

# 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 cts.

Advertising Rates: Display, 15 cents an inch; Business Notices, 5 cents a line; For Sale, Rent, Exchange, Want and Pay Entertainment Notices, 5 cts. a line. Card of Thanks, 50 cts; 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

## A SLICE OF BREAD.

The Result of Wasting Only One Day in Every Home.

A single slice of bread seems an unimportant thing. In many households one or more slices of bread daily are thrown away and not used for human food. Sometimes stale quarter or half loaves are thrown out.

Yet one good sized slice of bread, such as a child likes to eat—weighs an ounce. It contains almost three-fourths of an ounce of flour.

If every one of the country's 20,000,000 homes wastes on the average only one slice of bread a day the country is throwing away daily over 14,000,000 ounces of flour—over 875,000 pounds, or enough flour for over a million one-pound loaves a day. For a full year at this rate there would be a waste of over \$19,000,000 pounds of flour—1,500,000 barrels of flour—enough to make 305,000,000 loaves.

As it takes four and one-half bushels of wheat to make a barrel of ordinary flour, this waste would represent the flour from over 7,000,000 bushels of wheat.

Fourteen and nine-tenths bushels of wheat on the average are raised per acre. It would take the fruit of some 470,000 acres just to provide a single slice of bread to be wasted daily in every home.

To produce this much flour calls for an army of farmers, railway men and flour mill people. To get the flour to the consumer calls for many freight cars and the use of many tons of coal.

But, some one says, a full slice of bread is not wasted in every home. Very well. Make it a daily slice for every four or even ten or every thirty homes, make a weekly or monthly slice in every home or make the wasted slice thinner. The waste of flour involved is still appalling, altogether too great to be tolerated when wheat is scarce.

Any waste of bread is inexcusable when there are so many ways of using stale bread to cook delicious dishes.—Cleveland Leader.

## LIFTING HEAVY WEIGHTS.

How to Work Without Straining the Muscles of the Back.

During housecleaning season it is not uncommon to hear many complaints of backache. Oftentimes the muscles of the back have actually been strained from lifting or lugging at heavy rugs, etc., and there is reason for the pain and discomfort manifested. Fortunately there is a way to lift heavy weights without straining the muscles of the back. "A well known metallurgical company," says Popular Mechanics, "has recently issued instructions showing the right and wrong way to lift heavy objects, such as ingots and castings.

"The way which is condemned and which many workmen thoughtlessly follow consists in grasping the load with both hands while stooping over and scarcely bending the legs at all. Lifting in this posture throws most of the weight on the lower part of the back, where the muscles are weakest, and may produce a severe strain or rupture.

"The proper way is to grasp the load after squatting down close to it, so that the knees are drawn well up against the body. Lifting in this manner throws the weight on the thighs and shoulders, which are strong and best suited to the severe stress that comes in raising the body to an erect posture."

## Living Music.

To move the body to the rhythm of the universe, andante, presto, fast or slow, keeping the accent steady and sure.

To use the voice in melodious speaking, with kind and gentle words, to stranger or to friend.

In all events of daily life and work to resolve the discords and to blend the moments into one harmonious whole.

A mind to set in form the theme of life, announce the subject clear and true and work it to satisfying close.

To find within the soul the beauty bearing message of the song divine.

This is to set the days to music and to be a symphony.—Evangeline Close in Musician.

## For Cleaning Paints.

An easy way to clean paints: Paints in the bathroom or kitchen that have been soiled from smoke or grease can be easily cleaned by heating vinegar, and with the use of a sponge wipe the paints. In order to obtain best results the vinegar should be heated several times during the process. When completed the paints will be thoroughly clean and look like new.

## A Point Conceded.

"Your nation hasn't much appreciation of statuary," remarked the critical visitor.

"I said that years ago," replied Grandpa Milt, "when they took the wooden Indian away from in front of the cigar store."—Washington Star.

## Deserved Some.

Bibson Brocks—This cake is awful nice, mamma. (Silence.) This cake is awful nice, mamma.

"Well, what of it?"

"Oh, nothing; only when the minister says it you always ask him to have more."—St. Louis Globe-Democrat.

## Hopeful.

"Cheer up!" says a Georgia philosopher. "High prices are sure to come down some time or other. If only to see the place where you buried what they didn't get."—Atlanta Constitution.

## History.

History is little more than the register of the crimes, the follies and the misfortunes of mankind.—Gibon.

## Local News Items

The best show at the Gem tonight

Have you paid your subscription to the News?

Mrs. John Hughes was in Salem last Saturday.

Pathe Phonographs—easy terms. C. H. Fisher, Jeweler.

F. Droege returned to Newport Sunday.

For Sale Cheap—Good horse, buggy and harness. Call Post-office at Black Rock.

Chas. Olts and family returned Monday night from the Coast.

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

Dr. A. G. Atwood left Saturday for Portland where he will continue in the practice of his profession. This leaves Falls City without a "tooth carpenter."

Pathe Phonographs \$30 to \$325. Easy Terms. C.H. Fisher, Jeweler.

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

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

Robert Bradley and wife and Mrs. Chapin left Thursday for Newport.

Good farm team for sale cheap. Owner gone to the Front. T. M. Word Ranch.

Mrs. Ellison of Albany, who has been visiting her son Claud and family, returned to her home Thursday.

No needles to change on a Pathe Phonograph. C.H. Fisher, Jeweler.

Mrs. John Hughes left Wednesday afternoon for a two weeks stay in Salem.

Mrs. J. M. Watzling returned last Saturday from near Salem where she had been picking berries. She has been quite ill since her return.

Pathe Phonographs play all records. Easy terms. C.H. Fisher.

Mrs. C. M. Smith, Magnetic Healer, whose home is in Albany with headquarters in Salem, will be at the New Falls City Hotel, Room 19, every Friday from 12:00 to 9:00 P. M., and Sundays from 9:00 A. M. to 9:00 P. M.

Mr. and Mrs. C. L. Hopkins and Mrs. Emily Calkins motored to Irish Bend Saturday night and spent the week-end with Mr. and Mrs. F. A. Lucas.

Mrs. Hargrove of Salem spent several days with her daughter, Mrs. John White.

Mrs. W. H. Dorman underwent a very serious operation at Salem last Saturday. She is said to be recovering slowly.

## NEW LIGHTING RATES

In accordance with the findings of the Public Service Commission at their hearing June 15, there will be a slight change in the rates for electric service. These new rates will become effective August 1st and are based on a wattage system instead of candle-power. A copy of the new schedule will be mailed to the consumer with monthly bill.

For the benefit of those who do not understand, we will say that all rates are now made and are under the control of the Public Service Commission. They decided that the new rate was absolutely necessary under the new conditions caused by higher prices on all commodities.

Hoping that the new rate may prove satisfactory to both consumers and producer, we are,

Very respectfully,  
Falls City Electric Light & Power Company,  
C. T. Ellison, Mgr.

## How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm. NATIONAL BANK OF COMMERCE, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

## What Worried Her.

It was the eve of their wedding day, and he was bidding her good night.

"Tomorrow, my darling," he whispered softly in her ear, "we begin our journey as bride and bridegroom—pilgrims of life together. Hand in hand will we journey down life's rugged road. We shall need to set out with a glorious equipment of faith and hope and courage, that neither of us may faint or fall by the wayside before the journey is ended. Will we not, darling?"

"I—I— Oh, yes; to be sure!" she replied. "Only I am really worried about the train of my dress. It didn't hang a bit nice when I tried it on today. What were you saying, dear?"

## Plenty of Time.

"That judge has given twenty or thirty men ninety days each." "What of it?" "Seems to be no limit to a court calendar."—Louisville Courier-Journal.

## Wanted More.

He—I only know that I love you. She—Oh, dear! I thought you knew how to make money too.—Boston Transcript.

The business that's in a rut is ripening for the grave, merely an enlarged rut.

THIS  
BLUE  
MARK  
MEANS THAT  
YOUR SUBSCRIPTION IS PAST DUE

# THE KAISER BEAST OF BERLIN

Gem Theatre SATURDAY, JULY 27th

MATINEE 2:30  
One Day Only  
YOUR LAST CHANCE

Matinee:-- Children 15c  
" Adults 35c  
Night Everybody 50c

## NOT AS IT MAY SEEM

Outsiders might infer from the limited amount of home advertising in the News that a lot of dealers are slow to advertise. But that is not the case and we want the people to understand that it is not the fault of the dealers. An editor who has plenty of this world's plunder does not care to chase around after a little measley advertising business, like an impecunious scribe might do, and if the News were owned by some poor man who had to hustle for a living its advertising columns might present a very different impression of the town abroad. This all goes to show that it is better for both town and paper that the editor should not be a man of great wealth. Falls City is all right, but the matter is with the News editor being too rich for his job. However, we are trying to lighten our burden of wealth by spending all we possibly can to stop short of buying outright the town and the fullness thereof.

Don't forget to bring in news items, or drop them in our "news box" at the postoffice. We appreciate them.

## M. E. CHURCH

Sunday School 10:00

Morning Worship 11.

Epworth League 7:00.

Evening Service 8:00

You are most cordially invited to attend these services.

A. S. Mulligan, Pastor.

## 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.

# EASTMAN KODAK



## AND SUPPLIES Thompson's Drug Store

### WANTED

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

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

### Business Cards

HOTEL

## Falls City Hotel

Sample Rooms  
Best Accommodations  
F. Droege, Proprietor

FUNERAL DIRECTOR

## R. L. CHAPMAN

FUNERAL DIRECTOR

We attend to all work promptly.

Dallas and Falls City, Ore.

## Bohle's Barber Shop

AGENCY OF

INTERNATIONAL TAILORING CO.

DALLAS STEAM LAUNDRY

Bundles forwarded Wednesday morning



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

## "Torturing Headaches—don't suffer—Stop them!"



Long hours, close and tedious work are very apt to result in Headaches or other Pains. Don't suffer.

DR. MILES' ANTI-PAIN PILLS will quickly drive your Pain away, and Dr. Miles' Nervine will assist you by relieving the Nerve Strain.

IF FIRST BOX, OR BOTTLE, FAILS TO BENEFIT YOU, YOUR MONEY WILL BE REFUNDED.

### DIZZY SPELLS.

"My nerves became all worn out. I had had headaches and severe dizzy spells. I could not sleep and my appetite was poor. I began using Dr. Miles' Anti-Pain Pills and they always gave me instant relief no matter what the pain. Then I used Dr. Miles' Nervine regularly and was soon in perfect health again."

MRS. S. L. YOUNG,  
324 Pittsburg St.,  
Newcastle, Penn.

GET YOUR BUTTER WRAPPERS PRINTED AT THIS OFFICE.

Yes!  
We do  
Job Work.  
Compare  
our prices  
with others  
and  
see samples.

## THE NEWS

### TURNED THE TABLES.

Two Incidents in the Careers of an American and a Belgian.

More than ten years before Belgian relief was ever thought of a young American mining engineer who was in charge of important mining properties in China received a visit early one morning from a burly Belgian. The Belgian brusquely informed the young American that he had come to take charge of the properties. The American had received no official notice of the change in management, and he did not much like the manners of the Belgian, but he quietly accepted his new status. He explained to the Belgian that two heads often are better than one and offered to help manage the properties jointly. The Belgian accepted.

The two men worked together for about six months. Then one day the burly Belgian lost his temper and with it his more experienced fellow manager, for the young American promptly resigned his position and left the employ of the company.

The name of the young American was Herbert Clark Hoover. Now observe how Nemesis pursues proud mortals! In October, 1914, this same Belgian, at the suggestion of the American ambassador in London, called on an American who, Mr. Page said, was the logical man to head the work of relieving starving Belgium. The American was Herbert C. Hoover.—World's Work.

### Swords and Beards.

At one time in England all "gentlemen" wore swords as well as beards, and their habit of drawing these weapons to settle the most trivial disputes is said to have had much to do with the cut and styles in beards. During this sword wearing period all "bluffers" wore their beards cut and hacked in most outlandish shapes, trying to convey the impression that they were bad men, who had been in many terrific sword combats.

### Didn't Hit Him.

John Wesley had a reputation for cheerfulness. In his journal he writes: "I preached in Halifax to a civil, senseless congregation. Three or four gentlemen put me in mind of the honest man at London who was so gay and unconcerned while Dr. Sherlock was preaching concerning the day of judgment. One asked, 'Do you not hear what the doctor says?' He answered, 'Yes, but I am not of his parish.'"

### No Longer Quiet.

Bill—Do you remember my brother?

Gill—Oh, yes, very well.

"Remember how quiet he used to be in school?"

"Yes, indeed."

"Well, look at him now."

"What's the matter with him now?"

"He's a bass drummer."—Yonkers Statesman.