



By Mrs. Robt. J. Burdette.

The firing line is now in your kitchen.

Knock out the breadline at your table.

It has been said that the Revolutionary War was won by men fed on hasty pudding, in other words, corn meal mush. Let it be written in history that the winning of the present war was made possible by the United States eating potatoes.

The manner of eating, the time of eating and even the kind of foodstuffs eaten are largely a matter of habit. We do not desire to break ourselves entirely of the habit of eating or life would not prove worth living, but it can be made to prove better worth living if we change some of the habits. Suppose we cure ourselves of the hand-eating habit and see if we do not consume less bread. If you were to put your bread and butter on your plate and eat it with a knife and fork it would reduce the amount of bread eaten at once. In some of the Oriental countries men carry strings of bright red wooden beads that are known as "Conversation beads," and they seem unable to talk unless they have them in their hands to play with and pass from one hand to the other. We seem to need something in our hands at table or we feel the meal is incomplete and that something is usually bread. Forget this habit and save wheat. If you must continue the hand-eating habit, hold a hot potato.

USE POTATOES INSTEAD OF BREAD

Bread Must Be Saved—Potatoes Contain the Same Nutrient.

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."

Real Estate Active This Week

S. E. Wooster, the Estacada real estate agent within the past few days sold three Estacada city lots and purchased four for his own use. The buyers of the three were James Norris, Charles Norris and P. M. Anderson of Estacada. Mr. Wooster's four lots including the land and buildings now used for the Estacada city pound.

He also sold the Otto Klaetsch farm on the Garfield-Cazadero road, the buyer being M. Anderson of Portland.

Saturday afternoon saw a little excitement in Estacada when a team of horses attached to a light farm wagon started to run away, leaving the Givens' warehouse at the depot at 4:26 P. M., passing Reed's Garage at 4:29 and being overhauled and stopped soon after, while trying to climb the Main Street hill on low. No harm was done to team or wagon, but the owner's temper was slightly ruffled at No. 44, which frightened the animals. Several heroes came near rushing into the street to head off the plunging animals, but all sensibly waited until they had first counted ten.

John Osborne of Estacada and Ed Douglass of Currinsville are still perambulating about on crutches, as a result of Ed's broken leg of two weeks ago and John's gashed leg of a week after.

With the continued good weather, considerable exciting play has been had on the courts of the Estacada Tennis Club lately, with the Sunday matches proving quite an attraction. There are still a couple of vacancies in club and membership applications may be made to the president A. L. Lasswell of Estacada.

That it is a simple matter to hook and land a steel-head salmon was amply evidenced last week, when Bert H. Finch of Estacada, with a trout rod, minus a reel and with but sixteen feet of line, brought home a ten pounder, after a quarter hour wrestle in the waters near the Eagle Creek Falls.

Mr. and Mrs. John R. Harkins of Portland were week-end guests at the H. V. Adix home in Estacada.

Mrs. C. C. Miller of Estacada has been very ill for the past week, with her daughter, Mrs. E. R. Bates of Portland in attendance.

Last week a number of workmen for the P. R. L. & P. Co., cleaned up the Estacada Park, preparatory to the big Elk's picnic, which will occur Sunday, May 26th. Workmen, with an automatic sanding and planing machine also greatly improved the floor in the dancing pavilion.

Clyde Saling of Currinsville, after a few months stay near Heppner, where he is interested in a big wheat ranch, returned last week, where he contemplates handling his own farm.

The News is anonymously advised of the marriage May 4th at Tillamook of Miss Marie Roley, formerly of Estacada, to Mr. Forrest A. Holmgren of the Aviation Signal Corps.

Telegraphic advice was received by Mr. and Mrs. R. S. Coop of Currinsville last Thursday, stating that their eldest son, Zelca Coop, who is enlisted in the Mare Island Navy Yard at San Francisco, was seriously ill with pneumonia. Mrs. Coop left immediately for the south and it is hoped the next report will show Zelca to be in an improved condition.

Otis Wagner of Estacada was last week taken to a Portland hospital where an operation was performed to deflate one lung, which organ had been seriously effected by his illness of a year ago, when he was an enlisted man at Vancouver Barracks. At last reports, the operation seems to have been as successful as was hoped.

Mrs. J. W. Reed and son Russell of Estacada visited at Newberg, Oregon, at the home of brother, Milton Oakley.

Lloyd Saling of Currinsville spent a few days at Eugene last week, where he attended the U. of O. junior-week festivities as the guest of his cousin.

Mrs. E. C. Morgan of the Hotel Estacada was hostess Thursday afternoon to a number of friends.

Dont let the grass grow under your feet

in Garden, Field or Lawn

when our Garden Hand Cultivators, 5 shovel and 14 tooth
One Horse Cultivators and superior line of Lawn Mowers
Will Keep Your Place Clean and up-to-date

Fishermen's Supplies

a dandy assortment of
Hooks, Lines, Pools, Reels, Flies

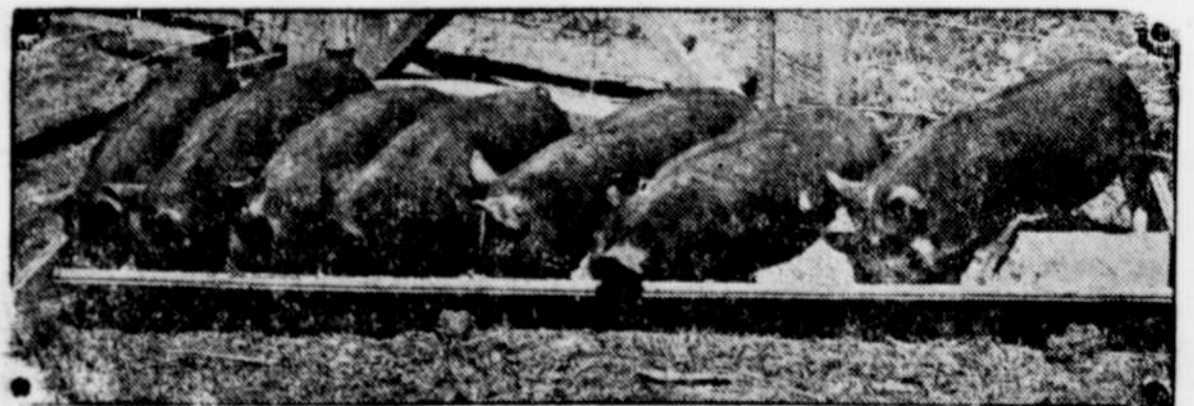
We have received a carload of furniture, consisting of Chairs, Tables, Dressers, Beds, Springs, Kitchen Queens and Mattresses.

We would be pleased to have you call, look them over and get our prices.

Hardware
Harness

BERT H. FINCH

Estacada
Oregon



When they're fattened and ready for market,

SELL 'EM TO

M. J. KERKES

Livestock Buyer and Butcher.

Livestock of all kinds purchased.

Phone or see Henry Githens, Currinsville Or.