

GENERAL SUGAR CONSERVATION

Is sugar necessary in the diet?

Neither cane nor beet sugar is necessary. In the average American diet all the sugar needed may ordinarily be supplied by using honey, sirups, fresh, preserved and dried fruits.

What are the general sugar saving rules?

Use all sugar sparingly and wherever possible use other sweeteners. Be sparing of confections and sweet cakes. The American people last year spent enough money for candy to feed all Belgium for two years. Supplement sugar with honey and sirups. Cultivate a taste for fruit in its natural sweetness. Sugar is a fuel food. Get fuel from potatoes and other starchy foods rather than from sugar. Sugar excels them as an energy-food only because it produces energy more quickly. They excel sugar since they supply more than merely the fuel need.

How may the sugar ration be expressed in quantities known to everyone?

Two pounds per month means about 8 ounces per week, or a little more than 1 ounce a day. This daily ration is a trifle more than 2 tablespoons level full. It should be remembered that this is to include all sugar used for any purpose whatsoever—for table use, cooking, in ice cream and desserts, on cereals or fruit, in sugar sirups used on griddle cakes, etc.



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Sights Worth Seeing Around Estacada

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es bending low beneath the weight of the purple fruit, set off by the deep green of the foliage. This effect is further intensified by the dull red of the soil.

As they drove along up hill and down dale, through forests and past fields, looking out over the rolling landscape, dotted thickly with houses from which the ascending smoke showed that the home fires were burning, a panorama of peace and plenty was unfolded before their eyes.

The thought came that across the ocean, what was once a similar scene of pastoral quiet and security was a barren waste, devastated by war and drenched with human gore. The heart was lifted up in gratitude for this safety and freedom from attack, and filled with increased determination to do all possible to preserve this immunity secure for all time.

VIOLA BREEZES

Mr. Cummin is in Portland taking treatment.

Wm. Hicinbotham is moving in to the Ward house for the winter.

John Mattoon has moved on the Lacray place which he has leased.

A party from Springwater has bought 100 Acres of timber from John Ficken.

The pear, apple and prune crops are abundant here this year. With drying and caning we are trying to save up for the winter.

Mr. and Mrs. Eaden enjoyed the company of their children and grand children from Logan on Sunday also a daughter and children from near Brooks.

A meeting was held at the church on Saturday even, where a Liberty Loan drive was held. Mr. Loder of Oregon City gave a fine address. No one was driven to loan Uncle Sam any money but went above their quota, amounting to 3,400, with more to be heard from.

Estacada Banking District Liberty Loan Over the Top

George, \$1,150; Curriaville, 1,850; Eagle Creek, 2,250; Estacada H'ts., 800; Viola, 1,700; Springwater, 2,150; Cazadero, 650; Estacada, 7,950; Damascus 1,700; Upper Eagle Creek, 950; Garfield, 3,150; Barton 1,750. Total \$27,050, with more to come in. Quota asked for \$23,200. "It's all over but the shouting."