## ARMIES OF BRITISH EMPIRE GET MANY RECRUITS FROM NORTHWEST THROUGH ACTIVITIES OF PORTLAND OFFICE

More Than 500 British Subjects Handled in This City by Lieutenants Simpson and Burnet; All Britishers Between 20 and 40 Years Soon to Be Drafted, but Volunteers Still Are Accepted.



Signing Up Men for Overseas at Third and Oak. Insert, at Left-Lientenant J. L. Simpson, in Charge. Right-Lieutenant J. R. Burnet.

VEN before the United States en- fice, and for the six months that the up and wishes to know which is the area in the South of England from Sep-

YOUR SICK CHILD

Hurry, Mother! Remove Poisons

from Little Stomach, Liver,

Bowels.

Give "California Syrup of Figs"

if Cross, Bilious or Feverish.

No matter what alls your child, a

gentle, thorough laxative should al-

naturally-look, Mother | see if tongue is coated. This is a sure sign that it's

little stomach, liver and bowels are

bad or has stomach .che, diarrhoes.

sore throat, full of cold, give a tea-

spoonfu' of "California Syrup of Figs. and in a few hours all the constipated and poison, undigested food and sour bile Eringently. Inoves out of its little bowels tor.

clogged with waste. When cross, irri-tage, asserish, stomach sour, breath truly Irish manner. His tribute to Lin-

ways be the first treatment given. If your little one is out-of-sorts, half-sick, isn't resting, eating and acting

Rev. R. A. Hutchinson, of Sutherlin,

Pleases Large Audience.

silk service flag was unfurled in honor of the 35 members of the church who

Father of Ten Dies at Huber, BEAVERTON, Or., Feb. 23,-(Spe-

Event the War the need for more and still more men to fill the ranks of the British army was apparent to the military authorities of the British accountry and still more men to fill the ranks of the British army was apparent to the military authorities of the British government, and soon after the commencement of recruits of the British government, and soon after the resident Wilson's memorable declarations with Germany, the British authorities applied for and were readily granted perpised for any were recruited for the ware many of these men are now on the burning States and British and Canadian any of these men are now on the British and Canadian Recruiting Mission to the United States, he made as to be a perpised for the perital perpised for the perital per Figure 1 of the control of the contr

Clyde, formerly of Parkplace, Clackamas County, was brought to Oregon City last night from Pasadema, where the funeral services were held and interment made today in the family lot in Mountain View Cemetery.

Mr. Clyde died at Pasadena last Saturday. He was born at Greenville, Pa., May 24, 1841. In July, 1861, he and his brother, H. S. Clyde, now of Oregon City, enlisted in Company D, Eighth lowa Infantry. He served during the entire war. He made his home at White Salmon, Wash., for a number of years, later moving to Parkplace, where he resided with his family until moving to Pasadena. He was master of the Abernethy Grange, commander of Meade Post, No. 2, Grand Army of the Republic, and member of Multnomah Lodge, No. 1, of this city.

He is survived by his widow, three sons, Charles Clyde, of Pasadena; Bertren Clyde, of Seliwood; Frank Clyde, of Riverside; two daughters, Mrs. Joseph de Le Deaux, of Gladstone, and Mrs. Mary Betzold, of Clympia, Wash.

Sagar-363G= IRISH PASTOR ELOQUENT SUTHERLIN, Or., Feb. 23.—(Special.)
—At the Methodist Church at Sutherlin on last Sunday evening the pastor, Rev. R. A. Hutchinson, preached an eloquent sermon on "Lincoln, the Superlative American." Mr. Hutchinson has only been in America three years, coming here from Ireland. He treated the subject in a coin, his definition of Americaniam and his comment on the attitude of the hy-phenated citizen enthused a large audience and gained for this son of Erin an enviable reputation as an ora-At the close of the service a beautiful

dren of all ages and for grown-ups printed on each bottle.

Beware of counterfelt fig syrups. Ask your druggist for a bottle of "California Syrup of Figs"; then see that it is made by the "California Fig Syrup Company."—Adv.

How to Save Sugar. Housewives' Conservation Campaign in Portland Accomplishing Much.

Hints and Recipes Show

THE housewives of the city are do-

I ing their individual shares in carrying out the rules of conservation and are putting into practice the recipes which are given to them at the differ-ent meetings held during the week as a part of the housewives' campaign.

This week hints on the conservation
of sugar are given and some recipes for the preparation of sugar-conserving Food value Sugar gives heat and ener-

Food value—Sugar gives heat and egy. Sugar is a concentrated food white quickly assimilated and therefore is available to the body. We use largely flavor—psychological. Excessive use sweets overtaxes digestive organs, tendi corpulency, and spoils the appetite for highly-flavored but equally nutritious fine last is especially true with children. Consumption—Americans consume our case of surar per favores of surar per favores. The last is especially true with children. Consumption — Americans consumption is ample. Food Administration asks us to limit our consumption to three pounds per month. The amount needed depends upon activity and other foods consumed.

Way to conserve—Train family to use little or no sugar on the breakfast cereal. Pruits eaten with cereal or dried fruits, raislans, dates, figs, etc., cooked with it will make the use of sugar unnecessary. Cereals require less sugar if well cooked and carefully salted. Reduce the use of soft drinks. Limit the use of sugar in tea or coffee. Use recipes calling for small amounts of sugar-courage the use of candly between meals. Use no loing on cakes. Use syrupa, as corn syrup, molasses, sorghum, honey, whenever possible. Use more fruits, both fresh and dried, to give the desired sweet flavor to diet.

Substitutions in cooking—When sugar is

dried, to give the desired sweet flavor to diet.

Substitutions in cooking—When sugar is replaced by syrups a slight reduction in liquid is necessary. Soda (about % teaspoon) is added when honey or syrup is used in places of sugar.

Cake—One-quarter cup fat, 1 cup sugar (corn syrup), 2 eggs, % cup milk, 1% cups flour (barley), 2 teaspoons baking powder. Combined this kind lends itself to many substitutions.

War cake—One cup brown sugar, 1 cup water, 2 cups seeded raisins, one-third cup hardened vegetable fat, & teaspoon nutmes, a simple cake of this kind lends itself to many substitutions.

War cake—One cup brown sugar, 1 cup water, 2 cups seeded raisins, one-third cup hardened vegetable fat, & teaspoon nutmes, a tenspoon cloves, as it, 1 teaspoon soda, 2 cups flour (½ barley), 1 teaspoon soda, 2 cups flour (½ barley), 1 teaspoon baking powder. Combine the first eight ingredients and boil for 3 minutes. When cool add the last three in-day Night, Pebruary 27.

chinery here. They have previously been located in the lumber business at to commence to cut about April 1. The Dorris, Cal. The mill will be installed east of Dairy and several miles north 20,000 feet a day.



Clams are almost an essential food, and in "Pioneer Minced Sea Clams" they are served to the most fastidious appetite in the most delicious form. They seem actually to impart the subtle essences of the sea-the original flavor is fully preserved, and when you open a can of "Pioneer" the very oceanside seems to come with it! There is nothing to compare with this fine sea food, enjoyed by child or adult, providing for the body elements excellent for

# Why Superior? Try a Can of "Pioneer" and Be Convinced!

Minced Clam Salad

Can of "Pioneer" Minced Sea Clams (medium)
Rolled crackers (enough to thicken salad)
Cupful of cream
Eggs
Teacupful of vinegar
Teacupful of butter
Tablespoonfuls of mustard
Salt and pepper

Drain the juice from the Clams and put in stew pan. Add the cream, crackers, eggs, butter, sait and pepper, and when this is hot add the vinegar, mustard and Clams. Mix well and serve on let-tuce leaves. A dressing of mayonnaise may be served with this salad if desired.

Sample Can Mailed for 20c in Stamps RECIPE BOOK FREE

THREE SIZES

No. 1/2 Flats......15c No. 1 Talls ...... 20c No. 2 Talls ...... 30c

Ask Your Grocer Insist on "PIONEER"

Sea Beach Packing Works Aberdeen, Wash.

are now unloading their ma

# Train Your Stomach To Eat Heartily Plain Food Is the Rule Today, but

Is Heavy for Many Stomachs. Stuart's Dyspepsia Tablets Will Digest Anything.



Than to !

Picket At.

People who nibble at food can recall the time when they ate heartily of anything they liked. There was no dyspepsia then, no stomach trouble, because there was a plentiful supply of digestive juices. You can bring back the good old times if you follow each meal with Stuart's Dyspepsia Tablets. No more sour stomach, water brash heartburn, gas, rumblings, bad breath, coated tongue and dead, dull, stupid feeling.

Sit down to your next meal and eat heartily. Enjoy your food in peace. Let your appetite have full play. When

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Any one desiring a copy of this book on tobacco habit, smoking and chewing, can get it free, postpaid, by writing to Edward I. Woods, 12 N, Station E. New York City. You will be surprised and pleased Look for quieter nerves, stronger heart, better digestion, improved eyesight, increased vigor, longer life and other advantages if you quit polsoning yourself.—Acc.

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