

Should Get Busy

No state in the Union is better equipped for wood shipbuilding than Oregon. She has the natural resources, easy of assembly at tidewater points; she has yards already in operation and others can be quickly provided. If given the opportunity, this state could give the nation a demonstration of record wood ship construction. Her neighbor, Washington, though probably equally equipped with timber resources, could not hope to surpass Oregon in wood ship production. Yet Washington, at the present time, is leading Oregon in this industry, as it is in many other lines relating to Government activities. This is not stated in any feeling of envy. The point is that Oregon is neglected, and there must be a reason. I shall try to indicate it.

I have learned that there is a well fixed idea in the minds of the Shipping Board that "it is physically impossible for Oregon and Washington to cut lumber fast enough to meet the orders of the shippers." To the people of Oregon, knowing the state's natural resources and milling capacity, such an idea is ridiculous. But there it is, in the Shipping Board's noodle. It seems to me that it was essentially the business, yes, the duty, of the Oregon Congressional delegation to counteract this impression. Have they done so, or tried to do so? If so, nobody has noticed it.

Passing up the recent discussion in the Shipping Board respecting the merits of wood ships as compared with steel ships, the fact stands out that when the Board finally decided on a wood ship building program, Washington was given nominal recognition, Oregon was comparatively slighted and the bulk of the contracts went to Atlantic coast yards. It developed that the latter could not obtain on the Atlantic seaboard or in the south sufficient lumber to fill their contracts, hence a call was made for lumber from Oregon and Washington necessitating an expensive haul and long delay over the trans-continental railroads.

Isn't it a fact that Oregon yards could have had the keels laid for most of this fleet and the work of construction well under way in the time required for such transportation of lumber eastward? I think I am safe in answering yes. And, since time is of the essence of the Government's war shipbuilding program, would it not have been a highly patriotic service for the Oregon Congressional delegation to have laid down on the Shipping Board and presented Oregon's advantages? Did they do so? Again, I say, if they did, nobody has noticed it. If they did, where are the results? I ask, why are the members of our delegation sitting around, letting Oregon shippers go unnoticed when they are not only ready and capable, but anxious to take on contracts, and still more contracts? Have the representatives of Oregon in Congress any idea of the number of ships we are building for the Government, or how many more we could build if given the chance?

Does the Oregon delegation understand the Government's needs for tonnage, and its inability to have ships built as fast as needed back on the Atlantic coast? If so, why did not this delegation make a dusty path between its offices and the offices of the Shipping Board, eternally boosting Oregon's shipyards and insisting that they be given more work? The Washington delegation kept the trail hot, and that's why they got results; but there is manifestly a difference between the Washington delegation and the Oregon delegation. After all, it's the ability of a Congressional delegation to grasp what its state needs and get those needs properly before the right authorities that counts. In the wood ship building program the Oregon delegation has fallen down; in fact, it never functioned.—F. C. Harley, Mayor of Astoria.

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The readers of this paper will be pleased to learn that there is at least one remedy known to cure all the various forms of Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the cause of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

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FACE the FACTS

LET us face the facts. The war situation is critical. Unless the Allies fight as they never yet have fought, defeat threatens. Hungry men cannot fight at their best; nor hungry nations. France, England, and Italy are going hungry unless we feed them.

Wheat Savings—They must have wheat. It is the best food to fight on. It is the easiest to ship. We alone can spare it to them. By saving just a little—less than a quarter of what we ate last year—we can support those who are fighting our battles. And we can do it without stinting ourselves. We have only to substitute another food just as good.

The Corn of Plenty—Corn is that food. There's a surplus of it. Providence has been generous in the hour of our need. It has given us corn in such bounty as was never known before. Tons of corn. Trainloads of corn. Five hundred million bushels over and above our regular needs. All we have to do is to learn to appreciate it. Was ever patriotic duty made so easy? And so clear?

America's Own Food—Corn! It is the true American food. The Indians, hardest of races, lived on it. Our forefathers adopted the diet and conquered a continent. For a great section of our country it has long been the staff of life. How well the South fought on it, history tells. Now it can help America win a world war.

Learn Something—Corn! It isn't one food. It's a dozen. It's a cereal. It's a vegetable. It's a bread. It's a dessert. It's nutritious; more food value in it, dollar for dollar, than meat or eggs or most other vegetables. It's good to eat; how good you don't know until you've had corn-bread properly cooked. Best of all, it's plentiful and it's patriotic.

Corn's Infinite Variety—How much do you know about corn? About how good it is? About the many delicious ways of cooking it? And what you miss by not knowing more about it? Here are a few of its uses:

There are at least fifty ways to use corn meal to make good dishes for dinner, supper, lunch or breakfast. Here are some suggestions:

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| HOT BREADS | DESSERTS |
| Boston brown bread. | Corn-meal molasses cake. |
| Hoecake. | Apple corn bread. |
| Muffins. | Dumplings. |
| Biscuits. | Gingerbread. |
| Griddle cakes. | Fruit gems. |
| Waffles. | |

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| HEARTY DISHES | |
| Corn-meal croquettes. | Corn-meal fish balls. |
| Meat and corn-meal dumplings. | |

Italian polenta. Tamales.
The recipes are in Farmers' Bulletin 565, "Corn Meal as a Food and Ways of Using It," free from the Department of Agriculture.

WHEATLESS BISCUITS. DELICIOUS CORN MUFFINS.



Parched cornmeal is the feature of these excellent wheatless biscuits. First, the cornmeal—one-half a cup—goes in a shallow pan placed in the oven and stirred frequently until it is a delicate brown. The other ingredients are a teaspoon of salt, a cup of peanut butter and one and a half cups of water. Mix the peanut butter, water and salt and heat. While this mixture is hot stir in the meal which should also be hot. Beat thoroughly. The dough should be of such consistency that it can be dropped from a spoon. Bake in small cakes in an ungreased pan. This makes 10 biscuits, each of which contains one-sixth of an ounce of protein.



Here's an old fashioned recipe for corn muffins that has recently been revived and used with unusual success in several of the larger New York hotels. To make three and a half dozen muffins take one quart milk, six ounces butter substitute, twelve ounces of light syrup or honey, four eggs, pinch of salt, two ounces baking powder, one and a half pounds cornmeal and one and a half pounds rye flour. The butter and syrup should be thoroughly mixed; then add the eggs gradually. Pour in the milk and add the rye flour mixed with cornmeal and baking powder.

save

1-wheat
use more corn

2-meat
use more fish & beans

3-fats
use just enough

4-sugar
use syrups

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REVIEW'S LEGAL BLANKS

The following list of legal blanks are kept for sale at this office and others will be added as the demand arises:

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