## The United States Government Food Administrator Says:

"Baking Powder Breads of corn and other coarse flours are recommended"

## ROYAL BAKING POWDER

ABSOLUTELY PURE

Makes delicious muffins, cakes and coarse flour breads

CORN MEAL MUFFINS

cup corn meal cups floar teaspoon salt level teaspoons Royal Saking Fowder tablespoons sugar tublespoons augur cup milk tablespoons shortening

Mix thoroughly dry ingredients; add milk and melts shortening and best well. Bake in greated must tips in hot over about 50 minutes.

son of Mr. and Mrs. Wood Thompson

vegetable garden club.

ions, cucumbers, etc.

ready to be judged.

trip to the State Fair.

ing.

Our red, white and blue booklet, "Best War Time Recipes" containing additional similar recipes, sent free on request. Address Royal Baking Powder Company, Dept. H, 135 William Street, New York

Leo Thompson, 14 year old grand- What we are Expected to do for our

of Ontario, writes of his experiences in gardening and of his trip to the State Fair at Salem, to which he won transportation and admission as first card for food conservation, puts the prize for best club exhibit at the uniform of the Country upon its in-Malheur county fair in Ontario in mates, and fills the ranks of free-September doms army.

two. I worked hard through the With this fact admitted by all nasummer for first prize, and when fair tions, the President of the United enis as other food materials. When time came I took my vegetables to States wisely sought the services of accompanied by bread and butter, pothe Malheur County Fair, and I got Herbert Hoover, (who had prooved tatoes, green vegetables and fruit, they second prize and my brother first. his ability to feed starving Belgium,) provide a diet that will supply all the I joined again in 1917 on garden- to mobilize the food-saving forces of

Last fall I had fertilizer put on This he consented to attempt, prothe ground and had it ploughed and viding he could serve without pay, salads, served hot or cold in jelly, potthis spring. April, I planted my gar- and the force under him, exclusive of red and pickled. At a conventional den seeds. My garden plot was 310 cierical assistants, could be employed dinner fish follows the soup and may feet long by 18 feet with. I planted on a volunteer basis. Today the it to carrots, beans, tomatoes, pep- husiest people of the nation are laypers, corn, egg plant, meions, on- ing aside their personal affairs and I worked through the summer hoe- hearted and free in this service.

ing and irrigating my garden. When This season the world failed to profair time came it was my busiest duce the annual food supply, equal to time because I had to get the perfect the world's consumption, and upon vegetables and put in the wagon to this shortage war's wanton destruct-Ontario where I would get them we win, there will fall upon us millious of starving dependants, who are When they were judged and I found now fighting with submarine destructhe blue ribbon on my club work 1 tion. With our w was very glad and when I saw it I facing this crisis, we are asked to conknew then that I would get a free serve the wheat, meats, fats and suthe county fair. I helped pack my no one calls at your home, write for a

at Salem, and that night I started greater service can be given the world for Salem. I traveled all night so or more patriotic duty to your coundidn't see the first part of the jour- try; and it is to be hoped the lesson When I woke up in the morn- of economy and wrongfulness of waste ing I found myself riding along the will endure long after the war is end-

Columbia river. The scenery along ed. this river is grand. There were some pretty foothills on the opposite side of the river. I traveled until three o'clock and then reached Porting reaching there at noon.

I helped fix Malheur county's due to cancer of the stomach. booth that afternoon. I slept in the Boys' Pair Camp that night and was the first boy to reach camp.

round one for the girls. There was critically ill with typhoid fever. one tent the size of one like the boys left her much improved. for the boys and girls to eat in. There were 35 boys and about 50 girls in fair grounds.

There were two exhibition halls, welcome, one for the school exhibits for each county of Oregon, and the other for farm products for each county in Or-

best booth and Malheur won second. Adv. 21\* In gardening I won first prize which means a free trip to Corvallis next summer and two weeks' course in the looking forward to with much pleas-

still have a lot of vegetables on hand. the High school. LEO THOMPSON

ed house, la good condition, write hax call. Wm. Kercken, \$20 California Prices Reasonable 363, Ontario Oregon.

YOUNG AGRICULTURIST THE UNITED STATES TELLS OF SALEM TRIP FOOD CORSERVATION

Every home that signs the pledge

needs. They came up in a week or the war.

the nation.

devoting their entire time whole-

Igar for humanity. Pledge card week Friday afternoon, the last day of is from October 28 to November 4. If vegetables to send to the State Fair card. It is all volunteer, and no

> GEO. W. McKNIGHT County Chairman

The funeral of Junius O'Conner oc land. Stayed over night there and curred from the Paricy undertaking tity represented by candles running to started to Fair grounds Sunday morn- parlor last Sunday afternoon. Mr. twenty-eight figures, candle power be O'Conners death occured last week

Gus Weigle of the Eastern Oregon Land Company office, returned today There were two good sixed tents from Portland where he spent two for the boys to sleep in and one big weeks visiting his wife who has been

Rev. C. H. Powell, general missioncamp and had to have three cooks ary of the Episcopal church in the We were entertained very nicely at district of Eastern Oregon, will hold the camp. I had a fine time at the services in the Masonic ball next Suaservices in the Masonic ball next Suaday at 18:45 a. m. All are cordially three years, 10 to 40 acres, improved

tie's household furniture. Mrs. W. C. Ontario. Wasen county won first prize for Johnson, across from Moore Hotel.

White Leghorn Pullets. A. B. Cain, Agricultural College, which I am Ontario, Ore. Phone 20631 Adv4t

Reside winning the prize I have she has resumed her classes in Wheeler at Mrs. Odell's. Will new mold \$40.60 worth of vegetables and plane. Studio one block south of still have a lot of vegetables on hand the High school. Advse at

Building and corpenter work of all WANTED to Rent, Small furnish kinds. Reasonable prices. Write or and Calcimining-First Class Work, Adv. \* Ave., Ontario.

WHEN YOU HAVE FISH.

NUT BREAD

cups graham flour level teaspoons Royal Baking Fowder

Test and Prepare It and How It Should Be Served.

All fish most, of course, he strictly resh. If it is easily pulled from the borres it is a sure sign the fish is stale. The brightness of the eye is another test of freshness and one that cannot be remedied artificially. For this reason a purchaser should be anspictous of any fish from which the eyes have been removed or fish offered for sale without the head. The skin should be smooth and unwrinkied and the color fresh and clear. Dip in scalding water for a few seconds to remove the scales or skin.

Always sonk salt fish in salt water In the year of 1816 I joined the The food shortage is an international instead of fresh water. The strong egetable garden club.

In the spring I planted my garden ability to solve it hangs the fate of poor unletship then when solved in more palatable than when soaked in fresh water.

Fish contain the same kind of nutrimay be bolied, steamed, baked, planked, fried, stuffed, scalloped, served in cream, made into ramekins, croquettes. be served with potators and cuemaber or letrace saind. At a home dinner it takes the place of meat. Do not serve a sweet or heavy dessert at the close of a fish dinner, as the combination is not good. Coffee may be served, but ten is to be avoided after fish. - Wash-

NOT A RIVAL OF THE SUN.

This Shows How Puny is the World's Biggest Artificial Light.

Perhaps the biggest artificial light in world is the 30,000,000 candle pow-When this gigantic installati was made it was claimed to be ti nearest approach to real am devised by man, and that may be true. actual output of light by our great luminary, and, arrangely enough, there are figures in existence which enable to stated at once that these figures are so stupendons as to leave the human mind absolutely "in the dark."

Professor Young made a calculation some years ago, based open careful and repeated experiments, of the total quantity of sunlight given out by our un, and he found it to be a quaning the official unit

How many lights equal to the Ningare installation would it require to match Dame Nature's big installation which appears above the boris regularly day by day? More big as ures! It would require 21,500,000,000. the biggest men has accomplished to his own." So even Uncle Sam with the to try again. The Nagara his mination to "name" light, but sid is in equal to three and one bull quinti ions of them!-- Pearson's Weekly

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CHURCH NOTES . . . . . . .

CONGREGATIONAL CHURCH. The Beautiful City. A special service at the Congrega-

7:30. Program in part:

tional church Sunday evening at

Song. "The Beautiful Isle of Somewhere."UN UN UN UN UN UNUN Song, "The Beautiful Isle of Somewhere." Reading, "The City Four-Square." Solo, "The Holy City," Miss Viola Heusted. Recitation, 'The Beautiful City." James W. Riley, Ethel McWilliams. Song, "O Mother Dear Jerusalem." Address, "The Great City of Our Dreams," the Pastor. A cordial invitation to all.

HERBERT LIVINGSTON,

METHODIST CHURCH NOTES. 10:00 a. m.; Sunday School. Preaching at 11 a. m.

7:30 p. m. Preaching. Rev. W. H. Swartz of Shoshone, Idaho, will preach at both morning and evening services. Rev. Swartz preached two good sermons last Sunday to good houses. The public is invited to hear him again next Sun-

The church choir is planning a good time for all Hallowcene night.

EARL HANNA, Pastor

Sunday School at 10:00 a. m. Morning Worship and preaching service at 11:00 o'clock. Evening service at 7:30.

A cordial welcome to all.

BAPTIST CHURCH Sunday School at 16:00 a. m. Morning Service at 11:00 a .m. B. Y. P. U. at 6:45 p. m. Evening Service at 7:30 Prayer Meeting Wednesday evening at 7:30

CHAS. E. BLOM, Pastor

CATHOLIC CHURCH

Sauday Services. Low Mass, 8:30 a. m. High Mass, 10:30 a. m. H. A. CAMPO, Pastor

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UNDERTAKING

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