

EDITORIAL PAGE OF THE LA GRANDE EVENING OBSERVER

An Independent Newspaper. Published Daily and Weekly at La Grande, Oregon, by the LA GRANDE EVENING OBSERVER PUBLISHING CO. J. D. MEYERS President H. B. LEITER Vice-President CLARKE LEITER Editor and Publisher

Entered at the Postoffice at La Grande, Oregon, as second-class matter. Address all communications to THE OBSERVER, 1710 Sixth St. On Sale in Other Cities: Oregon Hotel News Stand, Portland; Imperial News Stand, Portland.

Subscription Rates. By Carrier. Daily, single copy 5c in advance \$2.50 Daily, per week 15c in advance \$1.25 Daily, per month 45c in advance \$3.50 Daily, per six months in advance \$3.50 Daily, per year in advance \$7.00 By Mail. Daily, by mail per year, in advance \$4.00

HOME PREPAREDNESS SERIES—HOW THE BEAN CAN FIGHT THE BATTLE.

BY CARL VROOMAN Assistant Secretary of Agriculture Member National Emergency Food Garden Commission (Written for the United Press)

Among the simple, nutritious foods which should be listed on every housekeeper's program of Home Preparedness is the Soy or Toga bean. It is used for human food in Japan and other countries, though not much yet in this country.

When soy beans sell for 15 cents a quart, 10 cents worth will supply over 5 ounces of protein. Ten cents worth of beef at 20 cents a pound supply 1 ounce of protein. Soy beans contain 26 per cent protein, 18 per cent fat and 28 per cent carbohydrates as compared with 26.4 per cent protein, 1 per cent fat, and 62 per cent carbohydrates in navy beans.

This now only makes them a fatty food but it makes it possible to cook them without the addition of pork or other fat. Soy beans can be used in almost exactly the same way as navy beans. To prepare baked soy beans, soak the beans overnight in cold water, in the morning add a pinch of soda and boil the beans in the water in which they were soaked. Pour off the water and use it for making soup. Put the beans in a baking dish, add two level teaspoonsful of salt, cover them with water, cover the dish and bake 6 to 8 hours, leaving the dish uncovered during the last hour. It's unnecessary to flavor them with molasses as their natural flavor is delicious.

Since the soy bean contains no starch the liquid in which they are cooked isn't thickened and the beans remain separate. If this is considered objectionable, the liquid can be thickened with cornmeal, one-third of a cup to a quart of beans.

The skins of the soy beans can be removed by boiling the beans for ten minutes and allowing them to cool overnight in the same water and then rubbing between the hands. Most persons prefer the beans without the skins. They have a more delicate flavor and are, probably, more digestible when thus prepared.

The Water Question. La Grande, April 11.—(To the Editor)—Our City Commissioners are urging the people of La Grande to use every bit of vacant ground about their houses to raise some food-stuff. But what about water to irrigate with? Will the city furnish the people the water free or at reduced rates? We all pay our water rates during the winter and according to the city's own figures the people do consume one-half what they pay for. Now if they are to help lower the high cost of living by raising something, let them have water to irrigate with during war time; otherwise they cannot produce anything. L. GARRICK.

For Women's Convenience— Some women are just a trifle timid about going to a bank to transact business. Why? Simply because they are not familiar with the rules of banking. This bank is calculated to be of special convenience to women; a place where they can come and feel at home. We aim to make every transaction so clear and so plain, that dealing with our bank soon becomes to them an easy habit. We appreciate the patronage of women. Their business with us is already large and steadily increasing. If you are not already a patron, then please consider this an invitation to become one. La Grande National Bank

Exchange News

Baker Is Coming. Baker county cattle men will go in large numbers next month to attend the Cattle Growers' association meeting, and La Grande is preparing a royal reception for them.—Baker Democrat.

Married at La Grande. Mrs. Millie Hudgins and Louise Walls, of Paradise, were quietly married at La Grande last Monday. They left for Paradise where they will commence housekeeping. May their lives be blended together as one to fight the battles of life as they come across life's pathway.—Wallowa Sun.

Track Outlook Discouraging. The present outlook for a successful Eastern Oregon track meet this spring does not seem very good. La Grande has lost practically her whole track team by enlistments and guard duty, Baker and Wallowa have not been able to turn out for track yet on account of snow and Pendleton is expecting to lose some valuable men any day. This is the first year in four that Pendleton has had the Eastern Oregon meet at home and they are anxious to win it if possible.—Pendleton Tribune.

Wallowa Personals. (From the Wallowa Sun.) H. W. Harris was a business visitor to La Grande Sunday. J. F. Johnson left Tuesday for a short stay in Baker. Miss Myrtle Norte left Tuesday for Elgin where she will visit with a sister for a week or more. Mrs. Swart and daughter, Marguerite, returned on Saturday from a trip to La Grande. Mrs. Henry Spence returned home Sunday after spending a few days in Lostine with the family of her son Wm. Spence. A. H. Parsons, who has been visiting with his son, J. J. and family for a week or more, returned to his home in Elgin Sunday.

A Common Cause for Eastern Oregon. La Grande has the belief that the Eastern Oregon Normal school, if sustained by the people will be located at the Union county capital. They may be right about the matter, for La Grande has many advantages. The same is true of Pendleton, of Baker, of The Dalles and of Weston. As to which town the regents will regard with most favor no one knows and it is useless to speculate at this time. The first thing to do is to insure the adoption of the normal school bill by the people. To this end all communities in eastern Oregon may well join hands. Let us make common cause until the school is authorized, then compete for the location of the institution. The most favorable feature of the normal school situation at present is the fact a unity of action on the part of eastern Oregon is indicated for the campaign in 1918.—Pendleton East Oregonian.

Hazelwood-Saddler. A wedding, that to many was a surprise, occurred in this city Saturday evening, April 7, 1917, when Mr. Frank Hazelwood and Miss Ruth Saddler were united in holy wedlock. The ceremony was performed at the home of the bride's parents, Mr. and Mrs. George Saddler, Rev. Cathers, of the Methodist Episcopal church, officiating. The ceremony was attended by only a few. The bride is the only daughter of Mr. and Mrs. Saddler, highly respected residents, and has been a popular high school girl. The groom is the eldest son of Mr. and Mrs. W. J. Hazelwood, pioneer residents of the Flat. He is an industrious young man of excellent habits and enjoys the esteem of a host of friends. The newly weds will move in a few days to the Hazelwood farm, where they will make their future home. The best wishes of a host of friends are extended to the bride and groom.—Elgin Recorder.

Young Women - Their Older Sisters and Mothers - are all Enthusiastic Over SPORT GOODS. Dame Fashion has decreed—"it's a sport clothes season and every woman will have at least one garment of sport style in her wardrobe. So the designers and makers have given this much study and we have received some of their best creations—these are here now for you to see—to buy now, that you may receive the benefit of a full season's wear. Prices 35c to 75c yard—See Our Window Display— SPORT SKIRTS Will be an important factor this season. Our display includes those models in greater demand—and we believe that you will find interest in an inspection of our stock of nobby up-to-date sport skirts. N.K. West & Co. THE QUALITY STORE.



Honor Guard Girls Entertain Co. M. The La Grande Girls' Honor Guard royally entertained the boys of Company M and members of the H. S. Cadets in the Y. M. C. A. gymnasium last evening. A very large number was in attendance and were highly appreciative of the excellent program prepared by the Honor Guard. Before the program the social was turned over to a business session. Miss Kirtley announcing the Benefit dance to be given Friday evening at which Mr. and Mrs. McCullough, Mr. and Mrs. Hampton, Dr. and Mrs. Holt and Mr. and Mrs. Kirtley are to be joint hostesses.

Baker Postmaster Appointed. Baker, April 17.—(Special)—Geo. H. Foster, brother of John G. Foster, ex-postmaster at Baker, has been appointed to fill the vacancy caused by the resignation of the latter because of his illness, according to a dispatch received in Baker from Washington.

Bomb Plots at Ontario. Boise, April 17.—(Special)—The chief special agent of the Oregon Short Line is at Ontario, Oregon, investigating rumors about an attempt to destroy a railroad bridge on its line, in which civilian guards had an encounter with bomb plotters early Saturday morning. One story is that a guard saw two men on the bridge, challenged them and fired when they would not halt. One is said to have fallen into the river and his body whisked away. The guard investigated and found a bomb with lighted fuse, which he threw into the river.

DOINGS OF THE DUFFS. GREAT GUNS THE CAPTAIN IS LAND SICK! TRIM THOSE SHEETS YOU LUBBERS! ALL HANDS ON DECK! AS SOON AS YOU GET BACK ON THE SHIP YOU'LL BE ALL RIGHT, CAP - WE'LL SAY GOOD BYE TO HELEN AND THEN I'LL CALL A TAXI - MAN THE PUMPS, YOU LUBBERS!



OLD PAPERS—For sale at The Observer office, 25 cents a bundle.

\$ 7,000,000,000 is the amount of the war fund just voted by Congress. The next question confronting the Government is the readjustment of import duties and placing war taxes on commodities to insure larger revenues. One of the items prominently mentioned and now under discussion for war tax is coffee. Coffee is one of the few food items that is really below normal in price at the present time. ROYAL CLUB COFFEE has been a 40c coffee the past two years, it is still selling at the same old price, three pounds of this high grade coffee for \$1.10. It is generally expected that the ROYAL CLUB Oregon Grocery Co. Inc. Distributors.