



# Use Home Products

FOR 1919--RESOLVE TO JOIN THE BIG MOVEMENT TO MAKE OREGON GROW AND PROSPER

...unication and retreat. Pershing immediately prepared for another great drive to be launched Nov. 11. He would soon have taken the Briey iron fields, the greatest material prize of the war, The Germans knew the game was up. They signed the armistice just as the new drive was about to start. With those 160,000 men we bought the crowning victory of the war, and these casualty lists are the receipt bill.

### HOW SARDINES ARE PACKED

Comparatively Simple Process, but the Work Requires Expert Supervision and Must Be Carefully Done.

The process of preparing sardines is very simple but requires experience and great care. Upon the arrival of the sardines at the factory they are immediately placed on large wooden tables about forty feet long, where they are cleaned. This process takes only a second, and a fairly efficient worker can clean from 300 to 400 pounds of fish per day, according to a writer in Fishing Gazette.

The fish are then placed in vats of brine, where they are allowed to remain from one-half to two hours, according to size. They are then placed in wire trays equipped with prongs in upright position, where they are allowed to dry for about an hour before they are ready for cooking. This is done by placing the trays in large steam ovens, where the fish are subjected to a pressure of about two pounds of steam, twenty minutes being consumed in properly cooking the small fish and as much as thirty-five minutes in cooking the larger sizes.

This cooking has to be carefully watched; if the sardines are subjected to too much steam they become somewhat brittle and break when being packed. Some sardines are cooked in oil; however, an extra charge is made for this process, and comparatively few are sold.

After the sardines have been properly steamed the trays are placed on long tables for sorting, which is done by carefully selected and well-paid girls. After sorting, the tins are filled with oil and placed on shelves, where they are allowed to remain for about twelve hours in order to insure the proper impregnation of the oil. Pure olive oil is used in preparing most sardines, especially the best grades, but for some markets a mixture of olive oil and high-grade petroleum is used.

**It Pays to Buy the Best**  
Ask for  
**Olympic Flour**



Makes  
Whitest,  
Sweetest,  
Healthiest  
Bread

Makes  
Health  
Happiness  
and  
Success

Made from carefully selected Northwestern Wheat, thoroughly cleaned and scoured by the most modern methods known. All the nutritious qualities of the Wheat are retained and it reaches you clean, pure and wholesome.

**The Portland Flouring Mills Co.**



**Tru-Blu Graham's**

**The King of Crackers**

Tru-Blu Graham's have the rare combination of rich food value and crisp deliciousness that make them ever welcome. At meals between meals they are always popular. Made for you in the delectable food factory. Sold everywhere.

**TRU-BLU BISCUIT CO.**  
Portland.

OREGON MADE FOR OREGON TRADE

**Columbia Brand**

**"THE THRIFT SPREAD"**

**Oleomargarine**

Makes economy a double pleasure; a table treat; delicious on toast and bread and on steaks and vegetables. You'll like it right from the start. Composed of pure, carefully selected ingredients and churned fresh daily with pasteurized milk.



The most noticeable difference between Columbia Brand Oleomargarine and fancy creamery butter is the price — and it's in favor of ours of Oleomargarine.

Packed in waxed, odor-proof cartons, U. S. Government inspected.

**UNION MEAT CO.**  
North Portland, Oregon

**TAKE NOTICE**



**INVESTIGATE**

Call your nearest dealer for information AT ONCE. Then take the earliest opportunity of conveying to said dealer the idea that you wish to acquire one of these

**LABOR SAVERS**

A Gasoline Motor Driven Drag Saw Machine that saws up to 25 cords of wood per day.

NOTE: We also suggest that for good results you should specify a VAUGHAN Drag Saw.

For further details address

**VAUGHAN MOTOR WORKS, Inc.,**  
475 East Main Street. Portland, Oregon.

The Sign of Good Quality



Why I should use

**Golden Rod Cereals**

Because they are excellent in quality—of reasonable price—and the product of a Home Industry.

**ROD MILLING CO.**  
Cereal Millers and Poultry Food Manufacturers  
Portland - Oregon

**Before the War**  
**Crown Flour**

Was established as a product of the highest quality and recognized by every housewife as the best flour obtainable.

**During the War**  
**Crown Flour**

Helped the Housewife to Make better Victory bread.

**Now After the War**  
**Crown Flour**

When wheat restrictions are removed and you can again enjoy fresh, nourishing, home made bread you don't need to be told that you get better results from



These  
**"flapjacks"**

—savory hotcakes, full of goodness, are for your breakfast. A delightful treat, so inexpensive and simple to prepare you can enjoy them every day in the year.

**Albers**  
Flapjack Flour

**LIBERTY BONDS**

If you must sell your bonds we will buy them.

J. M. & H. M. HAWKINS,  
Albany, Oregon.



**PRESBYOPIA** is "age" of the eye. It comes before or after forty years, according to eye care and health conditions.

When you realize this condition remember that nothing will save you tissue breaking and nerve fatigue in fruitless effort except properly fitted lenses.

**E. C. MEADE**  
Optometrist

**DRINK MORE WATER**  
**IF KIDNEYS BOTHER**

Reads the Classified Ads Today

Mr. and Mrs. Clarence Conn... where they passed the holidays visited yesterday from Belfountain, Ind.

**160,000 AMERICAN CASUALTY LIST DURING ENDING WEEKS**

The American casualty lists are heavy these days. It is weeks since the fighting stopped, and still they come, with their tale of thousands killed and wounded.

It is well to consider how these casualties occurred, and what they won. The story was told, in bare outline, in a recent statement from Gen. Pershing. The public realizes vaguely that tens of thousands fell in a great and decisive battle fought shortly before peace was made. Pershing has been modest. The full story remains to be told, and a glorious page it will make in American history. There is a fine interpretation and appreciation of it in a recent article by Co. Repington, the British military critic.

This expert says he had held, since 1914, that the way to break the German armies and free France and Belgium was to drive northward down the Meuse valley. But that could be done only when the Allied forces were strong enough to deal a tremendous blow and at the same time guard themselves on the Metz side, to the east.

At last the time came. The great opportunity fell to Gen. Pershing.

"When I learned that the leading role in the movement had been assigned to the Americans," says Repington, "I was well pleased, for I trusted in the movement and in the men."

The attack started on Sept. 26, with ten American divisions. They swept all before them for two days, gaining ten miles. Then the enemy stiffened. He knew that if the gains continued he was lost. Division after division of German reserves was thrown in to stop the drive. Soon the Americans faced one-third of the German army.

"The Germans fought like lions. Arzonne, with its deep gullies and tangled thickets, had been the scene of the most sanguinary fighting early in the war. It was the same ground and the same kind of fighting that the young American army had to confront." Pershing recognized the crucial nature of the battle, and led in troops without stint—more than half a million.

It was only after it was all over that the people at home learned the truth—that while they wondered "what their army was doing" it was fighting the hardest battle of the war—and winning the war.

The Americans "found themselves up against a proposition calculated to appeal the stoutest hearts. They fought silently and grimly, doggedly and fiercely. Difficulty of supplies was successfully overcome despite poverty of communications." It was nearly all bitter, hand-to-hand fighting, by day and night, in rain and mud.

"In the terrible month of combat with bullet and bayonet, especially from Oct. 1 to 18, the Americans must have suffered not less than 160,000 casualties."

All this time the tide of battle swayed. And at last, on Nov. 1, our boys broke through, and gained 25 miles in seven days in a triumphant plunge back through to Sedan.

That gruelling fight had broken the heart of the German armies. The victory cut their main line of com-

Eat less meat and take Salts for Backache or Bladder trouble—Neutralizes acids.

Uric acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy; the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush off the body's urinous waste or you'll be a real sick person shortly. At first you feel a dull misery in the kidney region, you suffer from backache, sick headache, dizziness, stomach gets sour, tongue coated and you feel rheumatic twinges when the weather is bad.

Eat less meat, drink lots of water; also get from any pharmacist four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean clogged kidneys and stimulate them to normal activity, also to neutralize the acids in urine, so it no longer is a source of irritation, thus ending bladder weakness.

Jad Salts is inexpensive, cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in overcoming kidney trouble, because it is only trouble.

**Eastburn Bros.**  
**THE GROCERS**

We wish to take this opportunity to thank our many patrons and friends for their kindness and good will during the past year, and to wish one and all a happy and prosperous New Year.

**EASTBURN BROS.**

**Piano Wanted**

We have a new Brunswick and Records to exchange for a good used Piano.

**Woodworth Drug Co.**

**CASH PAID FOR—**  
**J-U-N-K**

Metal, Iron Scraps, Sacks, Rags, and so forth.

**Pacific Junk Company**  
E. ROGOWAY  
Second and Baker Streets  
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