

Forest Grove Has Raised \$100,000--Is One of First Towns to Subscribe Quota of Liberty Bonds

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An Excellent Address on Food Conservation

More than a hundred Forest Grove women assembled at the Star Theater last Monday afternoon to attend the open meeting of the Woman's club and hear Miss Edna Mills, food conservationist for Washington, Yamhill and Polk counties, explain why and how the women should do their "bit" to help win the war for democracy and humanity.

The program was opened by the audience singing two stanzas of "The Star-Spangled Banner," with Mrs. E. E. Williams at the piano.

Mrs. George G. Paterson sang a solo and responded when the audience called for another.

Mrs. Cornelius Richardson, chairman of the Woman's club food conservation committee, then introduced Miss Mills, who delivered a very interesting address on the subject of "Food Conservation." The speaker made it plain that it was the duty of the women of America to practice a small particle of the sacrifice endured by the women of France and Belgium in order that the allied armies might have sufficient and suitable food to keep them in condition to put down the almost perfect war machine of Germany and her allies. It would not be necessary for the people of America to go hungry, the speaker said, if they used a little thought in planning their meals and ceased to waste food. There is a world shortage of wheat, meat, sugar and dairy products. Germany and her allies are not in danger of going hungry, for they are farming much captured territory, but the fighting forces of England and France must be fed, to a great extent, by America, who must also feed her own expeditionary forces. This can easily be done if the American housewife is patriotic enough to dictate what and how much her family shall eat. It will not be necessary to go without wheat, meat, sugar or dairy products, but we must use less of each. If each of the 100,000,000 Americans would save one spoonful of sugar per day, it would mean 700,000 pounds more per day for the soldiers, who must have a certain amount of sugar to keep fit; if each of us would save one slice of bread per day of what we are consuming it would mean enough bread to reach around the world, if the loaves were laid end to end. Many slices could be saved by the substitution of corn or rye bread; the more substitution the more slices saved. When we eat meat, it would be a good idea to eat meats unsuitable for shipping, such as fish, veal, poultry or fresh beef. The hams and bacon should be left for the fighting men, as should more of the butter and cheese.

The speaker told of one little boy chiding his mother for putting frosting on a cake; he thought the sugar should have gone to his big brother in Europe, probably craving a little sugar for his coffee or tea.

In answer to questions, Miss Mills told what foods were best for body-building and what were best for producing energy and heat. She stated that the government was sending out teachers to form classes in these very essential problems and she hoped the women, who were the business managers of the homes, would learn what foods were most nutritious.

She wished all the women of America could realize they were soldiers, just as much engaged in the war for freedom and democracy as the soldiers on the firing line. She was confident the women were as patriotic as the men, but they did not yet realize the great necessity for conservation.

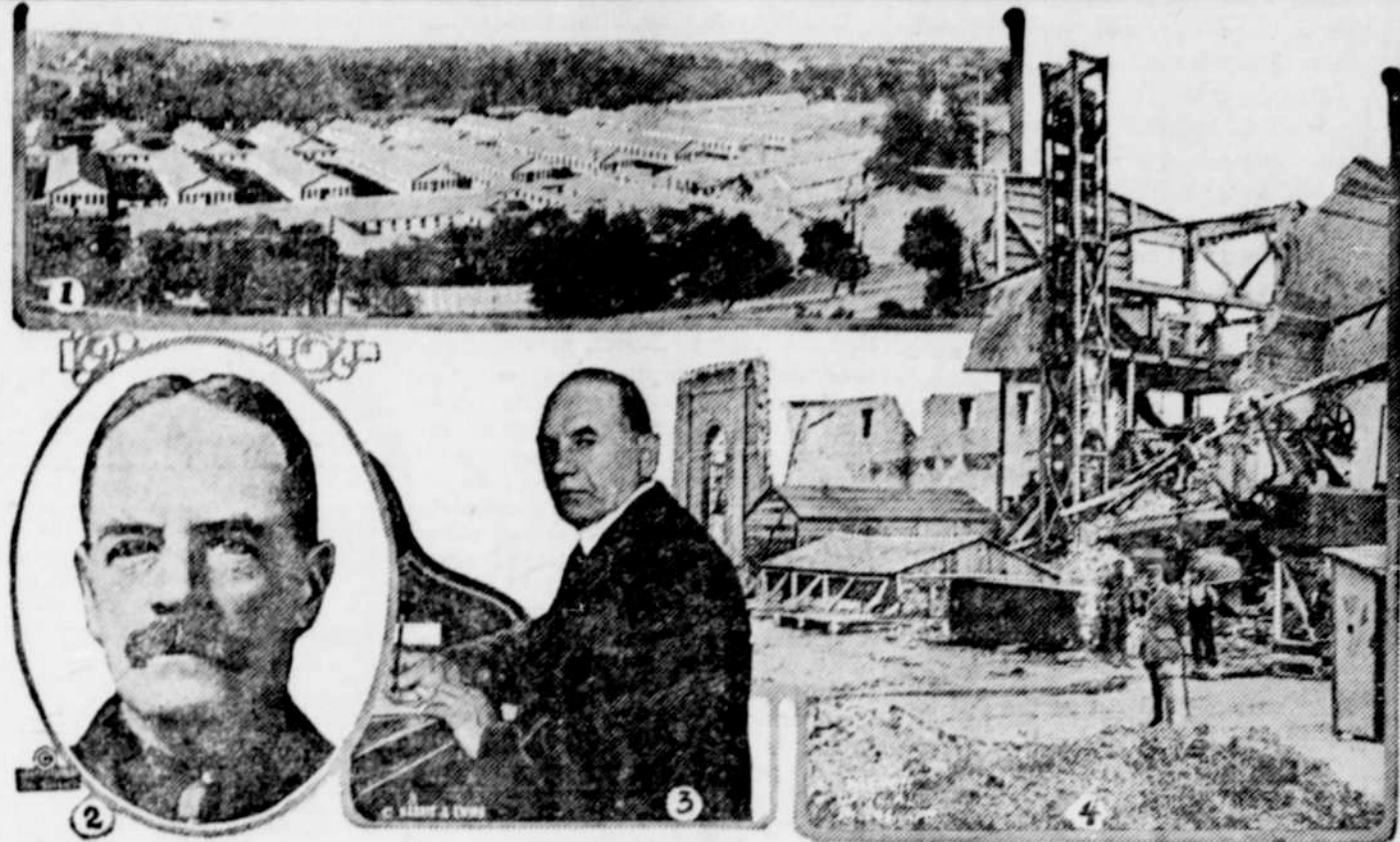
One big waste was the serving of refreshments every time a half-dozen or more people got together. Refreshments were served at too many little afternoon gatherings, when nobody was really hungry. A desire on the part of the hostess to outdo some other hostess was productive of waste that was almost criminal.

Mrs. Richardson here announced that the club "Conservation" committee was planning to have a conservation program the first Monday of each month, with an open meeting. The first meeting would probably deal with substitutes for the things in which the world was short.

Mrs. Inlow then sang a solo, the audience sang "America" and the meeting was over.

The writer believes, from the interest taken and the questions asked, that this meeting will result in much good.

Goff Bros. and the Portland Gas & Coke company are advertising gas ranges in this issue of the Express. Gas has been in Herrick hall for more than a week now and the company has solicitors canvassing the city for consumers. Give them a hearing.



1—Columbia university war hospital just formally taken over by the government as a receiving and evacuating medical center. 2—Maj. Gen. Sir J. E. Capper, director general of the British tank corps which is doing such efficient work on the battlefields. 3—G. T. K. Giragoslan, a Boston Armenian, who has offered the government a "free energy generator," which will be tested by authority of congress. 4—Ruins of a French manufactory, typical of the way in which the Germans destroy everything in the districts from which they retreat.

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L. M. Graham and O. S. Higby are sorting over and classifying the state and county fair exhibits of grains, grasses, fruits, and vegetables, preparatory to taking them to Portland for exhibition at the Land Products Show, which opens Nov. 3d.

This morning's Oregonian contains a dispatch from Deadwood, S. D., telling of the injury in an auto accident of three of the personal friends of C. L. VanKoughnet of this city.

Methodists Celebrate Return of Pastor

To show their pleasure because their pastor, R. E. Dunlap, was returned to them for his fifth year by the recent conference, the members of the local M. E. congregation gathered at the church parlors last Friday evening to tell Rev. Dunlap that they were glad to have him for another year and to enjoy music and food in honor of the event. More than 100 of Rev. Dunlap's friends, in and out of the church, were present to welcome him.

Misses Evelyn and Mabel Patton opened the program with a very enjoyable piano duet.

Miss Camilla Mills so pleased the audience with her vocal solo that they would have her repeat, which she graciously did.

Miss Aileen Hoffman was also honored when she played a piano solo.

Mrs. Geo. G. Paterson's singing of "The End of a Perfect Day" also won her a merited encore.

W. K. Curtis had been selected by the promoters to tell Rev. Dunlap how pleased the members of the congregation were to have him returned and Mr. Curtis made the best of his opportunity.

In responding to the greetings, Rev. Dunlap gave a slight review of the church work, spiritual and financial, during the four years he has been pastor. He quoted figures to show that the church was in better shape financially and had more members than ever before, in spite of many difficulties. Patriotic endeavor had taken much of the time of many of the congregation during the past year, which was all very well, but he implored the members to be as mindful of God's work as of the work of the nation.

With the singing of "America" by the audience, the program came to a close and cake and coffee were served by the members of the Aid society.

The program was arranged by a committee composed of Mesdames Walter Chalmers, M. W. Patton and E. G. Webb.

Harry Giltner has received a dandy Ford delivery car and is now delivering goods by auto.

City Dads in Session

With all members present except Councilman McCready, the city administration held an adjourned meeting Tuesday evening, ordered the payment of \$420.00 interest on 1913 street improvement bonds, authorized the recorder to issue warrants, as needed, to pay the expense of the city's witnesses in the sewer lawsuit and passed a resolution apportioning the cost of the macadamizing of Seventh street.

The chairman of the street committee is authorized to issue time checks and the finance committee is to arrange with the banks to cash these checks and hold them until the bonds are sold. The improvement is estimated to cost \$2,163.51, of which the city's portion is \$660 and the property owners' share is \$1,703.51. If material keeps coming as needed, Contractor McGee expects to have the work completed in ten days.

The request of Fred Ramsey for a street light on West Pacific avenue was referred to the light committee.

Through Street Commissioner Watkins, the men of his department asked for an increase in paying. They are receiving but 30c an hour, which, they say is not enough to support their families. They can get better wages by working for other people and feel that the city should pay them enough to live on decently. In an informal discussion, it appears that the majority of the councilmen feel that the men's claims are justified. Mr. Watkins, as street commissioner and water commissioner, receives but \$75 per month, the same pay he received seven years ago.

Quite a number of the members of the Congregational church Missionary society, accompanied by guests, attended the annual Thank-offering dinner and program at the church last evening. The dinner was wholesome and appetizing and an excellent program was rendered, consisting of vocal solos by Mrs. Fred Jones and Miss Anna Taylor and an address by Mrs. Hunter Wells, former missionary to Korea, the lady appearing in Korean costume.

Miss Jessie Greer returned Tuesday from a visit of over two weeks with Mrs. Chas. Roper in Newport. Mrs. Roper was taken suddenly ill about a week ago, and is somewhat improved but still confined to her bed. She formerly lived in this city and has a number of friends here who are anxious for her recovery.

New Plan Adopted for Calling Soldiers

Washington, D. C., Oct. 22.—President Wilson has approved a plan presented by the war department for calling out conscript soldiers that places the registered men in five classes. They will be called according to the class in which they best fit:

- CLASS 1.
- 1—Single men without dependent relatives.
 - 2—Married man (or widower with children), who habitually fails to support his family.
 - 3—Married man dependent on wife for support.
 - 4—Married man (or widower with children) not usefully engaged, family supported by income independent of his labor.
 - 5—Man not included in any other description in this or other classes.
 - 6—Unskilled laborer.

- CLASS 2.
- 1—Married man or father of motherless children, usefully engaged, but family has sufficient income apart from his daily labor to afford reasonably adequate support during his absence.
 - 2—Married man, no children, wife can support herself decently and without hardship.
 - 3—Skilled industrial laborer engaged in necessary industrial enterprise.
 - 4—Skilled farm laborer engaged in necessary agricultural enterprise.

- CLASS 3.
- 1—Man with foster children dependent on daily labor for support.
 - 2—Man with aged, infirm or invalid parents or grandparents dependent on daily labor for support.
 - 3—Man with brothers or sisters incompetent to support themselves, dependent on daily labor for support.
 - 4—County or municipal officer.
 - 5—Firemen or policeman.
 - 6—Necessary artificers or workmen in arsenals, armories and Navy-yards.
 - 7—Necessary Custom-house clerks.
 - 8—Persons necessary in transmission of mails.
 - 9—Necessary employes in service of the United States.
 - 10—Highly specialized administrative experts.
 - 11—Technical or mechanical experts in industrial enterprise.
 - 12—Highly specialized agricultural expert in agricultural bureau of state or Nation.
 - 13—Assistant or associate manager of necessary industrial enterprise.
 - 14—Assistant or associate manager of necessary agricultural enterprise.

- CLASS 4.
- 1—Married man with wife (and) or children (or widower with children) dependent on daily labor for support and no other reasonably adequate support available.
 - 2—Mariners in sea service of merchants or citizens in United States.
 - 3—Heads of necessary industrial enterprises.
 - 4—Heads of necessary agricultural enterprises.

- CLASS 5.
- 1—Officers of states or the United States.
 - 2—Regularly or duly ordained ministers.
 - 3—Students of divinity.
 - 4—Persons in military or naval service.
 - 5—Aliens.
 - 6—Alien enemies.
 - 7—Persons morally unfit.
 - 8—Persons physically, permanently or mentally unfit.
 - 9—Licensed pilots.

Casper Becker, aged 75, father to Mrs. David Sparks of this city, passed away at his home at Woodburn on Wednesday of last week and the funeral was held at the Presbyterian church Friday morning.

Mrs. Sparks was with her father when he died. Mr. Sparks went over to the funeral. Deceased leaves a widow and seven grown children.

Mrs. Ella Olson and son, Archie, leave tomorrow by auto for Nampa, Idaho, where they will spend the winter.