

**COMMUNITY ITEMS**

Mrs. York and son of Cambridge, Idaho, arrived on Thursday night to be at the bedside of her mother, Mrs. W. M. Moe, who is very low. It is hoped by her many friends that she will soon be around again.

The party given by Marian and Perry Wells on Thursday night to the young folks of the M. E. church was quite a success and a good time enjoyed by all present.

There will be a social given as a benefit for the Red Cross society and the Ladies Club on February 22. Every body is invited and a good crowd is expected. Please remember the date.

Mr. and Mrs. F. L. Chown and son Ernest, spent Sunday at the home of Mr. and Mrs. E. M. Lichty.

Mr. and Mrs. Lichty and Lillie Hall combined business with pleasure in Albany Friday.

Major and Mrs. Rose of Wigrich visited relatives at Buena Vista on Sunday.

Mr. and Mrs. Walter Plant of Wigrich were week end visitors at Salem.

Miss Opal Hewitt of Independence, was a week end visitor with Miss Alma Wells.

There will be a lecture at the M.E. church on Sunday night, Feb. 3, by a gentleman from the trenches, come all, and hear him talk.

Mrs. W. S. McClain and son arrived home from the Corvallis hospital on Friday.

**Sick Wife's Story Surprises Independence**

The following has surprised Independence: A business man's wife suffered from dyspepsia and constipation for years. Although she dieted she was so bloated her clothes would not fit. ONE SPOONFUL buckthorn bark, glycerine, etc., as mixed in Adler-ka relieved her INSTANTLY. Because Adler-ka empties BOTH large and small intestine it relieves ANY CASE constipation, sour stomach or gas and prevents appendicitis. It has QUICKEST action of anything we ever sold. WILLIAMS DRUG COMPANY.

**BRUCE WAS NOT DEAD, IT WAS ONLY HIS DOG**

Dallas, Or.—A postcard from a girl friend to another young woman in this city, bearing the brief message, "Bruce was killed Sunday by a train," brought sadness to the many friends of Bruce Wheeler, a former Dallas high school boy, who enlisted in the Third Oregon last spring and went with that organization into foreign lands a few weeks ago.

Plans were being made for memorial services for the young soldier and a gold star was ordered to be placed in the school's service flag. Inquiry as to the particulars of the young man's death brought the information that the "Bruce" that had been killed was a pet dog, which the young woman had named for her soldier sweetheart—Journal.

**NEWS DISCOVERS "SOME" HOG IN CITY OF PORTLAND**

The News congratulates a certain prominent member of the Chamber of Commerce who ate nine slices of white bread at lunch in the Chamber of Commerce a few days ago. He's a fine patriot. Also he is a hog—Portland News.

## Earning Power

The world today is demanding of every man the maximum of his earning power.

Are you keeping your earning power up to the high standard? There's only one way to do this--

### Eat Pure, Full Strength Foods

We have a reputation for handling nothing but the **BEST GROCERIES** obtainable. The best is none to good for our customers, and we spare neither expense nor trouble to procure it.

**Calbreath & Jones**

**WILLAMETTE CHAPTER OF THE RED CROSS.**

Talk about war work in Oregon! Have you any idea of how the women of the Red Cross have been working? Their busy, loving fingers have prepared 72,000 finished articles, in just two of the outside counties of Oregon. Those counties are Marion and Polk, embraced within the jurisdiction of "Willamette Chapter" of the American Red Cross, with headquarters in Salem.

The bulk of their merciful work represents hospital garments, such as pajamas, bed shirts, knitted socks and 20,000 gauze surgical dressings. The outlay of Willamette Chapter is over \$3,500 a month for materials—quite a big business—and there is only one paid employee, an exceedingly intelligent and patriotic stenographer who does as neat work on her machine as do the volunteer women with their shining needles.—Oregon Voter.

There is more Catharr in this section of the country than all other diseases put together, and for many years it was considered to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catharr is a local disease, directly influenced by constitutional conditions, and therefore requires constitutional treatment. Hall's Catharr Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy, taken internally and externally. It cures the Bladder on the Surfaces of the System. One Hundred Dollars reward is offered for any case that Hall's Catharr Cure fails to cure. Send for circulars and testimonials.

F. J. CHENEY & CO., Toledo, Ohio.  
Sold by Druggists, 75c.  
Hall's Family Pills for constipation.

**REGULATIONS FOR THE SALE OF WHEAT PRODUCTS**

Dealers selling to consumers must sell one pound of a substitute with every three pounds of wheat flour sold. For instance, to sell a 49-pound sack of wheat flour a dealer must in the same purchase sell 17 pounds of one or more of the substitutes listed below. With every 24-pound purchase of wheat flour must go a purchase of eight pounds of a substitute, etc.

Substitutes are as follows: Barley flour, buckwheat flour, and rice flour, corn meal, corn starch, corn grits, hominy, oat meal, rolled oats and rice.

Wheat flour includes graham and whole wheat flour.

The rules issued January 11, 1918 covering the quantity of flour to be sold to each customer, remain in full force and effect.

**NATIONAL SONG WEEK.**

A campaign in the interest of community music and singing and to awaken and develop a national and patriotic spirit by the singing of our national and patriotic songs is the explanation of the above. This week of song has been endorsed by city, county and state superintendents of schools, by music supervisors and others interested in music of the better sort and last year in some states the week was observed by proclamation of the governors. Community sings are being planned all over the country. Monmouth is to have one February 22. Independence can go over and help Monmouth sing and then turn around and invite Polk county to help them have a Community Sing. Who will take the lead in this?

Contributed.

**HIRSCHBERG URGES THE BUYING OF THRIFT STAMPS**

Monmouth, Or.—The Polk County Pomona Grange held its quarterly meeting in Monmouth Saturday, and in a talk in the afternoon, H. Hirschberg, of the Independence & Monmouth Railway, urged the grangers to buy as many thrift stamps as was possible, thereby aiding in providing equipment for the soldiers at the front.—Telegram.

## CORN WILL WIN DEMOCRACY'S WAR

**America's Greatest Cereal Crop Is Now Moving to Market.**

**MAINSTAY IN NATION'S CRISIS.**

**Surplus Wheat of the United States Has Been Sent to Famine Threatened Europe.**

America's great corn crop, exceeding 3,000,000,000 bushels, will save the world's food situation, officials of the United States food administration believe.

Corn is the nation's best food cereal, housewives are beginning to realize. It contains all the elements needed to keep the body in a state of health and when used according to the scores of tried recipes, especially when combined with an added portion of oil or fat, will sustain life indefinitely. Indian warriors in colonial days lived on parched corn alone for many days at a time, and at Valley Forge parched corn was at times the sole ration of the Continental soldiers.

Owing to transportation difficulties caused by the war the corn crop moved more slowly to market this year than ever before. Now, however, the cereal is reaching the millers and consumers. In the meantime the nation's surplus wheat has been sent to Europe.

Today there are approximately 30 bushels of corn for every American. This quantity is greater by five bushels than in former years.

Corn has become the nation's mainstay in the crisis of war.

Just as this cereal saved the first American colonists from famine on many occasions, just as it served as a staple food during the War of the Revolution and during the Civil War, King Corn has again come to the front in the nation's battle with autocracy.

Corn meal is finding greatly increased use in the making of ordinary bread. Hundreds of housewives and many of the larger bakers are mixing 20 per cent corn meal with wheat flour to make leavened bread. This kind of a mixture is worked and baked in the same recipes and with the same methods that apply to straight wheat bread.

Corn bread—using corn meal entirely—is gaining a greater popularity than ever before. Housewives are coming to realize that every pound of wheat saved in America means a pound of wheat released for shipment to the nations with which America is associated in the war.

There are a score of corn products that today possess unusual importance for Americans. Corn syrup for sweetening corn cakes and buckwheat cakes and for use in the kitchen instead of granulated sugar is one of the leading products made from corn.

Corn oil, excellent for frying and for every other purpose filled by salad oils, is appearing on the market in large quantities. It comes from the germ of the corn.

### MADE-IN-GERMANY LIES CIRCULATED IN CANADA

Canada is also having trouble with Made-in-Germany lies calculated to hinder Canadian food conservation according to an official statement received from the Canadian food controller by the United States food administration.

The stories bothering Canada are of the same general character as those the United States food administrator recently denounced in this country, such as the ridiculous salt and bluing famine fakes and the report that the government would seize housewives' stocks of home canned goods.

The Canadian food controller estimates that when the people listen to and pass on such stories, each one has the power of destruction that lies in a battalion of soldiers.

"Stories without even a vestige of foundation have been scattered broadcast," said the Canadian statement. "Nor have they come to life casually. They have started simultaneously in different parts of the country and in each instance have been calculated to arouse public indignation.

"They are insidious, subtle, persistent. Bit by bit they dissipate public trust, the great essential in the work of food control.

"It lies with every individual to forbear from criticism; to refrain from passing on the vagrant and harmful story, and thus the more effectively to co-operate in work which is going to mean more than the majority of people yet realize."

**THE UNITED STATES FOOD ADMINISTRATION SAYS:**

There is no royal road to food conservation. We can only accomplish this by the voluntary action of our whole people, each element in proportion to its means. It is a matter of equality of burden; a matter of minute saving and substitution at every point in the 20,000,000 kitchens, on the 20,000,000 dinner tables, and in the 20,000,000 manufacturing, wholesale and retail establishments of the country.

## A War Message.....

**To the Retail Grocery Trade of the United States:**

Only by the complete co-ordination and maximum effort of every fundamental factor in our national life can the war be won. The retail grocer has his important function and his duty to perform. If he fails in his duty, the war will be unnecessarily prolonged and other economic systems will inevitably develop for distributing food products to the consumer.

Retail grocers whose total annual business in food products does not exceed \$100,000 are not licensed at present, but they are nevertheless subject to the Food Administration Law, which prohibits hoarding, speculation and excessive profits.

The jobbers throughout the country are being required to sell goods on the basis of their individual costs, rather than on the market. Many retailers, therefore, will own goods at figures materially below the cost of replacement. Such goods must be passed on to the consumer at no more than a reasonable advance over cost of the particular goods sold.

No patriotic merchant in these times of war will, on account of scarcity, attempt to exact on any staple food more than a reasonable profit over his cost.

The United States Food Administration wishes to protect the vast majority of retailers who are honest from the public criticism which is directed at the entire retail trade because of the few who take advantage of war conditions and attempt to profiteer or speculate. It will not only take direct steps against such persons, but has already issued a regulation prohibiting the licensed manufacturers and jobbers from selling to any retailer who persists in such practices.

Every unnecessary service in connection with the distribution of food products must be eliminated. Deliveries and credits must be curtailed, and the consumer given the benefit of savings so effected in order that the people may have food at prices within their reach.

Believing in the patriotism and integrity of the vast majority of retail grocers, we confidently rely on your full and complete co-operation.

**UNITED STATES FOOD ADMINISTRATION.**

The above message from the United States Food Administration states more clearly than we could our reason for going on a cash basis and is practically an endorsement of the cash system.

In order to reduce groceries to make a saving worth while to the consumer we find it necessary to get the money at the time of purchase.

We are reducing the retail price of almost everything in our store and this is the place where your money buys as much on the dollar as \$1.10 to \$1.15 formerly did.

This is an absolute saving which will not cost you a cent to acquire. Don't you think it is worth while to investigate? Look for list of comparative prices in the next issue of this paper.

**Johnson  
& Collins**