

Professional Directory

Phone Tabor 4677

C. H. Atwood, M. D.
Homeopathic Physician and Surgeon
Office and Residence 2109 56th Ave. S. E.

W. Aimee Hollingworth, A. B.
SHORTHAND COACHING
Gregg—Oregon's Official System

Tab. 2921 807 72nd St. (Nashville Sta.)

Church Directory

Lents M. E. Church.
Sunday School 9:45 a. m. Preaching 11:00 a. m. Bible Study Class, 5:30 p. m. Epworth League 6:30 p. m. Preaching 7:30 p. m. Prayer meeting Thursday evening at 7:30. F. M. Jasper, Pastor. Residence 5298 83rd street.

Millard Avenue Presbyterian Church.
10 a. m. Sabbath School. 11 a. m. Morning worship. 7:30 p. m. Y. P. S. C. E. 7:45 p. m. Evening worship. 7:30 p. m. Wednesday, mid-week service. 7:30 p. m. Thursday, choir practice. Rev. Wm. H. Amos, Pastor.

St. Peter's Catholic Church.
Sundays: 8:00 a. m. Low Mass. 10:30 a. m. High Mass. 8:30 a. m. Sunday School. 12 M. choir rehearsal. Week days: Mass at 8:00 a. m.

Seventh Day Adventist Church.
10 a. m. Saturday Sabbath School. 11 a. m. Saturday preaching. 7:30 p. m. Wednesday. Prayer meeting. 7:45 p. m. Sunday preaching.

St. Pauls Episcopal Church.
One block south of Woodmere station. Holy Communion the first Sunday of each month at 8:30 a. m. No other services that day. Every other Sunday the regular services will be as usual. Evening prayer and sermon at 4:50 p. m. Sunday School meets at 3:00 p. m. J. E. Glover, Rupt., J. Glover, Sec. Rev. O. W. Taylor, Rector.

Lents Evangelical Church.
Sermon by the pastor, 11 a. m. and 7:15 p. m. Sunday School 9:45 a. m., C. S. Bradford, Superintendent. Y. P. A. 6:45 p. m. Paul Bradford, President. Prayer meeting Thursday 8:00 p. m. A cordial welcome to all. T. R. Hornschuch, Pastor.

Fifth Church of Christ.
Fifth Church of Christ. Scientist of Portland, Ore., 4204 62nd street.
Services Sunday 11 a. m. Sunday School 9:30 and 11 a. m. Wednesday evening testimonial Meeting 8:00.

Laurelwood M. E. Church.
9:45 a. m. Sunday School. 11:00 a. m. preaching. 12:30 p. m. class meeting. 3:00 p. m. Junior League. 6:30 p. m. Epworth League. 7:30 p. m. preaching. 8:00 p. m. Thursday evening, prayer service. Dr. C. R. Carlos, Pastor.

German Reformed Church.
Corner Woodstock Ave., and 87th St. Rev. W. G. Lienkaemper, pastor. Sunday School 10 a. m. Morning Worship, 11 a. m. Y. P. S. at 7:30 p. m. German School and Catechetical Class Saturday at 9:30 a. m.

Free Methodist Church.
Sunday School, 2:30 p. m. Preaching 3 p. m. each week. Prayer meeting, Wednesday at 7:30 p. m. All are cordially invited to attend these services. Rev. A. Beers, Pastor.

Kern Park Christian Church.
Corner 69th St., and 46th Ave. S. E. 10 a. m. Bible School. 11 a. m. and 7:30 p. m. preaching service. 6:30 p. m. Christian Endeavor. 7:30 p. m. Thursday, mid-week prayer meeting. A cordial welcome to all. Rev. R. A. Moon, Pastor. 1380 E. Salmon

Lents Baptist Church.
Lord's Day, Bible School, 9:45 a. m. Morning worship, 11 a. m. B. Y. P. U., 6:30 p. m. Evening worship 7:30 p. m. A cordial welcome to these services. E. A. Smith, Pastor.

Lents Friends Church.
9:45 a. m. Bible School, Clifford Barker, Superintendent. 11:00 a. m. Preaching service. 6:25 p. m. Christian Endeavor. 7:30 p. m. Preaching service. 8:00 p. m. Thursday, mid-week prayer meeting. A cordial welcome to all the services. Miss Luzana Terrell, Pastor

Arleta Baptist Church.
9:45 a. m. Bible School. 11 a. m. Preaching service. 7:30 p. m. Evening services. 6:15 p. m. B. Y. P. U. (Senior and Intermediate) 8:30 p. m. Wednesday Prayer meeting. Everybody welcome to all of these services. Rev. W. Garnet Handley, Pastor, 6401, 48th Ave.

Anabel Presbyterian Church.
Corner of 56th Street and 57th Ave. S. E. Sabbath Services, Preaching, 11 a. m. and 7:30 p. m. Sunday School, 9:45 a. m. Christian Endeavor: Senior, 6:30 p. m.; Junior, 4 p. m. Thursday, Prayer Meeting, 7:45. Tuesday, Orchestra Practice, 7:30 p. m. The Pastor is always ready to call on the sick and confer with those who desire spiritual help. John E. Nelson, Pastor. Residence, 5225 37th Ave. S. E. Phone Tabor 1858.

Laurelwood Congregational Church.
Corner 65th St., and 46th Ave. S. E. Pastor, Mrs. John J. Handsaker. Sunday School, 10:00 a. m. Preaching service, 11:00 a. m. No evening service at present. Mr. Arthur W. Fratton, Superintendent of Sunday School, Intermediate Christian Endeavor, 5:30 p. m. Prayer meeting Thursday evening at 8:30 p. m. in the church cottage.

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WHEAT CRISIS FORCES CHANGES IN RULES

Households, Eating Houses and Bakers Must Decrease Use of Wheat.

Urgent military necessities of the United States and the Allies has forced a more drastic restriction in the wheat conservation program. Coupled with an earnest appeal to all individuals, households, public eating places and bakers of bread and pastries for their co-operation and support, Herbert C. Hoover has issued a new set of rules designed to further reduce wheat consumption in this country until the next harvest.

These rules and Mr. Hoover's personal appeal are given out through Mr. W. B. Ayer, Federal Food Administrator for Oregon, in the following message:

"If we are to furnish the Allies with the necessary proportion of wheat to maintain their war bread from now until the next harvest (and this is a military necessity) we must reduce our monthly consumption to twenty-one million bushels a month as against our normal consumption of about forty-two million bushels or fifty per cent of our normal consumption, reserving a margin for distribution to the army and for special cases, leaving for general consumption approximately one and one-half pounds of wheat products weekly per person. Many of our consumers are dependent upon baker's bread. Such bread must be durable and therefore requires a larger proportion of wheat products than cereal breads baked in the home.

"The well-to-do in our population can make greater sacrifices in the consumption of wheat products than can the poor. In addition our population in the agricultural districts, where the substitute cereals are abundant, are more skilled in the preparation of breads from these other cereals than the crowded city and industrial populations. With improved transportation conditions we now have available a surplus of potatoes. We also have in the spring months a surplus of milk and we have ample corn and oats for human consumption. The drain on rye and barley as substitutes has already greatly exhausted the supply of these grains.

"To effect the needed saving of wheat we are wholly dependent upon the voluntary assistance of the American people and we ask that the following rules shall be observed:

First—Householders to use not to exceed a total of one and one-half pounds per week of wheat products per person. This means not more than one and three-fourths pounds of victory bread containing the required percentage of substitutes and about one-half pound of cooking flour, macaroni, crackers, pastry, pies, cakes, wheat breakfast cereals all combined.

Second—Public eating places and clubs to observe two wheatless days per week, Monday and Wednesday, as at present, and in addition thereto not to serve in the aggregate a total of more breadstuffs, macaroni, crackers, pastry, pies, cakes, and wheat breakfast cereals containing a total of more than two ounces of wheat flour to any one guest at any one meal. NO WHEAT PRODUCTS TO BE SERVED UNLESS SPECIALLY ORDERED. Public eating establishments not to buy more than six pounds of wheat products per month per guest, thus conforming with limitations requested of the householders.

Third—Retailers to sell not more than one-eighth of a barrel of flour to any town consumer at any one time and not more than one-quarter of a barrel to any country customer at any one time and in no case to sell wheat products without the sale of an equal weight of other cereals.

Fourth—We ask the bakers and grocers to reduce the volume of victory bread—sold by delivery of a three-quarters pound loaf where one pound was sold before and corresponding proportions in other weights. We also ask bakers not to increase the amount of their wheat flour purchases beyond seventy per cent of the average monthly amount purchased in the four months prior to March first.

Fifth—Manufacturers using wheat products for non-food purposes should cease such use entirely.

Sixth—There is no limit upon the use of other cereal flours and meals, such as corn, barley, buckwheat, potato flour, et cetera. Many thousands of families throughout the land are now using no wheat products whatever except a very small amount for cooking purposes, and are doing so in perfect health and satisfaction. There is no reason why all of the American people who are able to cook in their own households cannot subsist perfectly well with the use of less wheat products than the one and one-half pounds a week allowed. We specially ask the well-to-do households in the country to follow this additional programme so that we may provide the necessary marginal supplies for those parts of the community less able to adapt themselves to so large a proportion of substitutes and in order that we shall be able to make the wheat exports that are absolutely demanded of us to maintain the civil population and soldiers of the Allies and our own army.

"With the arrival of the new harvest we should be able to relax such restrictions, but until then we ask for the necessary patience, sacrifice, and co-operation of the distribution trades and public."

BE NO SLACKER; BE A BACKER

In the Twilight Zone of War Financing.

FOR THE NEED FOR PROTECTION IS GREATEST WHEN EVENING APPROACHES AND THE WORKER TENDS TO REST.

(By John W. Kelly)

Upon a time there was a farmer whose sheep were threatened by coyotes, so he decided to protect them at night with a high, tight fence. All day he labored and when evening approached it was almost, but not quite, completed.

The farmer was fagged, twilight was approaching and instead of nailing up the remaining boards he drove in the sheep and decided to take a chance. In the morning he discovered the ravages caused in the flock by the enemy marauders; the fence he had built for protection was no protection, because when twilight came he failed to finish it.

Don't permit your patriotism to succumb to the twilight zone! In the twilight there is a slacking of industry, a tendency to take things indifferently—to loaf.

Having performed a good day's work, twilight finds a man tired of the heat and the burdens, ready to rest and congratulate himself on his accomplishments.

The Third Liberty Loan is in the twilight zone of war financing. Twice have the people of Oregon labored indefatigably and accomplished a great work in over-subscribing the state's allotment.

Now comes the real test—now is to disclose whether they still have the vigor and patriotic strength heretofore displayed.

It remains to be seen whether they will consider their duty performed and are content to slacken, to take things indifferently, to loaf on the job of patriotism.

After a day in the fields it requires spunk and pluck to tackle additional work in the twilight. The man who determines to press the labor a little further—to make a real finish to the day's stunt, is doing something for himself. And so is it with those who have helped in the previous bond flotations. There is a bit more to do before turning in; a little more exertion and patience and drain on the resources.

But if patriotism is not lulled into indifference of the twilight, the fence of protection will be completed.

Take no chances. Every bond is a board in the fence to keep out the Hun coyotes.

Report, but don't repeat. Help in Germany's defeat.

Potatoes for Patriotism.

By eating potatoes instead of wheat the people of the United States can help win the war. We have not enough wheat for the Allies and ourselves. We have an abundance of potatoes. Wheat flour is a concentrated food and therefore good for shipping; potatoes are bulky and are consequently not suited for limited shipping space, nor are the Allies so short of potatoes as of wheat. Next to cereals, potatoes have been in this country the mainstay of starchy food, which supplies energy.

The more potatoes we eat, the less wheat we need. A medium-sized potato, weighing about 3½ ounces, supplies about as much starch as two small slices of wheat bread one-half inch thick. In other respects also, the potato measures up well with wheat bread and even has the advantage over it in supplying certain salts which the body needs to counteract the acidity resulting from the use of such foods as cereals, meat and eggs. By exercising her ingenuity the housewife can prepare potatoes in many different attractive ways, thus increasing their proportion in the family diet and conserving wheat and other staples needed for shipment abroad.

An important use of potatoes, also, is in the mixing of breads, in which washed potatoes up to fully ten per cent may be used without detracting from its appearance or taste; in fact, many persons hold that potatoes properly mixed in bread, improves both appearance and flavor.

FOOD ADMINISTRATION FACTS

One ounce less of meat each day for everyone means a saving of 4,400,000 meat animals a year. Save your ounce. The sacrifice is small, but the result for your country is large.

1,185,000 tons of sugar will be saved the first year if each of us uses one ounce less each day. This will keep sugar plentiful and cheap.

The Allies are all in the same boat, a long way from shore and on limited rations—and Uncle Sam is running the relief ship. It's up to us to save the cargo.

Reduction, Production—the 1918 watchwords.

Food will win the war. Save it. Produce it.

If you run your household on three pounds of sugar a month per person, when fall comes the grocer won't have to hang up the sign "No Sugar."



Give Your Little Ones An Interest in the Future

They are your hold on the future, and America is fighting to make their future safe. They are too little to realize this now—but some day must learn to reverence the traditions of America, the ideals of America, the great cause for which the men of their father's day gave their lives.

Be ready then to put in their

hands bonds of their government. They will be for them inspiring evidence that their fathers planned sacrificed and invested for their sons' future. Liberty Bonds will mean more to them than money. They will make them proud of the fathers who in America's day of great need proved themselves true American patriots.

Invest in Liberty Bonds for Your Little Ones

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Judge George W. Stapleton, candidate for the Republican nomination for Circuit Judge, Department No. 4, to succeed himself.

Judge Stapleton began the practice of his profession at Goldendale, Wash., in 1886. In 1890 he moved to Vancouver, Wash., and practiced law until 1898, in which year he moved to Portland where he has been following his profession until 1917, when he was appointed to the bench by Governor Withycomb, left vacant by Judge Davis, who resigned to enter the army. Judge Stapleton has served as mayor of Goldendale, Vancouver and Gresham. His career as a public officer has been clean and above reproach.—Paid Adv.

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