

Baby Week

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AN IMPORTANT DUTY.

The Slogan for Four Months Is
Save Wheat.

PORTLAND, April 4.—"The conservation of wheat is the most important duty of the nation during the next four months. I cannot stress too emphatically the importance of this duty, which now confronts every man, woman and child in the United States."

These are the words of Federal Food Administrator W. B. Ayer, who earnestly urges the people of Oregon to cut their use of wheat flour down to the least possible amount, or to eliminate it altogether, for the period named.

"I wonder," said Mr. Ayer in a recent interview, "how many people have considered that the real solution of the wheat-saving problem is the absolute abandonment by us all, of purchasing wheat flour at all. This need not be the hardship that it sounds, for the various substitutes are now more plentiful and we are all learning how to use them in making palatable breads and pastries. We are also learning that by eating more potatoes, rice, and vegetables—especially potatoes—we require less bread."

"The Food Administration headquarters at Washington reports that there are now several thousand men, women and children banded together in small clubs in different parts of the country, who are pledged to eat no wheat at all for the next four months. These clubs are composed of loyal Americans who realize, as so many do not, the seriousness of the food problem and who earnestly welcome the opportunity for this slight personal sacrifice as a war service. I have not as yet heard of such organization in Oregon, but I personally know of a large number of loyal families who have quietly adopted the wheatless program, and who are rigidly adhering to it. I am hoping the good example set by these clubs and families will bring others to a realization that wheat-saving is a military necessity and that any one who is not his or her utmost in this regard is falling short of his or her duty."

"The free and undisciplined people of this nation should keep in mind at all times that we are at war with a country whose people are under the most rigid discipline and who are unquestionably every rule laid down for them. How can we hope to win against such an organization if we do not show more readiness to follow the rules and regulations which are laid down for us by our own leaders—without more teamwork? Mr. Hoover has asked this nation for teamwork, and the Food Administration must have it. Without teamwork, and the most cordial, whole-hearted kind of team work, we fall short of our most important and most imperative war service—that of feeding the fighting armies and the famishing peoples allied with us in this great life-and-death struggle against the rule of Prussianism. The Food Administration, charged with this duty and the difficult task of providing food for the fighting forces across the sea, and for the struggling civilian population of the allies, has asked us to save wheat. Let us save wheat."

NOT CHARITY.

"This is not charity, this thing Food Control," says Ernest E. Roberts in the Toronto Globe. "It is war. The Allies have a right to demand that we feed them. They have a right to resent the offer of only what is left over. Those who are fighting a common battle for civilization and common protection have a higher claim than I have, who had only the crumbs that fell from the rich man's table. The Canadian people must get the right ethics of the wartime Food Control."

Only with a disciplined people behind our armies can we hope to win against the Germans. More cheerful compliance with the food regulations and less questioning and complaining would be better patriotism.

"OVER THERE."

(Continued from page 6.)

striker. The fuse begins to "sizz" and sputter and a spiral of smoke, like that from a smoldering rag, rises from it. The platoon splits in two and ducks around the traverse nearest to them. They don't like the looks and sound of the burning fuse. When that fuse begins to smoke and "sizz" you want to say good-by to it as soon as possible, so Tommy with all his might checks it over the top and crouches against the parapet, waiting for the explosion.

Lots of times in bombing the "jam tin" would be picked up by the Germans, before it exploded, and thrown back at Tommy with dire results.

After a lot of men went West in this manner an order was issued, reading something like this:

"To all ranks in the British army: After lighting the fuse and before throwing the jam-tin bomb, count slowly one, two, three!"

This is in order to give the fuse time enough to burn down, so that the bomb would explode before the Germans could throw it back.

Tommy read the order—he reads them all, but after he ignited the fuse and it began to smoke—orders were forgotten, and away she went in record time and back she came to the further discomfort of the thrower.

Then another order was issued to count, "one hundred! two hundred! three hundred!" But Tommy didn't care if the order read to count up to a thousand by quarters, he was going to get rid of that "jam tin," because from experience he had learned not to trust it.

When the powers that be realized that they could not change Tommy they decided to change the type of bomb and did so—substituting the "hair brush," the "cricket ball," and later the Mills bomb.

The standard bomb used in the British army is the "Mills." It is about the shape and size of a large lemon. Although not actually a lemon, Fritz insists that it is; perhaps he judges it by the havoc caused by its explosion. The Mills bomb is made of steel, the outside of which is corrugated into 48 small squares, which, upon the explosion of the bomb, scatter in a wide area, wounding or killing any Fritz who is unfortunate enough to be hit by one of the flying fragments.

Although a very destructive and efficient bomb the "Mills" has the confidence of the thrower, in that he knows it will not explode until released from his grip.

It is a mechanical device, with a lever, fitted into a slot at the top, which extends half way around the circumference and is held in place at the bottom by a fixing pin. In this pin there is a small metal ring, for the purpose of extracting the pin when ready to throw.

You do not throw a bomb the way a baseball is thrown, because, when in a narrow trench, your hand is liable to strike against the parapet, traverse or parapet, and then down goes the bomb, and, in a couple of seconds or so, up goes Tommy.

In throwing the bomb and lever are grasped in the right hand, the left foot is advanced, knee stiff, about one and a half its length to the front, while the right leg, knee bent, is carried slightly to the right. The left arm is extended at an angle of 45 degrees, pointing in the direction the bomb is to be thrown. This position is similar to that of shot putting, only that the right arm is extended downward. Then you hurl the bomb from you with an overhead bowling motion, the same as in cricket, throwing it fairly high in the air, this in order to give the fuse a chance to burn down so that when the bomb lands, it immediately explodes and given the Germans no time to scamper out of its range or to return it.

As the bomb leaves your hand, the lever, by means of a spring, is projected into the air and falls harmlessly to the ground a few feet in front of the bomber.

When the lever flies off it releases a strong spring, which forces the firing pin into a percussion cap. This ignites the fuse, which burns down and sets off the detonator, charged with fulminate of mercury, which explodes the main charge of ammonal.

The average British soldier is not an expert at throwing. It is a new game to him, therefore the Canadians and Americans, who have played baseball from the kindergarten up, take naturally to bomb throwing and excel in this net. A six-foot English bomber will stand in awed silence when he sees a little five-foot nothing Canadian confidence his throw by several yards. I have read a few war stories of bombing where baseball pitchers curved their bombs when throwing them, but a pitcher who can do this would make "Christy" Mathewson look like a piker, and is losing valuable time playing in the European War bush league, when he would be able to set the "big league" on fire.

We had a cushy time while at this school. In fact, to us it was a regular vacation, and we were very sorry when one morning the adjutant ordered us to report at headquarters for transportation and rations to return to our units up the line.

Arriving at our section, the boys once again tendered us the glad mitt, but looked askance at us out of the corners of their eyes. They could not conceive, as they expressed it, how a man could be such a blinking idiot as to join the Suicide club. I was beginning to feel sorry that I had become a member of said club, and my life to me appeared doubly precious.

Now that I was a sure-enough bomber I was prying for peace and hoping that my services as such would not be required.

(To Be Continued.)

Wednesday, the 10th, last day to pay your water rent without penalty.

Always Crowded

Our Store has the reputation of being the busiest place in La Grande. There's a reason for this ever-increasing business—Our selling is always active—therefore you will always obtain newest merchandise here.



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A model for every figure—"Crown Bango" Belt, scientifically constructed.

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\$3.98.



LADIES' & MISSES' MIDDIES.

Attractive new styles—plain white, or trimmed colors.

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In white—very attractive pretty designs, girls' and misses' dresses.

98c, \$1.49, \$1.98, \$2.98, \$3.98, \$4.90, \$5.90, \$6.90



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Fresh Eggs, per doz.	23c	Potatoes, No. 1 quality, 20lbs.	25c
Creamery Butter, 2lbs.	95c	Potatoes, No. 1 quality, 100lbs.	\$1.00
Country Butter, 2lbs.	90c	Fresh bulk Peanut Butter, lb.	19c
Albers' Oats, 35c pkg.	30c	Oysters, Cove, 20c size.	14c
Wheat Germ, 10lb. sack	63c	Mace, Nutmeg, Cinnamon, 20c size	9c
Crisco, small size 32c, large	\$1.85	Sweet Corn, per can	11c
Cottolene, small size 49c, large	\$2.45	String Beans, can.	11c
White Figs, per lb.	14c	Carnation or Sego Milk, can.	12c

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HOOVERIZED GROCERY

Across the Track—Next Door to Stillwell's Cash Market
PHONE MAIN 32

HAS RETURNED HOME.

Jarvis Enigh of Valley Creamery
Back After Long Stay.

Mr. Jarvis Enigh, manager of the Valley creamery, has arrived home after an absence of about four months. Just before the first of the year Mr. Enigh was called to Seattle to look after the job of getting a creamery concern in that city on its feet and this is the reason that his return to his old place of business has been delayed so long. He will now be found in his usual place at the Valley creamery.

Unclaimed for Letters.

List of letters remaining unclaimed for in this office for the week ending April 5, 1918:

Gentlemen: Foster, J. L.; Barnes, H. J.; Hunt, Alex; Jeffries, Arthur L.; Elmo Prange; Marcus, M. S.; Oliver, Farley Post, G. B.; Stefanello, John; Ludlow; Ivanhoe, Mrs. Chas.; Miller, Miss Edna; Wall, Mrs. O. L.

These letters will be sent to the dead letter office on April 13, 1918, if not delivered before. In calling for the above please say "advertised," giving date of list.

E. E. BRAGG, P. M.

Cut This Out—It Is Worth Money.

Don't miss this. Cut out this slip, enclose with 5c and mail it to Foley & Co., 2835 Sheffield Ave., Chicago, Ill., writing your name and address clearly. You will receive in return a trial package containing Foley's Honey and Tar Compound, for coughs, colds and croup; Foley Kidney Pills, for pain in sides and back; rheumatism, backache, kidney and bladder ailments; and Foley Cathartic Tablets, a wholesome and thoroughly cleansing cathartic for constipation, biliousness, headache and sluggish bowels. Sold everywhere.—Adv.

It's Easy to Send Him a pouch of Real GRAVELY Chewing Plug

That's the tobacco for him—Real Gravelly Chewing Plug—condensed quality—the most tobacco satisfaction in the smallest space, ready to give him the solid comfort of tobacco wherever he happens to be.

Give any man a chew of Real Gravelly Plug, and he will tell you that's the kind to send. Send the best! Ordinary plug is false economy. It costs less per week to chew Real Gravelly, because a small chew of it lasts a long while.

If you smoke a pipe, slice Gravelly with your knife and add a little to your smoking tobacco. It will give flavor—improve your smoke.

SEND YOUR FRIEND IN THE U. S. SERVICE A POUCH OF GRAVELLY

Dealers all around here carry it in 10c pouches. A 3c stamp will put it into his hands in any Training Camp or Seaport of the U. S. A. Even "over there" a 3c stamp will take it to him. Your dealer will supply envelope and give you official directions how to address it.

P. E. GRAVELLY TOBACCO COMPANY, Danville, Va.

The Pouch Pouch keeps it Fresh and Clean and Good—it is not Real Gravelly without this Protection Seal

Established 1831



"Killing up work" not. That's the reason. Real Gravelly does last!

STRAINED SIGHT DOES NOT NECESSARILY MEAN POOR SIGHT

Street cars were formerly drawn by horses. The cars moved all right, but it meant ruin to the horses in about three years.

You May See Perfectly Though Painfully

If so, your eyes need attention if they are to last. Of course, you want them to last as long as yourself, so it is best for you to have them carefully examined and correctly fitted. We use the most scientific and up-to-date methods. Our department has got the latest instruments for this purpose. We are the only firm between Boise and Portland that surface and grind our own lenses. We make a specialty of duplicating broken lenses.

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