shipping companies to arm a number of first class passenger ships and liners for protection against dangers threatening under certain circumstances from swift auxiliary cruisers of other powers. These liners, however, were not to assume thereby the character of auxiliary cruisers.

"The Government was willing to place at the disposal of the companies owning these ships necessary guns, adequate ammunition and personnel suitable for training gun crews.

"The English companies readily acted on the requests of the Admiralty. The President of the Royal Mail Steam Packet Company, Sir Owen Phillips, could inform the stockholders of his company in May, 1913, that the company's larger steamers had been equipped with guns.

"The British Admiralty further published in January, 1914, a list showing that twenty-nine steamers of various English lines carried stern guns.

"In fact Germany established soon after the outbreak of the war that English liners were armed. For example, the steamer La Correntine, of the Houlder Line of Liverpool, which was captured by the German auxiliary cruiser Kronprinz Friedrich Wilhelm, carried two four-pounder seven-inch stern guns. A German submarine also was fired upon in the Channel by an English yacht.

Recalls British Order

"Regarding the character of armed merchantmen according to international law: The British Government has taken the standpoint that such ships maintain the character of peaceful mercantile vessels so long as they carry armament only for defensive purposes. The British Ambassador at Washington, accordingly gave the American Government in a communication dated Aug. 25 1914, most sweeping assurances that British merchantmen were never armed for purposes of offense, only defense and that they therefore would never fire unless fired upon first.

"The British Government, on the other hand, had in the case of armed ships under other flags adopted the principle that they were to be treated as warships, and expressly ordered in the prize court rules published in an order in Council, Aug. 5 1914, under No. 1, that a ship of war shall include an armed ship.

"The German Government has no doubt that merchantmen acquire a belligerent character through arming with cannon, no matter whether the guns shall serve only for defense or for attack. It considers every warlike activity of enemy merchantmen as contrary to international law, although it also takes into consideration the opposing view through the fact that it treats the crews of such ships not as pirates but as belligerents.

"Its standpoint is specific in detail in a memorandum communicated October, 1914, to the American Government, and in content to other neutral powers, regarding the treatment of armed merchantmen in neutral harbors.

"The neutral powers in part have adopted the British view and, accordingly, have allowed armed merchantmen of belligerent powers to remain in their harbors and roadsteads not restricted to the limits which they have imposed on warships by their neutrality declaration. Some, however, have adopted the opposite standpoint and subjected merchantmen of the belligerents to the neutrality rules effective in the case of warships.

"In the course of the war the arming of British merchantmen was carried out more and more generally. Numerous cases came to light from the reports of the German naval forces, in which British merchantmen not only offered armed assistance to German warships, but on their own part proceeded without

further ado to attack them, in which attacks they frequently made use of false colors.

"A compendium of such cases is given in appendix No. 4, which from the nature of the case comprise only a part of the attacks actually made. The compendium also shows that the described procedure was not limited to the English merchantmen of England's Allies.

"The explanation of the described procedure of armed English merchantmen is contained in confidential instructions of the British Admiralty, which are photographically reproduced in appendices 5 to 12, found by German naval forces upon a captured ship.

"These instructions regulate in detail artillery attacks of English merchantmen upon German submarines. They contain precise regulations concerning the reception, treatment activity and control of British gun crews taken over from merchant ships who, for example, must now wear uniforms in neutral harbors and hence obviously belong to the British war marine.

Points to Rules of Foe

"Above all, however, it is made manifest therefrom that armed ships do not wait for any action of German submarines, under the laws of the sea, but are to attack them without further ado. In this regard the following regulations are especially instructive:

"The rules for use of merchant ships which are armed for defense purposes declare in article (battle) under section 4, that it is not advisable to open fire at a greater distance than 800 yards unless the enemy has already opened fire.

"According to this a merchant ship is in principle obligated to open fire without regard to the conduct of the submarine.

"(B)—The advice concerning submarines, issued for ships that are armed for defense purposes (Appendices 9 and 10, prescribe under section three: 'If a submarine is obviously pursuing a ship by day, and it is evident to the ship's master that she has hostile intentions the ship, pur-

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tary Lansing's ideas concerning submarine war," said Under Secretary Zimmermann of the Foreign Office in giving to American newspaper correspondents the details of Germany's memorandum regarding armed merchantmen. Dr. Zimmermann said he thought the United States Government's proposals were calculated to place this question on a proper basis.

A list of the crew of the Woodfield, the German memorandum declares, shows she carried a regularly enlisted and rated gun Captain and gun crew of the Royal Navy. The Admiralty instructions, as quoted, say:

"The ratings embarked as a gun crew will sign the ship's articles at the rate of pay communicated. Ratings are not required for duties not connected with the armament, except in case of emergency. They are to keep watch at sea when the ship is anchored at any place where it is liable to attack by a submarine. They will not mess with the crew, but in one of the officers' messes. Uniforms will not be worn in neutral ports.

After prescribing instructions for drill and care of the guns, target practice, etc. the instructions go on: "The master is responsible for the handling of the ship and the opening and ceasing of fire. \* \* \* It is to be remembered that over shots are useless. A short shot, by causing a splash, confuses the enemy, and may ricochet into the enemy.

Told How to Fire "If the heel bursts on striking the water, as it usually does, some fragments are likely to hit the enemy. To get the best results at least half the shots should fall short. It is inadvisable to open fire at a range greater than 800 yards." A modern torpedo has a range of over 3,000 yards. Other copies of Admiralty instructions, including a drill book for 12-pounders mounted on merchant ships, are also appended. Some of these instructions say: "Vessels carrying defensive arma-