WAR EXCHANGE

Wheatless days are Monday and Wednesday Meatless day is Tuesday. Porkless day is Saturday.

Baked Vetch-

*I pint vetch, raw (either Pearl or Black).

1 teaspoon soda.

I slice salt pork or bacon.

2 teaspoons salt.

1/2 tablespoon mustard (ground).

2 tablespoons molasses.

2 tablespoons vinegar.

Dash of cayenne. 36 cup strained tomatoes or cat

Hot water enough to cover. Soak vetch over night. Add soda and cook until tender. Rub through hands to remove hulls. Put pork in

bake four or five hours. Squash Cakes-

1 cup squash (mashed). 16 cup finely cut nuts.

34 cup bread crumbs.

1 tablespoon chopped cheese. 2 tablespoons onions (if desired).

1 tablespoon parsley (if desired)

Salt to taste. Make into cakes and fry. Serve with or without brown or tomato sauce, or bake in well-oiled baking dish.

Prune Loaf, Imperial-

2 cups rice (cooked). 1 cup grated cheese.

1 cup prune pulp.

114 tablespoons salt.

1 egg.

1 cup crumbs.

15 cup strained tomatoes.

1 small chopped onion. 2 tablespoons parsley.

Bake in loaf one hour in moderate

Escalloped Beans-

Soak the dried green beans for 24 to cover beans. Season to taste. Bake hour. about 1/2 hour.

Peanut Cakes-

1 cup chopped roasted peanuts.

2 cups mashed potatoes. 4 teaspoon grated nutmeg.

1/2 teaspoon white pepper. 1 teaspoon salt.

1 teaspoon onion juice.

1 tablespoon chopped parsley. 1 well beaten egg. Mix as given, form into cakes and

cup pea pulp.

% cup soft crumbs.

% cup milk.

1 tablespoon sugar. Few drops onion juice.

14 teaspoon salt.

1 egg, slightly beaten. 2 tablespoons melted butter.

If bread is dry, soak it in the milk. Mix in order given, pour into buttered dish, cover and steam until set. Serve hot with white sauce made by using stale bread crumbs instead of flour.

Vegetarian Loaf-

1 cup toasted bread crumbs (entire or graham)

1 cup nuts

1 cup corn pulp.

16 cup cheese. 2 eggs.

2 teaspoons grated onion. 1 tablespoon minced parsley,

16 cup whole wheat flour. 1 cup chopped celery.

Mix ingredients together thoroughly. Press in small bread pan or bak-

ing dish and bake or steam one hour. Steaming preferred.

Peanut Rice Loaf-

2 cups rice (after cooking).

1 cup chopped peanuts. 1 cup cooked prunes.

2 tablespoons salt.

% cup cheese. 2 tablespoons chopped parsley.

or without tomato sauce.

Stuffed Peppers-

Soak dried green peppers 12 hours. Boil until tender; remove from water and stuff as you would any peppers. Fresh green peppers may be used. The following stuffing may be used. 1 cup cooked rice.

2 teaspoons peanut butter, dissolved in % cup tomato pulp.

11/2 teaspoon salt. 16 tablespoon finely cut onion.

1/4 cup cheese. 1 tablespoon finely cut parsley.

Peanut and Vetch Loaf-1/2 cup shelled roasted peanuts

(ground).

114 cup boiled vetch (not ground) 1 cup toasted bread crumbs.

2 teaspoons drippings.

2 teaspoons salt. 2 tablespoons tomato catsup.

1/2 cup milk (more or less, as needed).

Soak vetch over night. In the morning add 1 teaspoon soda; cook dish and bake. until tender (about one hour). Wash Suggested Combinationsin cold water, rubbing between the hours. Cook until tender; drain. hands to loosen the hulls. Chop the bread crumbs. Place alternate layers of bread nuts, add the ingredients as given, crumbs, and cooked beans, cover using enough milk to form the mix-crumbs. with a few pieces of bacon, then ture into a loaf. Put in a pan, set bread crumbs. Pour in enough milk pan in vessel of water, and bake one tomato or catsup to taste. Mold, dip

> Vetch and Rice Pattiesto bind it together. Make into little butter. Mold and fry. cakes or patties and fry. A bit of parsley may be added if desired.

Meal and Vetch Polent-3 cups boiling water.

1 teaspoon salt to taste.

1 cup cornmeal.

2 tablespoons butter or fryings.

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2 cups cooked vetch. 3 tablespoons finely cut cheese.

Make a mush of the boiling water corn and cornmeal, and cook thoroughly. When done and still hot add the cheese and butter and stir until the cheese is melted; then add the cooked APPETIZING SCHOOL LUNCHES. vetch. Mix well. When cold, slice and fry a golden brown in a little fat. Two-thirds cup of uncooked vetch

will give two cups cooked vetch. Cook vetch as in above recipe. This may be made wholly of meal.

Boston Roast-

1 lb, cooked kidney beans or equivalent quantity of any cooked beans. 16 lb. cottage cheese or American cheese.

Bread crumbs. Salt.

Mash the beans or run through food grinder. Add the cheese and bread crumbs enough to make the mixture into a roll. Bake in moderate oven, basting occasionally with butter or other fat and water. Serve with tomato sauce. Three canned pimentos chopped may be added to the loaf. An egg will make it hold its shape better.

Cottage Cheese Nut Lonf-1 cup chopped nuts (any nuts may

be used.)

1 cup cottage cheese.

1 cup bread crumbs. 2 tablespoons chopped onion.

1 tablespoon butter.

Juice of 14 lemon.

Salt and pepper. Cook the onion until tender in the butter or other fat and a little water. Combine the other ingredients and Bake in loaf slowly for 11/2 hours moisten with the onion mixure. Pour bean jar, add other ingredients, and or until well browned. Serve hot with into a shallow baking baking dish and brown in the oven.

Welsh Rarebit-

1 tablespoon butter

1 teaspoon cornstarch 14 cup cheese 1 cup milk or tomato juice

1/4 teaspoon mustard Salt and paprika

Make sauce of butter, cornstarch and milk, cook, add cheese. Stir until melted; add seasoning and serve on toast

Use of Left-Overs-Any left-over material, such as meats, fish, vegetables, rice, macaront, or breakfast foods may be used to form meat substitutes. If the material is in large pieces it may be run through a meat chopper, mixed with bread crumbs, milk or eggs, or both, and seasoned with salt, pepper, celery salt, or any seasonings desired. Chopped parsley, nuts, onion, etc., may be added if desired. Mold into cakes and fry or put in offed baking

1-Tomato pulp, ground peanuts,

2-Rice, cheese, tomatoes, bread

3-Baked beans run through sieve,

in bread crumbs and egg. 4- cup hominy cooked in 2 Use equal parts of cooked vetch cups tomato pulp seasoned with salt, and seasoned left-over rice and eggs pepper, paprika and 2 tablespoons

> 5-Left-over salmon or any fish and peas.

6-Cold meat, tomato, and potato. 7-Cold sausages cut into bits, mixed with cold potato, bread crumbs rice or left-over cereal.

8-Squash, ground cheese, bread 9-Oatmeal mush, cheese, cold

10-Any cold cereal, tomato cat sup and seasoning.

well-balanced school lunches: meat for filling; baked apple, cook-

les, or a few lumps of sugar. 2. Slices of meat loaf or bean loaf; bread and butter sandwiches; stewed

fruit; small frosted cake. filled with chopped meat or fish. moistened and seasoned, or mixed

4. Lettuce or celery sandwiches cup custard; jelly sandwiches.

5. Cottage cheese and chopped green pepper sandwiches or a pot of and cake.

powder biscuits; celery or radishes; brown-sugar or maple-sugar sandwiches.

7. Bottle of milk; thin corn bread and butter; dates; apple.

8. Raisin or nut bread with butter

cheese; orange; maple sugar. 9. Baked bean and lettuce sandwiches; apple sauce; sweet choco-

Uncle Sam's Economy Recipes. The following recipes show how

bread crumbs may be used instead of flour in various dishes. It will be noticed that nearly all the materials used in soup recipes are those that are often thrown away-skim milk, the outside leaves of lettuce, and stale

Vegetable-Skim Milk Soup-

1 quart skim milk.

1 slice stale bread. 2 ounces of the outer leaves of let-

tuce (6 large leaves). A few celery tips, or

A thin slice of onion.

Salt and pepper. Chop the vegetables finely. A convenient way, particularly if the soup is being made in large quantities, is



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chopped vegetables and the bread in the milk in the double boiler for

1 cup hot water or skim mik.

1/2 teaspoon salt. Mix the water, bread crumbs, salt The following suggestion are and cheese; add the yolks thoroughly

Serve at once.

Apple Butter With Grape Juice-A pleasing flavor is given to apple butter by adding a little grape juice. 3. Crisp rolls, hollowed out and To each gallon of apple sauce add one pint of grape juice, 1 cup of brown pieces. sugar, and one-fourth teaspoonful with salad dressing; orange, apple, a salt. Cook slowly and stir often for mixture of sliced fruits, or berries; two hours. Then add cinnamon and

salt to suit the taste.

MAKE GOOD LUNCHEON DISHES The use of more potatoes for luncheon should be a simple matter, in the and fat add the potatoes cut in onecream cheese with bread and butter opinion of specialists of the Depart- half-inch slices, and thinly sliced on- ly diced potato, may be used to fill sandwiches; peanut sandwiches; fruit ment of Agriculture, since practic- ion and seasonings. Add the water, tomato cups and served with any ally all Americans like potatoes and cover closely and cook until the pota-6. Hard-boiled eggs; crisp baking since there are numerous ways in toes and onions are soft. The mixwhich the tubers may be prepared ture should be stirred occasionally to avoid a sameness in the diet. Potatoes, even in their simplest forms- may be thoroughly mixed. The baked and boiled-make good lunch- "stew" as it was called in old times eon dishes. They may also be used -for it is an old-fashioned dishfor making a variety of dishes, such should be moist but not thin. as creamed and escalloped potatoes, with or without cheese; stuffed potatoes; potato croquettes, and so on. soak for half hour, and cut in one-everywhere.

enough to serve for the purpose with 1% cups soft, stale bread crumbs. a little salad or fruit or sweets. 6 ounces cheese (11/2 cups cheese | The following recipes for potato Repeat until the baking dish is near-

Panned Potatoes

Cut cold boiled potatoes into quarter-inch slices; dredge slightly with among those that have been made for beaten; into this mixture cut and fold flour and fry in pan with a little butthe whites of eggs beaten until stiff. ter. When light brown, heap on side 1. Sandwiches with sliced tender Pour into a buttered baking dish and of pan; let stand a few minutes, then cook 30 minutes in a moderate oven. loosen with a knife and turn out on a platter in much the same way that an omlet is taken out. Sprinkle

with salt and serve at once. Potato and Pork Stew

3 or 4 slices salt pork cut in small

4 medium-sized potatoes. 1 onion.

% teaspoonful salt.

1/2 cup water.

1/4 teaspoonful pepper. Fry the pork in a deep pan until

Scalloped Potatoes Wash and pare potatoes; let them

in order that the pork and vegetables

to use a food grinder and to put the Combination dishes, such as hash, fourth-inch slices. Butter a baking bread through it with the vegetables stews, meat pies with potato crust, dish, put in a layer of the sliced poto catch the juice. Cook the finely- and so on, in which a considerable tatoes, sprinkle with salt and pepamount of potatoes is used with per, dredge with flour, and do over with one-half tablespoon of butter. (A little grated cheese may be sprinkled over each layer if desired.) dishes are a few of the many which by filled, then cover with hot milk the housewife will find useful in Bake one and one-fourth hours in a moderate oven, or place on the back

Potato Salad

Cut cold boiled potatoes into halfinch cubes and season with salt and pepper, or a few drops of onion juice if desired. Heap in a mound in a salad dish and pour over all a cooked salad dressing; and, if one wishes. garnish around edge with a circle-

potato one-half cupful of diced cold

boiled beet and 2 tablespoons chop-

ped parsley or cheese; carrots and

preferred dressing. Take Children Out of Danger

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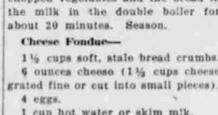
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other foods, may constitute practically an entire luncheon, being hearty

preparing supper or luncheon.

of the stove and cook slowly.

of lettuce and hard-boiled eggs. For variety add to 2 cupfuls of

a little chopped celery leaf may be used if preferred. Many cooked or canned left-over vegetables may be attractively used for salads. Diced turnips and carit is light brown; then to the pork rots are often used in potato salad. Left-over beans, peas, etc., with fine-

\$2,000,000



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