

## Come Get Your Bonds

The Second Liberty Bonds are now ready for delivery. Come and get yours, if you ordered thru this bank. The Bonds of the first issue are not yet here, but are expected in a few days.

### KEEP YOUR PAPERS SAFE

We have fire-proof safe deposit boxes for rent by the year, at very reasonable rates; ask us for particulars.

## The First National Bank

of Forest Grove, Oregon

A Strong Bank  
in a Good Town



Safe Deposit  
Boxes for Rent

## Helping Hoover Save the Food

People Who Know How  
Give Directions for Saving  
Food Needed by the  
Army and Navy : : :

### Conservation Recipes

Following are the recipes for making the articles served at the food demonstration given at Langley hall Nov. 5th by the conservation committee of the Woman's club:

#### Bean Roll

Pulp from 1 pt. of dried Lima beans which have been soaked over night and cooked until tender

1 tablespoon of butter, or substitute  
2 eggs  
1-2 cup of stale bread crumbs  
Salt and pepper to taste  
Mix all together, roll as meat loaf and bake 20 minutes; baste with butter or substitute. Serve with tomato sauce or cream sauce.

#### Tomato Sauce

1 3-4 cup of tomato pulp and juice  
3 tablespoons flour  
3 tablespoons butter or substitute  
Salt and pepper to taste  
1 slice onion

Melt butter and brown slightly; add flour, then strained hot tomato pulp which has been heated with the onion. Cook until thickened. If tomatoes are very acid, add a little soda.

The fat used in above recipes was Kream Krisp. The cost of Loaf was 20c. Packed eggs were used. The Loaf serves six people.

The cost of the tomato sauce is about 2c, unless tomatoes are bought at the store.

#### Salmon Loaf

1 can salmon (large)  
1 cup fine stale bread crumbs  
1 egg  
3 tablespoons melted butter, drippings or substitute  
Salt, pepper and minced parsley to taste

1-2 cup milk  
Drain off liquor, mash fish finely and mix altogether. Form into loaf and bake about 20 minutes. Fat used was Cotta Suet.

Serve with cream sauce or tomato sauce.

#### Cream or White Sauce

1 tablespoon flour  
1 tablespoon butter or substitute  
1 cup milk  
Salt and pepper to taste  
Melt butter, add flour and stir in slowly the cup of hot milk. Cook until thickened.

Cost of above Loaf was 34c. Recipe serves six. More milk may be added as desired. Also loaf may be steamed instead of baked. Many prefer it that way. Any fish may be used.

Cost of White Sauce is about 4c.

### Peanut Butter Loaf

1 cup of peanut butter cream (thin peanut butter to the consistency of heavy cream with hot water)

1 cup of stale bread crumbs  
2 cups cooked rice  
1 egg  
1-3 teaspoon celery salt

Salt to taste  
1 tablespoon of chopped onion  
A little lemon juice

Combine. Bake in a moderate oven about 30 minutes or until nicely browned. Serve with Brown Sauce or Tomato Sauce.

Brown Sauce is made like White Sauce excepting the flour is browned in the butter before adding hot milk, and stock may be used instead of milk.

Cost of Peanut Loaf was 12c. The bread crumbs may be added or not as one desires. Also more moisture may be added to suit individual taste. Fat used was Vegetole and Kaola.

### Carrot Pudding

1 cup raw carrot  
1 cup raw potatoes (measured after grinding through food chopper)

1 cup shortening  
1 cup brown sugar  
1 cup flour  
1 cup raisins

1 teaspoon soda dissolved in 2 table-  
spoons warm water.

1 teaspoon cinnamon  
1 teaspoon cloves  
1-2 teaspoon salt

Mix shortening and sugar, add carrots, potatoes, raisins, soda, flour, etc. Put in suitable, oiled vessels for steaming and steam two to three hours, according to size. If baking powder cans are used in which to steam the pudding, less time is used than if vessel is larger. A double boiler is satisfactory as pudding may be easily warmed over in it. The original recipe called for suet but cotta-suet was used as a substitute. In using cotta-suet, use 1-3 less.

In the place of raisins, dried cherries were used and the result was very satisfactory. Either prunes, dates or cherries may be used in place of raisins in any recipe of this kind.

The above recipe will serve from ten to twelve people and the cost is about 35c.

The Hard Sauce for the Pudding is as follows:

2-3 cup butter  
1-3 cup Kaola  
Enough brown sugar to stiffen  
A little maplein  
A dash of nutmeg

Kaola may be used as a butter substitute in cooking. Where it is not heated and eaten as butter, the ad-

dition of some butter gives the butter flavor and makes the taste more agreeable as above.

### Apple Sauce Cake

1 cup apple sauce  
1 cup raisins  
1 cup sugar  
1 cup flour  
1-4 cup shortening  
1 teaspoon soda dissolved in 2 table-  
spoons hot water  
Pinch of salt  
Flavor to taste

### A Patriotic Duty

Word comes directly from the Food Administration that it is the imperative duty of the nation to reduce the consumption of sugar one-third for the remainder of the year

It is unpatriotic and unfair to buy sugar in larger amounts than needed for immediate use. Hoarding sugar at this time may deprive people of limited means of their fair share and may force the price to an exorbitant level.

The threatened sugar famine makes it necessary that individuals and families begin to conserve at once. The burden of the task of reducing the amount of sugar used in the preparation of food will fall largely on the housewife and on those who prepare and serve foods in the public places, but there must also be the co-operation of individuals, if the serious consequences of a prolonged shortage is averted.

The first and possibly greatest difficulty confronting the American nation in the outset of the campaign to save sugar will be the prejudice of habit. Americans have allowed their fondness for sugar to increase to the point where it has passed extravagance and become actual waste. Our present supply is sufficient to last only until the first of January, when the new crop will be available. After that the situation probably will be less tense. It would seem as if merely placing these facts before the people would be sufficient to call for a hearty response. Let us show our patriotism

EDNA L. MILLS,

Emergency Home Demonstration Agent.

### NOTES AND PERSONALS

Money to loan—Valley Realty Co., Forest Grove, Oregon. 19-1f

Schultz winter delivery schedule goes into effect next Monday, Nov. 19—9 a. m. and 3 p. m.

This is the season when sweaters are a comfort. John Anderson has a fine line at reasonable prices.

Mrs. Peter Peterson, who left this city some three years ago for Alaska, is visiting at the Hugh Smith home this week. She will spend the winter in Oregon and return to her home at Juneau in the spring.

Glen Morgan has stood the life of a civilian as long as he could, when most of his college friends are in training camps, so he resigned his position at the condenser, invested his savings in Liberty Bonds and applied for enlistment in the navy.

## FACTS

About Our Coupon Books:

We give 3 per cent on "cash and carry" plan, \$15 and \$20 books only; 2 per cent on the "cash and deliver" plan, \$5 and \$20 books.

Two per cent redemption on cash register receipts on "pay as you go" purchases.

No discount on flour, sugar by the sack or any article on which a special price is made.

SCHULTZ MARKET  
Phone 061

## "Wear-Ever"

Aluminum Two-quart  
Saucepan and Cover  
Regular Price \$1.35

"Useful every day"



For ONLY

89c

and the coupon  
if presented on  
or before NOV-  
EMBER 17, 1917

WEAR-EVER



The mark of  
quality

"Wear-Ever" utensils are made from only the best metal. Again and again the hard sheet passes through enormous rolling mills and is pounded by heavy stamping machines.

Aluminum utensils are NOT "all the same." Look for the "Wear-Ever" trade mark on the bottom of every utensil. Refuse Substitutes!

Replace utensils that wear out  
with utensils that "Wear-Ever"

Clip the Coupon  
Get your Saucepan

Goff Bros.  
Forest Grove



### "Wear-Ever" Coupon

We will accept this coupon and \$4c in payment for one "Wear-Ever" two-quart Saucepan, which sells regularly at \$1.35 provided you present coupon at store on or before Nov. 17, 1917, and write on the coupon your name, address and date of purchase.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Date \_\_\_\_\_

Prof. F. C. Taylor and W. L. Cady have improved so they are able to be about again.

Dr. Darland, the Chiropractor and Naturepath, will occupy the Prof. Bean property, at the corner of A street and First avenue, north, as office and residence. It\*

Mesdames C. O. Roe, A. A. Hall, C. N. Johnson and W. A. Ross gave a silver tea at the Congregational church parlors Tuesday that was very enjoyable and netted a nice sum for the church funds. Mrs. F. W. Jones sang a solo, Miss Pearl Hall gave a reading and the audience, led by Mrs. Jones, sang "America" by way of a program.

### Special Snaps

Outing flannel night shirts and pajamas \$1.25 to \$2.00.

Men's wool and wool mixed over shirts \$1.00 to \$3.50.

Men's wool sox, the kind that wears, 25c, 35c, 40c, 50c.

Heavy sweaters, coat style, big collar, \$1.00 to \$2.00.

Wool and wool-mixed sweaters. They are great, \$2.50 to \$6.50.

C. E. ROY & CO.

### Christian Church

Unified services, 9:45-11:30 a. m. Program—Bible school, processional, communion, children's sermon, sermon. A message of vital interest to every member of the congregation will be delivered. It is important that every member be there. Junior Endeavor 3 p. m. Every child not attending any Junior society invited.

Song service and sermon 7:30 p. m.; subject, "Jesus of Nazareth—the God-man."

Young people are urged to attend the Christian Endeavor meeting at 6:30 p. m. at the Congregational church. Your pastor is to lead. Topic, "Our Denominational Foreign Mission, Boards; Their History and Achievements." Let us co-operate and make of this the best society in the state union.

R. L. PUTNAM, Minister.

### Congregational Church

Sunday, Nov. 18, 11 a. m., sermon, "Thoughts of God in Time of War;" 7:30 p. m., "The Choice Young Man; His Education and His Career." An orchestra of Choice Young Men will help with the music.

A. B. PATTEN, Pastor.

### Apron and Bakery Sale

By the Catholic ladies, at Roe & Co.'s furniture store, Saturday Nov. 24th, all day. 2t

### Local Branch Complimented

The officers of the Portland chapter of the Red Cross have written the local branch that their work stands at the head of the list, both in quality and quantity and that this branch is being conducted more economically than most of the branches.

Eleven more boxes of camp and hospital supplies were shipped out by the local branch last week.

### Call for Bonds

Notice is hereby given that Bonds Nos. 56 and 57, dated Nov. 15, 1911, face value \$500.00 each, are called for payment Nov. 15, 1917. Interest stops on that date.

Bond No. 6, dated Nov. 1, 1913, face value \$500.00, is called for payment Nov. 15, 1917. Interest stops on that date.

EDWIN S. SPARKS,

City Treasurer.

### Call for Warrant

Notice is hereby given that City of Forest Grove, Oregon, Street Warrant No. 77, dated Oct. 15, 1913, face value \$500.00, is called for payment Nov. 15, 1917. Interest stops on that date.

EDWIN S. SPARKS,

City Treasurer.

Job printing—phone 821.

If You Expect  
to Buy

## A Ford Car

next Spring, we advise  
you to place your order  
with us now. Come in  
and let us explain.

Special Prices on

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the fact that, although Shoes have advanced nearly 60 per cent, we have a large stock on hand and the advance will in no way interfere with our giving you a price much lower than any other house in Washington county. We have ALL THE MONEY WE NEED and do not care a rap for big profits—just a reasonable amount to pay overhead expenses and cash down when you buy, and you will feel better and soon forget the price. Come to the

## FOREST GROVE SHOE STORE

C. V. B. Russell.

