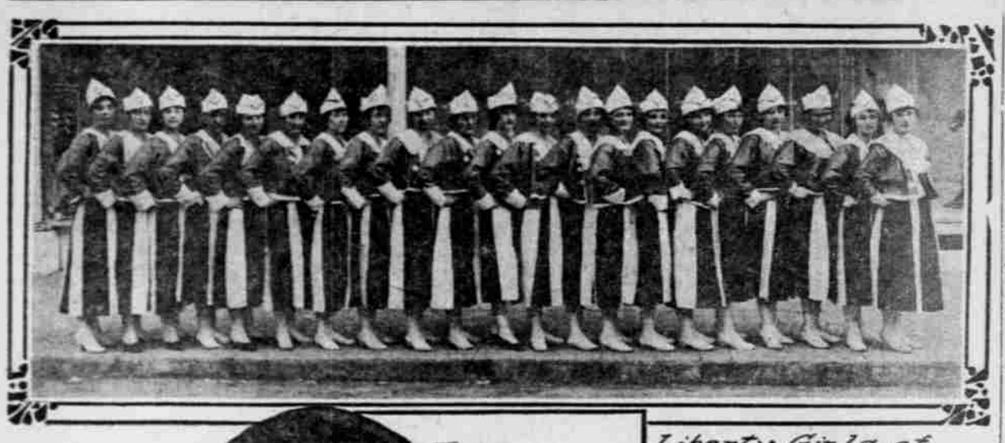
WOMEN'S PATRIOTIC SERVICE

BY EDITH KNIGHT HOLMES.



Liberty Girls of McMinnville Who Assisted in Liberty Loan

Miss Elizabeth Creadick (Crove Photo)

BEGINNING with President Wilson, the leading men of the United States have indorsed the celebration of Children's year. In Oregon the Oregon Congress of Mothers and Parent-Teacher Associations, of which Mrs. Frederick Schilke is president, the work of child welfare has been uppermost for years and Oregon is ahead of many of the states in this branch. The state branch of the Council of Defense, women's committee, is giving the matter thorough attention now. Governor Withycombe has at all times indorsed movements for the welfare of the children and now sends his formal indorsement of Children's year which the Oregon women will observe thoroughly.

Following is the Governor's message:

Because of the many problems of reconstruction which are certain to follow the termination of the world war and also on account of the increasing demands and responsibilities of citizenship it is now more important than ever before that emphasis be placed upon child welfare work. Upon the youth of America who are privileged to witness the history-making events of this stirring epoch, will devolve the duty of carrying forward to posterity the splendid precepts and lessons of National patriotism which are now being demonstrated.

Mindful of these responsibilities which rest upon Young America it is indeed a pleasure for me to indorse heartily the Children's year programme outlined by the children's bureau and woman's committee of the Council of National Defense. As we enter upon our second year in the war it is entirely fitting and proper that we increase our efforts to conserve the life and health of American children as far as possible and raise their educational, moral and working standards to the highest planes attainable.

Just as our European allies have found child welfare work imperative in relation to general war activity and preparedness, Americans are today obliged to face this movement as a necessary war issue. I am proud of the notable progress the state of Oregon has made in child welfare work and feel safe in predicting that Oregon may be depended upon to do its full share in carrying out the Children's year programme through the efficient organization which has this movement in hand.

(Signed.) JAMES WITHYCOMBE,
Governor.

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The Red Cross Auxiliary of the Portland Women's Social Science Club did good work for the month of April, having turned in to headquarters 24 sweaters, 20 pairs of socks, 3 dozen hospital bed shirts and 60 surgeons' caps. The Red Cross will meet as usual on Wednesday at Meier & Frank's store for an all-day session and would welcome new members.

"Primer" to Aid Women Liberty Loan Speakers.

Authentic Information Furnished for Those Who Intend to Help Fourth Drive.

To give those who wish to know about the woman's liberty loan committee an opportunity to have authentic information "in a nutshell," the National committee has issued a "primer" for the information of women speakers. As Portland women have organized permanently to help in the fourth loan and in other drives, they may be interested in some of these items.

The National woman's liberty loan committee is a committee of women appointed by the Secretary of the Treasury of the United States.

Its purpose is to help in the raising of money in the liberty loans, and to represent the women of the United States in the matter of money-raising.

The National woman's liberty loan committee has the power of creating an organization of women to deal with all matters connected with the liberty loans. It has the power of appointing state chairmen and Federal reserve chairmen, the power of apportioning expense money to these officers, the power of establishing advisory councils, and the power of initiating special campaigns for the furthering of women's interest in the loans.

Its officers are: Chairman, Mrs. W. G. McAdoo; vice-chairman, Mrs. Antoinette Funk; secretary, Mrs. George Bass; treasurer, Mrs. Frank A. Vanderlip.

Its offices are in the Treasury Department, Washington, D. C.

It is not auxiliary to any committee of men, but works directly under the Secretary of the Treasury in all matters concerned with liberty loans. There is no committee of men occupying the same relationship to the Treasury Department that is held by the National woman's liberty loan committee.

Following is the National woman's liberty loan committee: Mrs. William G. McAdoo, Mrs. Antoinette Funk, Mrs. George Bass, Mrs. Frank A. Vanderlip, Mrs. A. S. Baldwin, Mrs. Guilford Dudley, Mrs. Kellogg Fairbank, Mrs. George Thatcher Guernsey, Mrs. F. L. Higginson, Mrs. J. O. Miller, Miss Mary Synon and Mrs. Ella Flagg Young.

Mrs. Baldwin represents the Twelfth Federal reserve district, of which she is a part. She visited Portland before the third liberty loan. Mrs. William L. Wood is chairman for Multnomah County's permanent organization. Mrs. Dallas Bache is secretary. Mrs. Sarah A. Evans is state chairman.

"War Baby" Department Is Handling Big Work.

Woman's Co-operative League Auxiliary Turns Out Many Garments.

THE "war baby" department of the Women's Co-operative League Auxiliary is fast becoming one of the most interesting features of the work, and the supply of pretty and dainty little garments already assembled speaks louder than words the sympathy and mother-love that is felt for the unfortunate little ones.

Both donations and assistance would be greatly appreciated by Mrs. H. L. Mayhew, chairman of the department. Telephone East 6726.

Mrs. George Eiseman, chairman of the "comfort department," is planning a big "comfort day" in the near future. She will be glad to furnish blocks already cut and assembled to any one having a little time to help in this way. Telephone East 1550.

The regular weekly delivery of Red Cross work and knitted garments is maintaining the usual standard, both in quantity and quality of work.

A number of benefits by different members are being planned for the auxiliary.

Two benefit parties to be given in her pretty and attractive home are being arranged by Mrs. Charles Lee Boss.

A lecture and programme will be given by Mrs. Alice Weister on May 15.

Mrs. Charles Campbell will give a dancing party, besides others, which will be announced later.

The auxiliary sincerely regrets the loss of Mrs. T. C. Bloomer, who has left the city to make her home at Seaview, Or. Her sweet and unselfish spirit will be greatly missed.

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To be ready to work for the fourth liberty loan or in any other patriotic movement in which they may assist, either as a separate organization or in conjunction with the men, the Women's liberty loan committee of Multnomah County last week decided to form a permanent body.

The women met at the Library Monday afternoon, with Mrs. Dallas Bache, secretary, presiding in the absence of the chairman, Mrs. William L. Wood. A large number signed the cards pledging themselves to work as directed and many signified the special service they would render. These cards will be filed and indexed and the organization representing organizations, clubs, societies, foreign-speaking women, colored women and church women will be ready at short notice to take the field, fully prepared to work efficiently.

Reports given by Mrs. Bache and by many others showed that the women have sold a large amount of liberty bonds and that they had been helpful in spreading the doctrine of bond-buying.

Between now and the next issue the committee will do educational work teaching other women that there are many ways in which they can save to put the money into bonds.

On Saturday the women's committee assisted in providing the luncheon for the drafted men who will leave that day. At the invitation of Julius Meier, the committee promised sandwiches. Those who offered to help were the Council of Jewish Women, Gordon Granger and Sumner Relief Corps, Railroad Women's Club, Mrs. C. E. Sears, Vernon Parent-Teacher Association, Mrs. Gus C. Moser, of the First Christian Sisterhood; Psychology Club, Rebekah Columbia Lodge, Portland Women's Research Club and Woodstock Parent-Teacher Association. The Honor Guard Girls served. The Conservation League provided baked salmon and potatoes.

Among the reports of Monday were these as examples of the work in the third liberty loan: Hotel booths, $15,290; Lipman-Wolfe booth, $5250; Liberty Temple booth, $72,800; Armenians and Syrians over $10,000; First Congregation Churchwomen, through Mrs. E. N. House, 95 per cent of women bondholders; Mrs. W. E. Slater, of Gordon Granger Corps, $950; Fourth Church of Christ, Scientiest, $16,700.

Mrs. Charles E. Sears, who had charge of the foreign-speaking women's committee, reported splendid co-operation from all her assistants, among whom were: Swiss, Mrs. S. Traschel; French, Miss Beatrice Young; Armenian, Miss H. Cartozian; Syrian, Miss Anna Darowich; Scandinavian, Mrs. Charles Swenson, Miss Carrie Frost, Mrs. A. Johnson; Chinese, Mrs. Jew Sue and daughters; Japanese, M. Oyama; Spanish, Mrs. G. Pilkington; Italian, Mrs. M. Galluzo.

A Mexican girl, it was reported, who is earning $20 a month, bought a bond. This was an example of women's interest in the liberty loan. Mrs. C. C. Van Orsdall, Mrs. Harrie Hendee, Mrs. Louise Palmer Webber and several others spoke. All urged co-operation. Mrs. Sarah A. Evans, state chairman, told the women to keep on, as there is need for continued work even if Oregon is over the top.

Girls' Honor Guard Will Hold Conference.

Entire State to Be Represented at Annual Meeting.

The Girls' National Honor Guard will hold its second annual state conference on Saturday. Girls from all parts of the state will be present.

The luncheon at the Multnomah Hotel will be in the grotto and will be quite a charming affair. The business session will be in the afternoon. New state officers will be elected. Miss Ruth Plummer, city manager, and Miss Edna Minsinger, state secretary, are making the arrangements for the meeting. Miss Lucile Danforth, state manager, is going to Honolulu to be married in May and so a new officer will be chosen.

It is the desire of the leaders to have all Honor Guard girls doing some form of patriotic work. This past week they sold tickets for the big athletic entertainment at the Ice Hippodrome and on Saturday served the soldiers called in the draft with a luncheon at the Portland. They are busy knitting and doing other work and will extend their activities this Spring and Summer.

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All members attending the Social Service Club of the auxiliary to Batteries A and B, 147th Field Artillery, Friday at the residence of Mrs. O. Hollingsworth spent one of the most enjoyable afternoons since the club started and thank those who so generously donated the "treat." Monday evening it will be announced who will receive the large picture taken Friday afternoon at the club. It was the good luck of Mrs. C. M. Alden to receive the prize of a beautiful patriotic card, and on the inner page the verses of "The Star-Spangled Banner" for the largest number of the finished articles.

The club will meet with Mrs. E. F. Burch, 5443 Twentieth street North, next Friday afternoon.

All members and friends of the auxiliary who attend a "stocking social" at the residence of Mr. and Mrs. Walling, 235 Halsey street, Wednesday evening, May 1, will receive a small package and a note attached reading:

"This little sock we give to you is not for you to wear;
Please multiply your size by two, and place therein with care,
In pennies or in cents, just twice the number that you wear;
We hope it is immense. So if you wear a No. 10,
You owe us 20 cents—see? Which, dropped within the little sock,
Will fill our hearts with glee."

A good time is assured and a large attendance expected.

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Mrs. J. P. Van Orsdel, of Mabel, Or., was a visitor in Portland this past week. Mrs. Van Orsdel is a leader in the Red Cross auxiliary at Mabel. Although the place is small the workers do a large amount of splendid service for the cause. They hold entertainments and parties at which they raise substantial sums.

Mrs. Van Orsdel is the wife of the manager of the West Coast Lumber Company at Mabel. Mr. Van Orsdel was head of the liberty loan committee at Mabel, and although there are but 200 inhabitants in that place they subscribed $33,000 for the liberty loan. Every man in the company is a bond holder. The town, without a quota, won great honors.

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At a special assembly of Sunnyside School on Tuesday the officers of the thrift stamp division received buttons designating their various values.

Donald Depp, having $1000 to his credit, was made general for the ensuing month. Misses Marguerite East and Catherine Dilley took honors next in rank.

To date the pupils have sold $5180 worth of stamps, and their enthusiasm does not wane. While helping the Government they are learning thrift. Many have liberty bonds, and nearly all are making home gardens under the supervision of a garden committee.

Some are making hospital books, while others spend spare time in making gun-wipers for the soldiers. "Kaiser Bill might well fear the spirit of Young America, who is learning true democracy," say the teachers.

Miss Joyce, of the Agricultural College, gave a very interesting and instructive talk on conservation on Thursday afternoon.

The orchestra is doing good work.

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The United States Food Administration has issued the following suggestions for housewives who wish to save wheat, menus for six days, all without wheat, being given:

Breakfast.

Potatoes and barley muffins instead of toast.

Have hominy grits for the breakfast food and hashed brown potatoes and toasted barley muffins instead of any wheat products.

Have oatmeal for the breakfast food, then serve potatoes in some form instead of any sort of bread.

You haven't forgotten corn flakes have you? Then, too, some of those oatmeal biscuits might be toasted.

There's oatmeal for a breakfast food again. It's delicious with dates cooked with it. Cornmeal griddle cakes are the best kind made.

Plain boiled rice with every grain distinct makes a good breakfast cereal. Cornflour makes excellent muffins.

Lunch or Supper.

Thin corn bread instead of bread or toast.

Combine cornmeal with cheese and you will need no bread.

Serve plenty of potatoes and if a bread is desired try oatmeal biscuits. They have a delicious nutty flavor.

Those things that must be served "on a bread or a wafer" would be good on cornmeal spoon bread. If you need cookies, oatmeal makes splendid ones.

Baked potatoes for lunch. No bread.

If you've never tried left-over meat cooked with cornmeal mush, moulded, sliced and sauteed, you should find out about it. You need no bread when you have this.

Dinner.

Have plenty of potatoes. No bread. Make crust for pie with cornmeal.

Serve no bread, but have plenty of potatoes. Try a meat pie with a cornmeal crust. Have a cereal dessert, such as rice pudding.

Plenty of potatoes again and a cereal dessert, such as Indian pudding.

Make potatoes take the place of bread again and for dessert you might have tarts with oatmeal crust.

Potatoes again and how about a barley pudding?

Serve hominy as a vegetable with the fish and then as usual have plenty of potatoes. Oatmeal fruit meringue would be a good dessert.

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Polish people of Portland participated largely in a Red Cross benefit dance given by the Polish women's auxiliary of the Portland chapter, American Red Cross, April 20.

Thirty soldiers were guests of members. The proceeds were $54.50, which were presented by Mrs. M. A. Jagielski, chairman, to the treasurer of the Portland chapter. The auxiliary has had a brief but very successful existence.

Sorority Is Caring for 43 French War Orphans.

Alpha Chi Omega Alumnae Club Sews for Little Charges.

THE Alpha Chi Omega Alumnae Club will meet on Friday with Mrs. Joseph E. Withrow at the Portland Hotel.

This National sorority has adopted 43 French orphans.

The Oregon chapter meets once a month to sew for these destitute children. They have also organized themselves into a war savings society, with Mrs. H. Ward Hopkins as president and Mrs. Newell Wright, secretary.

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Willamette Red Cross unit of the Ockley Green School is doing good work. Mrs. J. W. Cady is chairman of the knitting department. Last month 38 pairs of socks and 18 sweaters were made. Two recent entertainments netted $100.

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On account of the liberty loan drive the auxiliary to Batteries A and B, 147th Field Artillery, omitted the regular monthly "benefit social" for the month of April, and will give a dance and card party at W. O. W. Hall, 112 East Sixth street, May 11. Men in uniforms free. Auxiliary meets every Monday, room 520 Courthouse, 8 P. M.

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The auxiliary to the 65th Coast Artillery is composed of relatives of members of said regiment without regard to the company to which they belong. It meets the second and fourth Mondays of each month at 8 P. M. in room 201 Courthouse. All relatives of men who are not members are asked to join the auxiliary.

First letters from the men are now reaching Portland and the reading at meetings is an enjoyable period.

The auxiliary will give a party at the Armory next Saturday night.

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The Red Cross unit of the Methodist Episcopal Church, Twelfth and Taylor streets, meets every Tuesday morning at 10 o'clock. Last week about 60 members attended and they turned out a large amount of work. Tuesday they will meet in the parlors of the church and all members are urged to attend.

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The Peninsula Park Lavender Club will give an entertainment Friday at Baker Hall, Albina street and Killingsworth avenue. The programme will be in charge of Mrs. Pearl Jones Lotspeich, of the Gillespie School of Expression. The proceeds go to the benefit of the Third Oregon, of which the club is an auxiliary.

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A special meeting of the Clinton Kelly Auxiliary No. 2 will be held Monday in the Clinton Kelly sewing-room. The work will consist of making dresses for the little French and Belgian children. The regular meeting will be held Tuesday, as usual. Coffee will be served and each member is requested to take a cup and spoon.

Jewish Women's Council to Give Programme.

Music and Address to Feature Final Meeting of Year.

THE annual meeting of the Council of Jewish Women will be held on Wednesday afternoon, May 1, at B'nai B'rith Hall at 2 o'clock. All council members are urgently asked to attend this, the last meeting of the year, and a large attendance is expected. Mrs. Julujus Durkheimer has arranged a most interesting and entertaining programme. The numbers are:

Vocal solo, "When the Boys Come Home," Dr. Stuart McGuire, Mrs. C. E. Stolte, accompanist; address, "Women and the World War," Mrs. Alexander Thompson.

Dr. McGuire has a beautiful, pleasing voice and it will be a rare treat to hear him. Mrs. Thompson's address promises to be of unusual interest, as she is an able speaker and was the only woman in the last Oregon Legislature. She is from The Dalles.

Following the programme, short reports will be read by several chairmen of committees.

The social hour is in charge of Mrs. A. Friedenrich.

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Auxiliary to Company C, 116th Engineers, will meet in all-day session Friday in room 520, Courthouse. Come early (prepared to sew) and bring your lunch. Remember our boys expect you to do your share. Don't be a slacker.

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McMINNVILLE, Or., April 27.—(Special.)—The Liberty Girls of McMinnville, a patriotic organization of which every citizen feels proud, by their songs and marching did much to make the third liberty loan drive a success. Their unique costumes made the girls an interesting feature at all the patriotic meetings in McMinnville and neighboring towns of the county.

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Probably the most important club event of the week in point of numbers and enthusiasm was the luncheon given by the Portland Woman's Research Club Thursday i the Multnomah Hotel. The club women sat at the table, each with a soldier lad as her guest. There were over 400 soldiers and a few more women, making 825 in all to be served. As usual, the resourcefulness of the hotel was put to the test, as but 500 reservations had been made. Mrs. Philip Gevurtz was general chairman and to her belongs the credit for planning a successful and inspiring patriotic gathering.

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Several young women of Portland are taking first aid and others are planning to take the special re-education course at Reed this Summer. Miss Elizabeth Creadick, of Portland, recently took a course as nurse's assistant. She will go to France to do practical service when the arrangements can be made. Miss Shirley Eastham is now in France. Many Portland girls are with Base Hospital 46 and with other branches of service.

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The 400 draft men who left Portland Saturday for Camp Lewis were honor guests at a big luncheon given Saturday in the main dining-room of Hotel Portland, the clubwomen of the city providing the good, homemade eatables and the Girls' Honor Guard serving. The entertainment of the departing men was in the hands of Julius L. Meier, and he had able assistants in a score or more of prominent club and parent-teacher women.

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Oregon Field Artillery Auxiliary to Batteries A and B will hold its regular meeting Tuesday at 8 P. M. at 520 Courthouse.

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Mrs. Helen Swanson, of East Forty-ninth street, was elected president of the new Red Cross organization formed in the neighborhood of Fiftieth and Division streets. Mrs. A. J. Stanley and Mrs. E. Graff are the other officers. The next meeting will be Thursday in a vacant store building at the corner of the streets named.

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Clubwomen of Oregon who are interested in the work of Dr. Esther Lovejoy will be interested in the article by Dr. Lovejoy in the General Federation Magazine, entitled "Relief Work in France." The headquarters of the magazine are now in Washington, D. C.

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The auxiliary to Company B, 162d Infantry, will meet Tuesday afternoon at 2:30 o'clock in room 520, Courthouse. Some interesting new business is to be considered and every member is urged to be present.

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Hawthorne-Avenue Red Cross unit will meet Wednesday afternoon with Mrs. R. N. Ball, 288 East Forty-sixth street. Anyone wishing to do Red Cross work is welcome.

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The Auxiliary of 363d Field Hospital Company will meet Monday evening in story-hour room at Central Library at 8 P. M. Members requested to attend.

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Company B, 116th Engineers, Auxiliary will meet Tuesday at 1:30 P. M. with Dr. Helen Crysler, president, 574 East Pine street.

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Monday afternoon at 2 o'clock the war auxiliaries' central committee will meet in room 201, Courthouse.

OREGON WOMEN URGED TO HELP IN WHEAT-SAVING CAMPAIGN

Recipes, Issued by United States Government, Tell How Different Substitute Flours Can Be Used to Best Advantage of Nation.

AS a part of its wheat-saving campaign, in which it is hoped to enlist the services of every patriotic housewife in the Nation, the United States Food Administration has sent out from its domestic science headquarters in Washington, an assortment of carefully tested recipes, telling how the different substitute meals and flours now on the market may be used instead of wheat flour in making delicious breads, muffins, cakes, etc.

W. B. Ayer, Federal Food Administrator for Oregon, in giving these formulas out for publication, asks that every Oregon housewife give them a trial and pass them along to friends and neighbors. Mr. Ayer also urges the hotels, restaurants and other public eating places to test these recipes.

"In order to keep the consumption of wheat flour down to the minimum," said Mr. Ayer, "our public eating places and the housewife in the home must exercise all possible ingenuity in producing a variety of appetizing breads, muffins, etc., and as these recipes come direct from the domestic science experimental war kitchen in Washington, highly recommended as their best products, I have no hesitancy in recommending that Oregon cooks, chefs and housewives give them a trial; also if they find the formulas good, that they pass the same along to friends and neighbors.

"Wholesome and appetizing products made from substitute flours and meals mean the saving of the wheat flour so badly needed for shipment to the allies and our soldiers on the fighting line."

The Food Administration recipes, which Mr. Ayer urges be clipped and pasted in the family cookbook, are as follows:

Barley Sponge Cake.

1 1-3 cups barley flour (3½ oz.)
1 cup sugar (7 oz.)
4 eggs (7 oz.)
1 tablespoon lemon juice
⅛ teaspoon salt

Corn (Flour) Sponge Cake.

1 cup corn flour (3½ oz.)
1 cup sugar (7 oz.)
4 eggs (7 oz.)
2 tablespoons lemon juice
⅛ teaspoon salt

Oat Sponge Cake.

½ cup oat flour (2 2-3 oz.)
1-3 cup corn flour (1 oz.)
1 cup sugar (7 oz.)
4 eggs (7 oz.)
1 tablespoon lemon juice
⅛ teaspoon salt

Rice Sponge Cake.

¾ cup rice flour (3½ oz.)
1 cup sugar (7 oz.)
4 eggs (7 oz.)
2 tablespoons lemon juice
⅛ teaspoon salt

Methods of Mixing Sponge Cakes.

1. Separate whites and yolks. Beat the yolks until thick and light lemon color. Beat sugar into the stiffened yolks, and add the lemon juice. Fold in alternately the stiffly beaten whites and flour. Bake in an ungreased pan for 35 to 40 minutes. Start in a moderate oven (185 deg. C. or 365 deg F.), and when about half done raise the temperature to that of a hot oven (205 deg. C. or 400 deg. F.).

Results of Sponge Cakes.

These cakes are all very nice and light, texture and color good. Barley has chacteristic flavor. Corn cake is especially tender and all are good textured. The extra lemon juice in rice and corn is to cover up the tendency toward a starchy taste.

Note—The larger amount of lemon juice seems necessary with corn and rice flours to improve the flavor.

Cakes made with wheat flour substitutes containing no wheat flour:

Chocolate Cake.

Fifty per cent rice flour,
Fifty per cent barley flour,
½ cup fat
2-3 cup sugar (about 4¾ oz.)
1 cup sirup (about 11½ oz.)
3 eggs
¾ cup milk
1 teaspoon salt
1 cup rice flour (5 oz.)
2 cups barley flour (5 oz.)
6 teaspoons baking powder
1 teaspoon cinnamon
1 teaspoon vanilla
2 squares chocolate

Cream the fat, sugar and egg yolk. Add the sirup and mix well. Add alternately the liquid and the dry ingredients sifted together. Add flavoring and melted chocolate. Fold in well-beaten egg white. Bake about one hour, starting in a moderate oven (350 deg. F., 177 deg. C.). After 20 minutes raise to 400 deg. F., 205 deg. C.

Chocolate Cake.

Seventy-five per cent buckwheat flour,
Twenty-five per cent ground rolled oats
½ cup fat
2-3 cup sugar (4¾ oz.)
1 cup sirup (11½ oz.)
3 eggs
¾ cup milk
1 teaspoon salt
1 2-3 cups buckwheat flour (5 oz.)
½ cup ground rolled oats (2 oz.)
6 teaspoons baking powder
1 teaspoon cinnamon
2 squares chocolate
1 teaspoon vanilla

Cream the fat, sugar and egg yolk. Add the sirup and mix well. Add alternately the liquid and the dry ingredients sifted together. Add flavoring and melted chocolate. Fold in well-beaten egg white. Bake about one hour, starting in a moderate oven (350 deg. F., 177 deg. C.). After 20 minutes raise to 400 deg. F., 205 deg. C.

Spice Cake.

100 per cent Barley Flour.
½ cup fat
2-3 cup sugar (about 4¾ oz.)
1 cup sirup (11½ oz.)
3 eggs
¾ cup milk
1 teaspoon vanilla
½ teaspoon ginger
6 teaspoons baking powder
¼ teaspoon salt
1 teaspoon cinnamon
½ teaspoon cloves
1 teaspoon allspice
3¾ cups barley flour (10 oz.)
1 cup raisins

Method—Cream the fat, sugar and egg yolk. Add the sirup and mix well. Add alternately the liquid and the dry ingredients sifted together. Add the flavoring and fold in the well-beaten egg white. Bake for one hour in a moderate oven (177 deg. C., 350 deg. F.). After 20 minutes raise the temperature to 205 deg. C., 400 deg. F.

Spice Cake.

50 per cent rice flour.
50 per cent buckwheat.
½ cup fat
2-3 cup sugar (about 4¾ oz.)
1 cup sirup (11½ oz.)
3 eggs
¾ cup milk (6 oz.)
1 teaspoon vanilla
½ teaspoon ginger
6 teaspoons baking powder
¼ aeaspoon salt
1 teaspoon cinnamon
½ teaspoon cloves
1 teaspoon allspice
1 cup rice flour (5 oz.)
1 cup buckwheat (5 oz.)

Method—Cream the fat, sugar and egg yolk. Add the sirup and mix well. Add alternately the liquid and the dry ingredients sifted together. Add the flavoring and fold in the well-beaten egg white. Bake for one hour in a moderate oven (170 deg. C., 350 deg. F.). After 20 minutes raise the temperature to 205 deg. C., 400 deg. F.

Biscuit—Using No Wheat.

1. Barley biscuit—
1¼ cups liquid
4 cups barley flour
3 tablespoons fat
6 teaspoons baking powder
1 teaspoon salt

Appearance—Light, well risen, good shape.
Texture—Good.
Color—Somewhat dark, but typical of barley.
Flavor—Typical of barley; good.
Comment—These biscuits do not get light and fluffy as wheat biscuits, but are still a desirable and edible product.

2. Corn flour biscuit—
1 cup liquid
2 2-3 cups corn flour.
3 tablespoons fat.
6 teaspoons baking powder.
1 teaspoon salt.

Appearance—Good.
Texture—Very dry and close, although not heavy.
Color—White.
Flavor—Slight corn flavor.
Comment—Most nearly the appearance of wheat biscuit of any of the substitutes used.
Suggestion—If 1¼ cups liquid are used the texture will be better, but it will have to be made as a drop biscuit.

3. Buckwheat-Corn Flour Biscuit.
50 per cent buckwheat.
50 per cent corn flour.
1 cup liquid.
1¼ cups buckwheat.
1 1-3 cups corn flour.
3 tablespoons fat.
6 teaspoons baking powder.
1 teaspoon salt.

Appearance—Dark, but good shape.
Texture—Good; similar to wheat.
Color—Light chocolate color.
Flavor—Typical buckwheat.
Comment—Dough very soft; almost consistency of a drop biscuit.

4. Corn flour-rolled oat biscuit.
50 per cent ground rolled oats.
50 per cent corn flour.
1 cup liquid.
1 1-3 cups corn flour.
1 cup ground oats.
3 tablespoons fat.
6 teaspoons baking powder.
1 teaspoon salt.

Appearance—Rough, but appetizing.
Texture—Light.
Flavor—Very good.
Color—Slightly dark; attractive.

We are now working on biscuits using 100 per cent wheat substitutes. Results of this work will be sent you later.

COMBINATION MUFFINS.

Using No Wheat.

Method of mixing—Add to the cup of milk the melted fat, syrup and slightly add flour together. Use a coarse sieve so that no part of the flour is wasted. Combine the two mixtures, stirring lightly without beating. Bake in a hot oven (437 deg. F. or 225 deg. C.), for 20 to 30 minutes, depending upon the size of the muffins.

These recipes make 24 small muffins (3 of which make a 2-ounce serving), or 8 very large muffins.

The ground rolled oats are the same as rolled oats ground in a food chopper. When using oats mix well with the other sifted dry ingredients.

When cornmeal is used—mix—do not sift the ingredients.

Suggestions.

The wheat substitute recipes given below show that a wide variety of combinations is possible even when limited to the use of a few substitutes.

All of the combinations are good. In nearly all cases a combination of substitutes makes a better product than the use of only one substitute.

Muffins containing oats have a particularly pleasant flavor.

Other substitutes used with buckwheat will modify the color and improve the flavor of the product. The use of molasses will also do this.

1. Combination substitute muffins—
50 per cent barley
50 per cent oats
1 cup liquid
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 teaspoons baking powder
1 teaspoon salt
1½ cups barley flour (4 oz.)
¾ cup ground rolled oats (4 oz.)

2. Combination substitute muffins—
75 per cent barley
25 per cent oats
1 cup liquid
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 teaspoons baking powder
1 teaspoon salt
2 1-3 cups barley (6 oz.)
1-3 cup ground rolled oats (2 oz.)

3. Combination substitute muffins—
50 per cent buckwheat
50 per cent oats
1 cup liquid
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 teaspoons baking powder
1 teaspoon salt
1 cup buckwheat (4 ounces)
¾ cup oats (ground) (4 ounces)

4. Combination substitute muffins—
75 per cent buckwheat.
25 per cent oats.
1 cup liquid
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 teaspoons baking powder
1 teaspoon salt
1¾ cups buckwheat (6 oz.)
1-3 cup ground oats (2 oz.)

5. Combination substitute muffins—
50 per cent buckwheat.
50 per cent corn.
1 cup liquid
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 tablespoons baking powder
1 teaspoon salt
1 cup buckwheat (4 oz.)
1 cup corn flour (4 oz.)

6. Combination substitute muffins—
75 per cent barley.
25 per cent corn.
1 cup liquid
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 teaspoons baking powder
1 teaspoon salt
2 1-3 cups barley flour (6 oz.)
⅓ cup corn flour (2 oz.)

7. Combination substitute muffins—
50 per cent ground rolled oats.
50 per cent corn flour.
1 cup liquid
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 teaspoons baking powder
1 teaspoon salt
¾ cup ground rolled oats (4 oz.)
1 cup corn flour (4 oz.)

8. Combination substitute muffins—
25 per cent oatmeal.
75 per cent corn flour.
1 cup liquid
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 teaspoons baking powder
1 teaspoon salt
1-3 cup oatmeal (ground) (2 oz.)
1 2-3 cups corn flour (6 oz.)

9. Combination substitute muffins—
50 per cent buckwheat.
50 per cent barley.
1 cup liquid
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 teaspoons baking powder
1 teaspoon salt
1 cup buckwheat (4 oz.)
1½ cups barley (4 oz.)

10. Combination substitute muffins—
25 per cent buckwheat.
75 per cent barley.
1 cup liquid
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 teaspoons baking powder
1 teaspoon salt
1-3 cup buckwheat (2 oz.)
2 1-3 cups barley flour (6 oz.)

11. Combination substitute muffins—
50 per cent rice.
50 per cent buckwheat.
1 cup liquid
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 teaspoons baking powder
1 teaspoon salt
¾ cup rice flour (4 oz.)
1 cup buckwheat (4 oz.)

12. Combination substitute muffins—
75 per cent rice.
25 per cent buckwheat.
1 cup liquid
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 teaspoons baking powder
1 teaspoon salt
1¼ cups rice flour (6 oz.)
1-3 cup buckwheat (2 oz.)

13. Combination substitute muffins—
25 per cent rice flour.
75 per cent buckwheat.
1 cup milk
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 teaspoons baking powder
1 teaspoon salt
1-3 cup rice flour (2 oz.)
1¼ cups buckwheat (6 oz.)

14. Combination substitute muffins—
25 per cent rice flour.
75 per cent ground rolled oats.
1 cup milk
1 tablespoon fat
2 tablespoons syrup
2 eggs
4 teaspoons baking powder
1 teaspoon salt
1-3 cup rice flour (2 oz.)
1¼ cups ground rolled oats (6 oz.)

15. Combination substitute muffins—
50 per cent rice flour.
50 per cent ground rolled oats.
1 cup milk
1 tablespoon fat
2 tablespoons syrup
4 tablespoons baking powder
1 teaspoon salt
1 cup rice flour (4 oz.)
1 cup ground rolled oats (4 oz.)

16. Combination substitute muffins—
25 per cent rice flour.
75 per cent barley flour.
1 cup milk
1 tablespoon fat
2 tablespoons syrup
4 teaspoons baking powder
1 teaspoon salt
1 cup rice flour (4 oz.)
1½ cups barley flour (4 oz.)

18. Combination substitute muffins—
25 per cent buckwheat.
75 per cent corn flour.
1 cup milk
1 tablespoon fat
2 tablespoons syrup
4 teaspoons baking powder
1 teaspoon salt
1-3 cup buckwheat (2 oz.)
1½ cups corn flour (6 oz.)

19. Combination substitute muffins—
25 per cent buckwheat.
75 per cent ground rolled oats.
1 cup milk
1 tablespoon fat
2 tablespoons syrup
4 tablespoons baking powder
1 teaspoon salt
1-3 cup buckwheat (2 oz.)
1¼ cups ground rolled oats (6 oz.)

20. Combination substitute muffins—
75 per cent corn flour.
25 per cent buckwheat.
1 cup milk
1 tablespoon fat
2 tablespoons syrup
4 tablespoons baking powder
1 teaspoon salt
1½ cups barley (4 oz.)
1 cup corn flour (4 oz.)

Method of Mixing Muffins.

Sift dry ingredients together and add the liquid, egg slightly beaten, fat and syrup which have been mixed together. Combine with just as little mixing as possible. Baker at temperature of 437 degrees F., or 225 degrees C., for 20 to 25 minutes, depending upon size of muffins.

These recipes make 24 small muffins (3 of which make 2 oz. serving), or 8 very large muffins.

POTATO MAY BE RENAMED

"Wheat-Saver" Suggested by Portland Ad Club as Substitute.

To eliminate the word "potato" from the English language and to substitute the term "wheat-saver," is the aim of the Portland Ad Club, through a special committee appointed to co-operate with the Government in stimulating the interest of the people in the use of potatoes instead of wheat products.

Frederick T. Hyskell called an organization meeting of the committee at the Chamber of Commerce yesterday to outline general plans for the campaign, which will be launched probably within a week and will be state-wide in its scope.

A. M. Churchill, state conservation chairman; Manager Childs, of the Portland Hotel; Mrs. F. S. Myers, and others prominent in patriotic conservation work were present at the meeting.

The campaign planned by the Ad Club takes its impulse from the requests of the United States Government.

Albany's Delegate Named.

ALBANY, Or., April 27.—(Special.)—Mrs. J. D. Summers, secretary of the local chapter of the Red Cross, has been chosen as a delegate to represent the chapters of this vicinity at the general convention of Red Cross workers in Seattle, May 6 to 11. Mrs. Summers is one of the most enthusiastic workers in the local chapter, which is one of the most active Red Cross organizations in the state.