

CURRENT NEWS

Overflow News from the Western Youth

Nehalem Bay claims the championship, having subscribed 12,000 per cent in bond subscriptions. Their quota was \$9,000 and they subscribed \$106,500.

Twenty-five thousand Belgian men and boys have been compelled to work on military operations under the whip of German sentries behind the German lines in the regions of Valenciennes and Maubege.

Increase in railroad rates is planned, amounting to almost 25 per cent in both freight and passenger service.

Two regiments of Oregon Guards have been created, one at Salem and one at Portland, with William C. North as Colonel in command.

Portland and San Francisco have been made the wool depositories by the Government for the West.

The harbor at Ostend was partially blocked by sinking a vessel in it loaded with cement.

It is estimated that there will probably be 5,000,000 men in the American army in a year's time. People are starving in Siberia.

Pope Benedict is to issue a new peace offer on Whit Sunday (May 19.)

The enlisted strength of the Navy, exclusive of the reserve forces, is more than 200,000, according to official returns from the Navy Department.

According to London reports that government is in serious trouble over the home rule bill and conscription, and home rule may be abandoned.

The German ambassador has issued an ultimatum to Russia, demanding that Russia stop arming her troops and the occupation of Moscow is threatened.

The American army will number 2,000,000 men before the year is out. Next month the maximum transport service will be reached.

American artillery continues to pound the German positions. One German battery has been entirely destroyed and our men are alert in barring the road to Paris.

Two hundred more wooden ships have been ordered built by Chairman Hurley of the Shipping Board.

Another draft for men has been made and Oregon will send 1500 men. This is the largest call yet made in this state.

The first U. S. mail service by aeroplane started Thursday, May 16, between New York and Washington, a distance of 735 miles.

FRUIT, MILK AND CEREAL BREAKFAST

A breakfast of fruit, milk and cereal will start the day right, so far as food is concerned.

Fresh fruit, or dried apples, prunes or apricots, help keep the body in health. Dates or raisins, cooked with the cereals in the last ten minutes of cooking are good, and save sugar. Apples, unless they have lard skins, are hard to digest unless cooked.

Even at high prices milk is a cheap food, especially for children, whether used hot or cold, in cereals or made into cream. Each child will profit by at least a glass for breakfast, and grown people find it nutritious. A quart of whole milk supplies as much nourishment as a pound of lean meat.

Cornmeal mush, oatmeal, hominy (grits) and rice are much cheaper than the ready-to-eat breakfast foods. A package of breakfast food though it may cost but 15 cents, may contain only a quarter of a pound. That is 60 cents a pound for cereals—as much as a bushel cost a few years ago, and eight or ten times as much as cornmeal cost at seven cents a pound. Corn

and oatmeal must be well cooked to be good, preferably over night in a double boiler or fireless cooker. At least 30 minutes cooking is required. Here is the U. S. receipt for cooking oatmeal: Use two and one half cups of rolled oats, two and one half teaspoons salt and six cups water. Bring salted water to boil. Stir in the rolled oats slowly and cook for one hour, or over night. If this is eaten with milk or butter no bread is needed at breakfast.

French Drink Chocolate

Chocolate is becoming a most popular drink with French soldiers since it has been introduced in the Y. M. C. A. huts over there.

Star Runner to Serve

Archie Hahn, star performer in the Olympic games in St. Louis in 1904, and at Athens in 1906, National champion in 1903, is going overseas in Y. M. C. A. service among American troops.

Sports at the Front

Under the direction of the Y. M. C. A. a half mile track for athletics has been constructed near the sector which American troops in France are guarding exclusively.

Poet Creates Record

In nine months James W. Foley, poet humorist, has spoken to 200 audiences of soldiers, sailors, aviators and marines in Y. M. C. A. buildings in the Western cantonments.

The American Spirit

American soldiers are playing baseball in France where the crash of the bat against the ball vies with the bursting of German shrapnel shells.

American Mills Are Urged to Manufacture Peanut Oil; Good Market for By-Products

It is possible with the use of improved machinery for cleaning, shelling and pressing peanuts, to make a high grade of oil in American mills which is well suited for use in cooking, according to the United States department of agriculture. Before the war cut off practically all imports of French and Dutch peanut oils, the United States was importing nearly 600,000 gallons a year at an average price for all grades, including soap stock, of more than half that of the edible olive oil. Specialists of the department state that American oil mills should prepare to make this oil at home both to utilize the large peanut crop and to increase their profits.

Peanut oil mills, the specialists say, should be located where the farmers can profitably grow the Spanish type of peanuts, which are high in oil content and have less shell than the larger Virginia varieties. The mills should be equipped with peanut cleaners, and all the nuts, after going over screens to remove the stones and other trash, should be thoroughly scoured.

For the by-products obtained in the manufacture of peanut oil there is a growing market, especially for the press cake, which stockmen now realize is a very high-grade cattle feed. There is also a demand for flour made from hull-less peanut cake for human food, and there is no reason why it should not become a popular article in human sustenance, the specialists say.

With the manufacture of high-grade peanut oil for cooking and shortening, the manufacture of hull-less peanut cake for human food and peanut-hull cake for stock feed, the millers can utilize all of the peanut crop to best advantage.

Do You Know That—

There is no fat in potatoes. Lard is nearly 90 per cent fat. Butter is practically a pure fat. The fat of plants is contained in the seeds. At least a third of the body's food should be fat. Cocoa is the only popular beverage which has "fat." Body fat is of three kinds—sterine, palmitin and oleine. A loin of mutton has more fat nutriment than any other joint.

Hotel Manager Puts Ban on Bones and Meat for Canines

Bones at 40 cents each and chopped meat at 50 cents a portion for aristocratic dogs have been cut from the menu at the Hotel Majestic, notes the New York American. The Hooverization of this hostelry is now complete, according to the magazine.

Recently there were many dogs in town seeking the blue ribbons at the Garden show. Copeland Townsend, manager, served notice that establish would not be supplied for dog consumption at his hostelry.

"Many sweets and meats and milk are purchased for blooded dogs," he said, in explanation. "This food is needed here and by the allies. Even the bones that are given to dogs are in demand." "I understand a conservation dog biscuit is being manufactured. If this is

so, the problem will be solved, but unless it is some other means must be found to supply pets with food." Six of the dogs at the Majestic were Poms. They are owned by Miss Eselle Kelcey of San Francisco, who it said to have purchased them from a destitute Belgian prince in Paris.

BOY SCOUTS

(Conducted by National Council of the Boy Scouts of America.)

THE SIZE OF "SCOUT CITY"

The Boy Scouts of America has a membership of 235,768 boys properly registered in 13,787 troops, with 78,878 men council members and troop committeemen and scoutmasters.

If all the scouts and their leaders were in one city, then "Scout City" would rank eighteenth in the United States. This is larger than Minneapolis and almost as large as Newark or New Orleans.

The registered boy scouts alone could almost fill a city ranking with Indianapolis or Kansas City, and more than enough for St. Paul.

Counting the millions of more scouts who have received during the past eight years the benefit of the scout program and who have entered man's estate, the Boy Scouts of America could move bodily into a deserted Cleveland and Boston and there would be a scout to represent every man, woman or child among the former inhabitants of both cities, or almost enough to fill Philadelphia.

There are 10,000,000 boys who could be scouts if there were men leaders enough. When the nationwide campaign of the Boy Scouts of America for scout leaders is over, it is expected that there will be room in the scout organization for 2,000,000 day registered boys. "Scout City" then might well be as large as Chicago.

The scouts would overrun the several states.

The "boy power" of this nation is a mighty thing. The organized boyhood of America is one of its greatest forces.

NATION-WIDE SCOUT SALUTE.

The big event each year in the calendar of the Boy Scouts of America is Anniversary week. This is observed each year from February 8 to 12, inclusive. This time it marks the eighth anniversary of the organization, which now has a federal charter.

At 8:15 o'clock on the night of February 8 the 235,000 scouts all over the country, wherever they were, rose and stood at salute and repeated the scout oath and renewed allegiance to the flag.

Greetings were carried to far with members in service. Flags were sent to sick people in hospitals and in private families. Cakes were made on local Red Cross chapters, war savings committees or other agencies doing war emergency work, with an offer of scout co-operation and service.

A CALL TO DUTY.



The Scouts have a Mobilization Signal Used for Wartime Work.

THESE ARE REAL FOOD SCOUTS.

A troop of Boy Scouts of America has been organized in the Food Administration building at Washington, with Mr. Hoover and Colin H. Livingston on the troop committee. Lewis L. Strauss, Mr. Hoover's secretary, is the scoutmaster.

Herbert Hoover, Jr., is one member of the troop, he having received his scout badge in England, direct from Ambassador Page, for particular service. Two more of the scouts belonged to Sir Robert Baden-Powell's organization in England.

There are 18 boys in the troop, and they are known as Troop No. 20.

BOY SCOUT GOOD TURNS.

At Reading Pa., all boy scout troops are prepared to watch for forest fires. Scout patrols have been assigned to all important points. There are fifteen troops of scouts, each of which normally contains 32 boys under a scoutmaster and assistant scoutmaster.

Boy scouts of East Dallas, Tex., have made a census of all boys between the ages of fourteen and eighteen for the purpose of enlisting them for government service whenever the necessity arises.

Son of "Cappy Ricks."

Everyone who has read the "Cappy Ricks" stories in the Saturday Evening Post will be interested in the fol-

lowing from the pen of Archie Whiston in the Bend Press: "Louis J. Simpson has been identified with the lumber interests on the Pacific Coast from California to Puget Sound. At one time in the history of the industry the name of Simpson was a name to conjure with in matters pertaining to the lumber game." "Mr. Simpson's father, Captain A. M. Simpson, was practically the first lumberman and the first shipbuilder on the Coast. His character was taken by Peter B. Kyne in his inimitable portrayal of 'Cappy Ricks.'" "Mr. Simpson would make an ideal executive of the state of Oregon. His personality is delightful and his ability as an executive is unquestioned."

Mother's Cook Book

The people people work with best are often very queer. The people who are people's kin quote the words of their mothers. The people who choose for friends, your common sense appeal. But the people who marry are the queerest folk of all.

Milk and Milk Dishes.

The value of milk for the growing family can never be too often expressed. In these days when food for the family costs so much more than formerly, when labor is higher and very scarce the dairyman must raise his price of milk or go out of business. Milk at 12 to 15 cents a quart is cheaper food than meat. Cut down on other foods but never on the milk for the family, for in it are the growth determinants or growth stimulants which are so essential for a good body framework and healthy blood. The yolk of egg and good butter are also rich in this growth stimulant. A growing child should have if possible three glasses of milk per day, even when eating the usual amount of solid foods found in vegetables and cereals, milk is not a beverage, it is a food.

Milk with eggs in the form of custards is one of the best, most wholesome and easily digested desserts for young people.

Skimmed milk may be bought cheaply and is a most nutritious food, lacking only in fat, which may be supplied in other ways.

For cream soups skimmed milk may be used, and egg added to supply the lack of fat with butter and flour used in the binding makes it as good as whole milk. Cold skimmed milk may be given the children at meals for their drink in summer and hot in winter. If plenty of good butter is supplied the child will be well fed. Cheese in various forms may be used in the place of meat. Creamed potatoes, creamed corn, creamed peas, creamed tomatoes, creamed potatoes and lima beans, which will occur to you, are all good. A simple and easy supper dish which is easy to prepare is the following:

Spread the required number of slices of bread with butter, place in a shallow granite baking pan, cover each slice with a thick layer of finely cut cheese, or grated cheese may be used if it is dry, then pour over enough milk and eggs to cover the cheese. Use one egg for every cupful of milk used, add salt and a dash of cayenne pepper, then bake until the custard is set. Serve hot.

A glass of hot milk for the restless child upon soothing. Milk is too valuable a food to be slighted or cut out of the diet because of its cost. It will be far better to cut down on the meat and buy more milk.

Nellie Maxwell

PERMANENT DIRECTORY

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- President, Woodrow Wilson, of New Jersey.
- Vice President, Thos. R. Marshall, of Indiana.
- Secretary of State, Robert Lansing of New York.
- Secretary of Treasury, Wm. G. McAdoo of New York.
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- Secretary of Agriculture, David Frank Houston of Missouri.
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- District No. 9, William B. Gilbert for Oregon.
- United States District Court for Oregon, Charles E. Wolver-

ton, Portland; Robert S. Bean, Portland.

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- Governor, James Withycombe.
- Secretary of State, Ben W. Oicott.
- State Treasurer, Thos B. Kay.
- Attorney General, George M. Brown.
- Dairy and Food Commissioner, O. P. Hoff.
- State Engineer, John H. Lawrence.
- Corporation Commissioner, H. J. Schulderman.
- Insurance Commissioner, Harvey Wells.
- Master Fish Warden, R. E. Clanton, Portland.
- State Game Warden, Carl D. Shoemaker, Portland.
- State Health Officer, Dr. David N. Roberg, Portland.
- State Bacteriologist, Emile F. Perot, Portland.
- State Printer, Arthur W. Lawrence.
- Superintendent of Banks, S. G. Sargent.

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- Chief Justice, Thos. A. McBride.
- Associate Justices, Henry J. Bean, Henry L. Benson, Lawrence T. Harris, George H. Burnett, Wallace McCamant.

EDUCATIONAL DEPTS.

- Superintendent of Public Instruction, J. A. Churchill, Salem, Oregon.

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- State Board of Text Book Commissions: Margaret J. Cosper, Salem, Oregon.
- Mrs. A. E. Ivanhoe, LaGrande.
- Harrison G. Platt, Portland.
- Alfred C. Schmidt, Albany.
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- University of Oregon, P. L. Campbell, President.
- Oregon Agricultural College, W. J. Kerr, President.
- Oregon Normal School, J. H. Ackerman, President.

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PRESBYTERIAN

- Dr. H. C. Dunsmore, Pastor
- 10 a. m. Sunday school.
- 11 a. m. Public Worship with 7:30 p. m. Sermon.

BAPTIST

- Sunday school at 10.
- Services every Sunday morning and evening.
- B. Y. P. U. at 7:50.
- We invite you to all our services. Strangers cordially welcomed.

METHODIST

- Thos. D. Yarnes, Pastor.
- 10 A. M. Sunday School.
- 11 A. M. Morning service.
- 3:00 P. M. Loyal Temperance Legion.
- 7:30 P. M. Evening service.

CHRISTIAN

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