

EDITORIAL PAGE OF THE LA GRANDE EVENING OBSERVER

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NEWSPAPERS ARE BOOSTERS.

Of 209 weekly newspapers in Oregon outside of Portland, 191 are publishing columns of information on the road bonding issue.

No pamphlets on this momentous question have been issued except those printed by newspapers entirely at their own expense.

If it wasn't for the newspapers of Oregon, what chance would a public issue have before the people? It is the newspapers which are the real boosters for state development. Not only does it cost them money to print these columns and columns of information, but it costs considerable to get the live, up-to-date and accurate information to publish. It is the newspapers which have defrayed the whole cost of compiling and disseminating all the information which to date has appeared before the public on the road bonding act.

HOME PREPAREDNESS NUMBER TWO—THE KITCHEN THE FIRST LINE TRENCH. BY CARL VROOMAN

Assistant Secretary of Agriculture Member of the National Emergency Food Garden Com. (Written for the United Press)

Washington, April 7.—The domestic life of a modern army should be an example to every American housewife. In the army the ration is well balanced, the cheapest, nutritious and palatable foods are purchased, and the most economical means of preparing them are used.

It is a patriotic duty at this time and all the time, whether there is war or peace, for every American woman, rich or poor, to keep her home "prepared." Home preparedness means substitution of cheap, appetizing dishes for costly foods practical, elimination of waste, and scientifically balanced rations.

There are two great groups of foods that enter into a balanced human nation—the protein group, like meats, eggs and beans, and the starch group, such as potatoes, rice, cereals, bread etc. The protein foods as a rule are more expensive than the starchy foods. Some protein foods, however, are cheap. The prime factor in economy in foods is the choice of protein foods that are at the same time cheap and palatable.

A cheap food, rich in protein and fats is the ordinary field soy bean, often sold under the name "Togo bean." Ten cents worth at the price of 15 cents a quart will supply over 5 ounces of protein, while average beef at 20 cents a pound will supply little over 1 ounce of protein for the same money.

Excellent soups can be made from the water in which the soy beans are cooked, as well as from the water in which most vegetables are boiled. Save also vegetable tops, skim milk, bones and meat scraps for soups. Make the butcher give you all the fat that he weighs with your cut of meat—it's valuable grease.

Don't depend on one kind of food. When potatoes are dear remember that 1 pound of dry corn meal provides about 5 times as much fuel or energy and 5 times as much tissue-building protein as 1 pound of raw potatoes and cost

Cove School News

Cove, Ore., April 11.—(Special)—The High School Glee club will present the original operetta, "Perseverance," at the Maccabee hall Friday evening, April 20. This will be rather a unique affair inasmuch as the operetta is a home production. It was composed by P. B. Arant, director of the Glee club, in spare moments during the last few months. Several of the eighth grade rendered valuable assistance in submitting the dialogue. Of these Grace Pease and Myrtle Houx deserve special mention. To Jean Stearns, also from the eighth grade, deserves the credit for writing the words of two of the songs. The remainder of the lyrics were written by Miss Nell Bradley of La Grande. Twelve students, eight troubles and eight fairies will appear in the operetta.

The Boys' Literary society and the high school teachers were entertained last Saturday evening by the Vespertine society. After listening to a splendid literary and musical program, the guests were ushered into the domestic science (?) room where sumptuous "eats" awaited them. The evening was enlivened by music and games and at a late hour the guests departed with a warm spot in their hearts for the Vespertines.

It was a proud and patriotic crowd of students that accompanied Thomas Williams and Hazel Heady, both seniors in high school, to the train last week to see them off to join Company G at Vancouver. The entire student body, followed by the Boy Scouts, marched to the train where they sang national airs and gave a patriotic demonstration. The boys will be missed, but it is a cheering thought to know that they have rallied to the defense of the country in time of need.

Frank Hilton is spending a few days at Lewiston, Idaho, transacting business in that city.

Card of Thanks. We wish to publicly express our thanks to our friends and neighbors for their kindness and help shown in our recent bereavement and also for the many beautiful flowers. MRS. E. J. ATKINSON, MRS. OLLIE McMURRY, MRS. HATTIE RALSTON, MRS. SARAH PORTER. Adv 4-11-17p.



The BOY

HE KNOWS WHAT HE WANTS JUST PUT AN EXTRAGOOD SUIT ON HIM

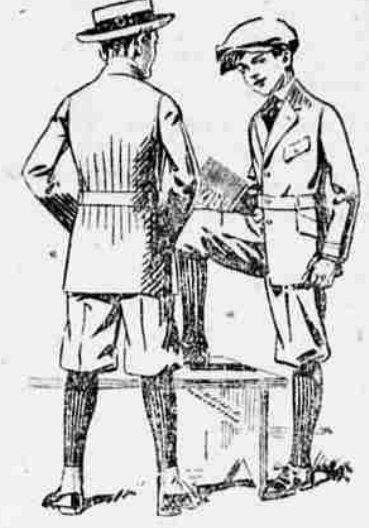
THESE EXTRAGOOD SUITS FILL THE BILL. CAREFULLY MADE, SEAMS STRAIGHT, BUTTONS WELL SEWED. NO CARELESS WORK.

The Boy Really Cares About Looks--

WHETHER ONE SHOULDER IS CROOKED. BECAUSE THE SUIT IS POORLY MADE, FOR EXAMPLE. IF THE TROUSERS DO NOT HANG RIGHT, THEY ARE UNCOMFORTABLE FOR HIM

BUY AN EXTRAGOOD FOR HIM AND THESE THINGS DO NOT HAPPEN PRICES \$5.00 TO \$15.00

MORE THAN ONE MODEL LIGHT AND DARK COLORS



N.W. West & Co. THE QUALITY STORE

from one-third to one-sixth as much. Raisins are rich in sugar, mineral salts, and the natural grape acids and their cost is low.

Whole wheat, cooked till it bursts open, or cracked in a little \$2.50 hand mill is one of the most delicious and nourishing breakfast foods known—and inexpensive even at the present high price of wheat.

Save fuel and labor by making hot breads only when using your fire for the cooking of other foods. Avoid the danger of overcooking, and conserve the flavor of your dinner by using a fireless cooker. You can make a good one yourself very cheaply.

By such expedients as these every woman can "prepare" her home not only against war but also against sickness and hard times.

THE HIGH COST OF FOOD. Outlook for Prices of Sugar, Flour, Etc.—Necessity for Stimulating Production of Foodstuffs.

La Grande, April 11.—(To the Editor)—We have been requested to make a short statement relative to the food situation, present cost and the outlook as determined by our connection with the largest distributor of a private brand of canned foods on the Pacific Coast and our experience in buying and selling of staple and fancy groceries.

Many consumers who have not taken the time to post themselves and who are not interested to the extent of satisfying themselves by looking up reliable statistics on the food situation thereby enabling themselves to make an intelligent comparison, simply blame the speculator and the distributor for the present high prices. At the present time the question of securing delivery on many staple groceries is of much greater importance than the price, as applied to the jobber at least.

As an example we will take the sugar situation the radical development of which in the past week has never had a precedent.

Within the last few days sugar has advanced 85 cents per hundred which in itself is not very startling at a time like this but the Coast Refiners will not accept an order for a single pound of sugar today from the jobbers, as illustrated by exact copy of wire as follows: San Francisco, Cal., April 6, 1917, Oregon Grocery Co., La Grande, Ore.:

"Sorry cannot accept contract your telegram yesterday for reason that business booked takes all the raws we now have on hand cannot take chances on future as we have no means of knowing what will have to pay for our raws, are therefore compelled to serve notice on all brokers, cannot accept further business on sugar for present at any price."

Western Sugar Refining Co. The above wire is reply to our telegram ordering a quantity of sugar. As a result of this critical condition,

The present price of wheat on this market is \$1.70 it takes approximately five bushels of wheat to make a barrel of flour—you can arrive at your own conclusion.

Statistics show the production of onions for 1916 was 1,249,000 bushels short of the 1915 crop.

The 1916 crop of potatoes in the United States lacked 74,284,000 bushels of totaling the 1915 production. This not only affects the price of this commodity but of other articles whose origin dates back to the lowly spud.

Beans today are a luxury, the supply is nearly exhausted, there are none in first hands, the present prices may be attributed to a shortage of about 2,000,000 bushels last year and the heavy demand for this "fruit" on which such high food value is placed by the fighting nations in Europe.

It is a fact that a dozen tin cans such as are used to pack tomatoes, corn or peas cost today from 20 to 22 cents more than they did a year ago, to say nothing of the increased cost of the foods contained therein. The fact that the law of supply and demand regulates the price is more noticeable and can be appreciated more fully at present than at any time in recent years. On account of the short crop of potatoes, beans and many other staple commodities, many families depend largely upon canned foods, knowing they are cooked, seasoned and already prepared in a sanitary manner, thereby eliminating the possibility of shrinkage, spoilage and the expense of preparation to be served, resulting in a greatly increased consumption of all kinds of canned goods, compelling the merchants to replenish their stocks at higher prices than ever prevailed before.

It requires more capital to carry a line of groceries at present than at any time since the Civil war and many staples bought on the present market show the retailer a smaller profit than is usually made on the same commodity when conditions and prices are normal. The retailer is in no way to blame for the present high prices. Coming in direct contact with the consumer, knowing his trade personally, being a human being himself, he is often reluctant to advance the price in conformity with the market, resulting in handling much business at a smaller margin than usual.

The excess value of our food-stuff exports over imports fell off more than twenty-five million dollars in 1916. But our crop shortage was very pronounced. Traffic conditions interfered with normal distribution of food products, and their extravagant consumption until very recently, was induced by the general increase in wages. All these conditions would account reasonably for the present prices. And in our opinion peace in Europe would not mean an immediate slump in food prices at home.

It is quite apparent at present that we will soon have a National Food commission with authority to regulate food prices; however this action on the part of the National Government will probably have no tendency to lower the prices on many commodities that appear too high today for many reasons as explained above.

In conclusion I will say to the consumer, you cannot benefit by sending away to the mail order houses, their prices may look attractive on paper, they may quote corn or tomatoes apparently some lower than your grocer but remember there are three grades of tomatoes and corn packed, standard, ex-standard and fancy, you may think you are ordering Royal Club quality and you might get standard, in addition you must advance your money, you buy in quantities, you pay your own freight, you have no recourse if the merchandise is a disappointment and you cannot do any better considering quality, quantity necessary to get the price than you could have done had you made your order with the merchant in La Grande on an equal basis. We have the best little town in Oregon, we can make it a bigger one by keeping our money at home.

Business men, bankers, capitalists, farmers and laboring men should unite in one grand effort to stimulate the production of food-stuffs this year. Recent government statistics show the prospects this spring are not nearly normal for staple crops throughout the country. Every available lot in cities and vacant ground in the country should be utilized. Raise corn, peas, tomatoes and other vegetables, can them for winter use, they will be higher next fall than ever before.

C. D. EMAHISER. If you fail to find "the news" of some particular store in your newspaper it means that, for the once, that store has no interesting news to relate. This will not often happen with live stores—and is not often true of live store.—Adv. 4-12, 19, 26, 5-3tf.

Get A Gold Medal. There is a contest on at this Bank whereby you can earn a Gold Medal that is worth twenty dollars. All can enter. It isn't necessary to be a hero to enter this contest, but it is necessary to have the "backbone" of a hero, and "stick-to-it-iveness," for it takes nerve to quit spending—and save. WE GUARANTEE YOU A GOLD MEDAL. All you have to do is place one dollar on deposit now, and another next week and so on, for about eighteen more weeks, and at the end of this time you will have a "A BIRD" of a medal, with an American Eagle on it. IT'S WORTH A TRIAL YOU CAN'T LOSE. This Resolution looks good to me, And to keep it will surely pay: "I will start for myself a savings fund. And bank the first dollar today."

A Fresh Supply of OYSTERS at CARRES OYSTER HOUSE