

Wholesome Food Keeps the Children Well

A mother writes:

"We always use Royal Baking Powder because we know when we use it we are not using anything injurious."

Prudent mothers avoid cheap baking powders because they frequently contain alum, a mineral acid. No matter how much they are urged to change, they stick to

ROYAL Baking Powder

They KNOW it is absolutely pure

Royal contains no alum—Leaves no bitter taste

High prices are blamed everywhere for the labor unrest. Profiteering persisted in will kill the famous goose that lays the well known golden egg.

Clear black coffee diluted with water and containing a little ammonia may be used for cleaning black cloth garments.

MR. WHEAT FARMER—DUPLIX TRUCKS

solve your Transportation Problems. The Duplex Truck which is the original four-wheel drive truck is used today by hundreds of wheat farmers and is the only truck on the market that is really fitted for this work.

The Duplex ten mile saving is the same in the city or in the country—over cobbled streets or almost impassable roads. The Duplex not only has, but applies directly to all four wheels, the power to pull it through with a capacity load. It climbs the steepest winding grades, surely and evenly though fully loaded. Tire savings average 30 per cent.

YOUR OPPORTUNITY TO SAVE MORE THAN \$1000.00

Last August we purchased two of these trucks complete with trailer for Government work. Within four months' time the war was over—we had no further use for them and are offering them in condition good as new at a very low price (which includes trailer) for quick sale.

North Portland Box Company, North Portland, Ore.

Don't Put If Off

Order your Olympic Flour today from one of the dealers below. If not today, the next time you need flour. You will be the gainer.



Order a sack from any of the following Pendleton grocers: GRIGGS GROCERY, WEST END GROCERY, GRAY BROS. GROCERY CO., THE DEAN TATOM CO.

Swat the Fly

FLY SWATTERS, FLY POISON AND STICKY FLY PAPER.

Every fly killed now means that many less to kill later on. Buy your groceries and meats from the store that keeps your eatables free from flies, and then swat the fly wherever you see them, and enjoy your clean food.

Pendleton Trading Co. "If it's on the market, we have it."

HOUSEHOLD

"Oven Lunches"

Some morning you have other uses for the top of the stove and would like to bake the whole lunch in the oven. Perhaps these menus suggested by the United States Food Administration will help you.

I. Potatoes au Gratin with Creamed Cheese Sauce, Corn Bread, Fresh Fruit Sauce.

II. Barley Sponge Cake, Meat or Fish Pie with Potato Crust, Barley Biscuits, Baked Apple.

III. Hominy Baked with Cheese, Fruit Ice, Oatmeal Macaroons.

Barley Sponge Cake. Four eggs, 1 tablespoon, 1 cup sugar, 1 1/2 cups barley flour, 1-3 teaspoon salt. Separate the whites and yolks of eggs, beat yolks till thick and lemon-colored, add sugar and beat till light; then the lemon juice and salt. Fold in the well-beaten whites of eggs and the lightly sifted flour and bake in a moderate oven.

Meat Pie with Potato Crust. Two cups cooked meat, 1 cup stock, 1 tablespoon fat, 1-4 tablespoon flour, 1-4 teaspoon fat, pepper, 2 cups mashed potatoes. Put diced meat into a baking dish. Add brown sauce made of fat, flour, seasonings and stock. Cover top with mashed potatoes, brush with fat and brown in oven. (Fish may be used instead of meat if desired.)

Cottage Cheese. Try cottage cheese in these new recipes. You will like it and it will cut down your meat and egg bills.

More muscle building material is available in a pound of cottage cheese than in the same amount of either meat or eggs.

Cottage Cheese Loaf with Beans or Peas. 1 cup cottage cheese, 1-4 teaspoon soda to neutralize acid, 2 cups cooked beans, 1 cup boiled rice (dry), 1 cup dry bread crumbs corn or Victory bread, 2 tablespoons chopped onion or 1-2 teaspoon onion juice, 2 tablespoons savory fat.

Chopped celery or celery salt, or pimentos, or Worcestershire sauce, or mixed poultry seasoning.

Peas and small lima beans may be used whole. Mash larger beans or put them through the meat chopper. Mix beans, cheese, bread crumbs and seasoning together well and form into a roll. The roll should be mixed very stiff, for it will be come much softer on heating. Bake it in a moderate oven, basting occasionally with a well flavored fat. Serve with tomato or other sauce.

Suggested dinner menu—Cottage cheese loaf made with dried lima beans; fried onions, buttered carrots, dandelion greens, spinach, or green salad; oatmeal bread, coffee, apple or berry Liberty tart, i. e., a one-crust pie with crust made of 50 per cent corn meal, and served with cottage cheese on top.

Cottage Cheese and Nut Loaf. 1 cup chopped nuts (use local nuts if possible), 1 cup cold left over cereal (any kind), 1 cup dry bread crumbs (corn or Victory bread), 2 tablespoons chopped onion, or 1-2 teaspoon onion juice, 1 tablespoon fat, Salt, pepper, 1-3 teaspoon soda or more to neutralize acid.

Poultry seasoning or mixed herbs, Worcestershire sauce, or kitchen bouquet if desired.

Mix all ingredients together thoroughly and bake in a buttered an in a hot oven till top and sides are well browned over. Turn out on a hot platter. Serve with a brown or tomato sauce if desired.

Variations—This loaf is particularly good made with peanuts. Substitute for the cup of chopped nuts in the rule above, 2 tablespoons of peanut butter and 1-2 cup of coarsely chopped nuts, and season with 1-2 teaspoon of ground sage or with 1 teaspoon of mixed poultry seasoning.

Where walnuts are used, pimentos make a good garnish.

Suggested menu—Cottage cheese loaf, mashed potatoes, string beans or spinach, radishes, dressed lettuce, or green onions, barley bread, jam tart, coffee.

Baked Soy Bean Loaf. Chop 2 cups of boiled beans with three pimentos add 1-3 cup of cottage cheese, 1 teaspoon of salt and a little pepper. If the mixture is too dry to shape into a loaf, add liquid from means or pimentos to moisten. Shape into a loaf, and bake in a moderate oven, basting frequently with butter and water.

Roche Visit Ex-Kaiser. AMERONGEN, June 3.—Excitement was caused yesterday by the arrival of a number of Germans at Amerongen castle. The German ex-emperor walked morning and afternoon in the garden with three men, discussing in a loud voice some serious subject, but their words could not be understood.

One of the ex-emperor's companions apparently was Dr. Alfred Zimmermann once German secretary of foreign affairs.

It is reported the delegation represented the all-German party. Confirmation of this or of other details of the visit have been unobtainable.

The full text of the peace terms printed in German, reached the ex-emperor yesterday.

Daniels Declined To Permit Towers To Fly on NC-4. WASHINGTON, June 4.—Refusal of Secretary Daniels to permit Flight Commander John H. Towers to proceed from Ponta Delgada to Lisbon aboard the naval seaplane NC-4, with Lieutenant-Commander Read, was commended by members of the House Naval Affairs Committee, before which

the secretary was testifying on the naval appropriation bill.

The matter was brought up by Representative Britten, Republican of Illinois, who said he wanted to compliment Mr. Daniels for his decision.

"It was a very difficult question to decide," Daniels said. "I held that Commander Towers was not in command as an admiral and hence could not shift his flag. Read had done a tremendously fine piece of work and I felt that he should be entitled to continue in command. I know him very slightly, while I have taken flights with Towers but, all things considered, I believed he should proceed with the same crew with which he started, and in the same way."

Soldiers May Kill Game But Only the Poor Get to Eat It. WITH THE AMERICAN ARMY OF OCCUPATION. —June 4.—The American soldiers fond of wild game hunting are looking forward to July 1 when the season for duck, snipe, plover, wild swans, cranes and other swamp and bog game fowl begins. It was decided recently by 2d army officers that the soldiers of the army of occupation should abide by the German regulations regarding wild game.

The open season for birds of the swamp will be the first opportunity of the summer for the Americans to try their hand at this kind of shooting.

But the American soldiers will not be allowed to have the leisure of eating the game even after he had had victory in the field. To prevent the soldiers from depleting the food supply of the country all meat obtained as a result of hunting by any army personnel will be turned over to the poor people of the locality in which the game was killed.

WAR ENDS CIRCUS FOR CHILDREN OF GERMANY. NEW YORK, June 4.—An unusual phase of the food shortage situation in Germany which has just come to light is the fact that German children will look in vain for the circus of prewar splendor during some time to come.

The jungle beasts, which once so delighted them, were sacrificed for food during the hungry days their country suffered before the signing of the armistice.

This information is contained in a late report issued by the American Relief Administration, No. 115 Broadway, The Hagenbeck collection shrank from three hundred to sixty animals during the four years of the war.

Boy's Death Mysterious. COTTAGE GROVE, Ore., June 4.—Thomas Eby, 15-year-old son of Mrs. Emma Eby, died yesterday from some cause which several physicians were unable to determine. He injured his head two weeks before in a fall from a bicycle and it is thought this may have been a contributory cause.

The symptoms were somewhat similar to spinal meningitis and he was seriously ill but a few hours. A brother, Dan, died in France. There are several other brothers.

WOULD REJECT REPUBLIC. COPENHAGEN, June 3.—A hundred Rhenish members of the national assembly conferred with Chancellor Scheidemann yesterday for four hours, and agreed the German government should reject the new Rhenish republic, a Berne dispatch today reported.

British Repulse Affghans. LONDON, June 4.—The Afghan main offensive against Thal is developing.

The latest official information from Simla received May 29 and 30 shows that all attacks on Fort Thal have been repulsed.

Air reconnaissance disclosed about 2500 of the enemy near Thal. Their camps were effectively bombed.

At the capture of the Afghan fort at Baladak, opposite Chaman, Baluchistan, the British took 160 prisoners and killed 220 of the enemy.

Brilliantly colored tails is often used for the huge butterfly bow at the back of the gown.

COMFORT FOR COOLER DAYS. Even summer, justly famed for warmth and sunshine, has its cool moods and rainy days when a lightweight wool frock is an acceptable addition to one's wardrobe. For such occasions is designed this charming gown of navy blue tricellette, with its fascinating embroidery of gray Angola wool.

UNCLE BILL'S BIG CIRCUS. The Children Will Want It. A PRESENT FREE TO EACH GIRL OR BOY. One brings or sends to the East Oregonian office one new Daily subscriber by carrier for 1 month or longer; or one new Daily subscriber by Mail for 3 months or longer; or one new Semi-Weekly subscriber by mail for 1 year; or any subscriber renewing their Daily subscription for three months or longer or Semi-Weekly for one year.

FOR YOUR CONVENIENCE USE THIS COUPON. East Oregonian Pub. Co. Gentlemen: Please send me "Uncle Billy's" Circus and send the (Daily) or (Semi-Weekly) East Oregonian by (carrier) or (mail), for which find enclosed \$..... to the following address. Send the paper for..... months,..... year. Name..... Town..... Street and No..... My Name is..... My Address is.....

SUBSCRIPTION RATES. Daily by carrier 65c per month. Daily by Mail \$5.00 per year. Daily by Mail \$2.50 six months. Daily by Mail \$1.25 three months. Semi-Weekly \$1.50 per year.

IF CIRCUS IS TO BE SENT BY MAIL SEND 3c FOR POSTAGE.

WHY? M. J. B. Coffee

is vacuum packed by special process which preserves its strength and rich flavor indefinitely.

The most economical coffee you can buy.

Remember Our Guarantee

BUY THE FIVE POUND CAN AND SAVE MORE MONEY

BEECHAM'S PILLS

Good blood makes firm tissue, strong nerves, steady eyes and clear brain. Keep your blood pure and full of healthy, red corpuscles, and your liver active, by using Beecham's Pills, which remove poisonous matters from the system, assist the stomach to assimilate its food, and the food to nourish the body. A world-famous remedy to strengthen the vital organs and help to

Make Pure Blood

Directions of Special Value to Women are with Every Box. Sold by druggists throughout the world. In boxes, 10c, 25c.

RETURNS TO FARM WHERE 53 MILES OF BERRY VINES GROW

B. S. Worsley, who has been in Eastern Oregon for three weeks in the interest of the Roosevelt highway bonding issue, left for Astoria on No. 17 and will return to his berry farm at Svenson, near Astoria, to harvest his crop of strawberries, blackberries and loganberries.

There are 53 miles of vines on Mr. Worsley's farm in fruit this year and he has contracted his entire output with the Lofu Manufacturing Co., of Salem. All of his loganberries are sold for the juice, his strawberries are shipped east to be made into flavoring syrups and jams and the blackberries are canned. He has a ten year contract with the Lofu concern for his entire output, which he expects to total 500 tons this season.

The Children Will Want It

UNCLE BILL'S BIG CIRCUS

A PRESENT FREE TO EACH GIRL OR BOY

One brings or sends to the East Oregonian office one new Daily subscriber by carrier for 1 month or longer; or one new Daily subscriber by Mail for 3 months or longer; or one new Semi-Weekly subscriber by mail for 1 year; or any subscriber renewing their Daily subscription for three months or longer or Semi-Weekly for one year.

FOR YOUR CONVENIENCE USE THIS COUPON. East Oregonian Pub. Co. Gentlemen: Please send me "Uncle Billy's" Circus and send the (Daily) or (Semi-Weekly) East Oregonian by (carrier) or (mail), for which find enclosed \$..... to the following address. Send the paper for..... months,..... year. Name..... Town..... Street and No..... My Name is..... My Address is.....

SUBSCRIPTION RATES. Daily by carrier 65c per month. Daily by Mail \$5.00 per year. Daily by Mail \$2.50 six months. Daily by Mail \$1.25 three months. Semi-Weekly \$1.50 per year.

IF CIRCUS IS TO BE SENT BY MAIL SEND 3c FOR POSTAGE.