

USE POTATOES INSTEAD OF BREAD

Bread Must Be Saved—Potatoes Contain the Same Nutrients.

How many potatoes are you eating? This is a question the Food Administration wants every loyal American to ask himself or herself. Since as it may seem, the eating of potatoes at this time is a patriotic war service, according to a recent Food Administration bulletin, which is intended to help the nation to win the war by saving surplus food, the eating of potatoes is a food, unless eaten in the last two months, will be used through spreading and rotting. By eating of potatoes liberally, every family can save a substantial amount of other food, particularly of wheat. By eating up the surplus of potatoes the nation will also prevent serious loss to the potato producer, who needs to be encouraged to grow maximum crops during the coming year.

Domestic science experts have figured that: One ordinary baked potato equals in nourishment one thick slice of wheat bread.

Potatoes at one and one-half to two cents a pound have more food value than bread at ten cents a loaf.

Potatoes are healthful. They improve the general tone of the system by their wholesome action on the digestive organs. They are easiest on the stomach of all vegetable foods. They are easy on the kidneys because of the minimum of nitrogen they contain. They are easy on the intestines because of the tenderness and small proportion of their cellulose and the fine division of starch.

Potatoes are valuable in the diet of the sick. They can be eaten with benefit by people suffering from dyspepsia, anemia, diabetes, Bright's disease, nervous affections, intestinal complaints, hyperacidity, indigestion, etc. The Food Administration is ready to serve bread and po-



By Mrs. Robt. J. Burdette.

The firing line is now in your kitchen. Knock out the breadline at your table.

It has been said that the Revolutionary War was won by men fed on hardy pudding, in other words, corn meal mush. Let it be written in history that the winning of the present war was made possible by the United States eating potatoes.

The manner of eating, the time of eating and even the kind of foodstuffs eaten are largely a matter of habit. We do not desire to break ourselves entirely of the habit of eating or life would not prove worth living, but it can be made to prove better worth living if we change some of the habits. Suppose we cure ourselves of the hand-eating habit and see if we do not consume less bread. If you were to put your bread and butter on your plate and eat it with a knife and fork it would reduce the amount of bread eaten at once. In some of the Oriental countries men carry strings of bright red wooden beads that are known as "Conversation beads," and they seem unable to talk unless they have them in their hands to play with and pass from one hand to the other. We seem to need something in our hands at table or we feel the meal is incomplete and that something is usually bread. Forget this habit and save wheat. If you must continue the hand-eating habit, hold a hot potato.

How to Increase World's Bread Ration

With famine creeping through Europe, and every nation struggling to produce enough food to sustain life, the American farmer has a duty that he can not shirk. America must ship food to Europe for our soldiers. America must supply bread to starving peoples. No matter what other crops are raised, more acres should be devoted to bread grains. "Do your bit, Mr. Farmer," says a Food Administration bulletin. "Success depends upon you in this world war."

West Point is on a food-conservation basis, and the health of the cadet corps is better than ever. All bread used is composed of 45 per cent wheat flour, 45 rye, and 10 per cent white bolted grain flour; and many cadets consider it superior to the former white bread. Sugar consumption has been cut down, meatless days and meals are rigidly observed, and the reduced amount of meat has been beneficial to health. A lesson from a reliable source.

Taking It From Babies.

"Every ounce of wheat products in excess of six pounds per month that you eat, Mr. American Citizen, is that much literally taken from the mouths of the starving women and children of France," says a Food Administration bulletin. "The armed allies may go without wheat, but these innocents will actually die unless we give them of ours in generous proportion."

Victory bread is received with hearty approval. But don't be satisfied to use it on a wheatless day or at a wheatless meal, because it isn't wheatless.

A MOTHER'S PROMISE TO HER SON

By KATHLEEN NORRIS

My Dear one—I'm writing this very, very small and on the thinnest of paper, so that it might slip into one of the olive drab pockets of your new uniform without encroaching for the tiniest part of an inch upon all the new things that you must have there—the passports and identification slips and photograph, the knife and pen and writing pad, the lists and numbers and names and ciphers, the address book and the thin manual you have been studying so hard and the slim little Bible, for this letter is a part of your equipment, too, or at least I like to think that it is.

I'm going to tell you in it just one or two of the things we've been trying not to say in these last days. You've said to yourself, haven't you, that there were possibilities that I, thank God, hadn't seemed to think of. You've marvelled gratefully, haven't you, that I could say goodbye with dry eyes and talk about what we should do when the war is over. My dear, there is nothing—nothing—that can happen to you that I haven't foreseen in every detail since May, since the very beginning of it all. I know that some of our men are not going to come back. I know—as I write this in the room you love—that your fingers may fumble for this little piece of paper in some dreadful hour, a month or two months or six months from now, just to read it over once more for the last time, just to feel in your fingers out there in a shell lighted battlefield something that I have touched—for goodbye.

And thinking of all this for almost a year while you've been getting ready to go I've been getting ready to

stay. Just as you planned I planned, and I said to myself: "When the time comes for us to part I shall make him a promise." Dear one, this is my promise, and I make it for the term of your own—for the duration of the present war.

I promise you that while you are away, whether it is months or years, nothing except what I can give you and give all the others shall fill my life. I promise you that I shall devote myself, here in safety, to the work of making what you do easier and stronger and safer for you. I promise you that I shall give—and give and give—for the Cause! Not the money I can spare, not the time I have left when everything else is done, but all the money, all the time, all the energy I have!

Your whole life has been altered, has been set to sterner and graver music. So shall mine be. You will know self denial, privation and fatigue while the war lasts. So shall I know them. Even if black news comes, even if the blackest comes, I shall remember that against your brave heart this promise is resting, and I shall go on. And while there is one man among our million and among the millions of our allies who needs clothing and nursing and comforts and solace for your sake I shall not fail him.

Perhaps in God's goodness this note will come safely back to me in the olive drab pocket, and we will smile over it together. But, remember, until that hour comes I shall be always busy filling my own small place in the great machine of mercy and as truly under the colors over here as you are over there. God bless you!

WHEN A CUP OF COFFEE TASTES LIKE A MILLION DOLLARS

He Got His Cup and Then
Went on—to Death.

Through the establishment of the line of communication canteens in France the American Red Cross is setting records in serving hot coffee, cocoa and sandwiches to the troops. One of these refreshment units made another new record recently, serving more than 50,000 meals in one week. At another a cup of coffee was served every ten seconds for a period of two consecutive hours.

In a single week these lines of communication canteens often serve 80,000 American and French soldiers.

Soldiers in Box Cars.

Do our soldiers and their allies really want this form of Red Cross service? A letter from a young American aviator, a 1917 graduate of Princeton University, is probably typical. It might be added that this man has since been reported killed after bringing down a German Taube. "A 50 mile train ride over here," he said, "instead of taking a few hours may take days. When we stop at a Red Cross canteen you can bet that a cup of coffee tastes like a million dollars."

It is not always possible for a regiment to provide sufficient food and hot coffee on these long journeys, where the men must often be packed standing into unheated box cars ordinarily used for carrying horses. So imagine for yourself the warmth, the cheer, the comfort that piping hot coffee and good sandwiches bring to our boys after a night on such a journey! You can just bet that it stiffens a man's courage. Your Red Cross is handing out this renewed courage by the piping hot cupful.



The Halsey Enterprise

An Independent Newspaper.

PUBLISHED EVERY THURSDAY

D. H. TALMADGE, EDITOR

Entered as second-class matter October 5, 1912, at the post office at Halsey, Oregon, under the Act of March 3, 1879.

Devoted to the material upbuilding of Halsey and surrounding country and Linn county generally. Subscription rate \$1.00 per year in advance.

Washington has discovered a dollar is worth only 50 cents. That depends a great deal on what you buy with it. If you buy shoes it is worth only two bits. A statistician has figured out that a dollar now buys only 2.7 pounds of sirloin steak instead of 5.2. It will buy only a third as many pork chops, two-fifths as much bacon, not quite half as much lard, and half as much flour as it would buy 10 years ago.

In order that every man between the ages of 18 and 36, either married or single, may have the opportunity of enlisting in the United States Marine Corps, every postmaster in Oregon has been authorized to examine, accept and transfer men for this excellent branch of service. Registered and unregistered men between the above mentioned ages who are desirous of enlisting may do so. Your postmaster will gladly assist you in obtaining your release from the local board and will also explain this splendid branch of service. Ask him today.

Proper Food for Weak Stomachs

The proper food for one man may be all wrong for another. Everyone should adopt a diet suited to his age and occupation. Those who have weak stomachs need to be especially careful and should eat slowly and masticate their food thoroughly. It is also important that they keep their bowels regular. When they become constipated or when they feel dull and stupid after eating, they should take Chamberlain's Tablets to strengthen the stomach and move the bowels. They are easy to take and pleasant in effect.

THE LITTLE HOME PAPER

(Charles Hanson Towne in the American Magazine)

The little home paper comes to me, A badly printed as can be; It's ungrammatical, cheap, absurd— Yet how I love each intimate word! For here am I in the teeming town, Where the sad, mad people rush up and down, And it's good to get back to the old lost place, And smile and gossip for a little space.

The weather is hot; the corn crop's good; They've had a picnic in Sheldon's Wood. And Aunt Maria was sick last week; Ike Morrison's got a swollen cheek. And the Squire was hurt in a runaway— More shocked than bruised, I glad they say. Bert Wells—I used to play ball with him— Is working a farm with his uncle Jim.

The Red Cross ladies gave a tea. A raised quite a bit. Old Sol MacPhee Has sold his house on Lincoln Road— He couldn't carry so big a load. The Methodist minister's had a call From a wealthy parish near St. Paul. And old Herb Sweet is married at last— He was forty-two. How the years rush past!

But here's an item that makes me see What a puzzling riddle life can be. "Ed Stokes," it reads, "was killed in France When the Allies made their last advance." Ed Stokes! That boy with the laughing eyes As blue as the early-summer skies! He would't have killed a fly—and yet, Without a murmur, without a regret,

He left the peace of our little place, And went away with a light in his face; For out in the world was a job to do, And he wouldn't come home until it was thr Four thousand miles from our tiny town And its hardware store, this boy went down. Such a quiet lad, such a simple chap— But he's put East Dunkirk on the map!

By proclamation of the President of the United States, German alien females will be required to register in accordance with the general rules and regulations prescribed by the Attorney General of the United States. The time set for the registration is from 6 a. m. Monday, June 17, 1918, continuing on each day successively thereafter, except Sunday, June 23, 1918, between the hours of 6 a. m. and 8 p. m., up to and including Wednesday, June 26, 1918, at 8 p. m.

We make a specialty of friendship, engagement and wedding rings. F. M. French & Son, Jewelers and Engravers, Albany

Road to Happiness
Be amiable, cheerful and good natured and you are much more likely to be happy. You will find this difficult, if not impossible, however, when you are constantly troubled with constipation. Take Chamberlain's Tablets and get rid of that and it will be easy. These Tablets not only move the bowels, but improve the appetite and strengthen the digestion.

Sandwiches with coffee or milk served at all hours at the Halsey Confectionery.



Now is the Time to Wage War on the Flies

We are prepared to aid you with Screen Doors, Window Screens, Screen Wire, Fly Swatters, etc., all at cheapest possible prices.

See us also for Garden Hoes, Rakes and Spades.

We have three standard prices on Rubber Hose. Come and look over our stock.

CROSS & WHITE

White Clover ICE CREAM BREAD

Fresh from Salem Every Evening

Candies, Nuts and Fruits

Sandwiches, with Coffee or Milk

At All Hours

THE HALSEY CONFECTIONERY

MRS. FLORENCE M. STEWART

ORDER REPAIRS NOW OVERHAUL YOUR MACHINES

and do not wait, as we cannot rely on shipments of any kind. Therefore order repairs early.

JUST RECEIVED

A barrel of No. 6 Dry-cell Batteries

Machine Oil and Motor Oil

("Wolf Head"—best by test.

Cable

I have just 500 feet of cable left, so come early as it won't last long and it is all that I can purchase at present.

G. W. MORNHINWEG IMPLEMENT STORE

Safety First---Let Chiropractic
Remove the Cause.

Elmer C. Gipe
CHIROPRACTOR

THE ALBANY CHIROPRACTIC HEALTHORIUM
at 806 Washington St., Albany, Ore.

DOWN TOWN OFFICES, ROOMS 5 TO 10 CUSICK BANK BLDG.

Do not say it is impossible—that is what they told Marconi.