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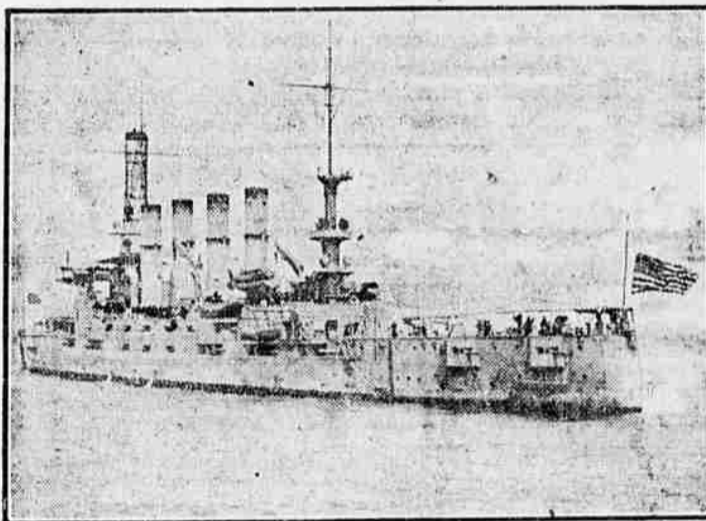
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HE WHO MOVES
REAL ESTATE

1708 1-2 Sixth St.
La Grande,
Oregon

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The Armored Cruiser Montana



The armored cruiser Montana is a vessel of 14,500 tons, with a speed of twenty-two knots and carrying four ten-inch guns, besides smaller ordnance. Her keel was laid in 1905. The North Carolina is her sister ship.

The race for mayor and city commissioner in Portland might be described as a battle royal.

When in Portland you will find The Observer on sale at the Oregon Hotel news stand and Imperial Hotel.

As War Calls to the Men, Business Tasks Call to the Women!

As the bugle and drum call to the service of their country the men working in the offices and shops, and the unfinished tasks are abandoned, the summons to service comes to the women.

The work of the nation must be done, that the fighting bills may be paid. The processes of commerce must not be seriously crippled, else the material resources of the country would be quickly curtailed. The work left behind by the men who have joined the colors must be taken up by the women who are under the protection of the flag.

It means opportunity for patriotic service. It means an expression of that loyalty to country which is in every woman's heart and mind.

The employer whose forces of workers is depleted by the national emergency should call for women to fill the industrial ranks. There are not many office tasks to which women are not equal. There is much work in the shops and factories within their capacity.

The manhood strength of the country is being mobilized for the fighting task. The fit and able soldier leaves behind him a business task. To call other men, too old to join the colors, from other tasks, to fill the gaps is not always possible or wise. The summons of the office and of the workshops is to the women—and they will respond. We shall have little unemployment—the need for workers will be increasingly urgent.

Let us have immediate "preparedness" for business tasks by all women who are not tied to home tasks.

WHAT TO SERVE AT THE THREE MEALS TO NOURISH A FAMILY PROPERLY

There Are Five Groups of Foods—Mineral Matter, Protein, Starch, Sugar and Fat—and Each Group Should Be Included Every Day.

Department of Agriculture Tells Housewives How to Plan Meals Without Reducing Nutritive Value and at the Same Time Decrease Cost.

HOUSEWIVES in many cases can reduce the cost of supplying their tables without reducing the nutritive value of the food served by giving more thought than usually is given to the selection, preparation and combination of foods. In fact, where carelessness has been the rule (and carelessness is not related to the size of the income) the specialists of the United States department of agriculture say careful planning may make possible both a reduction of cost and an increase in nutritiveness and palatability.

If any changes are to be brought about in the menu to which a family has been accustomed, however, by eliminating certain articles or substituting less expensive ones, care should be taken that the resulting diet is rational—that is, that it does not contain, on the one hand, too great a proportion of foods of any one type, such as meats and meat substitutes, or starch, sugars and fats, or vegetables and fruits, and that, on the other hand, it is not deficient in any of these types of food.

Should Eat a Variety.

In general, habit and custom, shaped by normal appetites, have led to the general adoption of adequate and varied diets in most families where the means are sufficient for any range of choice. Thus when meat, a food rich in nitrogen, is eaten, potato, rice, bread or some other starchy food and fruits and vegetables and perhaps foods of the other types usually are served with it. If a person's food habits are good he will eat a reasonable quantity of all the foods provided and obtain a varied meal and not a one-sided one, as might otherwise be the case.

The list of foods given at the end of this article are intended to show different types of food and different examples of each type. If the foods combined in the diet are chosen according to these types—that is, according to the purpose each group serves in the body—and are eaten in proper proportion, the meals will furnish all the kinds of nourishing elements which the body needs. The five types or groups are:

First.—Foods depended upon for mineral matter, vegetable acids and body regulating substances, such as fruits and succulent vegetables.

Second.—Foods depended upon for protein, such as milk, eggs, meat and dried legumes.

Third.—Foods depended upon for starch, such as cereal breakfast foods, flours, meals and foods made from them.

Fourth.—Foods depended upon for sugar, such as sugar, molasses, sirups, honey, jams, thick preserves, dried fruits, sweet cakes and dessert.

Fifth.—Foods depended upon for fat, such as butter, cream, salad oil and other table fats, lard, suet and other cooking fats and oils, salt pork and bacon.

Must Have Some of Each.

In order that the meals may supply all the needed nutritive elements, one must make sure that all groups are well represented, not necessarily at every meal, but when the family diet is considered day by day and week in and week out. Quantities should vary, particularly of the energy yielding foods, for persons engaged in different pursuits necessitating different amounts of exercise. The heavier the work the more food is needed. In planning meals in accordance with the method here suggested choose only a few dishes and make sure that the different groups are represented in the daily fare. Foods in groups 1 and 3 are less expensive, as a rule, than those in group 2 and for this and other reasons should be used freely as the basis of the diet, with sufficient amounts of foods from groups 2, 4 and 5 to round out the meals. Remember that the materials used in cooking or served with foods—flour, eggs, milk, fat, sugar, etc.—add their food value to the diet. Remember also that it is not necessary to supply all the types of food at every meal, providing enough of each is supplied in the course of the day. For example, if the foods which are depended upon for nitrogen—meat, eggs, milk, etc.—are found in abundance at breakfast and dinner it is not necessary to include them at supper or lunch, or if a person prefers a light breakfast he may leave out the nitrogen rich food and perhaps some of the other foods in the morning and make up for it at the noon and evening meals. In the following lists dishes suitable for the different meals are grouped according to the kind of nutritive materials which predominate in each, and the groups are given in the order in which they are usually introduced in family meals. The dishes mentioned are examples only. Housekeepers will readily think of dishes of similar kind which they may prefer. The important thing is to know which foods belong to the different groups and then to see that all the groups are represented in the family meals.

Breakfast.

Breakfast is a much more elaborate meal in some American families than in others. Where it is hearty all five of the food groups may be represented, though usually in dishes which do not require elaborate preparation and with more from the bread and cereal group

than from any other. When a lighter breakfast is preferred it usually consists mainly of the bread and cereal foods (group 3), with a little fat and possibly sugar (groups 5 and 4) to make it palatable, and perhaps a little fruit (group 1). Such a breakfast is made more hearty by including milk or an egg from the protein group (group 2).

1.—Fruits and Vegetables.

Stewed prunes, dried peaches or other dried fruits or fresh or canned fruits when obtainable at reasonable prices. If preferred, sweet dried fruits, jam or thick preserves (representing also group 5) may be used instead. Because of their laxative properties as well as food value succulent fruits are eaten for breakfast and are particularly desirable if vegetables and other fruits are not freely used at other meals.

2.—Breakfast Cereals and Breads.

Breakfast Cereals.—Cornmeal mush, cracked wheat mush, oatmeal mush, rice or other cereals. Wheat raised on the farm or bought from a nearby feed store and coarsely ground in a coffee mill is a good homemade cereal. So is popcorn.

Breads.—Graham bread, whole wheat bread, wheat flour and rice bread, muffins, popovers, griddlecakes, etc. With bread, butter (representing group 5) would usually be served and sometimes with griddlecakes, butter and sirup (representing group 4) also.

3.—Eggs, Meat, Milk; Similar Foods

Eggs (scrambled, boiled, poached, etc.), egg toast, meat balls, codfish balls, hash (from leftover or corned meat) and milk.

Milk taken with breakfast cereals or used as a beverage is an important source of nitrogenous material, a glass supplying as much as two ounces of lean meat or one egg. Cooking cereals with milk instead of water is a convenient way of adding nitrogenous material to the meal.

4.—Sugar and Other Sweets.

Sugar, sirup, molasses, honey, thick dried fruits, jam and heavy preserves. Sugar, honey, molasses or sirups are usually added to other foods in cooking or when they are eaten. Dried fruits may be cooked with cereal and so may take the place of sugar added to them. This group serves much the same purpose in the body as group 3, but is ordinarily used in smaller quantities and is important for flavor purposes as well as nutritive material.

5.—Butter and Similar Foods.

Cream, butter and other fats used in cooking, bacon, fat pork. With the exception of fat meats, the fat foods are usually eaten with other foods or used in them or in cooking them.

Luncheon or Supper.

Luncheon or supper may include dishes from all five groups, but in simpler form or smaller quantity than at dinner, though such an elaborate meal is by no means necessary. If a light luncheon is desired group 2 (meats and similar foods) may be omitted or used in smaller amounts, or if a still lighter meal is desired dessert (represented by group 1 or group 4) may be omitted also. When the other meals are abundant both meat and sweets or fruit might be omitted and bread and butter or bread or cereal and milk used alone.

Eggs, Meat, Fish and Cheese.

Eggs; thick dried bean soup (soy or togo beans or cowpeas, if obtainable, are as desirable as navy or other beans more commonly used), meat stock soup; toasted cheese and crackers; clipped beef with white sauce—i. e., thickened milk sauce; dried beans or peas baked or boiled; baked peanut or other nut loaf (ground or chopped and mixed with breadcrumbs, an egg, milk and seasoning); meat stew or pie (leftover meat or cheap cuts) or codfish balls; sliced meat (from roast of previous day); cold baked or boiled bean salad; canned or fresh fish salad if fish may be obtained cheaply; stuffed eggs; egg, nut, cheese (often used in made dishes or with crackers in place of sweet dessert) or meat sandwiches or milk. Either hot or cold dishes are used for luncheon, according to convenience. The above list includes both.

Bread, Rolls and Similar Foods.

White bread, or "light" bread, rye bread, toast, corn bread, rolls, buns, crackers.

Either hot or cold bread may be used, as desired. Cooked cereals (see list of breakfast dishes) are suitable for use when a light luncheon or supper is desired.

Butter and Other Fats.

Butter, cream, table oil and other fats and oils used on the table and in cooking.

Cakes and Other Sweets.

Sugars, jams, jellies, thick preserves, sweet dried fruits, simple cake, cookies and leftovers from dinner desserts.

Fruits and Vegetables.

Fruit (fresh or stewed); warmed over potatoes; leftover vegetables; fresh

ONE FARMER SAVES \$540 IN ONE YEAR

H. West, of Scappoose, Tells
What Good Roads Mean
to Him.

H. West, farmer and dairyman, living near Scappoose, is an enthusiastic supporter of the road bond bill that will be before the voters for their approval at the special election June 4. He is for the road bonds because the value of good roads has been demonstrated to him conclusively. Through the construction of a macadam road by which he is enabled to send milk and cream to market by auto truck, Mr. West last year saved \$540.

"Before the macadam road was built," according to Mr. West, "I had to haul my milk and cream by team to Scappoose. But now an auto truck calls at my home daily, delivers my dairy products in the Portland market and on the return trip brings groceries and other supplies right to my door. Due entirely to the macadam road, my saving last year in marketing the products of my dairy alone was \$540. This estimate does not include the saving that has attended the marketing of my farm products and the delivery of freight and other supplies at my home.

"By hard-surfacing this macadam road, my savings due to improved roads will be even greater for with the completed road the cost of operating auto trucks will be further reduced. Yes, I am enthusiastically in favor of the road bond bill.

OPPOSITION TO ROAD BONDS IS REMOVED

"When it is explained that the expense of providing the crushed rock base on the roads to be hard-surfaced will be borne by the state and not required of the counties, opposition to the road bond bill is largely removed," says Winnie Braden, of Dallas, Secretary-Treasurer of Polk County Better Roads Association. "It has been my experience that it is only necessary to acquaint the individual opponent of the road bond measure with the provisions of the bill to make him a convert to the good roads movement. The people of Polk County uniformly with other progressive people of the state want good roads. All that is demanded by them is the assurance that the funds to be raised by the proposed bond issue will be applied economically in the construction of the greatest possible mileage of serviceable roads of a permanent and enduring character.

"With this assurance and the further guarantee that ample funds are provided in the increased automobile license, which will have to be paid anyway, to meet both interest and principal of the bonds, the voters of my section of the state are more strongly favoring the road bill."

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requiring constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only Constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials.

Address: F. J. CHENEY & CO., Toledo, O.
Sold by Druggists, etc.
Take Hall's Family Pills for constipation.

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At a Fraction of Their Original Price

MITCHELL\$250.00
OVERLAND\$250.00
MAXWELL\$250.00
FORDS from \$175.00 up

SMITH'S GARAGE

PLOUGHING GARDENS

I will plow up your garden—
Rates reasonable.

A. G. HERMANN,
Phone Red 3351
I also have a small wagon I want to sell.

Reforestation work has been done on 26,000 acres of National Forest land in Oregon and Washington since 1910. Present Forest Service plans provide for reforesting 3,000 acres annually.

More than a million head of stock grazed on the National Forest ranges in Oregon and Washington in 1916. Of this number 996,741 were sheep and goats, and 157,589 cattle and horses.

"Come on Over, See My Corn Fall Off!"

"I Put 2 Drops of 'Gets-It' on Last
Night—Now Watch—"

"See—all you have to do in to use your two fingers and lift the corn right off. That's the way 'Gets-It' always works. You just put on about 2 drops. Then the corn not only shrivels, but loosens from the toe, without affecting the surrounding flesh in the least. Why, it's almost a pleasure to have corns and



"That Was a Quick Funeral That
Corn Had With 'Gets-It'."

see how 'Gets-It' gets them off in a hurry and without the least pain. can wear tight shoes, dance and walk as though I never had corns." "Gets-It" makes the use of irritating salves, binding bandages, tape, plasters and other things not only foolish, but unnecessary. Use this wonderful discovery, "Gets-It" for any soft or hard corn or callus. It is the new, simple, easy, quick way, and it never fails. You'll never have to cut a corn again with knives or scissors, and run chances of blood poisoning. Try "Gets-It" tonight. "Gets-It" is sold everywhere. 25c a bottle, or sent on receipt of price by E. Lawrence & Co., Chicago, Ill. C. D. Putman Drug Store. Red Cross Drug Store. La Grande Pharmacy.

We Shall Appreciate Your Orders As Early As
Possible Tomorrow. Our store will be closed from
12:30 o'clock for the balance of the day.

DECORATION DAY

We shall have a fresh line of Vegetables and Fruits
consisting of the following:

- New Potatoes at 2lbs. for 25c.
- Green Peas at 10c a pound.
- Walla Walla Asparagus at 10c a pound.
- Very large Head Lettuce at 10c a head.
- Green Onions and Radishes at 3 for 10c.
- Rhubarb at 3c a pound
- Fresh Tomatoes at 15c a pound.
- Cucumbers at 15c each.
- Fresh Cocoanuts at 2 for 35c
- Bermuda White Onions 10c a pound
- Green Peppers at 35c a pound

PHONE MAIN 80

PATTISON BROTHERS GROCERY