

# Comparative Digestibility of Food

Made with different Baking Powders

From a Series of Elaborate Chemical Tests:

An equal quantity of bread (biscuit) was made with each of three different kinds of baking powder—cream of tartar, phosphate, and alum—and submitted separately to the action of the digestive fluid, each for the same length of time.

The relative percentage of the food digested is shown as follows:

Bread made with Royal Cream of Tartar Powder:

100 Per Cent. Digested

Bread made with phosphate powder:

68 1/4 Per Cent. Digested

Bread made with alum powder:

67 3/4 Per Cent. Digested

These tests, which are absolutely reliable and unprejudiced, make plain a fact of great importance to everyone: Food raised with Royal, a cream of tartar Baking Powder, is shown to be entirely digestible, while the alum and phosphate powders are found to largely retard the digestion of the food made from them.

Undigested food is not only wasted food, but it is the source of very many bodily ailments.

## Correspondence

BARRETT

The lectures given under the auspices of the West Side Improvement Club were very well attended and many helpful things were learned.

Leonard Armstrong, who is in Portland engaged in the motor truck business, was up over the week end looking over his ranch.

G. H. Robbins was a business visitor in Oregon City last week.

J. C. Emmel of Portland expects to spend some time with his daughter, Mrs. W. E. Caulier.

Mr. Dix of Lentz, who has purchased the McCabe property on Jerico Lane, was here a few days. He expects to move his family here the first of the month.

Mrs. George Forbes of White Salmon and Mrs. C. C. Emmel of Shoals, Oregon, were guests at the Caulier home over Sunday.

Valley Christian Church—Regular services next Sunday. The series of meetings closed Friday evening. We are sure much good was done by them. Ladies' Aid meets at the home of Mrs. Kreig Thursday.

### PINE GROVE

Mr. and Mrs. Jerome Wells went to Portland Saturday.

Miss Anna Godbersen spent the week end with the home folks at Mosler.

Mr. and Mrs. J. O. Mark left last week for British Columbia to visit Mrs. Marks' sister, Mrs. Richardson.

Percy Hock returned from Spokane the last of the week.

Sunday afternoon the song service of the Sunflower Class was held at the home of Mr. and Mrs. George Wells.

Henry Lage spent Sunday in Portland.

Ed Hawkes and daughter Helen are visiting in Eugene.

Born to Mr. and Mrs. Alphonse Mohr Tuesday, February 18, a seven-pound daughter.

Arthur Hale returned Tuesday from Winlock, Wash., where he was called by the last illness and death of his father.

Mrs. Dick Lester and children left for Beaverton Saturday to visit her brother and his family.

The Pine Grove boys who were working on the White Salmon dam have returned home, the work at that place being near completion.

Mrs. August Kellar of Portland spent the past week with her sister, Mrs. Hans Lage in Pine Grove.

The sick of our neighborhood Mrs. M. Hill, Mrs. Wm. Starrett, Mr. and Mrs. George Wells and Elmer

Wells are all improving, also others who have had minor ailments such as la grippe, etc.

The Wells met with a severe loss last Thursday night when one of their team of fast driving horses died.

Mrs. Sam Campbell entertained the membership of the Club last Wednesday afternoon. It is needless to say all who attended had a good time.

George Winchell had a narrow escape this last week. While working with the spraying machine gasoline got on his clothing and he afterward went into the blacksmith shop where a spark from the forge set his clothes on fire. Only quick wit and action on his part saved him from being severely if not fatally burned.

The repairs on the grade between here and town is causing much inconvenience to the people of this community. The mail carrier is forced to come out by the way of the West Side thus missing a number of the patrons while the roads are too bad to go to town for the mail. We are looking forward to brighter days in the near future.

The members of Miss Zoe Newman's Sunday School Class spent Tuesday evening helping her spend part of her 15th birthday merrily. Miss Zoe knew nothing of their intentions until on returning home from her sister's about eight o'clock she walked into a room full of young people. She enjoyed the evening just the same.

After returning from the class meeting last Tuesday evening and while telling what had been accomplished, the door opened and very much to her surprise Miss Anna Godbersen discovered that about 26 members had followed her home and entered without an invitation. She was not allowed to forget that she had passed another milestone in life's journey and the Sunflowers were present to help start her on another year with good wishes. She was unable to remember the many milestones she had passed, but promised to write home to her mother and ask. The class presented her with a Waterman fountain pen with which to write the letter, also to keep our minutes as she is the worthy secretary of the Sunflower Class. A very merry evening was closed by a bountiful repast furnished by the girls of the class.

### CENTRAL VALE

Miss Ruth Clark visited Saturday at the Sheppard home.

Miss Palma Hagen, who has been spending the winter in Portland has returned.

Miss Bessie Cameron has been on the sick list for some time. Miss Della is taking her place as central.

The Boies children of Odell spent Sunday with the Cameron children. Remember "A Case of Suspension" at the school house Thursday, Febru-

## DOESN'T WANT UNCLE SAM TO BUILD ROADS

Editor, the News: Senator Bourne wants to know what the people of Oregon think about Federal aid in the construction of roads according to an article in the News of February 12. If you will accord me a little space, I for one, will tell you what I think about the road situation so far as the National Government is concerned: In the first place I am not in favor of the government's going into the road building business. It undertakes to do too many things now that should be done by local finance, too many things that are purely state matters and altogether too many things that are merely political agencies for keeping people in line with the public aspirations of Congressmen. In other words, the country is now being taxed unreasonably for the simple purpose of protecting the official careers of many of our congressmen. If any systems of doling out money by appropriation for the purpose of promoting state or county or congressional district highways is begun, we would get a species of graft and political robbery started which has never been equalled in the history of our country.

You ask how? Are not our congressmen now scouring passage of bills for all sorts of local expenditure for the sole purpose of promoting their interests with their constituents? Are the constituents not flooding the mails continually with demands upon their congressmen for assistance or virtually its equal? Should we be so unfortunate as to have congressional action favoring the expenditure of government funds on the public roads of the country in any but a very limited manner, the demand would be out of proportion to the needs of the country and the fate of our congressmen would still further embarrass these officials in the performance of their legitimate duties.

A FARMER.

### PIANO RECITAL ENJOYED

Pupils of Miss Carlisle Make Creditable Showing All from Memory

The junior piano pupils of Miss Carlisle's class gave a most pleasing recital on Saturday afternoon at Mrs. Chipping's. The program, excepting duets, was given entirely from memory which is an unusual accomplishment considering the age of the pupils. Those who attended the recitals last year noted a remarkable improvement in the playing, which, showed as before, careful technical training and interpretation. The advanced pupils will play in March.

The Saturday program was rendered by the following: Beryl Clarke, Florence Castner, Lena Crum, Marian Butler, Marjorie Campbell, Newton Clarke, Alpha Shrum, Ila Nichols and Anna Mae Chipping.

### TO TELEPHONE PATRONS

(Continued from page 1)

- 5714—Stranahan, John
- 3641—Woodard, L. A.
- 2413—Young, E. J., Residence
- Telephones Removed
- Odell 14X—Apple Land & Ore. Co.
- 5786—Auhagen, William
- Odell 57—Barnett, William
- 5772—Beal, C. D.
- 5694—Beebe, C. Phillip
- 5651—Blaylock, P. A.
- 5709—Bower, S. A.
- 1601—Coons, C. E.
- 3564—Davidson, Arthur
- 3111—Edwards, G. Y. & Co.
- 5756—Gandy, C. E.
- 5713—Hay, E. S.
- 2424—Hayward, J. E.
- 5948—King, W. J.
- 5926—LaMar, B. W.
- 3603—Lamb, Miss M. B.
- Odell 158—May, Henry
- 5241—Miller, L. S.
- 3271—Phillips, J. C.
- 5562—Pregge, Herman
- 3251—Shrum, W. H.
- 2002—Skinner, J. C.
- 5236—Sprout, C. H.
- 5658—Thomas, Earl
- 2733—Thomas, Roy
- Odell 6X1—Warden, O. L.
- 5568—Wedemeyer, O. T.
- Odell 6X1—Weygandt, Mark
- 5884—Davidson & Hill

### New Telephones

- 5562—Beale, H. R.
- 3244—Berglund, C. A. L.
- 5772—Bywater, J. H.
- 5763—Crapper, Mrs. Ida
- 2194—Danforth, R. S.
- Odell 38—Dimmick, J. H.
- 5829—Evans, N. C., Ranch
- 2733—Frey, Mrs. G. R.
- 5694—Grant, H. M.
- 3271—Haines, J. C.
- 5148—H. R. Apple Growers Union
- 5903—Imholz, W. E.
- 2163—King, W. T.
- 2871—Koberg, J. H.
- Odell 158—Kuntz, Charles
- Odell 287—Masiker, R. G.
- 5236—Malloy, J. E.
- 5883—Margulis, W.
- 5651—McFarland, Carroll A.
- 5658—Metcalf, Will
- 5136—Reed, C. A.
- 3122—Reed, C. M.
- 1752—Reynolds, Alta M.
- 3111—Roberts & Simms
- 3603—Smith, Ila F.
- Odell 56—Stanton, F. H.
- 3272—Waggener, Jr., Jas., Res.
- 5926—Wildin, J. F.
- 3644—Fredericks' Rooming House
- 5884—Davidson, William
- 2421—Price, F.

Wages in Japan have risen 50 per cent in ten years and the cost of living has jumped 33 per cent.

Under-consumption and not over-production of quality apples is a more correct way to express it.

About one-tenth of the electric lamps made in the United States every year are used for advertising signs.



## Has Made Its Way By the Way It's Made

WHEN we began marketing the International Commercial Car six years ago the one idea uppermost was to sell a useful car. That meant—a car for country roads, that would safely carry a reasonable load, always get there and back, and last long enough to be very profitable.

Some of those first cars are still doing an honest day's work every day. All of them paid for themselves. None of them was so efficient as the car we sell today. Now is the time to buy an

## International Commercial Car

For the merchant engaged in any business requiring much light hauling, or prompt deliveries; for the business man who wishes to extend his territory; for the man who wants to cut down delivery expenses and at the same time be progressive and up-to-date, an International Commercial Car is a good investment.

Simple, sure, powerful, it climbs hills, goes through mud-holes and sandy stretches, anywhere a team can travel at any speed from 3 to 18 miles an hour. Transmission is simple and direct. Brakes are powerful. Bearings are strong. A single lever controls the car. Write for catalogues and any information desired.

International Harvester Company of America  
(Incorporated)  
Portland Ore.

J. C. Wagner of Denver has combined raspberries and strawberries in a new fruit to be called rasp-strawberries.

Two new British battleships will be fitted with anti rolling tanks, the first war craft so equipped.

The News for fine printing.

Christian Science  
Christian Science services are held in the Reading Room, Room 2, Davidson Building, Sunday at 11 a. m. Subject, "Jesus Christ." Sunday School at 10 a. m. Wednesday meeting at 8 p. m. The reading room is open daily from 2 to 5 p. m.

Read the News—it tells it all.

## SPRING'S COMING. ARE YOU READY?

WHEN Spring work starts, as it soon will, you should be prepared. This means that all your implements, wagons and machines should be in perfect repair. Look them over NOW and if you find anything that needs repairing bring it to us. We make a specialty of Repair Work.

## GRUBBING TOOLS of All Kinds on Hand

We have not let the grass grow under our feet during the winter months, but have been engaged in manufacturing a complete line of Grubbing and Land Clearing Implements. You can find here whatever you may need in this line and of the best, most substantial workmanship.

WAGON PARTS REPLACED—If you have a broken shaft, pole or any other part of your wagon, don't throw it away. Bring it here and we will make it as good as new for half the price.

## W. G. SNOW

POWER BLACKSMITH AND WAGON SHOP

Phone 2611 Third Street, North of Cascade Ave.

## Power Sprayers

...and...

## Spray Pumps

Before buying any Power Sprayers or Spray Pumps investigate the H. L. Hurst machines and pumps. These machines are the most durable and protected by the best guarantee offered on the market. The entire machine is made on simple lines, is of easy draught, and the price is the lowest asked for power sprayers.

## THE H. L. HURST MFG. CO.

KELLY BROS. AGENTS.  
Phone 4443 Fourth st. bet. Oak & State

## Special Demonstration

We wish to announce that we have secured an able demonstrator to show the housewives of Hood River a number of new and appetizing ways to prepare the Famous "Otter Brand Clams" She will be at our store three days, beginning Monday, March 3rd EVERYONE IS INVITED

## WOOD'S Grocery

J. M. WOOD, Proprietor  
"The Best Things to Eat"  
PHONE 1221 FREE DELIVERY

## White River Flour

Made from Oregon's Finest Wheat by Oregon's Finest Mill.

Now at Your Grocer's

## Play Ball!

What vacant lot but had its full quota of budding Wagners, Cobbs or Greggs last Sunday. It's time! Buy a new hat to throw at the "Ump."

## A. J. REACH

## A. G. SPAULDING

- Base Balls
- Mitts
- Gloves
- Masks
- Bats
- Shoes

## Wright & Ditson

- Tennis Nets
- Rackets
- Balls
- Markers
- Shoes

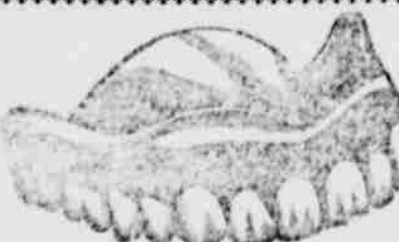
## Next Best Fun

The Garden Use only "Seeds that Grow"...

## Burpee's Lilly's

As usual, you'll find a complete stock at...

## FRANZ



## Dr. M. A. Jones DENTIST

Formerly of Hood River, is now located at 245 1-2 Washington St., Portland, Ore.  
M. S. DENTAL COMPANY