

QUALITY LUNCH GOODS

Table listing various lunch goods and their prices, including items like Whole Meat, R. & R. Potted Ham, and various meats and breads.

GRAY BROS. GROCERY CO.

Two Phones, 28. "QUALITY" 823 Main St.

OVER THE NORTHWEST

MUSSEY'S HISTORY IS TURNED DOWN

PORTLAND SCHOOL BOARD REJECTS TEXT BOOK UNDER ATTACK.

Portland Board Also Fires Teacher Who Will Not Take Oath.

Portland, April 19.—Mussey's History of the United States, which has been charged with sins both of omission and commission in that it

does not set forth accurately the history of the country, various incidents having been suppressed, according to other historians, will not be the accepted textbook in Portland schools after the end of this year.

Tompson's Political, Industrial and Social History of the United States was adopted yesterday by the school board as the approved text and it will be in use here starting next fall with the opening of the new school year.

Miss Nell Moran, teacher at Rose City Park, was dismissed from the service yesterday because she refused to take the oath of allegiance as administered by the school board to all employees of the district. A resolution was passed unanimously yesterday dismissing her for cause.

Daily Chats With the Housewife. A decorative box with a central illustration of a woman and text.

It is a false standard of living that has made us eliminate such inexpensive dishes as stews from our menus.

Stews are thickened stock soups and may be made from a combination of soup stock, left over meat and vegetables and thickened with a tablespoonful of entire wheat flour to each cupful and a half of liquid, or with the substitute, corn and rice flour. Or they may be made with a small amount of fresh meat, cracked bone, etc., each time they are desired in the menu. A real stew is so liquid that it needs to be served in soup plates.

When mutton or beef is to be used, the meat should be browned in order to give an appetizing result, but if chicken or other light meats are used, the stew will be more appetizing if light in color. Needless to say, the stew should be well seasoned, and that is the most necessary art of all to learn in soups, stews or sauces.

Mutton or Beef Stew. Order 4 pounds shank, shin of beef, or neck of mutton. Cut the meat from the bones and brown it in home rendered fat. Crack the bones and tie them loosely in a piece of coarse cheese cloth, together with 1-2 teaspoon of mixed pickle spice. Add 3 quarts of cold water, bring to boiling point and season with 1-2 teaspoons salt and 1-2 teaspoon sugar.

Boil gently until the meat is half tender, then add vegetables as desired. There may consist of 1 pint stewed tomatoes, 1-2 cup brown rice, 3 sliced onions and 1 cup diced celery; or 1 cup shredded carrots, 1 cup sliced onions and 1 cup diced potatoes. The bones may be lifted out in the cloth, which obviates straining the liquid. Dumplings should be used as an accompaniment. Thicken with flour or substitute. When dumplings or rice are served no bread is necessary.

All Meat Soup. One and one-half cups split peas, 3 cups milk, 8 cups water, 3 tablespoons butterine, 3 tablespoons substitute flour or entire wheat, 1 onion, 1 teaspoon celery seed or cut celery or leaves, 1-2 teaspoons salt.

Soak the peas in the water over night and in the morning add all the seasoning with a pinch of soda and cook until peas are tender enough to rub through a puree sieve. Add milk and flour rubbed with fat. Stir until the boiling point is reached and serve over the end crusts of bread. This is a good entire meal with a little sweet or fruit.

We see "chowder" on the menu card in public eating places every Friday, but the custom is not so regular in the home except in the eastern cities which is easily explained as "clams" and "chowder" have for most of us been synonymous terms. However, many combinations may enter into these good dishes which we have freely in the middle west, such as fish

(fresh, salt or canned), milk, onions, potatoes, and thoughtful care in the seasoning.

Fish Chowder. One pound can fish 1 onion 3 cubed potatoes, 1 pint water or tomatoes, 1 1-2 pints milk, 3 tablespoons butterine, 3 tablespoons entire wheat flour or substitute, salt and pepper.

Remove the bones from the fish, flake the latter fine, add it to the water with the potatoes and cook fifteen minutes. In the meantime melt the fat, cook the onion in it till yellowed, stir in the flour and add the milk. When this comes to boiling point, combine the two mixtures. Season further with a little minced parsley, or with a bit of mace.

Any leftover cooked fish, such as haddock, codfish, etc., may be used in this way, or fresh cod, haddock, flounder and so on, may be substituted for fresh or canned fish. In this case, use a pound and a half of raw fish to allow for the waste of skin and bone. Cut the fish in small pieces, boil it in the water until tender, remove the bones and cook the potato in the fish liquor. Add the fish and proceed just as in the method already described with small amount of tomato.

"ORDERS IS ORDERS" EVEN TO GENERALS

(By Fred S. Ferguson, United Press Staff Correspondent.)

WITH THE AMERICAN ARMY ON THE LORRAINE FRONT, March 21.—The hatted and with his gas mask on his chest a certain brigadier general recently accompanied visitors from home on a tour of the trenches. Coming to a dugout where a lieutenant was in command, the party stopped and the general, looking like any other fighting American of the line, explained to his guests how the men lived. He finally suggested to the lieutenant that the visitors be shown in the dugout, with the following result:

"Sorry, sir, but it is strictly against orders to admit anyone to dugouts." "But, you can show these gentlemen, can't you?" "No, sir." "Who did you get your order from?" "From Colonel Blank, Sir." "And who did he get his order from?" "From General —, sir."

"Well, I'm General —." The lieutenant blushed clear through the mud that had splattered on his face. The general complimented him on his observance of orders. The visitors had just a little peek at the dugout.

GERMANY EXPECTED AMERICA TO AID HER

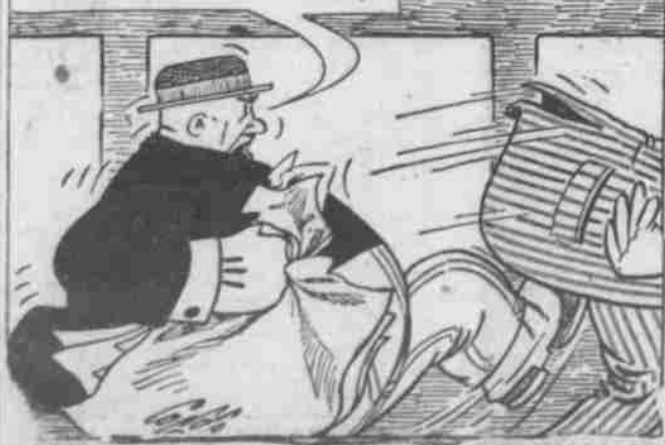
"Germany expected the United States to join the German cause as soon as Belgium had been overrun.

OUTBURSTS OF EVERETT TRUE

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720 acres, 500 of same seeded to wheat, price \$25 per acre. Lease on 450 adjoining it transferred free of charge. Will sell outfit, good horses and machinery to run it, at reasonable price. Will give terms to right party. I cannot call out prices and details on all these ranches. You make a big mistake if you do not investigate. I will tell you, and show you.

E. T. WADE, Temple Bldg., Pendleton, Ore.

It is expected that there would be 10,000,000 active German supporters in this country. That was a miscalculation. The real number was nearer 1,000,000," said David Starr Jordan, president emeritus of Leland Stanford University, Tuesday noon at the Municipal league luncheon, where he spoke on "German Philosophy of War in the Making."

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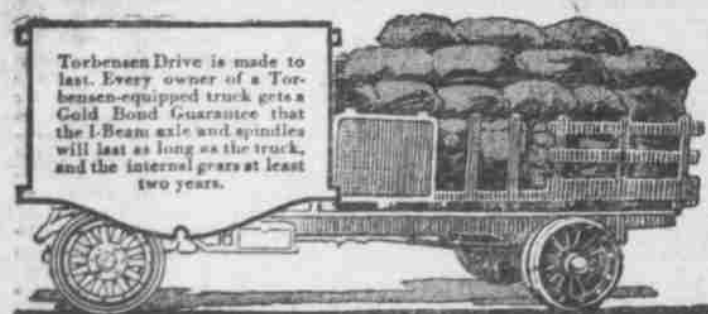
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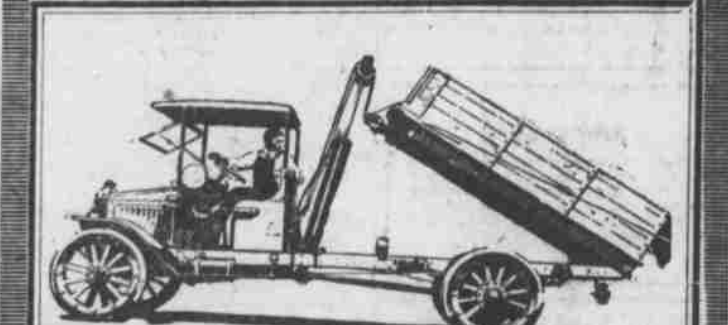
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