

# 22 Million Families in the United States

## 4 CUPS OF WHEAT FLOUR TO THE POUND

If each family used 4 cups of flour less per week, the saving would be 22 million pounds or 112,244 barrels every week!

The greatest help housekeepers can give to win the war is to make this saving and it can be done by using this recipe in place of white flour bread.

### Corn Meal Biscuits

- 1/2 cup scalded milk
- 1 cup corn meal
- 2 tablespoons shortening
- 1/2 teaspoon salt
- 1 cup white flour
- 4 teaspoons Royal Baking Powder

Save 1/2 cup of the measured flour for board. Four milk over corn meal, add shortening and salt. When cold, add sifted flour and baking powder. Roll out lightly on floured board. Cut with biscuit cutter and bake in greased pan fifteen to twenty minutes.

Our new Red, White and Blue booklet, "Best War Time Recipes," containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. H., 135 William Street, New York

## FOOD WILL WIN THE WAR

hibited in a general order from driving their horses faster than a trot at Camp Lewis except under specific orders from an officer and while on paved streets the horses must never be driven faster than a walk.

Lieutenant George Lacombe, chaplain of the 347th field artillery, who is in San Francisco on a leave of absence in connection with a conference having to do with religious work in the cantonment, has been granted an extension of his leave of absence of ten days.

Little Rachel Van Valey, 16-year-old girl of the 91st division, who has been in demand at entertainments for the soldiers here, is to make the journey from Camp Lewis to New York City early next month alone. Her father, W. R. Van Valey, and her mother are too busy with Red Cross work to accompany her and she will go alone to visit an uncle as soon as she has appeared in several entertainments at camp where she has arranged to dance and sing for the soldiers.

The Pacific International league baseball will be a weekly feature of camp athletic life, it was announced today. Games will be played Saturdays, Sundays and Wednesdays with league teams and other teams of the northwest and a small admission charge will be made to pay necessary expenses and keep up the equipment for the Camp Lewis team. The team will be called the Camp Lewis team rather than the 91st division team, because several of the players are members of organizations not a part of the 91st division but who are stationed at camp. Twilight games will be played later in the season, the games starting at 6 o'clock. The daylight saving law makes this easily accomplished.

### IF YOUR EARS RING WITH HEAD NOISES

If you have Catarrhal Deafness or head noises go to your druggist and get one ounce of Parmit (double strength), and add to it 1/2 pint of hot water and a little granulated sugar. Take 1 tablespoonful four times a day. This will often bring quick relief from the distressing head noises, clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, cost little and is pleasant to take. Any one who has Catarrhal Deafness or head noises should give this preparation a trial. Capital Drug Store.

## HALVORSEN IS IN FIRING ZONE

### Salem Man Holds Important Position in France—Tells Experiences

One of the most venturesome spirits among the Americans in France today is George E. Halvorsen of Salem, who is head of the supply and maintenance division of motor transportation for the whole of France. Halvorsen enlisted for Y. M. C. A. work and his ability as a motor expert landed the important position almost as soon as he arrived overseas. He has been under shell fire and gas attacks and writes as if he enjoyed it all. Halvorsen has wide authority and has had the experience of assigning several men of wealth and distinction to ordinary positions.

In a letter to O. B. Gingrich, Halvorsen expresses his admiration for the American soldier, who, he thinks, will give a great account of himself as soon as he is given an opportunity. He writes as follows: "I am ashamed to think that I haven't written you before but know that you will forgive me. You have likely heard from Watson and Elvin and they, I am sure, have told you of my work here so you will know that I am a pretty busy person, to say the least. We got along fine in New York city and were surely treated fine. Helped in the office there all we could so got quite an insight of the working of the war council. Were assigned to good places here by them, better than we had expected, then after a rather rough and strenuous journey across the pond landed in England and were received very kindly there and had a chance to visit a good many places of note, all very interesting to us westerners.

"Wouldn't want to trade any good Oregon property for any we had in England, though, as that they are too many years behind the times to suit me. After staying in England several days we crossed the channel and arrived at our destination somewhere in France, finding conditions very much better in every way here than we had expected, especially much better than in England. Got our first square meal the day we landed in France that was the best since on ship board, so you will understand what I mean.

"Found this part of the world quite to our liking and our first impression was better than we had expected it to be. The climate here is much like our own except in the mountains where of course it is much colder and find it quite a hardship to our boys to have to live in these muddy quarters, but they are soldiers of the highest degree and bear but little complaining. All are striving to do their part and do it gladly. Never saw a better bunch of fellows anywhere and Old William will know they are here before very long. Germans fear our men more than any of the rest if the truth were known.

"On arriving in Paris found our headquarters to be much to our liking, good substantial business-like quarters in charge of men of the highest qualities and to be admired for the splendid way that they are carrying out the great work, especially when we consider that we are so far away from our base of supplies and the gain in growth that has taken place over here. Eight months ago they started in with twenty-three office rooms and have grown until now we are using 130 offices and still crowded for room for it surely takes a large organization to handle all that is required of us to keep things going in a business way. You can feel assured that the money given to the Y. M. C. A. is carefully handled and is doing the very best possible under existing conditions. Don't know what our soldier laddies would do if it were not for the Y. M. C. A. and all have a good word and cheer for the work. They consider that we are part of the regular army here for we wear the regular army clothes and are under army regulations.

"Our commander-in-chief, Mr. Carter is one of the most upright men that I have ever met and has a wonderful influence over all the situation. Also Mr. Shipp, the treasurer, is a splendid man and very capable of handling the affairs of the institution. I know both men personally, having to consult with them quite often. My position here is the head of the supply and maintenance division of motor transportation, so you can imagine the job I have, not only for one division as I had expected, but for all of France, and it surely keeps me busy first figuring out what was needed then the conditions existing and how things were done in a strange country with a strange tongue, but am glad to say that we have things quite well in charge to date and the last

### SAYS A CORN ACTS LIKE ELECTRIC BELL

Tells Why a Corn is So Painful and Says Cutting Makes Them Grow.

Press an electric button and you form a contact with a live wire which rings the bell. When your shoes press against your corn it pushes its sharp roots down upon a sensitive nerve and you get a shock of pain.

Instead of trimming your corns, which merely makes them grow, just step into any drug store and ask for a quarter of an ounce of frezore. This will cost very little but is sufficient to remove every hard or soft corn or callus from one's feet. A few drops applied directly upon a tender, aching corn stops the soreness instantly, and soon the corn shrivels up so it lifts right out, root and all, without pain. This drug never inflames or even irritates the surrounding tissue or skin.

## Of Course You Are Buying Your Clothes Carefully This Season



No doubt you are as keen as ever in your love for beautiful fabrics, graceful lines, and smart effects.

But you are looking closer to see that the new suit or coat will give plenty of wear, and that it will be fashionable as long as it is worn.

We have paid particular attention this year to the selection of garments void of freak effects which soon pass out of vogue.

You may be sure of a double economy—first, in the cost price and value afforded—second, in the fact that the styles will not be limited to a short period of wear but have many of the qualities of long life.

The values are here. Take prompt advantage

- Coats from.....\$12.48 up
- Suits from.....\$16.48 up
- Silk Dresses from.....\$12.48 up

## U. G. SHIPLEY CO.

Quality Merchandise—Popular Prices

## BUILDING SOON TO BE EQUIPPED

### Butte Athletic Hall at Camp Lewis Will Contain Complete Apparatus

CAMP LEWIS, TACOMA, Wash., April 23.—The Butte building, the new Camp Lewis athletic building given to the camp by A. J. Davis of Butte, Mont., is to be fully equipped for the athletic needs of the Camp Lewis soldiers, it was announced today. This will be done immediately and within a short time there will be

all the necessary apparatus for extensive physical training indoors.

Mr. Davis, during his visit to camp yesterday, authorized the purchase of whatever athletic equipment is needed for the building. A list of the equipment needed will be submitted by the athletic office to Sergeant Harold E. Cray, of the headquarters troop of the 181st brigade, who will make the necessary purchases, acting as agent for Mr. Davis. Sergeant Cray is a former Butte newspaperman.

The new equipment for the building will consist largely of boxing gloves, wrestling mats, medicine balls and punching bags. Already there is in the building several horses, weights and parallel bars donated to Camp Lewis. A tennis court has been constructed in the

center of the floor so indoor tennis can be played.

The building is to be painted, the floors tiled and everything done to preserve the building so that it can be used for athletics as long as Camp Lewis is used as a military training place.

Another gift for the Butte was announced today as the result of Mr. Davis' visit. A large American flag, 24 feet long, is to be purchased for one end of the building. Mr. Davis authorized its purchase in the name of the Butte Rotary club. This will be in place when the building is ready for dedication, which will be as soon as the shower baths are installed. The building already has proved popular among the soldiers and large numbers are using the building every day. Mounted soldiers today were pro-

# DEMONSTRATION

## Tomorrow, Friday and Saturday

The Original "1892"

Pure Spun  
Cooking Utensils

Aluminum  
"The Guaranteed Ware"



Mrs. A. B. Preston

the demonstrator is a factory expert of the famous 18-92 Illinois Pure Aluminum Company.

As indicated in the accompanying coupons special prices will prevail which you cannot afford to miss.

Come and Bring These Coupons With You

- |   |   |  |  |   |
|---|---|--|--|---|
| <p><b>COUPON</b><br/>This coupon and \$1.15 entitles bearer to one regular \$1.45 "18-92" Illinois 5-pint aluminum saucepan. The dealer is authorized to sell at this special price.<br/>ILLINOIS PURE ALUMINUM CO.</p> | <p><b>COUPON</b><br/>This coupon and \$1.50 entitles bearer to one regular \$1.80 "18-92" Illinois 3-qt. aluminum deep covered saucepan. The dealer is authorized to sell at this special price.<br/>ILLINOIS PURE ALUMINUM CO.</p> | <p><b>COUPON</b><br/>This coupon and \$2.10 entitles bearer to one regular \$2.80 "18-92" Illinois full 6 qt. aluminum preserving kettle. The dealer is authorized to sell at this special price.<br/>ILLINOIS PURE ALUMINUM CO.</p> | <p><b>COUPON</b><br/>This coupon and \$2.45 entitles bearer to one regular \$3.05 "18-92" Illinois 9-inch extra thick aluminum fry pan. The dealer is authorized to sell at this special price.<br/>ILLINOIS PURE ALUMINUM CO.</p> | <p><b>COUPON</b><br/>This coupon and \$5.45 entitles bearer to one regular \$6.80 "18-92" Illinois 6-2 qt combination kettle and cooker. The dealer is authorized to sell at this special price.<br/>ILLINOIS PURE ALUMINUM CO.</p> |
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Clip These Coupons They Are Money Savers

# SALEM HARDWARE CO.

120 N. Commercial Street

333 State Street

## EXCURSION FARE MAY BE HIGHER

Application to Commerce Commission Is Made by O. W. R. & N.

Application of the Oregon-Washington Railroad & Navigation company to increase its excursion rates by rail or boat from Portland to Washington points and of the Spokane, Portland & Seattle company to increase its freight rates on onions and potatoes from Portland to inland Empire points have been filed with the interstate commerce commission. For purposes of publicity copies of the applications have been filed with the public service commission under a requirement of section 15 of an amendment to the act to regulate commerce which was passed in congress August 9, 1917.

The new tariffs proposed by the railroad companies do not apply to intrastate traffic. The O. W. R. & N. Co. proposes to increase its passenger fares by rail or boat from Portland to North Beach points because of a new route by which steam is made at Astoria, taking the place of the former direct route to Noyah on the Washington side. A 50 cent increase in each fare is asked.

The increase asked by the Spokane, Portland & Seattle on potatoes and on ton shipments to San Francisco is 3 cents a hundred or 15 cents a ton, and for shipments to inland Empire points 3 cents a hundred or 60 cents a ton.

## Why I Believe in Nuxated Iron

As a Tonic, Strength and Blood Builder.

Probably no remedy has ever met with such phenomenal success as Nuxated Iron. It is conservatively estimated that over three million people annually are taking it in this country alone. It has been highly endorsed and used by former United States Senators and Members of Congress. Physicians who have seen connected with well-known hospitals prescribed and recommended it. Monsignor Nunnally, prominent clergyman, hospital and physician, who has been used by former Health Commissioner Wm. H. Kerr, of Chicago, says it ought to be used in every hospital and prescribed by every physician.

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and later House Surgeon Jefferson Park Hospital, Chicago, says Nuxated Iron has proven through his own tests of it to excel any preparation he has ever used for creating red blood, building up the nerves, strengthening the muscles and correcting digestive disorders.

Dr. James Francis Sullivan, formerly physician of Bellevue Hospital (first door dept.) New York, and the Westchester County Hospital says there are thousands of men and women who need a strength and blood builder but do not know what to take. In his opinion there is nothing better than Nuxated Iron—Nuxated Iron—for enriching the blood and helping to increase the strength and endurance of men and women who burn up too rapidly the energy in the strenuous competition of the great business competition of the day.

If you are not strong or well, give it to yourself to make the following test: See how long you can walk or how far you can walk without becoming tired. Then take two five-grain tablets of Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained.

Manufacturer's Note—Nuxated Iron will not take the time to write about them this time. They were well, though, and getting along nicely.

"I was surprised when I heard that Grabro had joined the church."

"I wasn't. I happened to be present when he and his business partner shook dice to see which member of the firm should join."—Grit.