

# A Letter From Washington

The Food Administrator Writes Us:

"The use of baking powder breads made of corn and other coarse flours instead of patent wheat flour is recommended by the Conservation Division of the Food Administration. The wheat needed for export is thus conserved, and at the same time healthful food for our own people is provided. The circulation of recipes providing for these uses would be of assistance in carrying out our plans."

The following recipes for Corn Bread and Rye Rolls save wheat flour and make attractive and wholesome food for every day when made with

## ROYAL BAKING POWDER

### CORN BREAD

1 1/2 cups corn meal  
1/2 cup flour  
4 level teaspoons Royal Baking Powder  
1 tablespoon sugar  
1 teaspoon salt  
1 1/2 cups milk  
1/2 cup shortening

Mix thoroughly dry ingredients; add milk and melted shortening; beat well; pour into well greased pan and bake in hot oven about 25 minutes.

Our red, white and blue booklet "Best War Time Recipes" containing additional similar recipes sent free on request. Address Royal Baking Powder Company, Dept. H, 135 William Street, New York.

### RYE ROLLS

2 cups rye flour  
1/2 cup flour  
1/2 teaspoon salt  
3 level teaspoons Royal Baking Powder  
1/2 cup milk  
1/2 cup shortening

Sift dry ingredients together; add milk and melted shortening. Knead on floured board; shape into rolls. Put into greased pans and allow to stand in warm place 20 to 25 minutes. Bake in moderate oven 25 to 30 minutes.

## The Falls City News

D. L. WOOD

Publisher

Entered as second-class mail at the postoffice at Falls City, Polk County, Oregon, under the Act of Congress of March 3, 1879.

Telephone—News Office.

Subscription Rates: One year, \$1.00; six months, 50 cents; three months, 25 cents; single copy, 5 cents.

Advertising Rates: Display, 15 cents an inch; Business Notices, 5 cents a line; For Sale, Rent, Exchange, Want and Pay Entertainments, Notices, 5 cents a line. Card of Thanks, 2 cents; Legal Notices, legal rates.

Copy for new ads and changes should be sent to The News not later than Wednesday.

Official Newspaper of the City of Falls City

ISSUED EVERY SATURDAY MORNING

## At The Churches

### Free Methodist

Sunday School 10 a. m.  
Preaching service 11 a. m.  
Song and praise service 7:30  
followed by preaching at 8:00.  
Mid-week prayer meeting 7:30 p. m.  
Everyone cordially invited to attend these services.  
Edgar N. Long, Pastor.

### CHRISTIAN CHURCH

Divine Services each Lord's Day  
Bible School 10 a. m.  
Divine worship 11 a. m.  
Christian Endeavor 6:30 p. m.  
Evening Service 7:30 p. m.  
The public is invited to be with us in these services.  
F. Claude Stephens, Minister.

### M. E. CHURCH

Sunday School 10:00  
Morning Worship 11.  
Epworth League 6:30.  
Evening Service 7:30  
Bible study and prayer meeting  
Friday 8, p. m.  
You are most cordially invited to attend these services.  
A. F. Hanson, Pastor.

### Post Office Time Card

Office hours: Daily, except Sunday, 8 a. m. to 6:30 p. m.

Mail arrives, from  
Salem 8:45 a. m., 5:45 p. m.  
Dallas, 8:45 A. M., 5:45 P. M.  
Portland via Gerlinger, train 102  
11:55 a. m.  
Black Rock, 1:30 P. M.  
Mail closes for:  
Salem, 8:50 A. M., 1 P. M. and 5:30 P. M.  
Dallas, 8:50 A. M. and 5:30 P. M.  
Portland via Gerlinger train 102  
1 p. m.  
Black Rock, 1 A. M.

Mail Order and Postal Savings window closes at 6 P. M.

### SUNDAY ONLY

Office hours: 9:30 to 10:30 a. m.;  
Mail arrives from Salem, 9:00 a. m.  
Mail closes for Salem, 8:50 a. m.  
General Delivery Window Open  
From 9:30 to 10:30 A. M.  
Effective March 11, 1917.

IRA C. MEHLING, Postmaster

## Local News Items

The best show at the Gem tonight  
Gus Elle returned from Portland Wednesday.

Clothes cleaned and pressed.  
Wm. Bohle.

Mrs. L. M. Robertson was in Salem Tuesday and Wednesday.

Household furniture for sale.  
See Clay Oxford.

A wreck at Gerlinger Wednesday delayed traffic to Falls City about five hours.

Use engraved calling cards and stationery. Call and see sample cards and get prices.

Rev. Long and Mr. and Mrs. Keller were in Salem Monday.

Fresh Bread, Cakes, Cookies, Pies and other bakery goods, every day, at the Falls City Bakery.

Mr. and Mrs. Warren Ward and Rev. Long and wife were in Portland Tuesday and Wednesday.

Don't forget that raincoat you promised yourself last spring. Wm. Bohle can supply you.

Mrs. C. E. E. Adams of Stockton, Calif. spent a few days in town this week.

FOR RENT—5-acre tract, all in fruit, good 8-room house and outbuildings. Apply to Mrs. Mary Miller, Falls City, Oregon.

Dr. W. L. Holloway, Chiropractor, will make regular visits to Falls City on Monday, Wednesday and Friday of each week. See him at the Falls City Hotel.

Wm. Bancroft being the lowest bidder was awarded the contract to build the footbridge.

The many friends of Thos. J. Bowman will be pleased to learn that he has been promoted to a Sergeant in the Aviation Corps.

Black farm team for sale; wt about 2,300. Fred W. Pieren, Word Ranch.

Mrs. C. F. Vick of Salem arrived Wednesday to spend a few days visiting with Mrs. Esther Montgomery and other friends.

Dr. Lowe, the wellknown eye specialist of Portland, will be in Dallas, at Hotel Gail Saturday October 20. Don't fail to consult him about your eyes and glasses.

WANTED—A good solicitor, lady preferred. From three to five dollars a day guaranteed. C. F. Vick of Salem was in the city a short time Tuesday.

Don't forget that when we say "Have it Made to Measure" we mean you. We have the new Fall and Winter line of International Tailoring Co's. samples on display. Prices from \$19.00 to \$45.00. We also have another line from \$14.75 up also made to measure. See Bohle at the Pressing Parlor.

## SCHOOL NOTES

October 11, 1917

The three upper classes of the high school gave a reception to the new teachers, new students and freshmen, on last Friday night. About sixty were present. A bonfire, roasted potatoes, games, sandwiches, cake and chariot races (for freshmen only) were features of the evening.

There are four new students in high school this week: Clarice Kinbaugh, Vansel Busch, Chester Hunter and Elizabeth Wagner.

Lois Beard has been seriously ill this week. It will be some time before she will be strong enough to return to school. We shall miss her.

The Honor Guard girls will be heard from soon.

Miss Sammons of the 3d grade and Miss Wilson of the 4th grade have each been absent from school on account of illness.

The Home Economics Department has started in to preserve the perishable foods for the use of the soup kitchen and later in other wants of the department.

The cold pack method has been used in canning both vegetables and fruits. In addition to this, jellies, marmalades and preserves were made. In all this work the home products have been used as much as possible. As soon as the rainy weather begins the department will be ready to serve soup to both the grades and high school and to sell the food prepared during class periods. This money will be used to buy other material needed in the department.

Necessity has called for a new oil stove also some lockers which will be made by the Manual Training department, and other improvements.

Tuesdays are going to be devoted to Red Cross work. The girls are learning to knit and as soon as they feel competent they will knit articles for the soldiers. They will also make comfort kits, the material for which will be supplied by the W. C. T. U. The art department is willing to make the articles most needed by the soldiers.

(Continued from last week)

The following books and pamphlets have been received by the school from the government. They will be loaned to any one interested: The Government of Germany Chas. D. Hazen, Columbia University. The Great War, Andrew C. McMaughlin, University of Chicago. Nation in Arms, Franklin K. Lane and N. D. Baker. The War Message and Facts Behind It, President's Message, April 2, 1917. How the War Came to America, Committee of Public Information. National Service Handbook, A complete description of the composition of the army and naval service of the United States.

You May Not Know:

That the Falls City School took

Second prize at the County Fair. That Lorena Treat is the best bread maker in Polk County.

That Margaret Dorman is editor of this department.

That Claude Graham is teaching the Guthrie school, has seventeen pupils and insists on being called Mr. Graham by his pupils. He has some fine looking girls in his school, just the same, he is homesick.

That we have the oldest established Student Body in the Williamette Valley.

That one of our "scrub" pigs took the blue ribbon in the thoroughbred class at the county fair.

That Harold Beard is our art fiend; Eugene Starr, our Edison; Treval Fowers our Sousa; and Coral Howell, our youngest Freshman.

That all the pupils of last year's teachers training class were elected to positions in Polk County.

That the Domestic Science class is devoting one period each week to sewing for the soldier boys.

That Hal Thompson has entered O. A. C. and Maurice Selig has gone to the V. of G.

That the High School can sing?!!!!

That every boy and girl in Falls City who is eligible to enter high school should be here.

That there are eleven members in this year's senior class.

That a course in typewriting has been added to our commercial work.

That every nook and corner of the basement has been painted.

That we are going to have a grand harvesting time, digging spuds and picking beans.

That the orchestra will soon be humming away again.

## \$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietor has so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, 75c. Take Hall's Family Pills for constipation.

## N. N. CHRISTY

### Real Estate

### Fire--Insurance--Life

Local Agent: National Surety Co. of N. Y.

CAPITAL \$9,000,000

All property listed will be advertised in eleven states. If you have property you want to sell or exchange, or an empty house to rent, call and see me.

N. Main Street - Falls City, Oregon

## SHOES! SHOES!! SHOES!!!

We carry a full line of Men's Shoes, Dress Shoes, Work Shoes and the well known Currin Logging Shoes. . . .

Give us a trial when buying your next shoes. Quality and Prices right at---

## THE SHOE STORE

## WE SELL THE BEST GROCERIES

Today, tomorrow, or next week you will find the best that can be bought at any time or any place.

## SHOES AND LOGGERS SUPPLIES

Prices as low as consistent with first-class merchandise.

## FALLS CITY LOGGING & LUMBER CO.

## Professional Cards

PHYSICIAN

F. M. HELLWARTH  
PHYSICIAN AND SURGEON  
Office one door east of P. O.  
Office and Residence Phone 363 Falls City, Oregon

## DR. FOSTER, Chiropractor

Treats all Chronic Troubles successfully, using electricity in all forms. The Electric Brush for all scalp troubles. Phone 1624. National Bank Building, Suit 21 Dallas, Oregon, Box No. 362

## MARY F. IRVINE

PIANIST-TEACHER  
GRADUATE ALBANY COLLEGE  
CONSERVATORY  
BEGINNERS OR ADVANCED PUPILS  
Pupils will be given  
HIGH SCHOOL CREDIT  
Call 27 if interested.

## Business Cards

HOTEL

## Falls City Hotel

Sample Rooms  
Best Accommodations  
F. Oregoe, Proprietor

BARBER SHOPS

## Bohle's Barber Shops

Falls City, Oregon

Where you can get a Shave, Hair Cut, Bath or Shingle  
Agent for Dallas Steam Laundry  
Bundles forwarded Tuesday evening

MONUMENTS

## G. L. HAWKINS

MARBLE AND GRANITE  
MONUMENTS  
Dallas, Oregon

FUNERAL DIRECTOR

## R. L. CHAPMAN

FUNERAL DIRECTOR

We attend to all work promptly.  
Dallas and Falls City, Ore.

REAL ESTATE

## J. O. MICKALSON

Dealer in  
REAL ESTATE  
Falls City, Oregon.



Candies, Tobaccos and Cigars, at  
L. B. WONDERLY'S



Headquarters for Candy and Cigars  
WEATHERLY CONFECTIONERY.

## SOUTHERN PACIFIC COMPANY

Passenger Train Schedule  
Effective July 15, 1917

W. ESTBOUND	151 A.M.	151 P.M.	157 P.M.
Salem . . .	7:05	9:35	3:45
Dallas . . .	8:15	10:57	5:15
Falls City . .	8:45	11:30	5:45
Bl'k Rock . .		11:50	
EASTBOUND	154 A.M.	156 P.M.	170 P.M.
Bl'k Rock . .		1:00	
Falls City . .	9:20	1:20	5:50
Dallas . . .	10:00	1:45	6:25
Salem . . .	11:00	3:10	7:20

A. C. POWERS, AGENT

Correspondents wanted in every neighborhood in this section of the country.