

NATRON BOY WRITES LETTER WHILE 6,000 FEET IN THE AIR

Bernard Stacey, Student in San Diego Aviation School, Pens Letter Home While Flying Over Coast Country of California — Other Lane County Boys Tell of Experiences in France With Expeditionary Forces.

Probably the most unusual letter received from any Lane county boy since the entry of the United States into the war, is one received by William E. Stacey, of Natron, from his son, Bernard, who is a student in the aviation school at San Diego, Cal. The letter was written while young Stacey was on a practice flight with an instructor of a French "Ace," and gives a vivid description of what can be seen from an airplane 5000 or 6000 feet in the air.

Extracts from the letter follow:

"San Diego, Cal., June 4, 1918.

"Dear Ones at Home: I received your letter the other day. Was glad to hear from you.

"I am still with the French trainer here (is one from the war zone, and whom they call an 'ace,' as he has put in a few Germans down). I have been with him four months now as his mechanic, as they term it here. When he and I were on a trip up the coast the other day I thought you would like to have a few lines written in an aeroplane while 6000 feet in the air.

"We have just started from North Island, 10:45 a. m., and are now at a height of about 5000 feet and headed north up the coast. I can see 500 colors of the earth, some in cultivation, some not; some trees and canyons and mountains. Say, these mountains look ghostly to me. Suppose this old motor that is singing so peacefully now would go wrong—I sure would commence to look for a landing place.

"Now we are following a canyon and you can hardly see a house and can't see an animal of any kind. On our right is a town, Oceanside, I believe. It looks like a checker board.

Gosh, the old ship rolls, but it sure is great.

"Looking ahead I see a snow-capped mountain, and we are right on the level with the summit of it. The mountains look queer—just large pieces of rock.

"Well, I have to relieve him on the controls pretty quick, so wait a minute.

"Well, 10 minutes' drive and we traveled 15 miles. Some speed, eh?

"We have got to 6000 feet now. I let it climb some when I had 'the stick.'

"Well, we are passing over another town, but I lost track of what one it is, but it sure is located in a cultivated valley. Oh, yes, it is Santa Anna, or something like that. A lake lies at our left and he just reached up and showed me the name on his map, but the darn ship started to go down and I forgot what the name of it is now. A town is located at the north end of the lake.

"We reached our destination, Riverside, at 11:15 a. m., after traveling a distance of 120 and some odd miles—against a strong wind.

"I have tried to give you a ride in an aeroplane on paper. I was over a mile from earth when I wrote, and I'll not write any going back, but enjoy the ride.

"We are back at North Island, at 6:10 p. m."

Extracts from a letter of June 11, 1918:

"I flew the ship from Elsinor Lake to North Island (with the Frenchman), which is about 100 miles by railroad—I don't know how long by air line. Anyway, we were 6000 feet when I signalled to him that I would like to fly the ship for awhile, and he immediately consented. I was getting along pretty good for the first 10 minutes and he thought he would have some fun, so he commenced to fool with the controls, and would get the ship off of the course and then I would have to straighten it out. At one time I lost 500 feet getting it right again, which was great—absolutely the most fun I ever had. When I got to North Island we had an altitude of 5000 feet, and just over the island he took the controls and killed the motor.

"Dear Mother: I thought I would write you, as this is Mother's day, and we are allowed one special delivery letter. Hope you are lots better now that it is getting warm weather.

"Floyd Fry and I got a letter from his folks yesterday. Guess everybody is working now. Had a letter from Ann Churchill a few days ago.

"It has rained hard here for the last two days, but has cleared up this morning, and I think we will have some nice weather from now on. Hope so at least.

"We have a nice place to camp and they feed pretty good here. Give my regards to all my friends, and write soon."

"May 22.

"Just received your two letters of the 4th and 25th of April, and am sure glad you are feeling better. I am fine and working hard on the night shift now. In this country they work night and day.

"It is getting pretty hot here now. Can't sleep much in the afternoon, but don't think I am losing any weight.

"I got the box of cigarettes that father sent on March 20, and a few days ago got a package from Thom-Olsen, with two pipes and tobacco, so that will last me quite awhile. I hope I get the rest of the packages that have been sent to me.

"I haven't received any Guards from Tom Olsen since I got to this new camp."

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Cor. 1st and Post Sts. Spokane, Wash.

FIRELESS COOKER CAN BE HOME MADE

Easily Secured Materials Will Build Device Which Saves Much Labor and Fuel.

Mention was made in the columns of the Guard a couple of weeks ago of the demonstration by Miss Ruth Corbett, of a home-made fireless cooker, before the various women's clubs of the county. The Guard has been able to secure from the department of agriculture directions for making such a cooker, the materials needed, which are given herewith.

The fireless cooker is a warm weather comfort in most any kitchen. Used in conjunction with a kerosene stove, it means not only economy in fuel but it makes the kitchen a more habitable place during these warm days.

Fireless cookers are now being made and used in hundreds of homes in town and country. What is more pleasing to the housekeeper than to put her dinner in the fireless cooker before she goes to town or market and to find it ready for serving when she returns?

The fireless cooker offers several advantages. The first is economy of time, as the housekeeper may leave the food cooking without worrying about the results while she is engaged in other household duties or while she is away from home. Some foods are improved by long cooking at relatively low temperature. The texture and flavor of tougher cuts of meats, old, tough fowl and ham are improved by slow cooking. Cereals and dried legumes and dried fruits are more palatable and wholesome when cooked for a long time. Soups and stews are delicious when cooked in the cooker. Baking, however, can not be done very conveniently and satisfactorily in the ordinary home-made fireless cooker.

Saves Fuel.

In some sections of the country economy of fuel must be an important consideration. The food for the cooker may be started on a wood or coal range when the morning meal is being prepared. The food to be cooked is first heated to boiling point on the stove in the cooking vessel and then this vessel, covered with a tight lid, is quickly placed in the cooker where the cooking continues. The cooker is so constructed that the heat does not escape. For long cooking it is necessary to place in the cooker under the cooking vessel a hot radiator. A soapstone is the best radiator and can be purchased at most hardware stores at 50 cents. A stove lid, a brick, or disk made of concrete, heated and placed in the cooker, may serve as the radiator.

Is Easily Made.

A tightly built box, an old trunk, a galvanized-iron ash can, a candy basket, a tin lard can, a lard tub, and a butter firkin are some of the containers that have been used successfully in the construction of fireless cookers.

The inside container or nest which holds the vessel of hot food may be a bucket or agate, galvanized iron, or tin. This nest must be deep enough to hold the radiator and the vessel of food but not large enough to leave much space, as the air space will cool the food. The inside container must have a tight-fitting cover, and straight sides are desirable.

The packing or insulation must be some material which is a poor conductor of heat. The following materials may be used and they should be dry: Lint cotton, cotton seed hulls, wool, shredded newspaper, Spanish moss, ground cork, hay, straw and excelsior.

Sheet asbestos 1-8 inch thick and heavy cardboard have proved to be the best lining for the outer container and the wrapping for the nest. Heavy wrapping paper or several sheets of newspaper may be used for lining the outer container, but the nest should be wrapped with asbestos or heavy cardboard to prevent the hot stone scorching or burning the packing.

It is well to have the outside container large enough to permit 4 inches of packing below and around the sides of the nest. If a cooker is being made with two nests, 6 inches of packing should be allowed between the nests. Pack into the bottom of the lined outer container 4 inches of the packing. Place the nest or inside container wrapped with asbestos or heavy cardboard and hold steady while the packing is put around tightly and firmly until it reaches the top of the nest.

Make a collar of cardboard, sheet asbestos, or wood to cover the exposed surface of the insulating material. This collar should fit tightly.

Make a cushion which when filled with the packing will be at least 4 inches thick and will fill completely the space between the top of the nest and the lid of the outside container. It should fit against the top tightly enough to cause pressure when the lid is closed.

The outside of the fireless cooker can be made more attractive by staining or painting it. The lid may be held in place by screen-door hooks and eyes. The cooker may be placed on casters so that it can be easily moved.

DEAD LIEUTENANT ONLY 21.

Oakland, Cal., June 22.—Second Lieutenant H. F. Waterhouse, U. S. marine, killed in action in France, was barely 21 years old and received his Lieutenantcy as soon as he became 21.

Waterhouse enlisted in the marines last June. He was a sophomore in the University of California at the time. He was the son of Mr. and Mrs. Charles J. Waterhouse.

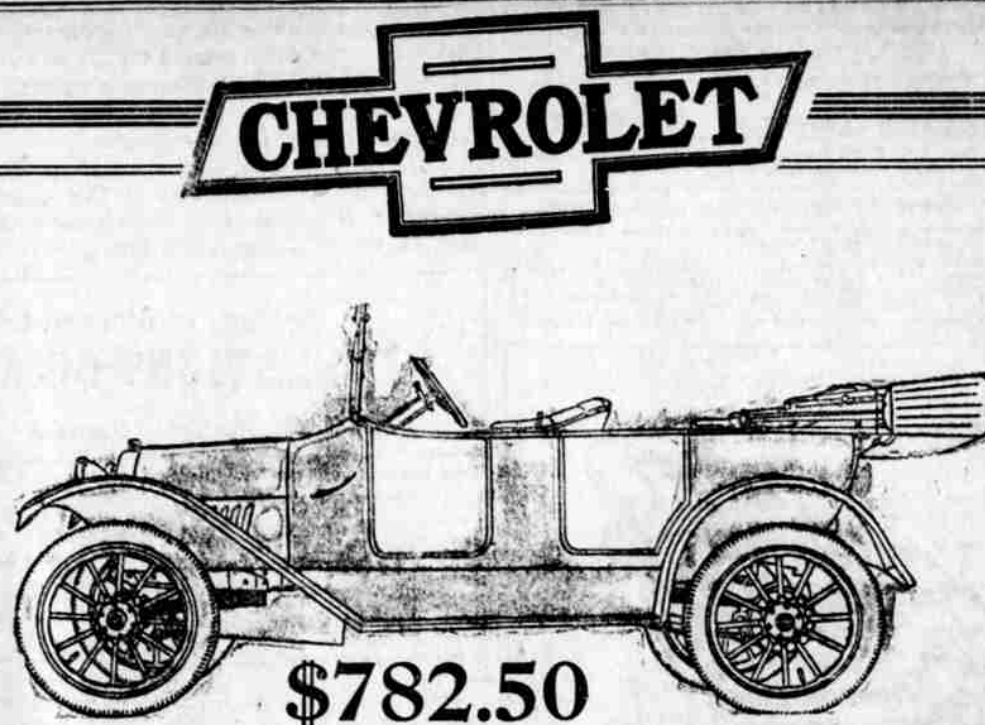
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HOME ECONOMY

Edited by Alice F. Telcott
Wheat Saving.

The chief demands of the food administration from now until after harvest will be that we use wheat substitutes. As no white flour will be sold to housewives, it behooves those who have evaded the request of the government so far to learn to use these.

Yeast bread made with the dark flours are more difficult to make and dry out more rapidly; so, for small families, it will be found quite as economical and more satisfactory to buy what bread one desires to eat cold, using gems or other hot breads for the meals, when the most bread is needed.

Shortcakes may be made with the substitute flours, either singly or in combination, from the same recipes that you would use for wheat flour.

Cold mashed potato may be utilized in making biscuit, gems, pancakes and crust for meat pies. I have found that it works better if stirred into the batter than by rubbing it into the flour. A cupful of potatoes for a dozen gems or two cups to one and one-half quarts of pancake batter is not too much. It may be used with any of the substitute flours and will be found an improvement.

Fat Flour Bread.

1 1/2 cups buttermilk.
2 1/2 cups oat flour.
1 teaspoon soda.
2 tablespoons fat.
1/2 teaspoon salt.

Corn Bread.

1 1/2 cups buttermilk.
1 1/2 cups corn meal.
1/2 teaspoon flour.
1/2 teaspoon salt.
1 teaspoon soda.
1/2 teaspoon baking powder, sifted with flour.

Potato Cakes.

Grate 3 or 4 good sized potatoes, drain off the water or add a little flour, add 2 beaten eggs, a teaspoonful of baking powder, and the same of salt, and bake as pancakes.

Nut Leaf—A Meat Substitute.

1 cup of Brazil nuts chopped.
1 tablespoon peanut butter.
2 cups mashed potatoes.
1 cup bread crumbs.
1/2 teaspoon salt.

1 egg.
Beat the egg, combine with the other ingredients and mold into a loaf and bake one-half hour. Walnuts—either English or American may be used in place of Brazil nuts.

Potato Biscuit.

2 cups sifted flour.
1 teaspoon salt.
3 teaspoons baking powder.
3 tablespoons shortening.
1 cup mashed potato.
Liquid sufficient to mix.

Sift together twice the flour, salt and baking powder. Cut or rub into this the cold shortening. In the same way rub into this flour mixture the mashed potato. Finally, add just enough cold liquid to make the mass cling together. Do not knead. Place on floured board, roll until one-half inch thick, and cut into rounds. Place these in lightly floured suit time and bake 15 to 20 minutes in a moderately hot oven. Bake all potato breads more slowly than those made with flour alone.

Potato Cookies.

2 cups sifted flour.
1/2 teaspoon salt.
2 teaspoons baking powder.
3-4 cup brown sugar.
3 tablespoons shortening.
1 egg well beaten.
1 cup mashed potato.
Cream together the butter and sugar.

To this add the well-beaten egg and the mashed potato (free from all lumps). Beat until smooth, then add the twice-sifted mixture of flour, salt and baking powder. It will usually not be necessary to add any liquid. Mix until a dough is formed stiff enough to roll. Place on floured board, roll until about one-eighth thick, cut into rounds, and place on greased baking sheet. Bake 15 minutes in a moderately hot oven or until a delicate brown. Bake more slowly than ordinary wheat-flour cookies.

Potato Turnovers.

Roll and put through the ricer enough potatoes to measure a pint. Add one well-beaten egg, two tablespoons of flour or enough to "bind" the potato and season with salt. Turn on floured board, roll out and cut in circles the size of a saucer. Place on each a large spoonful of dry hash seasoned with onions and parsley chopped fine. This hash should be dry or bound together with thickening. Double over and pinch together like a turnover. Place on oiled baking sheet and brown in hot oven. Serve with a thickened sauce made from the gravy in which the meat was cooked or with a tomato sauce.

Cherry or Rhubarb Tartlets.

Oatmeal Crust.

1 cup H-O oatmeal.
1/2 cup flour.
Cold water.
1/2 teaspoon salt and 1/2 teaspoon baking powder.

Roll the oatmeal as fine as possible with the rolling pin. Add the flour which you have sifted with baking powder and salt. Cut in Crisco. Add just a very little cold water to make a dough to roll one-quarter inch thick. Cut with three-inch cutter and bake over fluted inverted muffin tins. Or you can form the dough after cutting with the cutter, into cup-shaped tarts and they will retain their shape while baking. Fill with rhubarb stewed or cherries—or jelly or marmalade may be used to advantage.

Bake in moderately hot oven only, as they turn brown too quickly in a hot oven. Twelve or 15 minutes is required. These tarts are nice served with cheese. Put in filling after the tarts are baked.

T. A. SPARKS

T. A. Sparks, American representative and director of the Cunard company, has just been named a member of the shipping control committee, which has the management of all American shipping in the interest of the war. Mr. Sparks was born in London 41 years ago. He has been in the United States since he was 20. The other members of this committee are P. A. B. Franklin, president of the International Mercantile Marine company, and H. H. Raymond, president of the Clyde Steamship company. This committee has more power over shipping than any similar organization has ever exercised.

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