

# NUXATED IRON

## The Power Behind Strong, Keen, Red-Blooded Americans

"To help make strong, keen, red-blooded Americans there is nothing in my experience which I have found so valuable as organic iron—Nuxated Iron," says Dr. James Francis Sullivan, formerly physician of Bellevue Hospital (Outdoor Dept.), New York, and the Westchester County Hospital. Nuxated Iron often increases the strength and endurance of weak, nervous, run-down people in two weeks' time. It is now being used by over three million people annually, including such men as Hon. Leslie H. Shaw, former Secretary of the Treasury, and ex-Governor of Iowa; former United States Senator Richard Rolland Keane of Delaware, at present Major of the U. S. Army; General John L. Clegg (Retired), the drummer boy of Shiloh, who was sergeant in the U. S. Army when only 12 years of age; also United States Judge G. W. Atkinson of the Court of Claims of Washington and others. Nuxated Iron is dispensed by all good druggists everywhere.

### SELECTED RECIPES.

**Summer Squash Sautéed.**—Wash summer squash and remove a thin paring. Cut in thick slices and steam over boiling water, or cook in boiling salted water until tender. Drain, dip in flour (corn flour may be used), sprinkle with salt and paprika, and saute on a hot, well greased soapstone griddle or frying pan until delicately browned on both sides.

**Potatoes en Casserole.**—Wash and pare smooth round potatoes to uniform size. Cover with cold water and let stand two hours. Drain, put into a casserole dish, sprinkle with salt and paprika and put one teaspoon oleomargarine or dripping on each potato. Cover and bake until soft (the time required being about forty-five minutes), turning every fifteen minutes.

**Oat and Corn Flour Bread.**—Three-fourths cupful liquid, four tablespoons fat, four tablespoons syrup, two eggs, six teaspoonfuls baking powder, one teaspoonful salt, one and one-third cupfuls corn flour, one cupful ground rolled oats. Nuts, raisins, or dates if desired. Mix the melted fat, liquid, syrup, and egg. Combine the liquid and well-mixed dry ingredients. Bake as a loaf in a moderately hot oven—400 degrees F.—for one hour or until thoroughly baked. The ground rolled oats are simply rolled oats run through the food chopper. This wheatless bread is extremely good, especially if nuts or raisins are used.

**Boiled Salad Dressing.**—One and one-half cupfuls milk, two eggs slightly beaten, four tablespoonfuls sugar, two and one-half teaspoonfuls mustard, one-half cupful vinegar, two teaspoonfuls salt, three tablespoonfuls butter or other fat, one and one-half tablespoonfuls flour or one tablespoonful cornstarch. Mix the dry ingredients and blend with them one quarter cupful of milk. Heat the remainder of the milk to boiling, add the butter, thicken with the first mixture, and boil for two minutes. Cool a little, add the vinegar slowly, and pour this hot liquid cautiously over the slightly beaten egg, stirring constantly. Cook over hot water until it thickens. Cool immediately in order to prevent curdling, and pour into a scalded glass jar. This rule makes more than a pint of rather mild dressing, which will keep for a long time in a cold place. It may be used just as it is, or mixed with an equal quantity of sweet cream as used.

**Raised Corn Bread.**—Put one quart of cold water in a kettle. At first boil add one tablespoonful of salt and sufficient yellow meal to make a mush. Cook one hour. At sponging time scald one pint of milk. When lukewarm add one cupful of good yeast or one yeast cake, then

enough wheat flour to make a sponge, beating well. Now your mush should be just lukewarm. Add it gradually to the sponge and if too thick add warm water. Cover and stand aside overnight. In the morning knead lightly, using wheat flour to stiffen. Beat rather than knead. If you like, add two tablespoonfuls of sugar. Turn into pans eight or twelve inches long and four or five inches wide and when light and double in bulk bake in a moderate oven one hour.

This bread will cut down like light wheat bread, and will be moist and delicious. Baking powder may be used instead of yeast and the bread made up quickly, but it must be baked full time and in single loaves.

**Casserole of Beef.**—One pound of cooked beef, two cups brown sauce or beef gravy, one-half cup celery, one-half cup carrots, one cup canned tomatoes, one onion, one teaspoon Worcestershire sauce, one-half teaspoon salt, one-eighth teaspoon pepper, one cup cooked peas or beans, two cups potato cubes. Cut meat in one-inch cubes, put into casserole dish with brown sauce, celery cut in small cubes, onion thinly sliced, tomatoes, Worcestershire sauce, salt and pepper. Cover and bake slowly one hour. Add remaining vegetables and again cover, and cook thirty minutes, or until potatoes are soft. Serve from the casserole.

**Cocoanut Dainties.**—Two whites of eggs, one-half cupful of corn syrup, one-half cupful of flour, two and one-half cupfuls of finely ground cocoanut. Beat the whites of the eggs until stiff. Add the corn syrup, fold in the sifted flour and add the cocoanut. Drop by the tablespoonful on greased baking sheets and bake in a moderate oven for about twenty minutes.

**Honey Brittle.**—One and one-half cup karo syrup or half honey. One-half pound peanuts or one-half package puffed rice (dry and crisp). Cook honey to a crack test (260 degrees F.); grease a pan, cover the bottom with chopped peanuts or puffed rice and pour the syrup over them. Mark before the candy is quite cold. Instead of peanuts use other nuts, cocoanut, figs, or raisins and one-half ounce chocolate.

### CRANBERRIES.

There will be plenty of cranberries for next Thanksgiving day if the outlook for a crop all over the country is as excellent as that in the Pacific county, Washington, district. The harvest there will be abundant, and it will begin about the middle of September and continue several weeks. A scarcity of help to gather the crop is one of the present unsatisfactory conditions.

## REPORTING OF CASUALTIES IS NO CINCH TASK

### Gigantic But Simple Organization Finds Many Stumbling Blocks

### DELAY OFTEN CAUSED

### Records Are Frequently Destroyed or Lost During Thrilling Actions

(By The Associated Press)

WITH THE AMERICAN ARMY IN FRANCE, Aug. 20.—The recent Marne fighting has illustrated the difficulties in prompt reporting of casualties.

The system of keeping track of the American expeditionary forces is simply organized, but it is gigantic. The facts concerning every casualty are rushed by courier to the central records officers, where a check is made against his name and record to prevent confusion and to identify him. Then a message is prepared and checked back and then cabled to Washington. In trench fighting and in small operations it is possible to make almost immediate casualty reports, but in such encounters as the Marne battle the task becomes difficult and slow, despite the best efforts of the authorities.

The regulations require that every report of killed, wounded or missing must be established beyond a doubt. Units moving forward for hours under heavy fire, losing men on the way, can not pause to check casualties. These must come later from dressing stations, hospitals or burying parties operating in the wake of the advancing lines.

Frequently records and reports are destroyed or lost in action. At Selcheprey a certain American unit was isolated for nearly two days by a heavy German garrage. Several members of the unit sacrificed their lives in an effort to penetrate the wall of fire. Finally, a German raiding party made off with the organization's statistical unit was bombed out of its position and its carefully prepared casualty list was scattered over the landscape.

Again, replacement troops may be destroyed or lost in action. At Selcheprey a certain American unit was isolated for nearly two days by a heavy German garrage. Several members of the unit sacrificed their lives in an effort to penetrate the wall of fire. Finally, a German raiding party made off with the organization's statistical unit was bombed out of its position and its carefully prepared casualty list was scattered over the landscape.

American wounded often find their way into French or British dressing stations and are sent on to French or British hospitals. They are carried on their own rolls, as

Missing until finally they find their way back to their own units or are officially reported at home as missing.

### WORK HORSES NEED CARE IN SUMMER.

It is essential in a season like the present, when a good day's work from a horse is more important than it has ever been, that the horse be kept in the best possible condition. Farm work horses usually carry less flesh in summer than in winter and this is probably a safer condition for the hot weather. But while hard worked horses are bound to lose flesh in summer, they should not be allowed to get so thin as to lessen their strength and ability to do hard work. Work horses, like men, need plenty of good wholesome feed given at regular intervals.

Work horses enjoy a cool lot or small pasture at night and do better there than in a hot and often dirty stable. The privilege of drinking frequently and in small quantities refreshes horses doing hard work in hot weather. Sore shoulders may be lessened by making certain that the collars fit the horses' necks properly, and by washing both the neck and collar each night.

At the University of Missouri it was found that mares nursing foals lost 77 pounds in weight between April 22 and May 20. They lost 44 pounds between May 20 and August 12, or a total of 171 pounds from April 22 to August 12. By December 30 these mares had gained 269 pounds which was a recovery from the effects of a hard summer. Mares not nursing foals underwent about the same changes, but at less feed during the summer.

Frequently, horses are taken off pasture and put into the rush season and expected to do as much work as horses that have been on a grain ration and worked regularly all summer. It is not logical to expect such results; and it should be remembered that enough feed to supply the required energy is necessary if results are expected.

### FALLS SEVEN FLOORS—LIVES.

LOS ANGELES, Aug. 20.—P. M. Michener jumped or fell from the seventh floor of the Pacific Electric building here late today in view of hundreds of persons, to the sidewalk in front of the building and was picked up alive. A guy wire a few feet above the walk, according to witnesses, broke his fall. It was said tonight he had a fair chance for recovery.

### ORDER NEW ROUTING.

YAKIMA, Wash., Aug. 20.—C. F. Vandewater, freight and passenger agent of the Union Pacific system, today requested Yakima fruit shippers to route their shipments over the Northern Pacific to points east of Chicago, in order to relieve congestion on the Union Pacific.

## RAILROAD MEN NOT COURTEOUS

### Public Service Commissions of Country Want Vote in High Councils

Alleged lack of courtesy and consideration toward the traveling public has given rise to agitation among public service commissions of the country for representation on the official staff of Director General McAdoo, and an effort will be made for the eastern, western and southern divisions of the country to have representation both by voice and vote in the higher councils of the railroad administration.

The Oregon commission has been apprised of the move in a letter from V. E. Wilson of the Nebraska commission who has been made chairman of a committee of the National Association of Railway and Utilities Commissioners in Washington, probably in November, to devise ways and means of obtaining desired representation. Other members of the committee are Commissioner Mills of Minnesota and Webster of Iowa. It is pointed out that practically all of Mr. McAdoo's staff members are railroad men who have had an important part in formulating and promulgating tariffs and other regulations of railroads prior to government control, and that consequently they are biased in their views. Commenting on the Oregon situation, Chairman Miller of the public service commission declares that more complaints at service have been made since the government assumed charge of the roads than ever before. Employees, he declares, make little effort to please the public, while the commission is told constantly by railroad men and their attorneys that it has no jurisdiction if it makes suggestions for improvement.

"Manager O'Brien is all right," said Miller, "but the Southern Pacific employees for example show very little loyalty to him."

### AUSTRIA PEEVED BY HUN

LONDON, Aug. 20.—Austria has strongly protested against the German annexation of the Dombrows coal fields in Poland which is embodied in the proposed German solution of the Polish question, according to the Exchange Telegram company.

### SAVE TANK CARS

WASHINGTON, Aug. 20.—By expediting the movement of oil tank cars in the mid-continental field the railroad administration has made the existing cars do extra work so that it will not be necessary to build most of the 15,000 additional tank cars previously ordered from car builders by oil companies.

Orders have been issued for the requisition of all milk cheese in Great Britain.

## CANNING PEACHES

Fancy Early Crawfords, per box \$2.50

## PEARS FOR CANNING

Fancy Bartletts, \$1.25

For Seasonable Fruit See

# C. M. Roberts

The Court Street Grocer  
Phones 256 and 257

## Catholic Sisters Soon to Sail as American Red Cross Nurses to Italy



### A Part of Loyola Unit of One Hundred Sisters

Will Direct Work of Unit Caring for Italian Sick and Wounded.

Carrying a gospel of mercy and good cheer, ten sisters of the Order of St. Vincent and St. Paul, better known as Sisters of Charity, will sail soon for Italy, where, as Red Cross nurses, they will pursue the mission for which the order was founded, that of comforting and caring for the sick and the wounded.

The sisters, who are from Base Hospital 102, Birmingham, Ala., are a part of a unit to be known as the Loyola unit, which is financed by Mrs. John Dibert of New Orleans. They came to New York

with ninety other nurses belonging to the unit.

It was at the suggestion of Dr. J. A. Danna of New Orleans, who is to be in charge of the unit, that Mrs. Dibert donated \$100,000 to the Red Cross to be used in financing the entire expedition. Sister Chrysoptom is to be the chief nurse of the unit.

All Registered Nurses. When the unit arrives in Italy it will be divided into groups of ten, each group to be in charge of one of the sisters as a chief nurse.

Speaking for the sisters, Sister Chrysoptom said: "We are all registered nurses and are anxious to go across and get to work."

When asked if they were volunteers she replied:

"All Sisters of Charity are anxious to go, so it was necessary to select us. We will have charge of the operating rooms and hope to do our full duty in bringing the American boys back to health and happiness."

War nursing is not new to Sister Chrysoptom, as she was a Red Cross nurse during the Spanish

War, having served at the Naval Hospital, Portsmouth, Va., and at the Army Hospital, Fort Thomas, Ky. What was a new experience for these harbingers of good was having their pictures taken. They consented only because they felt that it was a patriotic sacrifice and that they might serve as an example for others to follow.

"It will be the happiest moment of our lives when we are ministering to the wounded and sick in Italy," said Sister Chrysoptom. "The sisterhood feels keenly the desire to be of the utmost service in caring for the soldiers of Italy or any of the other Allies of America."

"War makes its demand upon the woman power of America as well as upon her man power, and all who can do so, no matter what the sacrifice, should serve the interest of America's part in the war. There is no more important task before the country at this time than the building up of a nursing service large enough to care for the sick and wounded American and Allied fighting men, and it is the duty of all trained nurses to enlist for this service through the American Red Cross."

# 6 More Days

To Buy Your Shoes at Wholesale Prices. George A. Paris will leave the 27th of this Month for CAMP LEWIS, TO SERVE HIS COUNTRY. But he needs his Money that he has invested in the Paris Shoe Shop, and you can help him get it and at the Same Time Buy Shoes at the Following Prices:

- Regular \$9.00 Shoes at.....\$7.25
- Regular \$8.00 Shoes at.....\$6.65
- Regular \$7.00 and \$7.50 Shoes at.....\$5.65
- Genuine Army Shoes.....\$5.65
- Second Grade Army Shoes.....\$4.85

Remember These are not Jobbers' Shoes But Standard Brands Out of Our Stock

## A. J. Paris Shoe Shop

The Home of Keith Konqueror Shoes for Men and Women

### HINTS FOR CHILDREN'S CLOTHES.

Children's garments should be simple, substantial, comfortable and attractive. The simple clothes cost less, wear longer, look better and are more easily kept in order than the fussy articles of dress.

All garments should allow for freedom of motion as it is child nature to be alive. A garment which binds interferes with the proper development of the child and makes him irritable. Skirts should be attached to waists, as a band which is tight enough to hold the skirt in position is likely to interfere with the circulation.

### OPTIMISTIC.

"I cannot see where the farmer with anything to sell has any reason to complain these days. It is true an injustice appears in the price fixed for wheat but no injustice was intended. The allied world simply had to have bread at a reasonable price and I know no man who lost money raising wheat last year who had an average crop. If by reason of poor conditions an average crop was not raised, that was a personal misfortune. A price could not be fixed high enough to remunerate the man who raised only four or five bushels to the acre. On the whole, I think the day has arrived when the farmer will be ahead of every other man who works with his hands and if we stick together the man who works with his head will not get much the start of us either."

The above statement was made by a middle West farmer, who seems to take an optimistic view of conditions as they were and will be so far as the farmers are concerned.

### VALUE OF THE PLAYGROUND.

The public playground is of value because of its moral influence upon the children who frequent it. The playground is supervised, and hereafter lies its great success. Although there is plenty of freedom, yet some semblance of order is kept. Gambling, profanity, vulgarity, smoking, are forbidden. The children are taught to view the playground as a miniature republic. They are treated as citizens of this little republic. They learn there the laws of good citizenship. Courtesy is required. All pushing and scrambling for best places is met with a merited rebuke from pupils and director. Supervision of

### NEW WHEAT.

Wheat harvesting in the eastern part of Oregon is several weeks ahead of the 1917 harvest and shipments of the new crop have already been made from various counties therein. The grain is yielding well and is of excellent quality.

For the first time in the history of wars, timber is recognized as an essential war munition. Don't let forest fires destroy it.

When you are ready to build that new Garage, let us sell you enough

# Barn Rustic

in either 6 or 8 inch to build it. We have this in either the channel 6-inch "V" pattern at \$25.00 per 1,000 feet. A medium sized garage requires 500 feet. We have all the

## HARDWARE

Necessary for your building and our prices are reasonable.

# Falls City-Salem Lumber Co.

"Everything in Building Material"

A. B. Kelsay, Mgr. Phone 813

Buy a War Saving Stamp Today