

22 Million Families in the United States

IF EACH FAMILY saved one cup of wheat flour it would amount to 5,500,000 pounds, or more than 28,000 barrels. If this saving was made three times a week, it would amount to 858,000,000 pounds, or 4,377,000 barrels in a year.

Corn Meal Muffins

- 1 1/2 cups corn meal
- 1 1/2 cups flour
- 1 teaspoon salt
- 4 teaspoons Royal Baking Powder
- 2 tablespoons sugar
- No eggs
- 1 cup milk
- 2 tablespoons shortening

Sift dry ingredients together into bowl; add milk and melted shortening and beat well. Bake in greased muffin tins in hot oven about 20 minutes. Same batter may be baked as corn bread in greased shallow pan.

Our new Red, White and Blue booklet, "Best War Time Recipes," containing many other recipes for making delicious and wholesome wheat saving foods mailed free—address

ROYAL BAKING POWDER CO., DEPT. H., 135 William St., New York

FOOD WILL WIN THE WAR

FRENCH WOMEN IN 1,000 TASKS

Girls Help in Mending of 30,000 Pairs of Soldiers' Boots a Week.

DO ALL KINDS OF LABOR

Old and Young Rendering Good Service in the War Industries—Only 30 Per Cent of Waste is Ever Salvaged.

Paris.—French women, old and young, are nobly performing their tasks in war industries, thousands working in all kinds of industries within the sound of German guns.

They are praised for their intelligence and industry, from the little girl from the lycée to the old woman who has come back to work because she wants to see the Boche punished for what he did to France in 1870.

The French workers formerly had been incense-burners, and a few of them fisher girls. Of the former there were a few who were the children or grandchildren of English people from the great English lace centers at Nottingham, who had settled in France many years before and been absorbed into the life of the French people.

In the salvage centers at an ordinance base I saw them working in the biggest boot repair shop in the world, where 30,000 pairs of boots are repaired a week; and here I saw old uppers cut into disks, which in their turn were made into boot laces. These salvaged boots, swept up from the debris at the front, emerge finally in three classes: 1, those that can be used again by men at the front, and are often preferred to new, as they are softer in wear; 2, those for men on the lines of communication; and, 3, for prisoners and colored laborers.

Only 30 Per Cent Salvaged. While I was going round these repairing shops I noticed an American officer being taken round also, and heard his cicerone giving him information on the importance of salvage—all of which he was carefully noting. There were Frenchwomen cleaning old web and leather equipment by revolving brushes; French girls sorting salvaged ammunition, the "empties" being sold to the French government; there were girls washing discarded haversacks, cleaning rifles, picking through masses of horseshoes to see if there was any wear left in them; there were girls sorting out old helmets and picking the few good ones to be washed, sandpapered and "camouflaged." All of these things had been swept up from the debris of the recent fighting. Yet only 30 per cent of waste is ever salvaged from the fighting lines.

They were repairing and riveting spurs; they were making wooden sticks for Watson's signaling fans; they were sharpening blades of horse-clippers; they were repairing wheels and cleaning the bolts and lugs of the wheels and doing a thousand other curious routine things. Most of them sang at their work ribald little French songs, which occasionally changed to the defiant "Marseillaise" when they saw a stranger near them. Industry means happiness in France, where all who eat must work, even the dogs.

In the textile factory there were girls handling over five tons a day of old tents; others were repairing them upstairs at the rate of hundreds a week. They cut out disks for signaling, and the tabs for soldiers' greatcoats; they were making up the parcels that go in Tommy's greasy pocket, buttons, thread, etc., each one at a great table having her share in the process.

Help in Clerical Work. There are French girls also helping in the clerical section of ordinance, working side by side with W. A. A. C.'s, filing papers, though they know no English, by numbers, and becoming very skilled and quick at a monotonous job.

The pay is that prevailing in the town in which they work and arranged with the French authorities. One of the great advantages of employing French women is, in addition to their quickness and skill, the fact that they

live close at hand, thus saving the need for importing English people for unskilled work.

The French woman's labor has one characteristic that is recognized by the military employer. It is a little erratic. Six francs a day is the usual pay, and if a woman does not choose to work a consecutive number of days she stays away, and no one says anything. They are also a mobile labor, and if a group decide to move elsewhere owing to air raids and other causes, they depart with all their goods and chattels. Always they please themselves in purely personal matters while remaining on the best of terms with their employers. Of their strict honesty I heard constant praise.

SELL COFFEE FOR LIQUOR

Negroes in Oklahoma Take Advantage of Scarcity of Booze. Several negroes here are taking advantage of the extreme scarcity of liquor of all kinds and are making a good living selling coffee at the usual liquor price, \$6 to \$8 a quart.

The plan is to get a stranger and offer to sell him a quart of liquor at a good price. The coffee is bottled and wrapped in a newspaper, and the purchaser thinks he has good liquor until he takes a "nip."

There is no redress in the law, but several men have been heard to threaten to punch a certain negro if they catch him.

"DE LUXE" NOW CARRIES TAX

France Has New Measure to Raise Additional Revenue. In the latest supply bill voted by the French chamber of deputies, which is intended to raise \$200,000,000 additional revenue, there is one curious clause that creates a distinct class of purveyors of public comforts.

A tax of 10 per cent on all payments for lodging, accommodation, food, drink in first-class establishments of any kind, in hotels, restaurants, cafes, pastry cooks and tenshops will be imposed. A list of such establishments will be drawn up by local committees appointed by the commercial tribunals. As compensation for this tax all such establishments will have the privilege of styling themselves "de luxe." No other establishments will, by law, be allowed to call themselves "de luxe."

"WAR-SAVING STAMPS" mark an epoch in our NATIONAL LIFE.—Secretary McAdoo.

WAR DIET CUTS DOWN FAT MEN

Adipose Parisian More Normal as Result of Rationing.

HEALTH ALSO IS IMPROVING

Simpler Life and Curtailment of Drink Having Beneficial Effect—Forcing People to Walk More Causes Improvement in Health—Deaths From Tuberculosis Decreasing, According to Statistics.

It took a war and restriction in the consumption of food to demonstrate that Paris was too fat and ate too much, writes Milton V. Snyder in the New York Sun. That formerly it pampered its stomach to such an extent that its health was affected and its death rate swollen is shown by the figures published in the Weekly Bulletin of Municipal Statistics. Undoubtedly the same conditions apply to all France, to a lesser degree, however, as the provinces have not been as greatly affected by restrictions on meat and flour, being nearer the sources of production. But the health of the capital has distinctly improved under the war regulations affecting diet and habits of life.

The figures in the Bulletin are official and show that for the month of June the deaths in Paris numbered 605, compared with an average of 903; for July, 562, compared with 815; for August, 585, compared with 700; for September, 587, compared with 688. In the winter the number of deaths will more nearly approach the average, owing to winter maladies which are less affected by food conditions.

Population Not Decreased.

The question will be raised immediately: Does not this decrease in the total number of deaths simply mean that Paris now has fewer people? The municipal statistical service, although an exact census of the actual population of Paris, fixed and floating, is impossible, says no, for the following reasons: First, in the five preceding years from which the average figures were computed there were two and a half years of war; second, in place of the

HELP FRENCH MORALE

General Pershing Asks Encouragement for the Poilus. Nation Has Kept Up Its Heroic Fight in the Face of Great Odds.

Chicago.—General Pershing was asked by Dr. W. T. Foster, who was sent to France to inspect the work of the American Red Cross, what this organization could do during the winter that would be the greatest help in the prosecution of the war.

"Assist in sustaining the morale of the French army," the commander of the American expeditionary forces replied without hesitation.

According to Doctor Foster, who recently returned to the United States, the Red Cross is accomplishing this purpose. In addition to aiding French army hospitals with surgical dressings and other supplies, the Red Cross is saving many civilians from starvation, caring for orphan children and rebuilding the devastated areas.

"The impression some have that more supplies are being produced in America than there is need for would be quickly dissipated," he declared, "if every one could see as I did, the record of surgical dressings supplied to 1,820 hospitals. I also saw one French soldier so badly wounded a whole case of dressings was used to save him."

American who think our army expansion is cutting deeply into our civil life will find a comparison with the situation in France decidedly illuminating. A Red Cross official just back from France said:

"In a city of 15,000 people which I visited only one man, an old doctor, too old even longer to practice his profession, was left. I passed through 29 French villages in which there was not a single able-bodied man remaining."

It is stripping France in this manner that the nation has kept up its heroic fight against great odds. Today the French army is larger and more effective than ever, and hundreds of thousands of African and Asiatic workmen have been imported to carry on the duties abandoned by the French to fight for their country.

"Can a nation be whipped that has such a spirit as that?" asked the Red Cross official.

More Daylight a Benefit.

Finally the putting back of the clock one hour during more than half of the year has had the most beneficial effects. People have stayed longer out in the sunlight—the great purifier of the air of cities and the destroyer of noxious germs, which work best in shadow and darkness.

The direct results of the food restrictions, which have affected nearly every one, were due to the following causes: The rise in the price of comestibles, the decrease in the consumption of bread, principally because the first war bread was unpalatable, and the rationing of sugar, meat and fish.

A curious effect, visible to every one, was that many people grew thinner. Outside of the general decrease in the usual amount of food because of increased cost this loss of fat can be logically attributed to the lessened consumption of the foodstuffs which are the principal factors in putting on fat—bread and sugar and pastry, which last unites the combined effects of sugar and flour. This loss of fat will benefit the health of a city, as those thus affected compose that part of the population which each year furnishes the greatest percentage of deaths attributed to diabetes, arterio-sclerosis, heart and kidney troubles.

Plenty of Food for All.

At the same time there is plenty of food for all, the only hardships imposed by the restrictions being felt by persons in delicate health who are deprived of delicacies. Persons with normal appetites are not affected by the restrictions. The general result has been an improvement in the general health.

As to the victim of a disease in which loss of weight is serious and a generous diet necessary, for example, tuberculosis, they too seem to have benefited by the restrictions. This may be only apparent and due to the fact that invalids of this class are largely in hospitals where they lack for nothing or may have left Paris for the country where life is easier. But statistics, which do not lie, show that the number of deaths from tuberculosis has been much less than the number in preceding years.

It is many years since so few consumptives died in Paris as this year. There are months, as in August, for example, where, as against the usual average of 153 the weekly deaths have been 115, 125, 115 and 90, or for the entire month a total of 461, compared with the average of 612.

Kaiser Changes His Name.

New Haven, Conn.—"Is Mr. Kaiser in?" queried a business acquaintance of the traveling manager of a chain of stores, as he entered the local branch here recently.

"Sh," warned the local manager. "No such party here."

Then he confidentially informed the visitor that Mr. Kaiser was there, but for business and patriotic reasons he had changed his name to Kingdon.

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AUSTRIANS WANT FLAG

Miners Refuse to Work Until American Emblem is Displayed.

Austrian miners in Crawford county, Kansas, caused much apprehension a few days ago when they threatened to strike and tie up the coal mines. Investigation by federal authorities revealed that the miners refused to work unless an American flag was displayed in each mine.

The mine operators quickly complied with the demands. The Austrians then returned, each man saluting the Stars and Stripes as he entered the mouth of the mine.

THE PATH OF THE HUN

By Clinton Scollard of The Vigilantes. Only a ravaged garth. Where the grass runs wild, And an old bent woman there With a little child.

Only a shattered tower Bereft of its bells, Where, with its sealed lips, Gray silence dwells.

Only a fresh-heaped mound With its grim pathos, And a tilted soldier's cap On a wooden cross.

Only the creeping wind And the shrouded sun; Only the pale gloom;—this Was the path of Hun!

Arcade Theatre THURSDAY

Monroe Salisbury and Ruth Clifford

"HANDS DOWN"

A Drama of Love and Adventure

FRIDAY AND SATURDAY

J. Stuart Blackton Production "THE WORLD FOR SALE"

SAVE OLD GLOVES TO MAKE SAMMY A JACKET



The newly discovered disease, called "knitting nerves," may be nipped in the bud before assuming alarming proportions, and the click of the busy needles heard everywhere may be silenced, if patriotic American women follow the example of their English cousins, and substitute the "glove waistcoat" for the sweaters they are now so nimbly knitting for our Semmes and Jackies.

Some of the advantages of the new waistcoat over the sweater are: It is made of waste material—discarded kid gloves—and is therefore much cheaper to make.

Its lining costs only 35 cents. Only a day or two is required in the making.

It weighs a few ounces and when not in use can be carried in the pocket. It is windproof, warm and, last but not least to the wearer, womanproof.

Thousands of old kid gloves have already been made into these garments and it is certain that as soon as American women discover how easily they can be made many thousands more will be used.

The photo shows a United States marine wearing one of the new waistcoats.

SONS UNDER THREE FLAGS

One Woman Has Four Engaged in War Service.

Mrs. Katherine Hoff of Valley Falls, Kan., has not only given four sons to the war, but these sons are following the flags of three nations. Two sons are in the German army, one is in France, interested at the beginning of the war, and the other is training with the American army at Camp Kearny, Cal.

The son interned in France is in northern Africa, where he has charge of some gardens. Mrs. Hoff hears from him occasionally, but has received no word from the two sons in Germany since the outbreak of the war. She probably will not hear from them again until the war ends.

Adolf Hoff, who decided to follow the Stars and Stripes, used to live in Valley Falls. He enlisted last spring.

Find Mastodon Teeth.

Throngs of curious persons are gathering at the home of John Dennis, near Arkansas City, Ark., to inspect the two big teeth found in a sandpit near his home and said to be the teeth of a mastodon. That a mastodon, a huge prehistoric animal, died in this vicinity is the general belief and an exhaustive investigation will be made under the direction of the University of Arkansas faculty.

Joseph Robbery.

Sheriff F. D. Rinehart and District Attorney Fairchild were up Tuesday morning to investigate the house breaking affair which occurred just outside the city limits of Joseph about 7 o'clock Monday evening. Witnesses state that two boys, Paul Vaughn, 17, and Frank Cannon, 18, and an old offender, having served two terms in the State Industrial school, just finishing his term last week, were seen to enter the house and when the constable, J. A. Blevans, arrived, they were in the act of opening a trunk. Three locks were broken. It is suspected that Vaughn is the author of the four or more winter robberies committed in Joseph and he is to be cross-questioned on this score before sentencing. The boys were taken to Enterprise for a hearing but the evidence is so strong that both will probably be sent to the reformatory.

A Billous Attack

When you have a bilious attack your liver fails to perform its functions. You become constipated. The food you eat ferments in your stomach instead of digesting. This inflames the stomach and causes nausea, vomiting and a terrible headache. Take Chamberlain's Tablets. They will tone up your liver, clean out your stomach and you will soon be as well as ever. They only cost a quarter.—Adv.

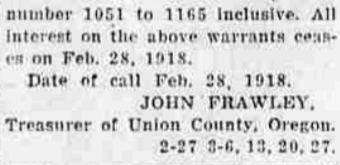
COUNTY TREASURER'S CALL FOR ROAD WARRANTS

Notice: The undersigned County Treasurer has funds on hand with which to pay warrants issued on the Road Fund of Union County from number 1051 to 1165 inclusive. All interest on the above warrants ceases on Feb. 28, 1918.

Date of call Feb. 28, 1918. JOHN FRAWLEY, Treasurer of Union County, Oregon. 2-27 3-6, 13, 20, 27.

For Hard-to-fit Women

Some women are hard to fit in corsets; some just think they are.

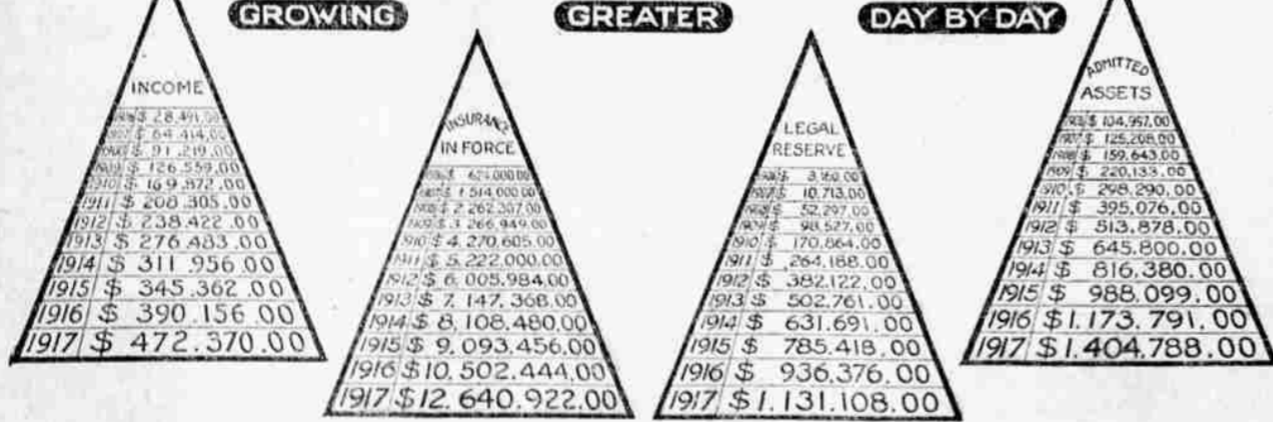


There are certain types of figures, however—full bust and small hips, small bust and large hips, short stout figures—that require special designing in corsets.

In MODART Front Laced Corsets there are special sizes and models for just such figures. We can give any woman, of whatever size or shape, the kind of style and fit she should have.

MODART CORSETS Front Laced PAULINE LEDERLE

Loyal Oregonians are Proud of this Unmatched Record



These Figures Show Our Marvelous and Continuous Growth

Our Business is all in Oregon. All Funds Invested in Oregon Securities

We Are Prominent Factors in the Upbuilding of a Greater Oregon

Oregon Life Insurance Company produced a larger amount of business during 1917 than was produced in the State of Oregon by any life insurance company in any previous year.

Oregon Life Oregon's Successful Life Insurance Company

Home Office: CORBETT BUILDING Portland, Oregon A. E. HILLS, President. C. S. SAMUEL, General Manager. E. N. STROBE, Assistant Manager.

E. C. HERZINGER, DIST. MGR., LA GRANDE, OREGON.