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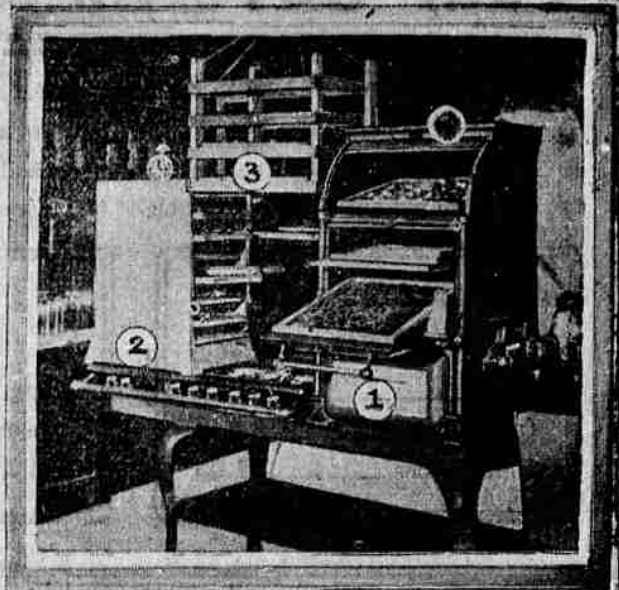
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Dehydration Principle in Food Is Satisfactory Aid to Conservation



U. S. Food Administration

These methods of drying fruit and vegetables:

- (1) The oven is an ideal drier, the ventilation is perfect.
- (2) Drier made according to Government specifications.
- (3) Over head rack filled with vegetables which dry from surplus heat passing up from the stove.

The principle of dehydration particularly as applied to fruits has been known throughout the ages; but application of that principle in a thoroughly satisfactory way is a very recent development. Dehydrated foods are natural products from which the water only has been removed. If the water is restored the product returns to a condition so closely approaching that of the fresh that when cooked it is in all essentials comparable with the fresh. No chemicals are needed in the new process—no sulphur to bleach or dye to imitate the natural color.

These products have been found by Department of Agriculture experts to have the same nutritive value as the fresh and they are practically unaltered when properly cooked. In physical texture and little affected in taste. Army officers have investigated these dried products carefully for barracks and camp life and considering them from all standpoints, testify almost unqualifiedly in their favor. Dietitians in hospitals commend the healthful-

HOME ECONOMICS. CANNING WITHOUT SUGAR.

The United States Food Administration is asking everyone to buy for household use no more sugar than is absolutely necessary. This is asked in order that there will be some for canning. But fruits should be canned without sugar if possible. Here are some suggestions:

Make Fruit Leather.
Maah ripe fruit (berries, cherries, figs, apricots, peaches, and blue plums may be used) to a pulp, spread on lightly oiled platters and dry in the sun or dryer. When dry, sprinkle with sugar, and pack away in jars or very tight boxes lined with wax paper.

Peaches or half and half peaches and figs make delicious leather and need only sprinkling with sugar.

Serve this leather in winter instead of candy or with cream cheese and nuts for dessert. Fruit leather may be soaked in water and used for pears, shortcakes, puddings and sauces. When intended for this purpose omit the sugar.

Bottle fruit juice without sugar and save it for jelly until sugar is more plentiful.

Many fruits can be dried, this will save sugar.

Some fruits can be stored, such as apples or winter pears.

Apple Butter Without Cider.
Good apple butter is often made without the use of cider. Enough water is added to the peeled and sliced apples to make a thin apple sauce, and this is allowed to cook very slowly, or simmer, over a low fire for three or four hours. It must be stirred often to prevent burning. Sugar or sirups, a pound to a gallon of butter, may be added when the product is two-thirds done. The sugar that settles at the bottom of New Orleans molasses is excellent for this purpose. Spice to taste.

Packing Apple Butter.
Steam glass or stone jars or crocks for about 15 minutes on a false bottom in a boiler. Prepare applebutter, place boiling hot into hot jars. Place tops on and seal air-tight, set on false bottom in the add a little water, put cover on boiler to hold in the steam, count time from when steam starts to escape; steam small jars for 5 minutes, half gallons for 10 minutes and larger containers for 15 minutes. Remove jars and set out to cool. Do not disturb covers until product is to be used. If cover does not fit tightly place waxed or oiled paper under it to make a tight fit before steriliz-



Boys Are Hard On Their Clothes

There are many makes of clothing. You can buy a suit at almost any price you want to pay. Good clothing is an advantage for you, when it does not cost too much. You can keep the expense of your Boy's Clothes lower than ever—not by buying cheap clothing, but by buying **Extragood**.

Everything You Want in Good Wearing Clothes

\$7.50 to \$16.00

A Union Store **NK West & Co** THE QUALITY STORE A Union Store



LEARNING THINGS.

About two generations were required for the German militarists to perfect the science of war, and in building up the fighting machine, the best part of the youthful period of the young men's lives was wasted in such things as practice of the goose step and other parts of the military manual, which now seems doomed to the discard. The American soldier, with but about a year of training is meeting the seasoned veteran of the Prussian army and more than holding his own as the results of the past two weeks plainly indicate.

The German rules for fighting may be all right for Germans, but some new rules of the game have been introduced by the Yanks. It is a possibility that other rules will be put in operation as the one big rule of all is to defeat the enemy, and this can be done and will be done without violation of any of the clean ethics of humane treatment of a defeated foe. In all the long term of schooling by the Germans there are things about war which they are learning every day.

As an example of one style of American fighting, and effective fighting at that, the London news says:

"The Germans are now squealing about the effectiveness of the American fighting. They have good reason to squeal. The Americans are fighting in the Indian fashion, where the trenches are abandoned.

"The American army teaches men to fight in the open, to advance in short rushes, take cover, and advance again. This calls for discipline of the highest degree, but no less for individual courage and skill. The lesson was first learned from the Indians and was adapted to modern military needs.

"North of Chateau Thierry where the marines hunted the Germans out of their machine gun pits it was shown how effectively this system can be employed against a foe who is schooled differently. As new battle lines are created thru forests and hills we may expect to hear more of the American style of fighting."

THE VALUE OF CHEER.

A western court has awarded a goodly sum to a nurse who enlightened a rich man's declining years with good cheer. The court said that it was impossible to separate physical benefit from good cheer, and that while good cheer itself might not have a definite price, the physical benefit resulting from it certainly has.

The end of life devoted to money-making is not usually a cheerful time, and the cheerful man who can keep such one cheerful and happy earns his pay. One must be

Good Advice.

"Talk less and say more," is the advice given to a group of girls. No one expects a girl's conversation to be profound and philosophical, but there is no doubt that more thinking before speaking would make the words of many girls better worth hearing. The trouble is not that girls lack intelligence, but that they are rather lazy about using their brains.

Searching for Franklin.

Sir John Franklin, the celebrated Arctic explorer, started on his last voyage May 17, 1845. Thirty-nine relief expeditions, public and private, were sent out from England and America in ten years to search for Sir John. By one of these expeditions, sent by Lady Franklin, traces of the missing ship were found and its fate decided.

Shrines to Foxes.

There are numberless shrines in Japan dedicated to foxes. The badger is another animal feared by the superstitious Japanese. It is believed to have power to annoy people, and to be able to turn into a priest at will. The crying of weasels and the baying of dogs are considered evil omens, and such insignificant happenings send a shudder through the believers.

World's Languages.

It has been estimated that the one billion people of the world speak 3,064 languages. The number of men and women in the world is said to be about equal.

IT'S IN THE AIR.

Windblown pollen, carrying the bacteria that inflame nose and throat and cause hay fever, is abroad in the land. One remedy is known to give relief and comfort from choking, gasping asthma and tormenting hay fever. That reliable remedy is Foley's Honey and Tar that spreads like a healing, soothing coating on the inflamed membranes, stops irritating coughs and summer colds. Anyone who has once used this standard cough and cold remedy will accept no other.

Sold everywhere.

Peru's Great Museum.

Peru's capital is the home of a national museum, one of the world's most interesting institutions of this nature. It shares with that of Cairo in displaying to modern peoples various incidents of life and activity of bygone races. Also the gallery of sculptures of Peruvian history is particularly noteworthy. The remains of the first airplane to cross the Alps in which the Peruvian aviator, Don Jorge Chavez, lost his life, is another interesting exhibit.

A Pathetic Figure.

When a woman who married a man to reform him lives to be sixty years old without becoming a widow, she is about as pathetic a picture of animated weariness as one ever sees.

A beautiful lot of scissors of every kind, also manicure scissors, nail files and pocket knives, all of the very best and standard makes. You will kindly drop in and see just what will please you, without a doubt, at Silverthorn's.



Population of the Earth.

In 1787 the population of the earth, according to Busching, was about 1,000,000,000; in 1800, according to Fabri and Stein, only 600,000,000; in 1833, according to Stein and Horschelmann, 872,000,000. In 1858 District estimated it at 1,260,000,000 and Kolb, in 1865, at 1,220,000,000. According to the latest calculations the earth is inhabited by 1,400,000,000 human beings.

Automatic "Moves."

In a commercial moving picture apparatus the scenes are made visible by daylight as well as at night, and the exhibition is automatically repeated for any period desired. A miniature theater, forming one part of the outfit, is suitable for a show window or other favorable place for display. The other part, the moving picture machine, will operate on either direct or alternate current, and after the succession of pictures has been projected the motion is reversed without attention, and the reel is rewound for a repetition of the display.

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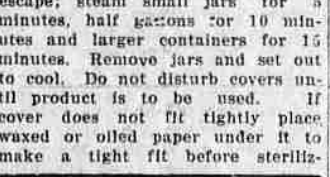


Notice to Customers:

I have purchased the A. R. Badley orchards at Milton, Or., and will have late peaches, of the best varieties, for canning. Price announcement later. Send all orders to

G. G. GROVES,
MILTON OREGON

ACQUIRING A PERFECT FIGURE



Most women who have perfect figures did not have them originally. They have acquired them. A woman gradually takes the shape of her corset so the corset produced by the most artistic designer is the right one to wear to secure a perfect figure.

MODART CORSETS
Front Laced.

are most symmetrically and artistically designed. They are comfortable, stylish and gradually mold the figure into those beautiful lines that every woman admires and desires.

PAULINE LEDERLE



The Gasoline of Quality

F. R. MAXWELL, Local Agent.

The Mammoth Grocery

C. R. SIMKINS, Proprietor

YOUR COUNTRY REQUESTS IT!

Can your fruit and vegetables now. Fruit prices will not be any lower, on account of high prices and labor shortage.

When in need of Fruit Jars See Us

YOUR PATRONAGE SOLICITED

1211 ADAMS AVENUE PHONE, MAIN 82

LOST—Somewhere in this city, a purse, containing \$75 in currency. Liberal reward if returned to XXZ, this office.

Ads similar to the one above appear in most every paper. Yet some people will continue to carry large sums of money around. Why not carry a check book, and if you lose it there is no great loss; that's the only practical way to carry money.

Start a checking account today with us, and pay by check. You surely know that we have a safe place to keep your money.

Don't wait 'till you have lost a wallet to start your account, but put it in this bank tomorrow morning.

Member Federal Reserve System

La Grande National Bank

LA GRANDE, OREGON

SPECIAL

Economy Caps 25c per dozen
As long as they last

Harris Furniture Store

H. B. HARRIS, Proprietor
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BARGAINS!

- 1 MAJESTIC STEEL RANGE.
- 1 MONARCH STEEL RANGE.
- 1 ROUND DINING TABLE, 10-ft. extension.
- 1 PRINCESS DRESSER, 1 MACY SECTIONAL BOOK CASE, 1 WARDROBE, 1 LOUNGE, 1 CHINA CLOSET, 1 BUFFET, 1 MUSIC CABINET. These are all used goods, as good as new and at ONE-HALF PRICE.

Furniture Exchange

Black 1241 E. J. DONOHUE Fir and Jefferson
Best Prices Paid for Used Furniture, or will Exchange for New. LIBERTY BONDS ACCEPTED AT PAR.

ADVERTISING IS INSURANCE

An advertiser's advertisement is his voluntary agreement to do certain things. Good business policy, law and public opinion require that an advertisement-agreement be fulfilled. This serves as a protection to the buyer of advertised goods.

If, by chance, you have an experience with the deceptive selling practices or misleading advertising, please report it to us.