

Home Economy

Edited by Alice F. Talcott

Not a Little Thing.

There may be some who think that the little sacrifice in wheat that the food administration asks each one of us to make is too diminutive to matter.

But when the Kaiser heard that the Americans were voluntarily adopting individual and daily food conservation so that they might give the allies the food they needed, he immediately spent large sums of money in paying for secret service men and for propaganda that would frustrate such an attempt on the part of the American people.

If the Kaiser thought it was worth all this to prevent us from adopting food conservation, does it not seem that it is worth our time and energies to accomplish this?

Suppose, for instance, your family saved a loaf of bread a week. Multiply this by the number of families on your street. Multiply this by the number of families on all the streets in your town or city. Multiply this by the number of families on all the streets in all the towns and cities in America.

Now you know why the Kaiser tried in every way to prevent us from adopting these little daily and individual food conservation measures in order to feed our associates in this war.

His plans have failed. They will continue to fail. But the Kaiser is comforting himself with the thought, "Oh, well, the American people will easily become discouraged and careless in making these little daily sacrifices. If a big sacrifice were demanded of them, the whole nation would rise in a mountain of strength to the task. But these little individual sacrifices will soon seem too petty to them to continue."

Shall we let this prediction come true?

Let's fool the Kaiser!

Some New "Spoon Breads."

Do you know that oatmeal porridge, savory rice, cornmeal mush and hominy grits are all substitutes for bread? Call them "spoon breads" and let them take the place of the other kind. Eat them with milk, bake them or saute them.

Cornmeal Spoon Bread.

2 cups water.
1 cup cornmeal.
1 egg.
1 tablespoon fat.
2 teaspoons salt.
1 cup milk.

Mix the water and meal, bring slowly to the boiling point and cook five minutes. Add the beaten egg and other ingredients. Beat thoroughly and bake in greased pan 25 minutes in a hot oven. Serve from the same dish with a spoon.

Savory Rice.

1 cup rice with boiling water to cover well.
1 teaspoon salt.
2 cups tomatoes.
1 small onion.
1 piece green or red pepper.

Wash and drain rice, add to boiling salted water and cook rapidly until soft. Drain. Cook tomatoes, onion and pepper 10 minutes. Add them to rice and steam 20 minutes.

Baked Hominy and Cheese.

1 cup milk.
1 tablespoon fat.
1/2 tablespoon corn starch.
1 teaspoon salt.
2 cups cooked hominy.
1/2 cup grated cheese.

Make a sauce of the milk, fat, corn starch and salt. Arrange the hominy and cheese in alternate layers. Pour over the white sauce and bake 20 minutes in a moderate oven. Paprika may be added for seasoning if desired. Either hominy grits or samp may be used.

Cornmeal and Rice Bread.

1 cup corn meal.
1 cup cold boiled rice.
1 cup milk.
1 tablespoon melted shortening.
1 teaspoon salt.
2 eggs.
2 teaspoons baking powder.

Mix cornmeal, rice, milk, shortening and salt together. Beat five minutes, then add well-beaten eggs, beat two minutes, then add the baking powder. Mix lightly and pour in pan one inch thick. Bake in moderate oven 35 to 40 minutes.

Plain Barley Cake.

1/2 cup fat.
1/2 cup glucose.
1 egg, well beaten.
2-3 cup milk or water.
2 cups barley flour.
3 teaspoons baking powder.
1-8 teaspoon salt.
1 cup raisins.

Cream the fat, add the glucose and cream together. Add beaten egg and milk. Add the sifted dry ingredients and the raisins. Pour into a shallow greased pan and bake about 20 minutes.

What is a War Pie?

A war pie is a pie made with one crust—an upper or a lower crust.

But a war pie goes one step further than dispensing with one crust. A war pie must give up its share of wheat to help the food administration send more wheat abroad.

After you have learned to make this potato pie crust, you will hold on to the recipe, even in peace times. For the pie crust is both nutritious and delicious. The potato adds valuable mineral salts. And the use of the vegetable fat supplies its share of body "energy."

It is especially good for meat pies and turnovers and tarts. As crust made with potato shrinks in the baking, be sure to allow for the shrinkage by cutting a little larger than when white flour alone is used.

Potato Pie Crust

1/2 cup cold mashed potato.
1 cup white flour.
1/2 teaspoon baking powder.
1/2 teaspoon salt.
1/4 cup cold water.

Cut mashed potato into the flour, into which the salt and baking powder have been sifted. Then cut in the chilled cold water. After this is thoroughly blended, add a little ice water to make stiff batter. Roll on slightly floured board. Fold over and chill. Then roll again and fit to greased pie pan. This will make two pies with lower crust only.

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EUGENE DAILY GUARD

BUSINESS OFFICE.

SPRINGFIELD NEWS

Liberty Loan Rally Sunday Evening.

Every man, woman and child has been invited to be present at the Liberty Loan rally, to be given at the M. E. church Sunday evening, Dr. J. M. Gilbert of the state University will speak at this meeting. On Saturday and on Monday committees will canvass the industrial plants. On Tuesday the house to house campaign will begin, under the captains and their assistants. On Wednesday evening a public meeting will be held at the high school building at 8 o'clock. The high school orchestra will furnish music for the assembly.

Gota Wheat from Portland.

The Springfield flour mill received six car loads of wheat from the grain corporation in Portland during the past week. The cars were unloaded at Morrison's spur.

Goes to Officers' Training Camp.

Corporal Fred C. Stewart, formerly of the Third company, C. A. C., but now of the Thirtieth Columbia, has been appointed to the officers' training camp at Fort Monmouth and left last Wednesday. Corporal Stewart is the son of Mrs. H. L. Stewart of this city.

Accepts Position in Portland.

Denver Young who for some time has been employed at the Cox and Cox department store in this city, has accepted a position in a store in Portland left last Tuesday to begin his new duties.

Will Unveil Flag.

There will be a special service flag unveiled at the Christian church Sunday morning. There will be a short address by the pastor, Rev. J. S. McCallum and special music has been arranged. The flag will contain a star for each boy, who has attended the Christian church or whose parents have attended.

SPRINGFIELD PERSONALS

L. Denver Sidwell of Coeur d'Alene is assisting in the offices of the Booth-Kelly Lumber company for a few days.

Mrs. Rosa of Eugene was admitted Wednesday to the local hospital for medical treatment.

Nels Jensen of Wendling spent several days visiting friends here.

Mrs. E. Koon of this city was dismissed from the Mercy hospital on Tuesday.

E. E. Morrison shipped out a car load of hay to Portland Thursday.

The Springfield planing mill shipped out a car load of tent pins for the government Monday.

Arthur Peterson and family have moved into the W. F. Walker house on Fourth and B streets.

Mr. and Mrs. Bob Blair and Mr. and Mrs. J. V. Stewart of Jasper, spent Thursday evening in town with friends.

LANE COUNTY NEWS

COTTAGE GROVE

Cottage Grove, Or., April 6.—Mr. and Mrs. C. M. Kidd spent Friday in Eugene visiting Mr. and Mrs. Shaw, formerly of Cottage Grove.

Sherman Godard and sister, Mrs. E. R. Spencer motored up from Eugene Friday. One hundred of the Home Guard met Thursday night and drilled for the parade Saturday.

George Warner formerly of this place now of Orling, Wash., visited the Smiths this week.

Mr. Donohue of Yoncalla will assist our boys in the band Friday.

Mrs. G. L. Brown of Aulauk was in town shopping Friday.

Mrs. Dora Collins returned to Springfield Friday, leaving her mother, Mrs. Damewood much improved in health.

Duke Knox and wife and mother-in-law, Mrs. Widdersheim have moved into Mrs. Sarah Knox's house on Sixth street.

Arthur Stewart has been quite seriously ill the past week.

Leona Turner and Mrs. Irene Long of Portland have been guests of the past week at the home of their uncle, Lew Bender.

The Constellation club collected the sum of \$10.50 at its market given for the benefit of the Red Cross at Red Cross headquarters Saturday afternoon.

Implement Smith, a former resident of Cottage Grove, now of Ashland, is visiting his many friends here.

Mrs. Ora Hemenway went to Eugene Friday night to a reunion of the 1903 Bible class of the Bible University.

Little Max Sears of Soginaw broke his arm Friday and was brought to the Cottage Grove hospital to have it dressed.

Dorothy Ritchey came Friday from Drain to visit her sister, Helen.

Dr. H. J. Hendry is moving to Marshfield.

Mrs. T. C. Brewer and Mrs. C. L. Welty of Creswell visited our optician school Friday.

Mr. and Mrs. Herbert Eakin and Mrs. Leon Des Larzes and James Benson motored down to Eugene Friday to visit Mary Ellen Benson who is convalescing at the Mercy hospital.

The Red Cross ladies received word Thursday from the Eugene chapter that they should change their garments. This is their portion each month: 200 helpess shirts; 200 masks; 200 operating aprons; 50 surgical aprons; 25 helpess case suits; 10 pair pajama suits; 15 bed shirts.

Berne Veatch was in town Friday from Rujada where he and Aunt Jane are staying with their daughter, Mrs. Eliza Halderman.

Lieutenant LeRoy Woods went to Corvallis for the week-end.

Mr. and Mrs. R. H. Newhall were in town Friday from Creswell.

LEABURG

Leaburg, Or., April 6.—Jack Doyle lost a horse Wednesday.

Emery Doffenbaugh who has been assisting Mr. Leffer with his papering and painting, has gone to Vida to work.

Mrs. Roy West entertained a few friends with cards Wednesday evening. Those present were Mr. and Mrs. Ernest West, Edna Ball, Doris Magnus, Pearl Harris, Emery Doffenbaugh and

Mr. and Mrs. Roy West.

Roy Mowredder left Friday for Walla Walla and Mrs. Mowredder went to Hood River early in the week. They will be missed greatly in the community.

Mr. Erhart of Eugene will speak at Leaburg Sunday on the Third Liberty Loan.

Mrs. Isham was called to the home of her brother at Coeur d'Alene this week on account of the serious illness of her sister-in-law, Mrs. King.

Mrs. R. R. Deadmond was taken to the Mercy hospital Thursday where she will undergo an operation.

MINERVA

Minerva, Or., April 6.—Sphers and Stafford, who have been carrying the mail from Portage to Minerva during the past few months, have withdrawn their service and the work has been resumed by the original contractors, the Bay Brothers.

William Gregg and Dan Hoover of the Big Creek country are now working for W. R. Stafford on the Hillhurst farm.

Mrs. O. Cheney with her little daughter, Nora, paid a visit to her home at Huntington logging camp Sunday afternoon.

Clarence Akerley with his little son, Marsello, made a business trip to Portage Tuesday.

Cecil and Willis Musgrave spent Sunday visiting with Willard Stafford, the son of Mr. and Mrs. W. R. Stafford.

Henry Bastian made a business trip to Florence Saturday after food provisions.

The Sylvan Glen school boasts of a new pupil, Reggie Hoeford, who started to school Monday. That makes a total enrollment of 14 for this semester.

A number of interesting books, and other good reading material have been contributed by the school children to send to our soldier boys.

Mrs. Anna Elchler, with her two small sons returned to her home at the Grays Harbor country, Wash., Tuesday.

F. W. Musgrave returned to his home from Aberdeen, Wash., Wednesday.

The bridge across the North Fork at the Portage, which has been under construction during the past few weeks is now ready for use.

Ono Phelps, the owner of the grocery store at Portage, moved his household and store goods to Mapleton Wednesday where he will have a better location.

John Thompson has been building a new house on his place in the Big Creek settlement, and he is expecting to move into it, in a day or two.

Miss Marie Linton of Waldport has recently moved to Big Creek.

DEERHORN

Deerhorn, Or., April 6.—The Deerhorn Sunday school will give an ice-cream supper at the Deerhorn school house Saturday night, April 6 for the benefit of the Sunday school. All are invited to come.

Mrs. Hattie Deadmond had a very bad attack of gall stones. She is some better at this writing.

Emerson Mondell returned to Camp 9 after several months' off on account of a broken arm.

Mrs. Ira Parks is staying with Mrs. Deadmond for a few days.

Grandpa and Grandma Holmes of Fairmount are up visiting their old friends for a few days.

Mrs. Hattie Ream and daughter, Hazel Campbell and Mrs. L. E. Meyer and son, Fay, called on Mrs. Deadmond Tuesday.

Miss Myrtle Ream left Monday for Salem where she is to be married to Joe Poiser.

Mrs. C. J. Stranahan called on Mrs. Vivian Johnston Saturday.

Mrs. L. E. Meyer called on Grandma Parks Monday.

Mrs. Dutch Potter called on Mrs. Vivian Johnston Tuesday.

Mrs. Sime Putnam called on Mrs. L. E. Meyer Tuesday.

Mr. and Mrs. O'Brien came up to spend Easter with their sons.

Miss Nettie Fountain has gone to Springfield to visit with her grandparents.

Miss Hazel Godard came home to spend Easter with her parents.

Several of the young people went to Thurston Saturday night to a dance.

PESANT HILL

Pesant Hill, Or., April 6.—Morton Bristow was absent from school Thursday.

Lucile Dilley spent Wednesday and Thursday nights at the home of D. F. Baker.

The senior class is busy practicing songs for commencement this week.

The Home Guard met Tuesday night and was taught how to make and use wooden guns.

Bert Rinehart motored to Eugene last night with Mr. Lord.

The students organized a union war

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saving society this week. Most all of the students have signed as members. The president is Eva Williams and secretary is Clyde Hutchens.

The Home Guard will meet here Friday night. There will be two officers from Eugene to instruct it.

The girls showed their patriotism yesterday by forcing one of the boys to eat a small piece of bread which he had thrown away while eating his lunch.

REAL ESTATE TRANSFERS

* Oregon Realty Exchange and Investment Co. to Albert Kemp et ux—Lots 4, 5 and 6 part of lots 2 and 3, Chula Vista Park, \$1.

Levi F. Allen to A. E. Allen—Tract in sec. 29, tp. 20 S, R 8 W, \$1.

Walter E. Dyer to Siuslaw Harbor Land Co.—Lots in El Carmel add to Glendale, \$1.

Henry Hewitt et ux to Hewitt Land Co.—SE 1/4 sec. 8, SE 1/4 sec. 7 SW 1/4 sec. 8, tp. 16 S R 6 E, \$1.

P. H. Emery to Phillip A. Johnson—1 acre tp 17 S R 2 W, \$10.

Dillard A. Elkins, sheriff to Bank of Commerce—Tract in Gross add. Fairmount Heights, James Huddleston's ext. add. Croner's add. all in Eugene; also tract in Florence, and tracts tp. 16 S R 10 W, et al, \$90.00.

H. O. Saffert et al to Harry R. Price Lot 2, blk. 1 Walters and Seifferts add. to Eugene \$900.

RUSSIAN IS POISONED

San Francisco, Cal., April 6.—Authorities started an investigation today of the circumstances of the death of George Sissof, a Russian interpreter in the customs service, who died late yesterday from a mysterious poison. Sissof came here the first of the week from Los Angeles and soon was taken ill. Physicians declared they were positive he had been poisoned.

\$10,000 HOTEL FUNDS MISSING

San Francisco, April 6.—Detectives today were seeking Jos. J. Robinson, 22, employed at the St. Francis hotel auditor's office following his disappearance late yesterday after going to a bank with \$10,000 of the hotel's money. According to the police their investigation showed Robinson returned to the hotel in a taxicab but did not enter the office after dismissing the driver. Since then he has not been seen.

Start Tomorrow and Keep It Up Every Morning

Get in the habit of drinking a glass of hot water before breakfast.

We're not here long, so let's make our stay agreeable. Let us live well, eat well, digest well, work well, sleep well, and look well. What a glorious condition to attain, and yet, how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headaches, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity, and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, biliousness, stomach trouble; others who have yellow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store. This will cost very little, but is sufficient to make anyone a pronounced crank on the subject of inside-bathing before breakfast.—Adv.

Showanda the choice of the smoker. If

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