

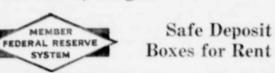
The Second Liberty Bonds are now ready for delivery. Come and get yours, if you ordered thru this bank. The Bonds of the first issue are not yet here, but are expected in a few days.

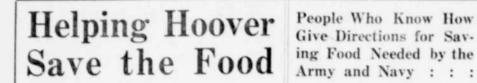
# **KEEP YOUR PAPERS SAFE**

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





#### **Conservation Recipes**

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

#### 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 the butter before adding hot milk, and or substitute. Serve with tomato sauce stock may be used instead of milk. 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 grinding through food chopper) 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 spoons warm water. serves six people.

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

Peanut Butter Loaf I cup of peanut butter cream (thin peanut butter to the consistency of once. The burden of the task of heavy cream with hot water) 1 cup of stale bread crumbs

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 difficulty confronting the Ameri-Tomato Sauce.

Sauce excepting the flour is browned in

Cost of Peanut Loaf was 12c. The bread crumbs may be added or not as one desires. Also more moisture may and become actual waste. Our be added to suit individual taste. Fat present supply is sufficient to last used was Vegetole and Kaola.

Carrot Pudding 1 cup raw carrot

1 cup shortening

1 cup brown sugar 1 cup flour

1 cup raisins

1 teaspoon soda dissolved in 2 table-

1 teaspoon cinnamon 1 teaspoon cloves

1-2 teaspoon salt

Mix shortening and sugar add carrots

The threatened sugar famine

dition of some butter gives the butter

flavor and makes the taste more agree-

**Apple Sauce Cake** 

1 teaspoon soda dissolved in 2 table-

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

It is unpatriotic and unfair to buy sugar in larger amounts than

able as above.

1 cup raisins

poons hot water

Flavor to taste

Pinch of salt

of the year

1 cup sugar

1 cup flour 1-4 cup shortening

1 cup apple sauce

The first and possibly greatest

when the new crop will be available. After that the situation 1 cup raw potatoes (measured after probably will be less tense. It would seem as if merely placing these facts before the people Cady have improved s would be sufficient to call for h a able to be about again. hearty response. Let us show our patriotism

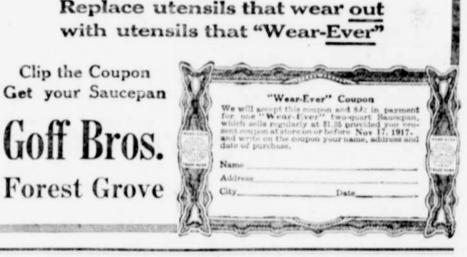
EDNA L. MILLS. Emergency Home Demonstration Agent.

# NOTES AND PERSONALS



"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!



Prof. F. C. Taylor and W. L. Cady have improved so they are

and Natureopath, will occupy the work stands at the head of the Prof. Bean property, at the cor- list, both in quality and quantity ner of A street and First avenue, and that this branch is being connorth, as office and residence. 1t\* ducted more economically than

Mesdames C. O. Roe, A. A most of the branches. Hall, C. N. Johnson and W A. Eleven more boxes of camp and Ross gave a silver tea at the Con-Ross gave a silver tea at the Concregational church parlors Tues- by the local branch last week. day that was very enjoyable and netted a nice sum for the church funds. M.s. 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.

# Local Branch Complimented

The officers of the Portland chapter of the Red Cross have Dr. Darland, the Chiropractor written the local branch that their

2 cups cooked rice

needed for immediate use. Hoard-ing sugar at this time may deprive people of limited means of their fair share and may force the price to an exorbitant level.

makes it necessary that individuals and families begin to conserve at 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 cooperation of individuals, if the serious consequences of a prelonged shortage is averted.

can nation in the outset of the Brown Sauce is made like White 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 extravagence only until the first of January.

#### Salmon Loaf

1 can salmon (large) 1 cup fine stale bread crumbs 1 egg

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 cotta-suet was used as a substitute, prices. bake about 20 minutes. Fat used was Cotta Suet.

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 as follows: 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.

potatoes, raisins, soda, flour, etc. Put in suitable, oiled vessels for steaming and steam two to three hours, accord-3tablespoons melted butter, drippings ing 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 pud-

In using cotta-suet, use 1-3 less.

In the place of raisins, dried cherries Serve with cream sauce or tomato auce. were used and the result was dely and isfactory. Either prunes, dates or cherries may be used in place of raisins were used and the result was very satin any recipe of this kind.

to twelve people and the cost is about the spring.

The Hard Sauce for the Pudding is

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 sub- in the navy.

stitute in cooking. Where it is not heated and eaten as butter, the ad-

Money to loan-Valley Realty Co., Forest Grove, Oregon. 19-tf

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

This is the season when sweaters ding may be easily warmed over in it. are a comfort. John Anderson The original recipe called for suet but has a fine line at reasonable

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 The above recipe will serve from ten return to her home at Juneau in

> 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

FACTS

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pajamas \$1.25 to \$2.00.

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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, ohildren'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 o.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 De-nominational 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

## 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, Outing flannel night shirts and 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**

1t

1t

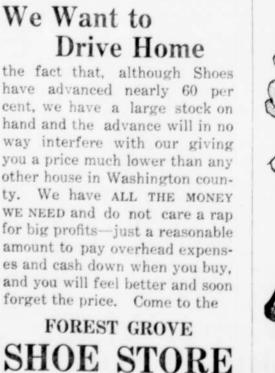
Notice is hereby given that City of Forest Grove, Oregon, Street Warrant No. 77, dated Oct. 15, 1913, face value \$500 00, is called for payment Nov. 15, 1917. Interest stops on that date.

EDWIN S. SPARKS, City Treasurer.

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C. V. B. Russell.

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