

# WAREHOUSE IS FAMILIES WILL FARMERS PLAN BE CARE FOR

## COMMITTEE APPOINTED AT THE GRANGE HALL MEETING, IN- SPECTS SITES—PLACE NEED- ED TO STORE POTATOES.

(From Thursday's Daily.)  
Plans for the erection of a farmers' warehouse near the railroad tracks in Bend were temporarily punctured when a committee composed of J. A. Melvin, Fred Reynolds and Julius Peterson met with County Agriculturalist R. A. Ward to inspect sites near town. Owing to the high cost of construction materials it is likely that the warehouse will not be put up immediately, in spite of the great need for one.

The matter was first proposed at a meeting of farmers held at Bend Grange hall on the evening of February 2. About 50 members of the Farmers' Union and Eastern Star Grange gathered to hear a discussion of the way in which the bumper crop of potatoes could best be handled.

C. S. Hudson, of the First National Bank of Bend, spoke on the warehouse situation and the third Liberty Loan. Gus E. Stadig, president of the Deschutes Valley Potato Growers' association, told of the potato situation and the progress of the local association. Mr. Ward explained the federal crop and labor survey now being taken, the fertilizer situation and the proposed irrigation school.

Had it been possible to store the potatoes in a warehouse this year, much money would have been saved. The financing of a building this season is one drawback, as no available capital can be found.

Mr. Ward is also in favor of installing a small starch factory in this territory, to utilize the culled and surplus potatoes. Machinery for such a factory could be procured for \$10,000. It would take several months to work up a plan for one, and a business manager and capital would be required. The factory scheme is under consideration by the Deschutes Valley Potato Growers' association and Mr. Ward.

Edible tubers would bring \$1 per hundred and the farmer then might realize 50 cents per hundred off of the cut, bruised and under-sized ones which the starch factory would purchase.

## HOME GARDENS ARE TOPIC OF BULLETIN

(From Saturday's Daily.)  
CORVALLIS, Or., Feb. 9.—The first of a new series of bulletins dealing with the home vegetable garden has just been published and is ready for distribution to all who appreciate the value of the garden as a means of economy in war time. The series is being prepared by A. G. Bouquet, of the O. A. C. vegetable garden section of the horticultural division.

Factors that were wholly or partly responsible for failures with war gardens in past years receive particular consideration in the first bulletin, together with suggestions for remedying the troubles. Emphasis is also laid on the present seed shortage and on the possibility of the use of some of the 1917 stocks, especially if a simple test be made at this time.

A practical planting plan for the home garden is given, together with a suggestive list of the horticultural varieties of each vegetable.

Methods of soil preparation and fertilization are described, and a list of all bulletins of benefit to vegetable gardeners, published by the U. S. Department of Agriculture, Washington, D. C., and the Oregon Agricultural College, Corvallis, is given.

The new college bulletin should be in the hands of all those who are endeavoring to make their gardens count for the utmost.

## LEARNS MAN IS SAFE.

(From Tuesday's Daily.)  
Among the Bend people who anxiously waited news of the survivors of the Tuscania was H. H. Davies, who has two nephews in the army. Mr. Davies has finally been relieved to hear that one, Alfred H. Davies, is already in France and that the other, Corporal Shelby L. Davies, was saved.

## FIRE DAMAGES TOOLS.

(From Tuesday's Daily.)  
Fire last night damaged tools and machinery in H. R. Riley's welding and machine shop occupying a tin building in back of the Pringle block. The blaze was extinguished before the place had been totally destroyed. An alarm was turned in about 10 o'clock last evening.

Something to sell? Advertise in The Bulletin's classified column.

## WAR EXCHANGE

Wheatless days are Monday and Wednesday. Meatless day is Tuesday. Porkless day is Saturday. One meatless and one wheatless meal each day. At all times save as much sugar, wheat, meat and fat as possible.

### Rabbit in Casserole.

1 rabbit,  
¼ cup drippings or other fat,  
1 cup hot water,  
2 cups meat stock or thickened gravy.  
1 tablespoon lemon juice,  
Bit of bay leaf.  
Dress the rabbit and separate into pieces at the joints. Season with paprika and salt. Cook in the fat until a golden brown. Transfer the meat to a casserole with 1 cup of hot water and cover. Bake in a moderate oven about ½ hour, then add the stock or gravy, lemon juice and bay leaf. Continue cooking in the oven about 3 hours.

### Baked Hominy and Cheese.

1 tablespoon of oleomargarine or drippings,  
1 tablespoon cornstarch,  
½ teaspoon paprika,  
½ to 1 cup cheese, grated or cut fine,  
2 tablespoons flour,  
1 cup milk,  
2 cups cooked hominy,  
¼ cup bread crumbs,  
1 teaspoon salt.

Make a sauce of the fat, cornstarch, salt and milk. Add the cheese and paprika to the sauce, arrange the hominy in baking dish and pour the sauce over it. Cover with crumbs and bake 20 minutes in a moderate oven.

The hominy and cheese may be arranged in layers and the white sauce poured over it if preferred.

### Cottage Cheese and Nut Loaf.

1 cup cottage cheese,  
1 cup nut meats (use those locally grown),  
1 cup stale bread crumbs,  
Juice of ½ lemon,  
1 teaspoon salt,  
¼ teaspoon pepper,  
2 tablespoons chopped onion,  
1 tablespoon oleomargarine, meat drippings or vegetable oils.  
Mix the cheese, gound nuts, lemon juice, crumbs, salt and pepper. Cook the onion in the fat and a little water until tender. Add to the first mixture the onion and sufficient water or meat stock to moisten. Mix well, pour into a baking dish and brown in the oven.

Variations—  
Two cups of cooked oatmeal may be substituted for the cheese and the bread crumbs.

One pound of beans, cooked and put through a sieve may be substituted for the nuts.

American cheese, grated or cut fine, may be used in place of cottage cheese.

The amount of liquid added will vary in each case. The seasoning may be varied to suit the case.

### SAUCES.

Especial attention must be given to seasoning of dishes which have as their foundation beans, rice, or other foods having little flavor of their own.

Use peppers, onions, garlic, leek, celery, catsup, Worcestershire sauce, etc., for increasing flavor. Bean and nut loaves should be served with highly seasoned sauces.

### Italian Tomato Sauce.

2 cups cooked tomatoes,  
½ cup finely cut onion,  
½ cup grated or cut turnip,  
½ cup grated or cut carrot,  
2 teaspoons salt,  
½ cup cut green peppers,  
4 tablespoons butter substitute or vegetable drippings,  
2 tablespoons flour,  
Cook vegetables (except tomato) in the fat until tender. Add tomato and salt, cook 5 minutes. Put through strainer, return to fire, add flour mixed with 2 tablespoons cold water, boil 5 minutes.

### Pimento Sauce.

Force canned pimento through a strainer. Add ½ cup of this puree to 1 cup of white sauce.

### Brown Nut Sauce.

2 tablespoons drippings or vegetable oil,  
2 tablespoons peanut butter,  
¾ tablespoons flour,  
1½ cups meat or vegetable stock or milk,  
½ teaspoon salt,  
Few grains pepper.  
Brown the fat, add peanut butter and when well mixed add flour and continue browning. Pour in the stock gradually, stirring constantly. Bring to the boiling point and add salt and pepper.

### FAT SAVING.

We use twice as much fat as some of our allies. The amount used here should be not more than three-quarters of a pound per person per week and six ounces for children under ten. Use butter as sparingly as possible on the table, except for children. Do not use it in cooking.

Peanut butter, jellies, or a nut and fig paste are excellent substitutes. Use less pastry.

When you do make pies, use one crust instead of two.

Try the New England deep apple pie, with only a top crust.

Use the vegetable fats instead of animal fats in making the pastry.

If vegetable oils are used the quantity of fat may be reduced by one third; that is, 2 ¼ tablespoons of oil to one cup of flour is sufficient. The oil itself helps to moisten the flour so that very little water is necessary. The dough should be made as dry as possible to make a tender pastry.

Do not fry in deep fat.

Bake croquettes in the oven.

Make meat-loaf instead of meat croquettes.

Either do not use recipes calling for a large quantity of fat or try reducing the amount.

### FOR CONSERVATION PIE CRUSTS.

**Cornmeal Crust.**  
Grease a pie plate well. Cover with raw cornmeal, giving the plate a rotating motion so that an even layer of the meal will stick to the plate about 1-16 of an inch in thickness. Fill the plate with pumpkin pie mixture. Bake in a hot oven.

**Individual Pies—Oatmeal Crust.**  
2 cups finely ground oatmeal,  
1 cup boiling water,  
1 teaspoon fat.

Scald the oatmeal with the water. Add fat and mix thoroughly. Roll very thin and line small pie or tart tins with the mixture. Bake in a hot oven. Fill with apricot marmalade or other thick mixture. If desired, spread a meringue on top and brown in the oven.

### For Fireside Pessimists.

Blackwood's Magazine publishes verses of "Klaxon" that have a timely message:

You may be stripped of all you have — it may be all you say,  
But you'll have your life and eyesight left, so stow away your talk of pay.  
You won't be dead in a bed of lime with those that heard the Call;  
So thank your God you've an easy job in the Greatest War of all.

### Meatless Meal Suggestions.

Here are some suggestions for meatless meals:

Kipperd fish may be steamed and served with boiled potatoes and a scalloped vegetable. Clams, well washed, may be steamed, fried, scalloped or made into chowder. Canned clams may be used. Mix eggs with milk or milk and cheese in cooking. Bake rice with plenty of grated cheese covered with milk. Grind peanuts or any nuts, mixed with bread crumbs and seasoning, and brown in oven. Dried lima beans may be soaked, boiled and then baked like Boston baked beans. Use dried peas made into soup with milk; or scallop, or mash and mix with bread crumbs and seasoning to bake in loaf or small cakes.

Soy beans may be washed, baked until tender, mashed and used like any other kind of beans. Oysters and meat substitute, for several meals crabs may be used in numberless ways. Try using fish, an excellent during the week. Do not use the same fish always; try new kinds. If you live on the coast where fresh fish is to be had at the markets, do personal selecting. Buy only fresh fish. If cooked fish is not used at once, cool it quickly. Left-over fish may be made into fine dishes.

### Chowders.

Fish and clam chowders are very easy to make and very appetizing for supper on a cold night. Make as follows:

Slice peeled raw potatoes. Slice one onion, cut some salt pork in dice, and fry until brown. Put layer of potatoes in saucepan, then layer of pork and onion, then a layer of raw or cooked fish or clams. Cover with boiling water and cook until tender. Add seasoning. The chowder should be rather thick.

If you live where you can raise rabbits you will find they can be fried like chickens. If you live in the country use geese, ducks or other game.

### SUGAR SAVING.

Because of the present shortage of sugar it is necessary for each person to reduce his consumption of sugar to ¼ pound per week. There are so many sweet foods that may be used in place of sugar that this should be no hardship.

Cut out candy.  
Use less sugar in tea and coffee and substitute other sweetening wherever possible.

Try cooking breakfast cereals with chopped figs, dates or raisins. You will not need to add any sugar at the table.

Use molasses, honey, corn or other syrups for sweetening.

\*Apple syrup and concentrated elder.

Get government pamphlet giving directions for making syrup from apples and other fruits. Try some of these.

Use fresh fruits for desserts in place of rich pastries and sweet puddings.

Bake apples or pears with a little water for several hours until a rich syrup forms.

If more sweetening is desired add a little honey or molasses.

Stew dried prunes in the water in which they were soaked until the liquid is almost all boiled away. If more juice is wanted add water to the syrup. The long, slow cooking is necessary to develop a rich flavor.

Cut down the use of cake.

Do not use frosting unless you can make it without sugar.

Either honey or maple syrup can be substituted for sugar in a boiled frosting.

When cake is made it should be not only wheat-saving, but sugar-saving and fat-saving. Try making cakes in which cornmeal, corn flour, rye flour, potato flour, rice flour or cornstarch is substituted for part of the wheat flour.

Use corn syrup, molasses, honey and other syrups for part or all of the sugar.

A good working rule in making such substitution is to use 1 cup of syrup as equivalent to 1 cup of sugar and ¼ cup of liquid. Corn syrup does not sweeten as much as molasses and ¼ cup of liquid. Corn starch or honey.

\*Department of Agriculture Year-book Separate 639.

Mere possession of a government Thrift Card (the card upon which you stick sixteen 25-cent Thrift Stamps, adding 13 cents, and before turning it in for a War Savings Stamp upon which the government will pay you 4 per cent interest compounded quarterly), will prove an incentive to thrift and saving. Follow the precepts of the blank spaces upon which the stamps are to be placed, and you will soon have the habit.

For instance: Space No. 1 reads: "Affix the first 25-cent stamp here." Very good. Just by way of instruction. The same for No. 2 space: "Your second stamp here."

And then the little Thrift talks begin, that great apostle to thrift, Benjamin Franklin, having been responsible for some of them, we are sure.

No. 3 space says: "If you want to succeed, save." And then on down the line we read:

"Thrift is the power to save." "The first principle of money-making is money-saving." "Don't put off 'til tomorrow." (That's a good one.) "A penny saved is a penny earned." (Buy today. Next month a W. S. S. will cost you a penny more.) "All fortunes have their foundations laid in thrift." "Many a little makes a mickle." "Saving creates independence." "Thrift begins with little savings." "Money placed at interest works day and night—wet weather and dry weather." (And W. S. S. from little Thrift Stamps grow.) "Waste not, want not." (A favorite with our dear old mother, and her mother.) "Learn economy and you start on the road to success."

And there you have it. A great sermon on every little Thrift Card. Buy a Thrift Stamp and put your stamp of approval on President Wilson.

### CONSERVATION SWEETS.

**War Cake.**

1 cup molasses,  
1 cup corn syrup,  
1½ cups water,  
1 package raisins,  
2 tablespoons fat,  
1 teaspoon salt,  
1 teaspoon cinnamon.

Highest cash price paid for all kinds of hides, pelts, wool, furs, at Briggs' Second Hand Store. 371c

We buy all kinds of hides, pelts, furs, wool. Briggs' Second Hand Store. 371c

¼ teaspoon cloves,  
¼ teaspoon nutmeg,  
3 cups flour,  
½ teaspoon soda,  
2 teaspoons baking powder.  
Boil together for 5 minutes the first nine ingredients. Cool, add the sifted dry ingredients and bake in two loaves for 45 minutes in a moderate oven.

This cake should be kept several days before using. It makes about 20 to 25 servings.

If desired 1 cup of oatmeal may be used in place of ¼ cup of flour.

### Cornmeal Cookies.

½ cup melted fat,  
½ cup molasses,  
½ cup corn syrup,  
1 egg,  
6 tablespoons sour milk,  
½ teaspoon soda,  
2 cups cornmeal,  
1 cup wheat flour.

Combine the melted fat, molasses, syrup, beaten egg and milk. Sift the dry ingredients and combine with the liquid. Drop from a teaspoon onto a greased pan and bake in a moderate oven for 15 minutes. This makes 55 to 60 cookies about 2 inches in diameter.

### Oatmeal Macaroons.

1 tablespoon fat,  
¾ cup corn syrup,  
2 tablespoons sugar,  
1 egg,  
2 teaspoons almond extract if desired.

1½ cups oatmeal,  
¼ teaspoon salt,  
¼ teaspoon baking powder,  
1½ tablespoon flour.

Combine the melted fat and the sugar and syrup, add the beaten egg and stir in the other ingredients. Drop from a teaspoon on greased baking sheets or pans and bake in a moderate oven about 15 minutes. This makes 25 to 28 cookies about 2 inches in diameter.

### Cornmeal Gingerbread.

1 cup cornmeal,  
1 cup wheat flour,  
1 teaspoon soda,  
¼ teaspoon salt,  
2 teaspoons ginger,  
1 egg (omitted if desired),  
1 teaspoon cinnamon,  
½ teaspoon cloves,  
1 cup sour milk,  
1 cup molasses,  
2 tablespoons shortening.

Sift together the dry ingredients. Combine the milk, molasses, melted shortening and beaten egg. Add the liquid ingredients to the dry. Stir well. Bake in moderate oven.

Two cups of buckwheat flour may be substituted for the cornmeal and flour in the above recipe. This will have the characteristic flavor of buckwheat. If it is too strong use only 1 cup of buckwheat and 1½ cups of white flour. Two and a half cups of rye flour may also be substituted. In using rye and white flour a larger quantity is necessary because these flours absorb less liquid than do the cornmeal and buckwheat.

All housewives who have tested recipes which aid in the conservation of foods, as requested by the Food Administration, are invited to send them to The Bulletin for publication in this column.

### Cut This Out—It Is Worth Money.

Don't miss this. Cut out this slip, enclose with five cents to Foley & Co., 2835 Sheffield Ave., Chicago, Ill., writing your name and address clearly. You will receive in return a trial package containing Foley's Honey and Tar Compound for coughs, colds and croup. Foley Kidney Pills and Foley Cathartic Tablets. Sold everywhere.—Adv.

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