

USE POTATOES INSTEAD OF BREAD

Bread Must Be Saved—Potatoes Contain the Same Nutrients.

How many potatoes are you eating? This is a question the Food Administration wants every loyal American to ask himself or herself. Strange as it may seem, the eating of potatoes at this time is a practical war service, according to a recent Food Administration bulletin, which points out that this nation now has a large potato surplus on hand and that this valuable food, unless eaten within the next two months, will be lost through sprouting and rotting. By eating of potatoes liberally, every family can save a substantial amount of other food, particularly of wheat. By eating up the surplus of potatoes the nation will also prevent serious loss to the potato producer, who needs to be encouraged to grow maximum crops during the coming year.

"Domestic science experts have figured that: One ordinary baked potato equals in nourishment one thick slice of wheat bread.

"Potatoes at one and one-half to two cents a pound have more food value than bread at ten cents a loaf.

"Potatoes are healthful. They improve the general tone of the system by their wholesome action on the digestive organs. They are easiest on the stomach of all vegetable foods. They are easy on the kidneys because of the minimum of nitrogen they contain. They are easy on the intestines because of the tenderness and small proportion of their cellulose and the fine division of starch.

"Potatoes are valuable in the diet of the sick. They can be eaten with benefit by people suffering from dyspepsia, anemia, diabetes, Bright's disease, cardiac affections, intestinal troubles, constipation, hyperacidity, arthritis, gout, liver complaints, etc.

"Always serve potatoes with meat," concludes the Food Administration bulletin. "Never serve bread and potatoes."

PACKING GOLD IN KEGS.

Care Taken in Preparing the Money Metal For Shipment.

When a gold shipment is to be made by ship the necessary number of kegs are taken in a truck to the assay office, where they are received at a door in the rear. The gold bars are then placed on a hand truck and rolled to the kegs. In the presence of the agents of the shippers and of the officials of the assay office the bars are packed in the kegs, and sawdust is placed around them to prevent abrasion. When the heads of the kegs have been placed over the packed bars a piece of red tape is stretched across and fastened between the chime and the edge of the head. The seal of the shipping house is then attached to the head and the bottom of each keg.

After sealing the kegs are rolled to the wagon and lifted on. It takes two men to handle each keg, as there are ten bars to a keg, with a total gold weight of about 190 pounds. It may be mentioned that \$100,000 weighs in gold about 380 pounds, and \$1,000,000 weighs 3,800 pounds. Some time ago one of the officials of an assay office compiled figures showing how much gold a man could actually handle. It is a singular thing that great difficulty is experienced in carrying gold for any distance. The weight seems to be more "dead" than that of other metals, although that may be an illusion.

For instance, the average man could carry 100 pounds of gold one mile without much discomfort. Its value would be about \$26,000. A strong man could carry, say, 150 pounds a mile, reaching the end of his journey with just under \$40,000. A very powerful man might carry 200 pounds, or nearly \$53,000, a mile without exhaustion. Carrying gold is almost as difficult as getting it. —Los Angeles Times.

Courage in Elephants.

An elephant with a good mahout gives perhaps the best instance of disciplined courage—courage, that is, which persists in the face of knowledge and disinclination—to be seen in the animal world. They will submit day after day to have painful wounds dressed in obedience to their keeper and meet danger in obedience to orders, though their intelligence is sufficient to understand the peril and far too great for man to trick them into a belief that it is non-existent. No animal will face danger more readily at man's bidding—London Spectator.

True to His Promise.

"William, when we were married you promised to stop smoking."
"So I did, my dear. You will remember that I said to you, holding up three cigars I had in my pocket, 'As soon as I smoke these I'll quit.'"
"Well, you haven't kept your promise."
"Oh, yes, I have. You see those three identical cigars are still unsmoked. I have them in my desk."—Boston Transcript.

Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly upon the blood and mucous surfaces. Hall's Catarrh Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free. F. J. CHENEY & CO., Props., Toledo, O. Sold by Druggists, price 75c. Take Hall's Family Pills for constipation.

FORMALDEHYDE

THE

FARMER'S FRIEND

FOR TREATMENT OF

Diseased Grain, Potatoes

and Vegetables

AND MANY USES ABOUT THE

Home, Stable and Chicken

House

FOR SALE AT

Thompson's Drug Store

Business Cards

HOTEL

Falls City Hotel

Sample Rooms

Best Accommodations

F. Droegge, Proprietor

FUNERAL DIRECTOR

R. L. CHAPMAN

FUNERAL DIRECTOR

We attend to all work promptly.

Dallas and Falls City, Ore.

WHEN IN SALEM STOP AT THE

New Argo Hotel

J. H. LAUTERMAN, Prop.

Rates: Single, 50c, 75c, \$1.00

Double: 75c. to \$1.50.

Bohle's Barber Shop

AGENCY OF

INTERNATIONAL TAILORING CO.

DALLAS STEAM LAUNDRY

Bundles forwarded Wednesday morning

Local News Items

Local News Items

The best show at the Gem tonight

Mrs. Matthews moved to Salem Tuesday.

For Sale—Good cow. Inquire at News office.

Miss Velma Goodspeed is visiting at Philomath this week.

A. H. Grayum and wife will leave for Greeley, Colo. soon.

Mrs. Harry Dempsey is visiting with the Aurlands this week.

Mrs. Eva Young of Monroe is visiting with the Harrington's this week.

The Women's Council of Defense held an interesting meeting Monday night.

Oscar Sampson and wife came up from Portland Tuesday to see O. Aurland.

Mrs. Mary Miller left Thursday evening for Portland to visit her daughter who is ill.

Mrs. Chloe Seymour of West Salem visited here last Saturday and Sunday.

The 10 year old son of C. B. Rickett cut his foot quite badly on a wise, last Saturday.

Thede Harris and wife are spending the week with their daughter near Nortons.

S. G. Wood and wife left last Saturday evening for their old home in eastern Oklahoma.

Miss Edith Montgomery has returned from Arizona where she has been during the past year.

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

E. K. PIASFCKI, Lawyer, Dallas, Ore. Probating of Wills and Settlement of Estates a Specialty.

Ira DeWitt and family left Thursday for Vancouver, Wash. where he will be employed as a guard.

The Falls City Lumber Co. have their second stack of logs well under way. They have room for three decks.

Mrs. Mary Hamuond Stelzer went to Salem Wednesday morning to attend the graduating exercises at the Willamette University.

Doc Nelson was here from McMinneville last Saturday. He is adjuster for the Oregon Fire Relief Association, and was here to adjust W. M. Black's loss.

Robert Bradley returned Wednesday evening from a trip to Oklahoma. He says that he had a very pleasant trip and that the crops throughout the State are good.

For Rent—Good 4-room house. Inquire at News office.

B. I. Carey of Salem came to visit his son, Thursday.

Mr. O. Aurland's brother from Dakotah came Thursday.

Mrs. Emma Hinshaw is having some wide porches built to her house.

Mrs. M. L. Robertson and Mrs. W. M. Black were in Dallas on Thursday.

WANTED

Second-hand, good sacks. Will pay 8cts cash. N. SELIG.

Henry F. Smith of Dallas has rented the Sower's building and will open up a New and Second-Hand store in about ten days. He will buy and sell second-hand furniture; also rags, rubber, brass and copper. He will move a stock of goods from Woodburn. He will also have 5c and 10c bargain counters. Stoves repaired and furniture repaired and upholstered. Have fine span of horses harness, hack and two wagons for sale.

SERIOUS ACCIDENT

Last Saturday morning Mr. O. Aurland put a camp outfit and tools in his auto and started for a logging camp in the Siletz, intending to make sleds for the donkeys. He had passed Cedar Bark Spring about a mile from the summit when through some mishap he drove too near the edge of the grade and the machine turned over and caught him under it. He was not seriously injured, but was caught in such a manner as to be unable to free himself. The gasoline tank sprung a leak and his clothing was saturated with gasoline blistering his body. He lay there from 10 o'clock in the morning until about 1:00, when Willis Frink found him. He was unable to get Mr. Aurland from under the machine, but securing the assistance of some loggers the machine was lifted off and he was taken home. The handling necessary to move him and get the clothing off, caused the skin to slip from the flesh, and he was literally, "skinned alive."

NOTICE TO CONTRACTORS

Sealed bids will be received at the office of the Auditor and Police Judge of Falls City, Oregon, until the 29th day of June 1918, at 7:30 o'clock in the afternoon of said day, for the construction of sidewalks on certain streets or parts of streets within the city of Falls City, Oregon, to-wit:

Beginning on the north side of South Main street at the intersection of Dayton street, running east on the north side of said South Main street 210 feet to the east line of the Wm. Matthews property.

Said sidewalk shall be constructed according to the following specifications, to-wit:

The walk shall be 5 feet, 4 in. in width and floored with No. 2 common, decking, 2x6 inches, and surfaced on one side; there shall be three 4x4 stringers running lengthwise and it shall be nailed with 20 penny nails, five nails to each board.

The successful bidder must, within five days from the date of the acceptance of said bid, execute a contract with said city for the faithful performance of said work.

The City Council reserves the right to reject any and all bids.

Dated this 12th day of June, 1918.

C. E. McPherran

Auditor and Police Judge of Falls City, Oregon.

POWELL'S CAMP

We're still here, tho' expect to be gone in about ten days.

Gus Larsen's crew expect to finish their side in a few days and moving will then commence.

The intention is to take the donkeys, excepting one, up the incline.

Mrs. J. M. Cleveland is expected back to day or tomorrow.

Mrs. Hattie Wingo has been ill several days.

Mr. and Mrs. D. H. Cox spent Saturday evening and Sunday with Mr. and Mrs. Frank Elpis.

Miss Mabel Otte visited with Hazel Wingo Monday and Tuesday.

J. Goldsmith of Portland was transacting business in this city Thursday. Mr. Goldsmith was receiver for the Falls City Lumber Co. here two years ago. He said that his business at this time was of an entirely different character.

We received a letter a few days ago from Dale M. Gottfried, now stationed at Camp Fremont, Cal. He says that it appears to be a great place for men to stay with their jobs. He has not been assigned to any regular Company, but thinks that he is to learn baking. After the war we presume that there will be another bakery in Falls City. He says that he has not been promoted to a Generalship yet, but then there will be plenty of time before the war is over.

Monmouth Co-Operative Creamery
OWNED BY FARMERS,
RUN BY FARMERS,
GIVES SQUARE DEAL TO FARMERS.
Our Truck Comes Wednesdays and Saturdays.
Leave Cream at-- Falls City Mercantile Company Store.

Sapolio doing its work. Scouring for U.S. Marine Corps recruits.
Join Now!
APPLY AT ANY POST OFFICE for SERVICE UNDER THIS EMBLEM
Men who wear this emblem are U.S. MARINES

"Don't suffer from train headaches"
When traveling, attending a Theatre or some Social Function, or if Shopping, don't forget to have **DR. MILES' Anti-PAIN PILLS** with you. They are invaluable for Headache and all other Pains.
25 Doses, 25 Cents.
IF FIRST BOX IS NOT SATISFACTORY, YOUR MONEY WILL BE REFUNDED.
BRING DESIRED RELIEF. "I have used Dr. Miles' Anti-Pain Pills for some time and find them an invaluable remedy for headache. I have always taken great pleasure in recommending them to my friends, being confident that they will bring the desired relief. I am never without them and use them for all attacks of pain, knowing that they will not disappoint me."
MRS. W. H. BENSON, West Haven, Conn.

GET YOUR BUTTER WRAPPERS PRINTED AT THIS OFFICE.

"The Falls City News announces that it has rounded out its fourth year under the present management, and is proud of the fact that it has, during this period, gone to its subscribers on time. The first two years of the time mentioned Editor Wood evidently had a hard row to hoe, the mill at that place having closed and employment in the industrial field decidedly limited. During the latter part of his incumbency, however, Falls City has been unusually prosperous, and if he does not "make a killing" it will be his own fault."—Dallas Observer.

Bro. Cates is eminently correct in his deductions. The News is making dead-ooles of money. In fact we are becoming immensely rich, and expect to retire, in a short time, to our 'ancestral estate' and live in luxury.

In spite of advice from college-bred farm demonstrators the festive aphid continues to wax fat on the choicest delicacies of the land. The theory that "a few days hot sunshine" would cut short their earthly career, appears to be mostly theory.

The dry weather is like poor relations, comes early and stays late. Several forest fires have already started but checked before and serious damage resulted. If this dry weather continues the danger of destructive forest fires will be very great.

A bulletin announces the fact that everything is in readiness for the Great Military Horse Show at Camp Lewis, Wash. Some people are of the opinion that this country has already been entertained with a sufficient number of "Military Hoss Shows" and it is time to have a business session.

BRIDGEPORT GLEANINGS
JUNE 10, 1918.
There will be a big chicken supper at the Farmers' Union Hall Saturday night, June 15.
There will be a new cement bridge at Bridgeport this summer.
School election at Bridgeport the 17.
Harvey Gage dug his first mess of new potatoes Saturday, the 8. The first around here so far as I know.

The dance at Joe Gage's last Saturday night was well attended.
The late strawberries will be ripe soon.