

EDITORIAL PAGE OF THE LA GRANDE EVENING OBSERVER

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SUBSCRIPTION RATES.

Table with 2 columns: Rate type and Price. Includes 'By Carrier' and 'By Mail' sections with various subscription durations and prices.

HOME PREPAREDNESS SERIES—CORN AS A MAJOR GENERAL.

BY CARL VROOMAN

Assistant Secretary of Agriculture

Member National Emergency Food Garden Commission (Written for the United Press)

Corn meal is a cheap and valuable food stuff which is not in as general use in the American home as it ought to be. As a general use of dry corn meal provides about five times as much energy and tissue building protein as does a pound of raw potatoes.

When potatoes are scarce or expensive, cornmeal makes an excellent substitute. It is not, however, a perfect substitute for potatoes because, as it is prepared by modern milling methods, it contains fewer minerals and other valuable substances. So when cornmeal is substituted, balance it with another vegetable, a salad or a fruit.

Cornmeal mush for breakfast or supper is a standard and palatable dish. Fried, it is an excellent substitute for fried potatoes. There are dozens of cornmeal dishes in addition to the various varieties of cornbread. What is known in the north as Boston Brown Bread is composed of about 1-2 rye meal and 1-2 cornmeal. Polenta is another cornmeal dish extremely popular throughout Southern Europe and in certain parts of the United States.

If speculators corner the potato crop or as was the case in 1916, if the potato crop should be short, cornmeal is the next best thing. Rice is a partial substitute for potatoes, but rice now costs more than cornmeal. Cornmeal is very wholesome.

PATRIOTISM AND PROFIT.

General farmers and live stock producers can do their country no greater service than by seeking to make their production reach the very limit of possibility.

Men who send to market immature and young stock that could carry greater weight are wasting the country's resources. In all human probability they are also sacrificing profits they might reap. The unprecedented prices have been and are a temptation to cash in while the cashing is good; but when a man sends to market underweight and young breeding stock he is killing the goose that lays the golden egg. He is making it harder for himself and others to replenish feed lots and pastures.

To be sure, no man can be expected to go out and buy dear feed to make 1600- and 1700-pound steers or 350- to 400-pound lard hogs but it is little less than an economic crime at this time to send in half finished 1000- to 1200-pound and 150- to 180-pound hogs.

Marketing of strictly dairy veal calves is excusable.

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

AT THE HOTELS

Sommer. Sommer arrivals at the L. B. McGill, H. Powland, M. U. Howell, J. F. Funk, M. U. Howell, C. J. Bugley, W. W. Carroll, Portland; H. Frankfield, Seattle; E. C. Richards, Salem; E. Jacobsen; T. B. Stanford, Enterprise; Jesse Miller, L. P. Hennes, Chicago.

Savoy. Yesterday's arrivals at the Savoy were: John Couch, Wallowa; G. W. Claggett, Enterprise; F. W. Smith, Enterprise; A. Shaw, Summerville; Geo. W. Marshall, Imbler; G. W. East, E. S. Foley, Portland; Percy End and Geo. Donovan, Vincent; Lee Tipton, City; A. R. Huffman, Joseph; E. Reynolds, Pendleton; M. E. Stoop, Elgin; E. G. Adcock and wife of Elgin; P. M. Davis, City; H. W. Hicks, O-W. R. & N. Co.; W. G. East and William L. Amos.

Foley. Foley guests are: J. G. Horan, Joseph; H. C. Stokes, Spokane; Mrs. John Montgomery, Pendleton; F. J. Alex. Mayer, Portland; E. E. Bonhana, Perry; Jimmie Jances; R. W. Wilson, J. Langley, F. A. Anderson, W. Kay, Portland; J. L. Barr, Denver; H. Goldman, Seattle; Mr. and Mrs. G. M. Winnie, Pendleton; J. C. Glossan, San Francisco; J. Risler, Minneapolis; R. W. Fletcher, Pendleton; A. Gibson, Pendleton; John D. Wells and J. C. Gobel.

I. U. Lafferty of Hood River was a Tuesday visitor at the home of C. W. Noyes on Adams avenue.

CHICHESTER'S PILLS THE DIAMOND BRAND. Relief Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold wrapper. Sold by Druggists Everywhere.



The Right Place For Your Clothes Buying

You want to buy clothes in the right place, of course; and with a number of different places to choose from, you may not be sure which the right one is.

One important point in deciding this question is to ask yourself what you know about the goods offered. Do you know who makes the clothes you buy? What do you know about the maker? About his ideas of quality, style tailoring? Do you know enough about the goods to feel sure you're going to get real value for your money?

When we mention Hart Schaffner & Marx clothes, we know that you know they're good clothes. You know they're absolutely guaranteed to give satisfaction. And we know that this store is the right place, because it's the place where you get Hart Schaffner & Marx clothes.



The Home of Hart Schaffner & Marx Clothes

but every calf that could grow into good beef should by all means be kept.

Sending to slaughter pregnant cows and heifers for beef should be absolutely discontinued, at least for the period of the war.

In our great national emergency every man should consider how best he can help along. The easiest way for every owner of live stock "do his bit" is to see that every animal goes to market carrying as much weight as it is practical to put on.

We are now drawing upon the May and June and July supplies of beef, pork and mutton.

Farming and live stock feeding is a good deal of a gamble, but there never was a time since the American Civil War when a feeder could feel as sure of good profit on bringing his live stock up to normal weight.

The higher the prices for grain, the more certain is the feeder of a profit putting weight on immature stock. From one end of the country to the other there is a dearth of mature stock. Feed lots, East, West, North and South, are bare. Hundreds of thousands of sheep and cattle have been wiped out by the almost unprecedented severity of winter in the West, and there is no spot on the map where one can turn to find a surplus of young stock to put in feed lots or turn on the pasture.

Patriotism alone ought to be sufficient spur to induce farmers and feeders to mature their holdings. At this time it seems highly probable that such a course would not only be highly patriotic, but handsomely profitable.—Chicago Live Stock World.

CARE OF THE CHILD.

BY MRS. MAX WEST

(Written for the United Press)

Washington, April 17.—It is of great importance to the child to train him to a good carriage of body. The power to hold the body erect is wholly lacking at birth, and is acquired, with some difficulty, at about two years of age.

While the body is developing in every part the mother should take frequent note of the manner in which the child stands, how he sits and how he carries his head. An erect spine is necessary not only for beauty and grace but for health. Slouching, stooping or crooked shoulders detract much from the appearance, and the curved spine allows the upper part of the body to press into the trunk and deprive the stomach, heart and other organs of some of their proper space so that they must work at a disadvantage.

In order that a child may learn the habit of an upright carriage, much exercise is necessary, especially outdoors. This will strengthen the muscles of the back and neck and make it easier to hold the body erect later when growth is rapid.

Sitting on the floor, bent over playthings and toys, sitting too long in a high chair or baby carriage, dangling the feet, carrying books or papers on one hip or shoulder are some things which tend to twist the spine and distort the body.

The mother should watch carefully to see that such troubles are arrested at this period, while the bones are soft. If difficulties are encountered it must be remembered that they will sometimes disappear of themselves if the general health is improved.

The Germans fired the first shot and missed. This is a lucky omen of the war.

WHAT THE PEOPLE CAN DO TO HELP THE NATION—II.

BY WOODROW WILSON

(President of the United States)

It is evident to every thinking man that our industries, on the farms, in the shipyards, in the mines, in the factories, must be made more prolific and more efficient than ever, and that they must be more economically managed and better adapted to the particular requirements of our task than they have been, and what I want to say is that the men and the women who devote their thought and their energy to these things will be serving the country and conducting the fight for peace and freedom just as truly and just as effectively as the men on the battlefield or in the trenches.

The industrial forces of the country, men and women alike, will be a great national, and great international, service army—a notable and honored host engaged in the service of the nation and the world and the efficient friends and saviors of free men everywhere. Thousands, nay, hundreds of thousands of men otherwise liable to military service will of right and of necessity be excused from that service and assigned to the fundamental sustaining work of the fields and factories and mines, and they will be as much a part of the great patriotic forces of the nation as the men under fire.

I take the liberty, therefore, of addressing this word to the farmers of the country and to all who work on farms. The supreme need of our nation and of the nations with which we are cooperating is an abundance of supplies and especially of foodstuffs. The importance of an adequate food supply, especially for the present year, is superlative.

Without abundant food, alike for the armies and the peoples now at war, the whole great enterprise upon which we have embarked will break down and fail. The world's food reserves are low. Not only during the present emergency, but for some time after peace shall have come both our own people and a large proportion of the people of Europe must rely upon harvests in America.

Upon the farmers of this country, therefore, in large measure, rests the fate of the war and the fate of the nations. May the nation not count upon them to omit no step that will increase the production of their land or that will bring about the most effectual cooperation in the sale and distribution of their products? The time is short. It is of the most importance that everything possible be done and done immediately to make sure of large harvests. I call upon young men and old alike and upon able bodied boys of the land to accept and act upon this duty—to turn in hosts to the farms and make certain that no pains and no labor is lacking in this great matter.

I particularly appeal to the farmers of the south to plant abundant foodstuffs as well as cotton. They can show their patriotism in no better or more convincing way than by resisting the great temptation of the present price of cotton and helping, helping upon a great scale, to feed the nation and the peoples everywhere who are fighting for their liberties and for our own. The variety of their crops will be the visible measure of their comprehension of their national duty.

The government of the United States and the governments of the several states stand ready to cooperate. They will do everything possible to assist farmers in securing an adequate supply of seed, an adequate force of laborers when they are most needed at harvest time and the means of expediting shipments of fertilizers and farm machinery, as well as of the crops themselves when harvested.