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Some Food for Thought.
People everywhere are beginning to realize that it pays to buy medicines that have an established reputation as they are most trustworthy and most dependable. Chamberlain's Cough Remedy is one of them. It has been in use for almost half a century. From a small beginning its use and use has extended to all parts of the United States and many foreign countries. When you have a cough or cold give it a trial and realize for yourself what an excellent medicine it is.

PIANO FOR SALE.

For immediate sale we will sell an emendously cheap new high grade piano stored at Ontario. Liberal terms to a responsible party. Quality guaranteed. If interested in a possession of this kind write THE DENVER MUSIC COMPANY, Denver, Colo. at once for particulars.

FOR SALE—One 1917 Maxwell motor, fully equipped, self-starter, carburetor, and tires; all in good condition. A bargain. Price \$3000.00; see F. S. Bailey, or phone 1-12-5-41.

For Sale: Brood sows and pigs. Apply A. W. Albee.

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the kind of treatment Steady customers deserve—Is the principal upon which we do business.

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Hints From the U. S. Food Administration

"Reverizing" Department Conducted in the Interest of Those Who Are Striving to do Their Bit, by Miss Leona Radner, Teacher of Domestic Science Ontario High School.

The food administration is constantly sending out bulletins full of timely suggestions for the housewife to follow in her food saving diet. Are you acquainted with these? Many of these bulletins are to be found at the public library full of suggestions and recipes. They are there for the use of the housewives of Ontario and are most valuable.

The food administration has set aside a few days of each week for food saving and asks that every one maintain rigidly a minimum of at least:

"Two wheatless days each week and one wheatless meal each day. The wheatless days to be Monday and Wednesday. By wheatless we mean to eat no wheat products.

"One meatless day each week, which shall be Tuesday, and one meatless meal each day. By meatless we mean to eat no red meat—beef, pork, mutton, veal, lamb; no preserved meat—beef, bacon, ham or hard.

"One porkless day each week in addition to Tuesday, which shall be Saturday. By porkless we mean no fresh or salted pork, bacon, lard or ham.

"Sugar—You can materially reduce sugar by reducing the use of candy and sweet drinks. We will make strong endeavor to see that the country is provided with a supply of household sugar on the basis of three pounds of sugar for each person per month. Do not consume more."

"This is all we are asked to do. Are you a loyal citizen of the United States following these few suggestions? They are not hardships. But merely mean saving food for thousands of hungry women and children of the war devastated nations and for our own sailors and soldiers.

Below are some tested recipes:

War Pastry.
3-4 Cup wheat flour
3-4 Cup rye flour or barley

A Splendid Cough Medicine.

"I have used Chamberlain's Cough Remedy a number of times during the past two or three years for colds, coughs, and hoarseness, and am pleased to say it has always given me prompt relief. I consider Chamberlain's Cough Remedy a splendid medicine and have recommended it to many of my friends, who have used it and likewise praise it highly," writes Mrs. W. F. Frantz, Colton, N. Y.

6 Tablespoonful of fat, crisco or oleomargarine
1-2 Teaspoonful salt
This makes plain pastry for a double pie crust.

Ginger Snaps.
1-2 Cup molasses
1-4 Cup shortening
7-8 Cup flour
7-8 Cup rye flour
1-4 Teaspoon soda
1-4 Teaspoon ginger
1-4 Cup sugar
1-2 Teaspoon salt.

Heat molasses to boiling point and pour over shortening. Add dry ingredients mixed and sifted. Chill thoroughly. Turn half the mixture on floured board. Roll as thin as possible. Be careful to prevent sticking. Shape with small round cutter. Place near together on buttered baking sheet or pan and bake in a moderate oven. During the rolling, keep bowl with dough cool. Be careful not to add much flour during the rolling as too much makes cookies hard instead of crisp.

Original recipes called for all white flour.

Oatmeal Date Cookies.
1-2 Cup oleomargarine
1-2 Cup brown sugar
1-4 Cup water
1-2 Teaspoon soda
1-4 Cup white flour
1-4 Cup raw oatmeal.

Cream the shortening and sugar. Add dry ingredients and liquids alternately. Roll out thin, cover with paste, cover with second layer of dough. Cut in rectangular strips about 3x3 1-2 inch. Bake until brown in moderate oven.

Paste for Date Cookies.
1-2 lb. dates stoned and cut
1-4 Cup sugar
1-4 Cup water.
Cook to smooth soft paste then spread between layers of dough.

RULES GOVERNING COUNTY DECLAMATORY CONTEST

1. All contests shall be held under the auspices and direction of an executive committee, consisting of the county superintendent, the city superintendents of the three largest schools in the county and a teacher appointed annually by the county superintendent.
2. The county superintendent shall be ex-officio chairman of the committee and shall preside at the contests.
3. One contest shall be held annually on the last Saturday in March in rotation in Vale, Nyssa and Ontario.
4. Contestants must be sixth, seventh and eighth grade pupils, and any school in Malheur county having pupils eligible under these rules, may enter one contestant.
5. Each school shall pay the expenses of its representative. For the purpose of raising funds to defray the expense of contests and to arouse an interest in declamatory work, it is recommended that city contests be held to select a contestant and an alternate.
6. The time for delivery of a declamation shall not exceed eleven minutes.
7. The audience shall not applaud or manifest its approval or disapproval of any speaker.
8. Any school wishing to enter a contest shall report to the county superintendent not less than one week prior to the contest, the number of the school district, the name and grade of the pupil, and the title of the selection to be given.
9. Contestants shall appear on the program by number, and the order of speaking shall be determined by lot. Precaution must be taken to

keep the identity of the speakers from the judges.

10. The judges shall be selected as follows: The superintendent of the school where the contest is to be held shall select three persons from a list of names selected by the remaining members of the executive committee, each of whom shall submit two names not later than March 1. The judges shall not be residents of Malheur county.

11. The following scale shall be used in marking:
Interpretation, 40.
Naturalness, 30.
Enunciation, 15.
Memory, 15.

12. An agreement of two judges shall be sufficient to render a decision. In case two of them cannot agree, the decision shall be rendered in favor of the contestant having the highest total of points given by the three judges.

13. The school entertaining the contest shall arrange the program, providing such numbers as will give variety to the entertainment. The price of admission shall not exceed 25 cents.

14. The trophy, a silver cup, shall remain in the custody of the winning school until the next contest. The cup shall become the permanent property of the school winning it in three successive contests.

15. Districts having four-year high schools may be represented only once by any one pupil. In all other districts contestants may enter again provided they are eligible under these rules and did not win the cup in a former contest.

Vale will entertain the contest Saturday, March 30.

Executive Committee — County Superintendent, Superintendent H. R. Douglas, Superintendent F. P. Brainard, Superintendent G. A. Ruling and Mrs. Carrie I. Chealey.

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They are a real companion, a personality in themselves, taking the place of the hired girl as they do in the saving of your time and patience. They are like the hen that laid the golden egg, something which you would not part with, once you find by using it what a treasure it will be to you.

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