

If You Need Lime, Buy it Now

If the farmers of Western Oregon do not come to the rescue of the State Lime Board by ordering lime for agricultural purposes within the next two weeks, the lime plant located at Gold Hill will be closed.

Dean A. B. Corderly of the School of Agriculture at Corvallis and chairman of the State Lime Board states that the plant is now producing one car of lime per day; in the near future the output will be increased to two car loads per day.

The farmers of Western Oregon fought long and hard for a state owned lime plant which would furnish lime at cost. There have been delays in getting the plant ready for business owing to the lack of funds and other causes, but the plant is now ready for operation and the success of the enterprise is now up to the farmers themselves.

The plant must have orders in order to operate. If those are not received at the rate of at least two car loads daily it will be necessary to cease operations immediately, as the board has no funds for operating expenses. In fact every person who has in mind the ordering of lime for agricultural purposes, should do so at once. The next 10 days or two weeks will determine whether or not sufficient orders will

be received to keep the plant running.

It has been suggested that the various Grangers and Farmers Unions in Polk County pool their shipments through the County Agent in order to secure the car lot rate. Those committees that have no organizations may pool their shipments directly with the agent.

All applications for the purchase of lime must be made to the State Lime Board; sales are made only on the payment of cash in advance.

The price set by the board to begin with is \$1.75 per ton at the quarry near Gold Hill. All payments for lime should be sent to Secretary State Lime Board, Salem, Oregon.

Cars will be billed with freight charges collect where it is billed to a non-agency station where freight charges and war-tax will have to be paid. The rate will run from 1 cent to 1 cent per ton mile, depending on the distance hauled. Local freight agents can furnish buyers with the exact rate to their stations.

The lime is of a good quality as shown by the following approximate analysis: Silica, 86 per cent; Iron and alumina, 55 per cent; Lime, 96.43 per cent; Magnesia, 2.12 per cent.

Camping Out in Coos County

Miss Neta Waller sends her parents the following account of good time at Sacchi Beach. October 19, 1918.

Having a lovely week end down here at the beach. We came down yesterday afternoon and are located in a nice clean little cabin. There are seven of us, and we have plenty of warm bedding and good food. Came down in a big truck over the "Road of the Seven Devils" and it was a thrilling ride. The road was so narrow in places that we had to duck our heads to keep from getting scratched by the brush along the roadside. Finally reached the cabin with our lives and were soon settled. After a good hearty supper, we took a long tramp up the beach and scrambled over the rocks. Then we built a huge bon fire on the beach and sang until away late. Had a good snooze in warm beds and didn't get up until eleven o'clock, then took a dip in the ocean waves. The bathing was great with the tide clear in and the sun just boiling down. After the bath came breakfast of flapjacks and maple syrup and then another tramp up over the hills where we found a perfect fairy land. Found wild blue violets all over the ground and lovely ferns deep in the woods. It

was grand! I'm slipping in some wild violets just to bear a message of love to you. They will be wilted of course when this letter reaches you but they are so sweet.

This afternoon we all tramped up the beach again and we are just about ready now to start our evening meal. We are just taking life easy and have a lot of genuine fun. Will be here until tomorrow evening. School will not open for another week anyway.

Home Economics

At the meeting of the Home Economics class, under the direction of the Home Demonstration Agent, held Saturday afternoon, October 19, the subject under consideration was "Points in the Selection of Meals". Much interest was displayed and many helpful questions and suggestions were brought out which were of vital interest to the women at this time when the proper feeding of the family is so necessary in keeping and building up the health reserve of the nation.

Proper feeding of the family means more than satisfying merely the appetite, it means satisfying the needs of the body and at the same time practicing economy and conservation. Miss Mills brought out the following essential points in the selection of the daily food for the family. You need three things from your daily meals: fuel to

keep the body warm and to furnish energy for work; building material to supply muscles, bones and all parts of the body, to keep it regulated and in repair; body regulating foods to keep the machinery of the body running smoothly. Without the latter the body could not burn its fuel, put its building material in place, eliminate its waste, and would not grow.

Most of the day's energy should be supplied by foods rich in starch as the various breakfast foods, cooked slowly and a long time; breads of various kinds; starchy vegetables as potatoes, carrots, etc. Some of the energy should be supplied from foods rich in fats as dairy foods, eggs, fat meats, meat fats of various kinds, oils or foods rich in oils. The day's meals are more palatable if some fuel is furnished in the form of foods rich in sugar. Sugar is not necessary and too much should be avoided. Foods supplying sugar are the sweet fruits and vegetables, honey, molasses, sirups, sugar, desserts and candy.

There are four essential building materials and you need some of each every day. Protein, the most conspicuous, should be supplied by one of the animal foods, milk, eggs, cheese or meat, one being able to replace the other. Most of the remaining protein should be supplied by whole cereals, dried beans and peas and nuts. Lime, iron and phosphorus are also needed for building and are furnished by milk, eggs, fresh and dried fruit and vegetable, whole grain and meat.

Body regulating food must be selected from laxative fruit and vegetable, breakfast foods, and breads made from whole grains; foods containing flavors as fruits and vegetables; and foods containing vitamins, which are essential to growth and health, and found sufficient for needs in whole milk, butter cream, eggs, leaf and stem vegetables, whole grains, peas, beans and meat.

To keep the diet balanced the use each day of vegetables and fruits in abundance; one of the animal foods; cereals in some form; fat or oil in some form; and sugar in the form of dried fruits, sirups honey, sweets, etc. is necessary. Fresh

fruits and vegetables and foods made of whole grains are the cheapest and best sources of the bulk of the diet.

The next meeting of the class will be held Friday, November 1, from 2:00 to 3:00 p. m. and the selection of the diet will be continued and special diets considered. All the women are cordially invited and urged to come and take part in these helpful and instructive discussions. Plan to save the above mentioned hour on Friday, November 1, for this work, it will be time more than well spent.

COUNTY QUOTAS IN WAR CAMPAIGN

Chairmen of Organization Also Given Herewith.

Following are the official quotas of each county in the United War Work Campaign, week of November 11, chairman of each county and his address:

Baker county, \$18,650, J. P. O'Bryant, Baker, Oregon; Benton county, \$19,600, W. E. Kyler, Corvallis; Clackamas county, \$26,700, A. C. Howland, Oregon City; Clatsop, \$20,650, B. F. Stone, Astoria; Columbia, \$10,350, Charles Wheeler, St. Helens; Coos, \$18,150, Charles Hall, Marshfield; Crook, \$4,150, W. F. King, Prineville; Curry, \$2,550, Hardy T. Stewart, Port Orford; Deschutes, \$6,500, T. H. Foley, Bend; Douglas, \$18,400, Hon. O. P. Coshaw, Roseburg; Gilliam, \$5,600, D. R. Parker, Condon; Grant, \$5,500, C. D. Tyler, John Day; Harney, \$6,500, I. S. Geer, Burns; Hood River, \$6,800, Leslie Butler, Hood River; Jackson, \$20,850, Wm. G. Tait (North), Medford; E. V. Carter, (South), Ashland; Jefferson, \$3,050, Howard W. Turner, Madras; Josephine, \$7,100, George E. Lundberg, Grants Pass; Klamath, \$10,800, A. B. Epperson, Klamath Falls; Lake, \$6,350, J. F. Burgess, Lakeview; Lane, \$29,800, Richard S. Smith, Eugene; Lincoln, \$4,650, B. F. Jones, Newport; Linn, \$22,500, P. A. Young, Albany; Malheur, \$11,400, W. W. Wood, Ontario; Marion, \$37,650, W. I. Staley, Salem; Morrow, \$6,750, M. D. Clark, Heppner; Multnomah, \$306,050, Dr. H. C. Fixott, Morgan Bldg., Portland; Polk, \$12,700, H. I. Fenton, Dallas; Sherman, \$5,250, Geo. B. Bourhill, Moro; Tillamook, \$8,550, C. J. Edwards, Tillamook; Umatilla, \$34,200, M. R. Chessman, Pendleton; Union, \$15,150, George Palmer, La Grande; Walla, \$9,800, Wade Siler, Enterprise; Wasco, \$13,250, E. O. McCoy, The Dalles; Washington, \$21,550, J. H. Garrett, Hillsboro; Wheeler, \$3,050, C. O. Portwood, Fossil; Yamhill, \$18,550, W. B. Dennis, Carlton.

PERSHING WARNS OF GERMAN PUBLICITY

Germany's efforts to involve the United States and her Allies into a consideration of peace terms and an armistice did not impress James F. Pershing, brother of General Pershing, as being sincere and designed to give the world what it is praying for. Mr. Pershing, who was in Oregon recently in the interest of the United War Work drive, which opens November 11, cautioned the American people against the too-common tendency to become apathetic under the idea that peace and the cessation of hostilities are at hand.

"When heaven is ready to negotiate with hell," he declared, "then will America be ready to make peace with Germany." He told of the great work being done in Europe by the Y. M. C. A., Knights of Columbus, Salvation Army and other agencies, and called on Americans to respond liberally in supporting the campaign about to open for raising money with which to carry on these activities.

GENERAL PERSHING MODEST MAN

"All that General Pershing wants now is the success of the American boys in France, and to avoid, so far as possible, any glory for himself," declared James F. Pershing, brother of America's leader in the field, in an address delivered in Portland recently in behalf of the United War Work drive, which opens November 11. The speaker paid a tribute to the men in the ranks, and gave his audience an idea of the high esteem in which the boys are held by their commander. He showed the importance of war work in this country as an imperative necessity to the victory of the Allies in the battles for Democracy, and urged that no diminution in speed be allowed to result through recent peace proposals. Unqualified indorsement of the United War Work drive was voiced by Mr. Pershing who is one of the leading authorities on conditions now existing along the battlefield, and he was especially desirous that there be no relaxation of efforts in behalf of the several war work funds.

Huts for Nurses.

Huts for nurses are maintained by the Y. W. C. A. at the base hospitals in France. To extend this work a portion of the United War Work funds to be raised in November will be used.

Send a doughnut to the front line by giving to the Salvation Army.

Heating Stoves and RANGES



MONMOUTH HARDWARE CO.

Which Do You Want?

More and Cheaper Fish
HONEST LIVELIHOOD
FOOD PRODUCTION

307 X NO
Laboring Class

HIGHER PRICED FISH
Pleasure Seekers
WASTE OF FOOD FISH

306 X YES
SPORTSMEN

Keep the price of fish down. Help production of fish. Eliminate waste.

VOTE 307 X NO

Read argument in State Election Pamphlet
Clackamas County Fishermen's Union, Andrew Naterlin, Secretary,
Oregon City, Oregon. (Paid Adv't)