

The Bend Bulletin

DAILY EDITION

Published Every Afternoon Except Sunday, BEND, OREGON
Entered as Second Class matter, January 8, 1917, at the Post Office at Bend, Oregon, under Act of March 3, 1879.

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An Independent Newspaper, standing for the square deal, clean business, clean politics and the best interests of Bend and Central Oregon.

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One Year	By Mail	\$5.00
Six Months		\$2.75
Three Months		\$1.50
One Year	By Carrier	\$6.25
Six Months		\$3.50
One Month		\$1.00

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THURSDAY, FEBRUARY 21, 1918

"It has turned out that the forces that fight for freedom, the freedom of men all over the world as well as our own, depend upon us in an extraordinary and unexpected degree for sustenance, for the supply of the materials by which men are to live and to fight and it will be our glory when the war is over that we have supplied these materials, and supplied them abundantly, and it will be all the more glory because in supplying them we have made our supreme effort and sacrifice."
— President Wilson.

BEND A FACTOR.

(Timbermen.)
The decision of the Western Pine Manufacturers' Association to remove its office to Portland from Spokane, where the headquarters has been maintained since its inception, indicates the unselfish attitude of the members of that association who were more deeply interested in results than in the mere location of its headquarters. Men who can waive their personal feelings are big men. To Laird, Humbird, McGoldrick, Ross, Hart and other stalwarts it was like parting with an old friend to see the headquarters of the association they had built up moved from its old home, but they yielded without a tinge of resentment. May the move prove all its sponsors hope it may be. In a few years the opening of the one hundred and fifty mile timber unit, connecting Bend and Klamath Falls, will be accomplished, and the linking up of the line from Klamath Falls to Westwood is only a question of a few years, developing a very large virgin timber belt of western white pine.
The development of the Eastern Oregon and Southern Idaho belt, with its billions of feet of undeveloped timber, will place Portland as the natural geographical center for the dissemination of information regarding the great pine industry of the west. California on the south is becoming more closely allied to Central and Eastern Oregon. Before Bend and Klamath Falls became factors, the country lying to the south of the Siakiyou in California was separated from Eastern Oregon and the Inland Empire and felt it had little in common from a competitive standpoint with its neighbors to the north. This situation has passed. All pine producing sections in the west are becoming more closely associated, and the time is not far distant when the pine territory from Arizona to Montana, including Eastern British Columbia, will find itself operating on a common basis of grades and terms of sales. This is not a far cry. It is here today. Advertising Idaho white pine, western white pine and California sugar pine should emanate from a common appropriation. Each of these woods has more or less common use. They should be advertised collectively. They come from the Great West. Their merits are but little understood or appreciated by either the great American or the world's markets.

MANY AT BANQUET OF PRINEVILLE LODGE

Knights of Pythias From Bend Take Part In Anniversary Celebration—Joint Meeting.
Twenty-five members of the Knights of Pythias lodge last night motored to Prineville, where they took part in the big celebration of the 54th anniversary of the founding of the order. The meeting was held jointly with Redmond, Prineville and Deschutes and was attended by 150 men in all.
Four new members were initiated and the names of five lodge brothers now in the service of the United States were placed on the honor roll of the Prineville branch. A big banquet was served late in the evening.

WAR EXCHANGE

Wheatless days are Monday and Wednesday. Meatless day is Tuesday. Porkless day is Saturday. One meatless and one wheatless meal each day.
At all times save as much sugar, wheat, meat and fat as possible.

Skim Milk In Cooking.

The uses of skim milk are many. In cooking it adds to quality as well as to food value. If used in bread in place of water it adds about as much protein to one pound of bread as there is in an egg. Skim milk used in place of the usual half milk and half water, of course, increases the quantity of protein in a loaf by the amount that is contained in half an egg. The saving involved in the use of skim milk in bread, however, is small compared with that involved in its use in the preparation of cereals, for, while in bread the milk is only about one-third of the flour, in the preparation of cereals the volume of milk is usually three or four times that of the cereal. To cook a cupful of cereal in 3 cupfuls of skim milk instead of 3 of water adds as much protein as that contained in 3 eggs.

In Vegetable Milk Soups.—There are many dishes which may be described as vegetable milk soups, usually made by combining milk and the juice and pulp of vegetables. This mixture is then thickened with flour and starch and enriched with butter or other fat. If a fire is kept all the time and the cost of fuel need not be taken into consideration, the following method is recommended as a means of utilizing skim milk: Chop the raw vegetable or cut it into small pieces. Put it with the skim milk into a double boiler and cook till the vegetable is tender. The mixture can then be thickened and enriched as described above. By this method no part of the vegetable is thrown away and the liquid of the soup, instead of being part milk and part water, is all milk. A soup so made, therefore, usually has about twice as much protein as that made in the other way, and has the additional advantage of a particularly good combination of mineral substance, for milk is rich in calcium and phosphorus, and the vegetables are rich in iron.

In making these soups use is made of many of the parts of the vegetable that are ordinarily thrown away, namely, the outer and tougher leaves of lettuce, which has a higher iron content than most other vegetables; the tops of celery; and even the tops of young onions. Small quantities of cooked vegetables left over from other meals may be utilized in these and in other kinds of soup.

If in making these soups the vegetable is chopped finely in the meat grinder, they need not be strained before being served. If the vegetables that are ordinarily thrown away; namely, the outer and stainer, or such vegetables as carrots or potatoes may be cut into slices and left in the liquid, in which case the dish resembles a vegetable chowder. These soups may be thickened with stale bread.

Soupe Recipe—
1 qt. spinach (4 bunches).
1 thin slice onion.
2 slices stale bread (2 ounces).
1 qt. skim milk.
Put the spinach and onion through the meat chopper, following them by the bread in order that there may be no waste. Put into a double boiler with the milk and cook until the spinach is tender.

Cereal Milk Pudding.—
There is a class of extremely valuable dishes which are sometimes called "cereal milk puddings," usually made by cooking equal volumes of a cereal (usually rice) and sugar in 12 times the volume of milk—for example, ¼ cupful of rice, ¼ cupful of sugar, and 3 cupfuls of milk. When a fire is kept constantly and the cost of fuel need not be considered, such a dish may be made with skim milk, and very much more than 3 cupfuls of the milk used. As the water evaporates, the dish becomes richer and richer in protein.

Oatmeal may be substituted for rice in the above-described pudding and adds somewhat to the protein value, though the quantity of cereal used is so small that this is not important.

Thin cereal-milk puddings, made by slowly cooking down until thick 10 or 12 parts of skim milk and 1 of rice, oatmeal, or similar cereal, may be used in place of cream with stewed fresh fruits or cooked dried fruits or baked apples.

Cream soups because of the large amount of milk, may form the main dish of the meal and offer splendid opportunity for using the odds and ends of vegetables, cereals and fish or meat.

Thin White Sauce—
The following is the foundation for all cream soups:

1 tablespoon fat.
1 tablespoon flour.
1 cup milk.
½ teaspoon salt.
Make paste of flour and small amount of milk. Heat remainder of milk, add paste, cook in double boiler or over hot water 30 minutes. Add butter just before serving.
Cream of Salmon Soup—
3 cups milk.
3 tablespoons flour.
2 tablespoons butter or drippings.
Spock salt and pepper.
¾ cup canned salmon or any left-over fish.

Make white sauce of milk, flour, butter, salt and pepper. Break salmon in small pieces, add to white sauce; reheat, stir well, and serve.
Cream of Pea, Bean, or Vetch Soup—
3 cups thin white sauce.
1 ½ cups peas or cooked beans or cooked vetch.
3 cups water.
Crush beans, peas, or vetch to pulp, add to hot white sauce. Reheat, beat and serve.

One cent a word is all a little Want Ad will cost you.

UNION PACIFIC WILL DISCONTINUE OFFICE

Traffic Department to Have No Headquarters in Bend—Traveling Agents Will Alternate.

The local office of the traffic department of the Union Pacific lines in the O'Kane building has been closed, owing to war conditions. H. C. Oliver and H. W. Hicks, traveling freight and passenger agents for the O. W. R. & N. will continue to come in here alternate weeks and handle the entire Central Oregon territory in addition to their work on the main line.

Mr. Oliver went out to Eastern Oregon on the morning train. He was accompanied on this trip by Mrs. Oliver, who had never visited Deschutes county before.

According to Mr. Oliver, the Oregon Trunk traveling agent, J. T. Hardy, has had his territory extended so that he now works in the Willamette valley in addition to the Deschutes. Mr. Hardy is out of town just at present.

The movement to cut down in the traffic department is one of the re-

REED-SMITH MERCANTILE CO.

DESCHUTES COUNTY'S LARGEST STORE.

25% Why Suffer With Cold, Wet Feet 25%
Pct. less than present wholesale cost

For Women---
Women's Spats
Priced at \$1.25
Women's Spats, in light and dark grey, just the thing for this changeable weather, priced at **\$1.25**
Women's storm rubbers attractively priced at **90c**
Women's heavy hose at **75c**

Beautiful New Spring Petticoats
White sateen from **\$1 to \$1.75**
Silks in all colors from **\$5 to \$7.50**
New cretonne in the latest colors and combinations from **25c to 85c**
The newest colors in Palm Beach cloth, yd **\$1.25**

Men and Boys---
Men's Overshoes at \$4
Men's Ball Band 4 buckle felt lined solid rubber overshoes **\$4.00**
Men's Ball Band 4 buckle artics **\$3.50**
Boy's Ball Band 1 buckle artics **\$3 to \$3.50**

Honor Your Boy at the Front by hanging up a New Service Flag. See our Nice Large Flags, 22x36 inches, at **\$1.00**

Tailored Suits at 1-2
We still have a few nicely tailored suits at 1-2 the regular price

Sewing Machine Needles
We are prepared to furnish sewing machine needles in all sizes for any make of machine



In Keeping With the Big Thought of Today

The daily press reflects a sentiment throughout the nation which clearly indicates a new condition.

Men are wanted everywhere. The work of this war is being carried on largely by those who never before have been in public office or in public work. Men who have been too busy, too engrossed with their own tasks, are leaving their work to others and giving their time and ability to the cause which is ours, yours, everybody's.

It is time when politics in the ordinary sense must not be considered. It calls for all the ability that can be mustered.

Oregon to be a successful part in this unit plan for the defense of Democracy, must likewise place the thought of the times before everything.

In another part of this paper appears the announcement of L. J. Simpson as a candidate for the nomination for Governor on the Republican ticket. Mr. Simpson was urged to become a candidate by his many friends in every part of the state, because of his business record, his understanding and knowledge of Oregon's resources, industries and needs; because of his public-spiritedness, which of recent years has led him to tasks which have been more important to him than his own affairs.

L. J. Simpson is clearly the man who can give Oregon the administration necessary to this plan of National Efficiency.

His campaign will be directed straight to you as voters, as individuals who do your own thinking.

We are firmly convinced that you will not allow politics to influence your decision, and that you will vote for the man who is best fit to help the people of Oregon, develop the state's vast resources, and to prepare for, and participate in, the great reconstruction that is to follow.

We believe you will weigh issues more closely than ever before, and that L. J. Simpson will be your choice.



What You Can Do

First—Talk over his candidacy with your friends.
Second—If you believe that L. J. Simpson is worthy of your support write a letter to this committee.
Suggest how his cause may be advanced. We, in turn, will tell you how you can help.

Paid Advertisement
Issued by
"SIMPSON FOR GOVERNOR" LEAGUE
Pitcock Block, Portland

defendants.
Notice is hereby given that by virtue of an execution in foreclosure, Decree and Order of Sale issued out of the above entitled court, and to me directed, dated the 30th day of January, 1918, upon a decree made and entered in said court on the 22nd day of December, 1917, in favor of the plaintiff, for the sum of \$709.36 with interest thereon from the 23rd day of June, 1917, at the rate of eight per cent per annum, and the further sum of \$75.00 attorney fees, and plaintiff's costs and disbursements taxed at \$17.00, and accruing costs, and against the premises hereinafter described, and for the foreclosure of plaintiff's mortgage against the said premises to satisfy said decree, which writ of execution and order of sale commands me to make sale of the following described real property, to-wit:
Lot numbered eight (8), of Block

numbered twenty-five (25), of Bend, Deschutes County, Oregon, according to the recorded plat thereof.
I will, in compliance with the commands of the execution and foreclosure, on Friday, the First day of March, 1918, at the hour of 10 o'clock, A. M., at the front door of the Court House, in Bend, Deschutes County, Oregon, sell at public auction to the highest bidder for cash, subject to redemption, all of the right, title and interest which the above named defendants, or either of them, had in or to said premises on the 23rd day of June, 1917, the date of plaintiff's mortgage, or which either of said defendants have acquired since that date, to satisfy said decree and judgment.
S. E. ROBERTS,
Sheriff of Deschutes County, Oregon.
Dated and first published on the 31st day of January, 1918. 47-51

No question about honest weights in this butcher shop. We give you your money's worth. Our business reputation is worth a lot to us, and you can be positive of getting full weight. You also get high quality and low price. Ask our pleased customers.

CASH MARKET

148 OREGON STREET

STORAGE BAGGAGE
HOUSEHOLD GOODS MOVED
COUNTRY TRIPS
TEAMS Phone Black 451 TRUCKS
Bend Hauling Co.

THE BACKBONE OF BEND IS LUMBER MANUFACTURING

OUR PAYROLLS MAKE YOUR PROFITS

BY BUYING LOCAL PRODUCTS YOU ARE HELPING BEND.

The Brooks-Scanlon Lumber Co.
Local Sales Agent MILLER LUMBER CO. Complete Stock of Lumber Lath, Sash and Doors