

PORTLAND DAILY MILK SUPPLY 16,700 GALLONS

Quantity of Milk Used Is Not Sufficient to Insure Health of Rising Generation.

NOT HALF PINT PER CAPITA

Average Consumed by Seattle Resident Is Almost 50 Per Cent Greater Than Portland.

In September, 1917, milk consumers in Portland were using 16,000 gallons of milk daily. The daily use of milk now is 16,700 gallons, according to figures prepared by Dr. George Parrish, city health officer. Based on population the milk consumption at the present time is only 23-100 quart per capita.

The milk consumption in Seattle has increased from 20,000 gallons daily in September to 26,000 gallons per day in April, or a per capita consumption of 32-100 quart per day.

"In spite of the big increase in population in Portland, there has been no increase in the consumption of milk since September, 1917," said Dr. Parrish. "Seattle's daily consumption of milk, although greater than ours, is inadequate, according to recent experiments in nutrition by Drs. Sherman and McCollum and others. It is therefore alarmingly apparent that Portland's consumption of milk is less than half of what it should be. The growing boys and girls, the coming generation, will have to pay the price for this deficiency in diet."

Milk Unexcelled as Food

According to Dr. Parrish this condition should not exist, and the only reason for it, is that the consumer has a mistaken idea that milk is costly in comparison with other foods, and is therefore attempting to get along without milk.

E. C. Calloway, city milk chemist, to illustrate that milk is not only one of the most economic foods under present high prices, but a very necessary food, has prepared a comparison in a family of four.

"In this family," Chemist Calloway said, "is a man 25 years old working in the shipyards, a woman, 30 years old, keeping house and working a war garden; a boy of 6 years attending school and a girl of 8 attending school.

"In case 'A' this family buys food with no purpose in mind other than to get enough to satisfy their appetite—consuming one pint of milk per day. A sample menu in this family, would be: Breakfast—Corn flakes and milk, bacon and eggs, buttered toast and jelly and coffee. For luncheon—Rice-tomato soup, boiled potatoes and gravy, fried round steak, corn bread and butter, apple pie and tea. For dinner, fruit salad, baked potato, scrambled eggs, whole wheat bread and butter, corn starch pudding and cake.

"In case 'B' the family endeavors to purchase food with the idea of getting the most for their money, and to maintain the health of the family by supplying the proper kinds of food as well as the proper amounts. In this case they find they can use three quarts of milk each day, in addition to butter, cheese and other milk products. A sample menu in this case would be: Breakfast—Grape fruit, oat meal mush and milk, creamed eggs on toast, toast and butter, jelly and cocoa. Luncheon—Cream-tomato soup, mashed potatoes, lamb with curry sauce, stewed squash, corn bread and butter, rice pudding and milk. Dinner—Lettuce salad, baked potato, macaroni and cheese, whole wheat bread and butter, canned peaches, cake, milk for the children.

"The daily food requirements for this family, according to the latest standards would be 96,000 calories, 3187 grains of protein, 40 grains of lime, 85 grains of phosphorus, 77-100 grain of iron. In addition there should not be



When rolling your own, the most important thing is to keep the hands steady, so that the tobacco lies evenly on the paper.

an excess of acid forming substances in the food greater than 25 units, according to Dr. Sherman of Columbia university. Foods containing base forming substances which will neutralize the acidity of the blood and keep the body fluids neutral are vegetables, fruit and milk.

Comparative Value and Cost

The two menus measure up to the following standard:

	Case A. Using 1 quart milk per day	Case B. Using 3 quarts milk per day	Standard per require. day
Calories	9126	9645	9600
Protein in grains	5451	8284	3187
Lime in grains	18	85	40
Phosphorus in grains	75	70	83
Iron in grains	1-10	77-100	77-100
Units base forming substances	115	157	150
Units acid forming substances	192	156	150
Cost per day	\$1.84	\$1.42	\$1.42
Cost per month	\$42.20	\$42.60	\$42.60

"In case 'A' there is not enough calories of food, too much protein, not half enough lime and a preponderance of acid forming substances that will cause trouble, sooner or later.

Milk Cheapens Cost

"In other words, it is possible to save from \$1 to \$2 per month per person in the money expended for food if a quart of milk is purchased for each child and a pint of milk for each adult a day.

There may be exceptions to this in case of large families, but there are no exceptions regarding the inadequacy of the diet if the milk is not used.

"Milk can be used in cooking to make creamed vegetables, chowders, gravies, custards, puddings, etc. It should be used as a food and masticated as a food. A good rule that any house wife can apply is:

- "Spend one fourth of money for vegetables and fruit.
- "Spend half of money for bread, cereals and sweets.
- "Spend one fourth of money for milk and dairy products.
- "Spend one fourth of money for meat and eggs."

Blind Child Saves 15 From Fire Peril

New York, April 20.—(I. N. S.)—Awakened by smoke from a fire which started in the basement of the Blind Girl's Sunshine home in Brooklyn early today, Rosa Cohen, 9 years old, herself blind, led 15 sightless tots to safety.

The blind girls, ranging between 5 and 12 years of age, were awakened and led from the building before attendants knew of the fire.

Klamath County Sheepman Is Shot

Klamath Falls, April 20.—A telephone message was received this afternoon by District Attorney Duncan from Luther R. Holbrook, a prominent sheepman of Eastern Klamath county, that another sheepman, whose name was not given, had been shot. The shooting occurred in the Dry Prairie section of Langell valley, about 50 miles east of Klamath Falls. Duncan left with a deputy sheriff for the scene of the shooting. Several sheep outfits make their headquarters in the Dry Prairie district during the lambing season.

U. S. Protests Acts Of Huns in Russia

Washington, April 20.—(U. P.)—Washington has protested to Germany against exiling of Russians in occupied territory and also against Germany's brusque demands for dismantling forts at Helsingfors, according to state department information this afternoon.

FARM DISTRICTS TO NEED MORE HELP THAN IN PREVIOUS YEARS

School Teachers Plan to Spend Vacation Time in Berry Fields of Oregon.

Inroads made by shipyards and other wartime industries on the labor population of Oregon, especially where they have thinned out families in agricultural districts, is making the task of forecasting the amount of farm help

needed in Oregon this year a very difficult one, according to J. W. Brewer, federal farm help specialist for Oregon. In order to handle the 1918 crops of the state, including hay, grain, fruit and berries, there will have to be a concerted effort on the part of every agency and every individual who can be of assistance, Mr. Brewer declares. This will necessitate sending from Portland and other labor centers a larger number of helpers than has been the case in former years.

"Portland grade school teachers are now organizing with a view to volunteering for work during the vacation period. In many instances they contemplate going into the berry patches, hop fields and orchards, but many are willing to take positions of other nature in order to relieve men for farm work," Mr. Brewer said today.

"In the vicinity of Salem there will be needed about 2000 loganberry pickers this season. Other parts of the valley will take as many more. From 1200 to 1500 strawberry pickers will have to be sent to Hood River and 500

cherry pickers will be needed at The Dalles and vicinity.

"Later the hop fields will require a considerable number of pickers as well as the Hood River and valley fruit sections. Farmers in several wheat counties are calling for help in small groups. Crook county needs 8 or 10 men and a like number is wanted in Wallowa county. A few more are needed in Sherman and Morrow counties and the nurseries of Washington county want 20 men. The wage in the wheat growing sections is \$6 a month and board. The nurseries pay \$3 a day without board. Many individual calls for help are on file and there are sufficient idle or unprofitably employed men to supply every call."

Dog His Companion

London, April 20.—Lloyd George's inseparable companion on his short motor-trips is a fussy little Welsh terrier. The dog's ardent admirers declare it can distinguish between Liberals and Tories, and fraternizes with them accordingly.

Australia Prepares For Fight at Home

Melbourne, April 20.—(U. P.)—The ministry of defense is planning to increase the citizen forces of Australia by enlisting men between 21 and 50 who are unacceptable for active service. "Australia may yet have to fight at home," it was declared.

Socialists Appeal in Behalf of Red Guard

Copenhagen, April 20.—(U. P.)—Swedish, Danish and Norwegian Socialists today protested to the vasa against the execution of Red Guard prisoners. They requested the White government to adopt a conciliatory attitude which would tend to terminate the civil war.

Your Credit Is Good at Our Store—Use It

Queen Anne Suite, 4 Pieces
\$136
Ivory Enamel, Selected Quartered Oak

- Dresser \$36.75
- Bed \$33.75
- Toilet Table \$31.75
- Chiffonier ^{with Mirror} \$33.75

\$13.50 Cash—\$2.75 Week

We offer you your choice of two woods—ivory enamel or selected quartered oak—in order that you may have an opportunity to choose the suite best adapted to your home. The illustration shows the outline of the suite but in no way does justice to the remarkable beauty of it. It is one of the most pleasing designs we have assembled in years. You may buy it either as a complete suite or in separate pieces. The chiffonier, although most useful, is a wood back, is priced here with a large mirror. People who are in need of high quality furniture will find this suite one of the very best examples within its price range.

Over 3000 Portland Women Are Now Using These
A-B Gas Ranges

They are using these Ranges because they embody the improvements of all other makes. They are the most perfect gas ranges built today. They save time, labor and expense, and are designed to meet the requirements of women who are as particular about their kitchen as their living room.

30 Styles to Choose From
\$1.00 Week Will Do

"Adjust" Chair

The Chair That Reclines to Just the Position Most Comfortable for You

The "Adjust" is the largest, most comfortable, best designed chair of any easy chair offered at the same price. A mere touch of the lever changes the position of the back and the foot-rest, which is concealed under the seat, may be used when needed. The "Adjust" is shown here in twenty different styles, both in imitation and genuine leather. The price will be less than you expect when you see these remarkable chairs.

30 Styles to Choose From
\$1.00 Week Will Do

21 Per Cent More Space in the
Hoosier

The Hoosier's oversized base has 21 per cent more space for pots and pans than the average kitchen cabinet. The Hoosier has seventeen exclusive features that cannot be found in all the others combined. There are places for 400 articles within arm's reach—all scientifically arranged.

\$1.00 a Week

20 Styles to Choose From

"KROEHLER" Bed-Davenports

They serve as an artistic, up-to-date davenport by day and a full size comfortable bed at night. Let us show you how easily they are operated, how quickly you can transform them from a davenport to a bed. You can enlarge your sleeping quarters with a Kroeher.

Save Space, Save Rent—Make Two Rooms of One

The Kroeher has an all-steel bed frame and spring entirely independent of the upholstering, plenty of room for thick mattress—bedding concealed by day; folds and unfolds easily. The Kroeher is the best bed davenport made today and is sold exclusively by this store.

Reduced From \$205

All Quartered Oak

Beautiful Ten-Piece Period Suite, With 54-inch Buffet... \$188.25

This excellent suite was bought to sell for \$206.00—and, in our opinion, its equal cannot be purchased for even \$25.00 more. It is built of selected quartered oak stock and all pieces are of extra size. Comparison will prove that there is no other suite of equal quality and proportions in all Portland like it. The suite consists of buffet, china closet, serving table, dining table and six leather-seat chairs. You may buy the suite complete or in separate pieces, but each and every item is a bargain at the special price named for this week's selling. By all means see it assembled on our sample floor.

Buffet, \$53.50—Chair, \$7.75—China Closet, \$39.75 Dining Table, \$33.75

\$8.75 Enamel Wheel Cribs With Reed Sides and Ends
\$6.90

This pretty crib is fitted with woven wire bottom, reed sides and ends and four rubber tired wheels. It measures 18x36 inches. Marked at a very special price.

- \$12.75 white or gold bronze steel cribs with automatic trip side \$11.90
- Folding Baby Play Yards, special at \$3.85
- Folding Park Cars with four rubber-tired wheels, nicely finished, at \$3.95
- White enamel Child's Chairs, blue striped special \$1.10

A Sale of Sample Library Tables In Period Design

- \$37.75 Oval Top, 48-inch William and Mary Table... \$31.15
- \$29.75 William and Mary Table in Oak at... \$23.50
- \$43.50 Cane End 48-inch Period Table at... \$26.75
- \$31.50 44-inch William and Mary Table at... \$25.40
- \$16.50 36-inch William and Mary Table at... \$13.15
- \$17.75 Jacobean 38-inch Library Table... \$14.35

\$19.75

Buy This 46-Inch Oak Library Table

A design made especially for us. Has low shelf, heavy slat ends and bracketed corners. A real table value.

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THIRD & YAMHILL



Ben Selling, Leading Clothier, Morrison at Fourth

IN ORDER the better to serve the citizens of Portland who are my customers, and to relieve congestion on the main floor, I have placed certain lines of clothes in the third floor stock. The result of this even distribution of merchandise will be an increased ability to render prompt, efficient service, and larger opportunity for the customer to make leisurely selection.

The various departments on the three floors are now as follows:

MAIN FLOOR—Men's and Young Men's Clothes in the \$25 to \$50 grades; Men's Trousers; Men's Haberdashery and Underwear; Men's Hats; Traveling Bags; Women's Sweaters.

SECOND FLOOR—Young Men's, College Men's and Students' Suits and Overcoats; Boys' Clothing; Boys' Haberdashery and Underwear; Boys' Hats and Caps; Children's Wash Suits.

THIRD FLOOR—Men's and Young Men's Clothes in the \$18 to \$22.50 grades; Men's Overcoats; Women's Tailored Coats.

My customary guaranty of complete satisfaction or your money back continues on any article sold in my store.

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