

FOR SALE—Six dozen Plymouth Rock pullets now ready to commence laying. Apply H. E. Botebener, half mile east of Fruitland; address Fayette R. F. D. No. 1.

White Wyandotte Chickens and Cockerels for sale. Inquire at this office.

NOTICE OF SCHOOL MEETING
Notice is hereby given to the legal voters School District No. 8 of Malheur County, State of Oregon, that a School Meeting of said District will be held at High School building on the 26th day of Dec., 1917, at 8 o'clock in the afternoon to vote on

the proposition of levying a special district tax.
The total amount of money needed by the district during the fiscal year beginning on June 15th 1917, and ending on June 30, 1918, is estimated in the following budget and includes the amounts to be received from the county school fund, special district

tax, and all other moneys of the district:

BUDGET	
Estimated Expenditures	
1. Teachers' salaries	\$20600.00
2. Apparatus and supplies, such as maps, chalk, erasers, stoves, curtains, etc.	300.00
3. Library books	25.00
4. Repairs of schoolhouses, outbuildings or fences....	1000.00
5. Improving grounds.....	300.00
6. Janitor's wages.....	1215.00
7. Janitor's supplies.....	200.00
8. Fuel	1300.00
9. Light	27.00
10. Water.....	90.00
11. Clerk's salary	175.00
12. Postage and stationery..	20.00
13. For the payment of bonded debt and interest thereon, issued under Sections 117, 144 to 148, and 422 of the School Laws of Oregon, 1917	3900.00
14. Total estimated amount of money to be expended for all purposes during the year	27812.00
Estimated Receipts	
From county school fund during the coming year..	\$ 2643.50
From state school fund during the coming school year	1375.00
Cash now in the hands of the district clerk	7842.56
Estimated amount to be received from all other sources during the coming school year	125.00
Total estimated receipts, not including the money to be received from the tax which it is proposed to vote	11984.06
Recapitulation	
Total estimated expenses for the year	\$27812.00
Total estimated receipts not including the tax to be voted	11984.06
Balance, amount to be raised by district tax	\$15827.94
Dated this 12 day of December, 1917.	
Attest:	
FRANK RADER	Chairman Board of Directors.
W. L. TURNER	District Clerk.

Use Plenty of Milk, Says Miss Rader to Ontario Cooks

Food Talks to Ontario's followers of Hoover by Miss Leona Rader, of High School Domestic Science Department, whose classes have proven the recipes given in this department.

1. Use Local Foodstuffs
2. Use Perishables to Conserve Staples Orchard Products-Dairy Products Poultry Products
3. Eliminate Waste
4. Conserve Wheat
5. Preserve Food

Use of Perishables

Last week we spoke of using local foodstuffs in our daily diet to conserve food—our next topic in the outline is the use of perishables to conserve staple foods.

The orchard products this year have been abundant. The more we can use daily, either fresh or cooked to good advantage the better. The surplus should be preserved by canning and by drying, and in this way insuring a wider range of winter supplies.

Use Milk—It is Cheap

Use poultry and dairy products, the increased cost of stock feed, and the demand for conserving meat should make us use more and more of the dairy and poultry products. Use plenty of milk and milk products. Milk is a wholesome food, not a drink. It contains all of the food principles necessary for the young growing child, and under no circumstances should the amount of milk be limited. For the child milk is the chief source of a nearly perfect muscle building food. Even at 10 cents a quart milk is cheap food, cheaper than meat. A quart of milk equals in food value three fourths of a pound of meat, eight eggs or six ounces of beef. With beef at 25 cents a pound and eggs at 50 cents a dozen milk at 10 cents a quart is the cheapest food. Milk is a food, not a drink. It takes the place of meat, beans and eggs. It is particularly desirable for children up to twelve years of age, as it is quite readily assimilated.

Not only can milk be used as a food and for cooking but also we have found many ways of using sour milk, save it and use it in place of sweet milk for cooking purposes, in quick breads, and many other combinations.

Cheese is a good substitute for meat, and it is also a milk product. Taking into consideration the composition as well as cost per pound, we find that a given amount of money buys twice as much food value when spent for cheese as it would for beef. Since cheese has nearly twice as much protein weight for weight, as beef of average composition.

It contains over twice as much fuel value. It contains over 25 per cent more protein than the same weight of

porter house steak as purchased and nearly twice as much fat.

In planning menus of which cheese is the chief dish if crisp vegetables are used such as celery, lettuce, water-cress or simple fruit salads, and serve refreshing fruits, either fresh or cooked, rather than what are known as heavy desserts. You will have a more pleasing meal, and one which is more digestible and besides that you will be helping Hoover. Another point which is to be considered in combining cheese with other foods, whether it is raw or cooked it is likely to be somewhat soft and seems to call for harder kinds of bread, such as, rye bread, harder brown breads and the like.

You will find some excellent listed recipes below which will be of value to you in your meals and conserving food for our nation.

Cheese Fondant

- 1 c stale bread crumbs
 - 1 c or 1/4 lb. cheese (cut fine)
 - 1 c milk
 - 2 eggs
 - 1 T butter
 - 1/2 t salt
 - 1/4 t mustard
 - 1/4 t paprika
- Mix bread milk and cheese in a double boiler when cheese is melted add eggs beaten until well mixed and seasonings. Cook until thick and perfectly smooth.

The same mixture may be prepared by placing bread and cheese in layers in a buttered pudding dish and pouring over it the milk mixed with egg and seasoning, then baking until firm in a moderate oven.

Cheese Souffle

- 1 c white sauce
- 1 c chopped cheese
- 3 eggs
- 1/2 t salt
- 1/4 t soda
- spk. cayenne.

Into the hot white sauce melt the cheese cut very fine. Let stand until cool. Add yolks beaten till light also soda and seasonings. Fold in the stiffly beaten egg whites. Turn into buttered baking dish. Place in a pan of warm water and bake in moderate oven, till firm and well puffed up. Serve immediately.

Corn Gems

- 1 c cornmeal
 - 1/2 c flour
 - 1 c sour milk
 - 1 t soda
 - 1 T sugar
 - 2 T shortening
 - 1 egg
- Mix dry ingredients, add the milk and melted shortening then the egg. Put in hot greased gem pans and bake 15 to 20 minutes in a hot oven.

CARD OF THANKS

We wish to thank our friends and neighbors who so kindly assisted us during our dear father's illness and death.

MRS. VENA BOSWELL,
Sisters and Brothers.

REWARD—\$25 for information leading to the recovery of road plow taken from the Booth Drain Ditch on or about Oct. 1st, 1917. Signed, D. C. BOOTH.

WANTED—At once some one to plow 50 acres of land either with team or tractor. Phone 66-1-12 Nyma Ex. CHAS. GOSSETT. 114

SITUATION WANTED—Competent Girl for general housework. Address Argus No. 5. Adv. 11



Liberty Bonds and Jewelry Solve Christmas Problems

Your Liberty Loan bonds are worth \$2.50 above par at this store for all purchases.

The holidays are approaching rapidly. It's a good idea to buy your gifts early.

We make this suggestion because the next few days will be busy ones for you.

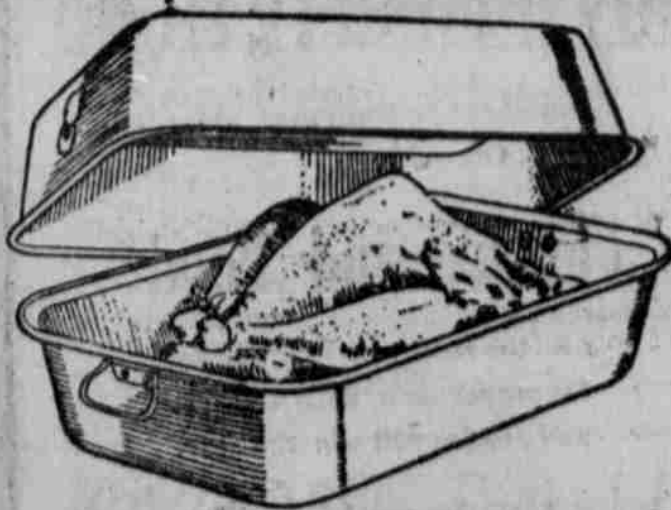
One trip through our store will give you more good ideas for 'Xmas than you will get in a month at home.

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We guarantee every stone we sell, and years of experience is our guarantee. Our stock of stones as well as mountings will enable you to find just what you want.



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She will use the "WEAR-EVER" Roaster—a gift from yourself

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Most roasters are used only once or twice a year. The "WEAR-EVER" roaster can be used every day—for steaming fruit in jars, for baking on top of the stove, for steaming fish, corn, asparagus, etc.

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A Tip to Ontario Men

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