

# Fresh SAUER KRAUT

Just received the first of the home Sauer Kraut.

Did you see the J. B. Stoddard display of Fruits and Vegetables on our streets

If you want a box of the Apples or Pears, we have them for sale.

Full line of Fruits and Vegetables.

Phone Main 75

## The City Grocery & Bakery

The Home of Fancy Groceries

### How One Woman Is Helping Win The War

(Letters from a Washington woman to her sister in Michigan telling how one woman is co-operating with the United States Food Administration.)

Washington, D. C.

My Dear Sister: Learning to be the sort of home-manager described by the Food Administration as the first essential in winning this war is "some job."

But if every woman construes her obligation of co-operation as your letter (just received) in dinates that you are doing, the American woman will go down in history as the factor in the fight which tipped the scale on the side of victory.

They tell us that at least \$700,000,000 worth of food is wasted in this country yearly with the larger part of the waste flowing into garbage cans and running down kitchen sinks.

We are also told that the companies which contract to purchase garbage count for their profit upon the fact that every ton of household waste yields from 30 to 40 pounds of fat over and above the residue that could be used as "fertilizer."

Now what do you think of that as an indictment?

I confess to a blush of shame for my part in such statistics.

Knowing right well that most of the carelessness in the smaller things I began at once with the little leaks that, combined, amount to so much in the long run.

The first little leak I found to be "left-overs." They are due in my house to the constantly repeated cry of "I don't like" or "I can't eat." I have held a regular war council, and Jack has pledged himself to cut these phrases out. The children, too, have rallied round the flag.

So that's settled! The next step was to study the uses of left-overs. I confess I knew little about them because I had always thrown scraps of everything into the garbage can.

Perhaps you, too, have waited for war to show you your sins of extravagance. If so, you may be glad to know a few of the things I have found out about left-overs.

I find that I can thicken soups, stews and gravies with left over cereals.

That stale bread makes a splendid basis for many meat dishes, not breads and desserts.

That every drop of skimmed milk contains nourishment and may be added for such a purpose to cereals, soups, sauces and other foods, while sour milk, buttermilk and sour cream can all be used in cooking. We like it better for hot breads than sweet milk. Then there's cottage cheese, clabber, of which the children are particularly fond, while sour cream is fine for shortening in cakes and cookies, and useful in salad dressings and gravies for meats.

That there are all sorts of attractive dishes possible from the combination of meat or fish with cereals and vegetables, and that left over meat can be advantageously used in making cakes, meat or fish pies.

That left over gravies are nice in soups and sauces or as flavoring for meat pies, croquettes, and vegetables.

That the water from boiled meat furnishes valuable food and flavoring material and should be saved for soup, for use in stews, or gravies, or cooking vegetables.

That valuable food and flavoring can be found in the water in which rice and many vegetables have been cooked, which could be kept for soup stock rather than thrown down the sink.

That the careless piling of potatoes or fruit frequently is responsible for a loss of as much as 20 per cent of their food material.

Quite a list of discoveries, isn't it? I wonder how many of them you already knew?

As for me—well, I blush to tell! Your affectionate sister, FRANCES.

### BAKER'S FISHING HOLE NOW PROVING GROUND

(United Press.)

WASHINGTON, Oct. 29.—Because Secretary of War Baker used to fish in a creek called Long Branch in Maryland, the new government proving ground is to be called Long Branch proving ground.

It is located at Gunpowder Neck which is not regarded as a suitable name. Aberdeen, the name of the nearest village, was rejected. Baker then recollected that as a boy he fished with a pin-hook in Long Branch in the immediate vicinity. "That's the name," Baker said.

### Chamberlain's Cough Remedy the Most Reliable.

After many years' experience in the use of it and other cough medicines, there are many who prefer Chamberlain's to any other. Mrs. A. C. Kirstein, Greenville, Ill., writes, "Chamberlain's Cough Remedy has been used in my mother's home and mine for years, and we always found it a quick cure for colds and bronchitis troubles. We find it to be the most reliable cough medicine we have used."—Adv.

### Many Union County People Buy Bonds

UNION, Oct. 29.—(Special.)—The following have subscribed for Liberty Bonds at the First National Bank at Union. Total subscriptions were \$44,000. Union's quota is \$40,000:

- H. L. West, Nora Webb, Grande Ronde Valley Lodge No. 56, A. F. & A. M., J. W. Minnick, C. E. Davis, Wm. Wigglesworth, S. D. Eaton, S. E. Miller, W. A. Blain, Isabel Hutchinson, Dora Hutchinson, George A. Schbird, Ehrman Hall, Wm. Dobbin, W. H. Vogel, Ruth Rollins, W. R. Hutchinson, E. D. & J. L. McKenney, Milton J. Turnbull, Percy Rollins, Robert A. Marr, Robert Withycombe, G. W. Benson, J. A. Benson, S. I. Benson, J. F. Hutchinson, C. W. Erwin, Ernest Kohler, Floyd C. Tuttle, Mrs. Anna Tuttle, I. W. Haller, W. W. Bennett, O. J. Skiff, C. F. Wegener, Sylvester Hempe, Walter Vogel, Amelia M. Evenson, W. B. Butterfield, Mrs. W. B. Butterfield, John Nooy, Wilbur B. Davis, J. H. McKeehan, Milton Thompson, J. W. Spencer, George Mass, F. E. Ricker, Alfred B. Crouter, Thurston Chadwick, Fred Ratz, E. P. Castor, Mary A. Foster, George D. Foster, Fred Mires, J. W. Sherman, Beryl Hutchinson, Mary F. Hutchinson, C. E. Hutchinson, Iva H. Ambrosius, Frank A. Bidwell, Frances C. Bidwell, Frank Dean Bidwell, A. B. Hempe, Frances Kent, T. T. Cook, Walter Cook, Will Paddock, James Paddock, S. T. Godsey, M. S. Levy, G. W. DeLay, Mary L. Eaton, Laura McKeehan, W. D. Beidelman, George Heiningor, Emily Celler, Arthur Celler, M. Soeda, Mae Mass, George I. Clark, M. F. Davis, John J. Conlon, John H. Lanus, Stella McGrath, Minnie Odell Beidelman, Florence Dobbin, Margaret Dobbin, M. W. Huffman, Mabel Gale, John H. Jacobs, Tillie Wilkinson, Jas. F. Devore, Charles William Cross, S. A. Purzel, Mrs. E. E. Purzel, Emerson Haggerty, William Merritt Haggerty, Mrs. R. E. Landers, Louisa Alda Goodin, Neva Gilfillan, Lutha B. Ryder, L. A. Wright, W. W. Stevens, Robert Withycombe, Jr., J. R. Jones, Jared A. Jones, G. W. Nibarger, First National Bank, Scott Callihan, Minnie A. Baird, George Baird, Martha S. Nibarger, W. T. Wright, James D. Dobbin, W. F. Mulholland, G. H. Rollins, Mrs. Mary Townley, Eastern Star Lodge, Peter Goyette, Ann Hanson, Wm. W. Couper, H. H. Dickson, Joe Upton, Maggie Upton, J. G. Anson.

NORTH POWDER, Ore., Oct. 26.—(Special.)—The following subscriptions to the Liberty Loan have been taken at the Farmers State Bank at North Powder:

- Gene W. Hall ..... \$ 100.00
- Ruth Shaw ..... 50.00
- Olin C. Hadley ..... 50.00
- Irene Sanders ..... 50.00
- North Powder High school student body ..... 50.00
- Chas. E. Jacobson ..... 500.00
- James Dalton ..... 5,000.00
- John S. Davis ..... 1,000.00
- Mrs. Marguerite Bradshaw .. 50.00
- F. O. Bradshaw ..... 50.00
- C. E. Clure ..... 100.00
- Mrs. Mary E. Chute ..... 50.00
- Avis V. Chute ..... 50.00
- Clarence Wicks ..... 500.00
- A. F. Bowman ..... 50.00
- Mrs. Mary A. Gilkison ..... 500.00
- R. F. Williams ..... 50.00
- Mrs. Margaret E. Williams .. 50.00
- Herschel Ledbetter ..... 50.00
- Arlin Ledbetter ..... 50.00
- Lenora and Loris Ledbetter .. 50.00
- Mrs. Lillie Ledbetter ..... 50.00
- E. L. Ledbetter ..... 50.00
- James B. Wilson ..... 50.00
- Kenneth McGrath ..... 50.00
- John Shaw ..... 500.00
- Thomas H. Green ..... 50.00
- Joint School Dist. No. 8 and 25 .. 2,000.00
- Archib. C. Spain ..... 100.00
- A. W. Peters ..... 100.00

Total, Friday closing time \$11,300.00 Very truly yours, FARMERS STATE BANK, F. O. Bradshaw.

### Imbler's Fine Record.

IMBLER, Ore., Oct. 29.(Special.)—List of subscribers to the Second Liberty Loan through the State Bank of Imbler:

- Frank McKinnis ..... \$5,000.00
- Murphy and Taylor ..... 5,000.00
- Walter Stringham ..... 2,500.00
- State Bank of Imbler ..... 2,500.00
- John Tresler ..... 2,000.00
- E. B. Long ..... 1,000.00
- Chas. Riggs ..... 500.00
- Frank McKennon ..... 500.00
- C. C. Conrad ..... 500.00
- Reed W. Hibbard by M. C. Wade ..... 500.00
- Waltman T. Hibberd by M. C. Wade ..... 500.00
- Gillard Conover by M. C. Wade ..... 500.00
- Enos Fisher ..... 200.00
- M. M. Woodell ..... 100.00
- Frank H. Oliver ..... 100.00
- R. McBride ..... 100.00
- J. W. Tuttle ..... 100.00
- J. E. Zweifel ..... 50.00
- Nell G. Williams ..... 50.00
- Mr. and Mrs. John Akred .. 50.00
- Wilbur Tate ..... 50.00
- Ruth Westenskow ..... 50.00
- Katherine Starr ..... 50.00
- Clifford Conrad ..... 50.00
- Earl Lanman ..... 50.00
- F. V. Hammersley ..... 50.00

\$22,050.00

T. S. Kelsey of La Grande was registered at the Portland Hotel Saturday.

### Don't put on the roof until you investigate



It is poor economy to save money by substituting something inferior but wouldn't you like to save on cost if you could get something better? You can get a better roof for less money if you put on

## Certain-teed Roofing

Before its merits were recognized, roll roofing was regarded as a more or less temporary roof—but now CERTAIN-TEED has demonstrated that it is not only a most durable roof, but also the most efficient roof.

It is economical to buy, inexpensive to lay and costs practically nothing to maintain. It is light weight, clean, sanitary, fire-retardant and weather-tight.

It is now used as the preferable type of roof for office buildings, factories, hotels, stores, warehouses, garages, farm buildings etc., where durability is demanded. CERTAIN-TEED is guaranteed for 5, 10 or 15 years, according to thickness (1, 2 or 3 ply).

There are many roll roofings on the market, but only one CERTAIN-TEED. It pays to get the best. It costs no more to lay a CERTAIN-TEED roof than it does to lay a poor roof, but there is a vast difference in the wear. You can't tell the quality of a roofing by looks or feel. Your only safety is the label. Be sure that it is CERTAIN-TEED—then you are certain of quality and guaranteed satisfaction.

Certain-teed Slate-Surfaced Asphalt Shingles are supplanting wood and slate shingles for residences. They cost less, are just as good looking, wear better, won't fall off, buckle or split. They are fire-retardant, and do not have to be painted or stained.

Certain-teed Paints and Varnishes are the best quality paint materials, ground and mixed with mechanical accuracy. Made for all uses and in all colors. With paint, as with roofing, the name CERTAIN-TEED is a guarantee of quality and satisfaction.

CERTAIN-TEED PRODUCTS CORPORATION New York, Chicago, Philadelphia, St. Louis, Boston, Cleveland, Pittsburgh, Detroit, Buffalo, San Francisco, Milwaukee, Cincinnati, New Orleans, Los Angeles, Minneapolis, Kansas City, Seattle, Indianapolis, Atlanta, Memphis, Cincinnati, Grand Rapids, Nashville, Salt Lake City, Des Moines, Houston, Duluth, London, Sydney, Havana.

## W. H. Bohnenkamp Co.

### THE EMPIRE CAFE

R. A. Crawford, Proprietor. Fresh Crabs received daily. Fresh Oysters in any style. Chili Con Carne. ALL NIGHT SERVICE FLORENCE MULKEY, Manager.

These frosty nights should remind you that the "good old Summer time" will soon be gone, and it will be hard to get

**FUEL**

The minimum price is now on. Get your coal while the "getting is good."

**HIAWATHA**

Egg size, is the stuff for self-feeding and small heaters.

**KING AND HIAWATHA**

In those nice big LUMPS for furnace and large heaters.

The old reliable "cleanest coal on earth" genuine

**ROCK SPRINGS**

Cheaper than wood, at present prices, for range or heater. If you prefer good

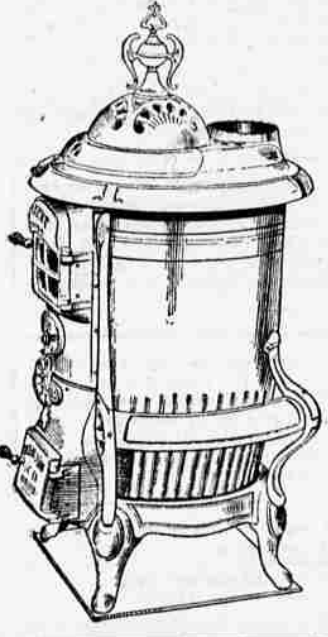
**WOOD**

We have all kinds. Prompt delivery. Help win the war by burning the BEST Coal, which is true economy of fuel, in line with the Government's wishes, to save coal.

Hay, Straw, Feed, Poultry Supplies, Auto Transfer, Teaming, Packing, Moving, Fireproof Storage.

## The J. D. Lynch Co.

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### The Famous Patent Heater

Will burn hard coal, soft coal, coke and wood, and produce more heat and better results in every way than any other kind of a stove. The body is a one piece Russian arc steel corrugated, on the lower part and tapered inward which insures increased radiating surface and deflects the heat to the floor. Save 25 per cent of your fuel and buy a Patent.

Furniture Exchange E. J. DONOHUE. Fir and Jefferson. B. 1241 We pay better prices for used furniture.



Consists of a winding drum, lever crank, 40 ft. of steel cable, two 7 ft. chains and 3 stakes. Weighs only 28 lbs. and fits in space 4x8x14 in.

Here's the most wonderful little machine ever invented for farmers. It combines two things—a rescuing device for your automobile and a machine that will do hundreds of lifting and pulling jobs on the farm, easily and quickly. It saves a world of back ache and is worth its weight in gold.

Pull-U-Out fits into the tool box of your auto, yet is so powerful that it will pull a 5000 lb. auto out of hub-deep mud without delay, expense, trouble or damage to car or clothes. Lifts 2000 lbs. dead weight; pulls 100,000 lbs. on wheels.

No motorist, however experienced and careful, should venture out, even on the best of roads, without Pull-U-Out, because accident come suddenly—without any warning. Trouble is lurking everywhere. You may get stuck in the mud, skid into a ditch or overturn. It is then that you will bless the day you bought a Pull-U-Out. With powerful, inexpensive little Pull-U-Out in your tool box you need never fear road conditions; you can go wherever your business or fancy leads you. If you meet with an accident you know that you have immediate and efficient help right at hand. Don't wait for an accident to make you wish you'd bought a Pull-U-Out—buy one today.

### Does Wonders on the Farm

Wherever there's any heavy lifting or pulling to do, use Pull-U-Out. or loading and unloading wagons, scalding hogs, quartering beef, lifting wagon beds and hay racks on and off the running gear, stretching wire fences, loading baled hay, bales of cotton, sacked grain and other heavy things, Pull-U-Out is marvelous. It is light, portable and strong. Easily moved by one man from one place to another. Does lifting and pulling jobs that usually take from 3 to a dozen men.

Test it at our risk—Pull-U-Out is shipped and sold on the make-good basis. Interesting booklet—free. Tells all about Pull-U-Out, how and why it works.

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