

Third Liberty Loan Negotiable

Bonds Are Transferable or Deliverable in Freest Possible Manner

Some misapprehension regarding the word "convertibility," used in connection with Third Liberty Loan Bonds, seems to have arisen in the minds of the public, according to letters received at State Liberty Loan Headquarters, some persons confusing the term with negotiability.

Edward Cookingham, state executive chairman, gave out the following statement Saturday, regarding the meaning of the words:

"I would like to make it plain to all purchasers of bonds that the Third Liberty Loan Bonds are both negotiable and transferable and in that respect do not differ at all from the First and Second issues of Liberty

Bonds. "The word 'convertibility' has no reference whatever to the negotiability of the bonds. This particular issue is not 'convertible' into any other bonds which may be issued later in the war, but that does not mean that the bonds are not negotiable or transferable or deliverable in the freest possible manner at any time and to any person who may purchase the bonds or to whom the holder may desire to transfer them."

Official pamphlets containing detailed information regarding Third Liberty Loan Bonds may be had from State Liberty Loan Headquarters, 323 Northwestern Bank Building, Portland for the asking.

Nephew Wounded in France

Troy A. Bressler, nephew of M. C. Bressler of this city, has been seriously wounded at the front in France according to word received here. The young man, whose home is in Sioux City, Iowa, is listed as bugler in Battalion E, company 17, Ameriman field artillery.

JOHN B. BELL

for Senator, Linn and Lane Counties



EDITORIAL FROM EUGENE DAILY GUARD OF APRIL 23, 1918.

THE CENTRAL OREGON ENTERPRISE, of Prineville, speaking of the candidacy of John B. Bell for senator from the joint district of Lane and Linn counties, states:

"If John is as popular in Lane county as he was in Crook county, he might as well take a trip down to the state house and select his seat for the next session."

This is a creditable tribute to a man who was formerly associated with the business and interests of the Prineville community. Men may aspire to public office and go down to defeat and feel that they have lost nothing so long as they know their old friends and neighbors with whom it had been their pleasure to be associated honor them. It is a great distinction to be selected to serve the people of the state in the senate, but it is infinitely greater to have made a record in life in which the testimony of old acquaintances is to the effect that as a man you have been tried and found to be true to every trust.

It has been a good many years since John Bell lived in Prineville, but, across the space of time, comes the word to his new home: "He is a good man, you may well honor him."

John Bell needs no endorsement from outside of Lane county. His works here place him near the top of the column of the names of the county's good citizens. It is a pleasure, however, to read such a tribute to one you know. The time will come when he will be making a trip down to Salem and selecting his seat, just as the Prineville editor suggests.

The guard has previously announced its belief that the people should disregard party and look to men who promise the greatest service in winning the war. To the people of Lane and Linn counties, regardless of party, it commends the candidacy of John B. Bell, republican, for the position of state senator, because it knows that he is 100 per cent American and a man whose plain business sense will make his service of value to his country, state and county.

John Bell is a steady going fellow. His business interests which are associated with those of both Lane and Linn counties are not large, but sufficient to mark him a successful man. He has never made a practice of forcing himself into the limelight or seeking notoriety through the newspapers by playing to sensationalism. He has, however, taken an active part in public affairs in Eugene and Lane county. Since the declaration of war, he has participated in activities of vital interest to the nation. He has worked quietly and well. Where he has gone, results have followed and there has been no bellowing or blowing over accomplishment. He is moving about as a candidate for senator in the same effective way. He finds no occasion to assert that if he is elected he will save the state a million dollars. He knows that no man single-handed is going to perform such a feat in the senate of the state of Oregon.

He has stated his platform briefly. It may be summed up in the single paragraph as follows:

"I stand for sane and businesslike legislative sessions, fewer and more effective laws, and for a vigorous and straight out policy in everything pertaining to the prosecution of the war."

That is platform enough for John B. Bell. The vote that he will receive in Eugene, his home city, on the day of the primary election, will attest that it is sufficient.

Advertisement paid for by John B. Bell campaign committee Eugene, Oregon, E. O. Immel, Secy.

POTATO RECIPES

Potato Soup: 2 cups hot rice or mashed potatoes

- 1 quart milk
- 2 slices onion
- 3 tablespoons butter
- 2 tablespoons flour (rice or corn flour)
- 1 1/2 teaspoons salt
- celery salt
- pepper
- cayenne

1 teaspoon chopped parsley
Scald the milk with the onion; remove the onion; add the milk slowly to the potatoes. Melt the butter; add to it the dry ingredients; stir the mixture until well blended and add to the liquid mixture, stirring it constantly. Boil the soup for one minute. Strain it if necessary, add the parsley and serve it. Water saved from cooking celery is a good addition to potato soup. Two cups of tomato-juice and 1-1/2 teaspoon of soda may be substituted for two cups of milk.

Baked Potatoes: Select potatoes of uniform size, scrub them with a vegetable brush, and bake them for 45 minutes, or until they are tender all through when tested with a fork. If they are overcooked they will be soggy rather than mealy. Crack and skin or pierce it as soon as the potatoes are done, to let out the steam and prevent sogginess. If the potatoes are rubbed in olive or corn oil before being put in the oven this will prevent dryness of the skins, and they will be more mealy if taken out ten minutes or so before they are done, and squeezed in the hand after wrapping them in a towel.

Boiled Potatoes: Select potatoes of uniform size, scrub them with a vegetable brush, and drop them into boiling salted water. Cook them with the cover of the kettle ajar just until they are tender, about 20 or 30 minutes. Drain off the water immediately, slip off the skins with a sharp paring knife. If the potatoes are not to be served immediately, cover them with a cloth which will absorb moisture, and place them where they will keep warm. Overcooking and standing in water makes a soggy, unpalatable potato.

Mashed Potatoes: Peel the potatoes and boil them until tender all the way through, using hot water to start them boiling, and salting them when about half done. Mash with masher and whip with same or fork until very light, adding butter or oleomargarine and hot milk—a half cup of milk to six potatoes. If dinner is not yet ready to serve, pile lightly in a pan and set in the oven to brown.

Stuffed Potatoes: Cut baked potatoes in half, remove the pulp, mash it and add enough milk for the usual consistency of mashed potatoes, and season with butter, salt and pepper. Fill the cases with this mixture, dot the tops with butter or brush them with milk and bake them for 8 or 10 minutes in hot oven. Potatoes may be stuffed in the morning and reheated at noon or in the evening for dinner.

Variations: To the mashed potatoes before the cases are filled, may be added any one of a combination of the following:

- a. Beaten white of egg (one egg to 3 medium-sized potatoes)
- b. Grated cheese (1/2 cup to 3 medium-sized potatoes)
- c. Chopped meat (1/2 cup to 3 medium-sized potatoes)
- d. Chopped parsley (1 tablespoon to 3 medium-sized potatoes)

Scalloped Potatoes: Remove the skin from boiled or steamed potatoes, and cut them in slices one-fourth inch thick. Arrange the slices in layers in a buttered baking-dish, covering each layer with milk. Season with butter, salt and pepper. Sprinkle the top with buttered crumbs and bake the potatoes for about 20 minutes.

Scalloped Potatoes (raw) Pare potatoes carefully to prevent waste as much as possible. Slice them about 1/4 inch thick, and arrange the slices in a buttered baking dish in layers, sprinkling each layer with flour, butter, salt and pepper. Pour over the top enough milk just to be seen through the top layer. Bake in a moderate oven until the potatoes are tender, from 45 to 60 minutes.

Creamed Potatoes: Boiled or steamed potatoes may be sliced, diced, or if small left whole and serve with white sauce.

Potatoes Au Gratin: Put creamed potatoes into a buttered baking-dish, cover the top with buttered crumbs and grated cheese, and bake in a moderate oven until cheese is melted and top is brown, about 25 minutes.

Scalloped Potatoes and Cheese: Arrange a layer of sliced raw or boiled potatoes in a greased dish and sprinkle

with grated cheese and a little flour

Repeat until dish is nearly full. Pour milk over the whole, about one-half cup to every three potatoes. Skim milk is good. Bake in a moderate oven until done. The length of time required depends upon whether the potatoes are raw or boiled and whether the baking dish is deep or shallow. Raw potatoes in a deep dish may take as much as one and one-half hours.

Potato Corn-Meal Muffins:
2 tablespoons fat
1 tablespoon sugar
1 egg, well-beaten
1 cup milk
1 cup mashed potatoes
1 cup corn-meal
4 teaspoons baking powder
1 teaspoon salt

Mix in the order given. Bake 40 minutes in hot oven. This makes 12 muffins. They are delicious.

Potatoes Are Good In Cake: (If people must use cake with wheat flour) Potatoes are often used in this way to keep the cake from drying out quickly. Mash the potatoes and beat up with milk until very light. You can use your usual cake recipe, substituting one cup of mashed potatoes for one-half cup of milk and one-half cup of flour.

Potatoes for Your Main Dish: Potatoes, left over or fresh, may be combined with cheese or nuts or meat or other material, often to make the main dish of a meal.

Potato Sausages:
1 cup ground nuts, fish or meat
1 cup mashed potatoes
1 egg, well beaten
1 1/2 teaspoons salt
1/2 teaspoon pepper
Salt pork, bacon, or other fat
Mix the mashed potatoes and seasonings with the ground nuts, fish or meat. Add the beaten egg. Form into little cakes or sausages, roll in flour and place in greased pan with a small piece of fat or salt pork on each sausage. Bake in a fairly hot oven.

A Shepherd's Pie:
Grease a baking dish; cover the bottom with mashed potatoes. Add a layer of cooked meat or fish, minced; season same well with mixed stock or gravy. Cover with mashed potatoes. Bake long enough to heat through 20 to 30 minutes.

If We Must Use Raised Breads With Some Wheat, Try The Following:

Yeast Bread: If potato is used for bread making, allowance should be made for a large amount of water which it contains, and less additional liquid must be used for this reason.

Potato Bread:
1 cup mashed potato
1 teaspoon salt
2 1/2 cups flour (more if necessary)
4 tablespoons water
2 to 4 tablespoons liquid yeast, or one half cake dry yeast, or one-sixth to one-half cake compressed yeast.

Short Process: Mix the salt with the mashed potatoes, which must be free from lumps and cooled until luke warm. Add one-sixth to one-half cake compressed yeast softened in 4 tablespoons warm water, or 2 to 4 tablespoons liquid yeast, or one-half cake dry yeast. When liquid yeast is used, no additional water must be added. Blend with this potato and yeast mixture one cup of flour. Stir until smooth then cover and set to raise. When this sponge is light and soft, knead in enough flour to make rather a stiff dough, but elastic. Be sure that it is stiffer than ordinary dough. Cover and let rise again until very light. Knead down, mould and place in lightly greased pan. Let rise in pan until as high as ordinary white bread, and then bake in a moderately hot oven at least one hour. Bake very thoroughly. This makes one loaf.

If desired an amount of grated raw potato equal to the amount of mashed potato called for may be used, but the resulting bread is darker and has a more marked potato flavor than when cooked potatoes are used.

Proper Food for Weak Stomach

The proper food for one man may be all wrong for another. Every one 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.

FOR GOVERNOR

GUS C. MOSER

Republican
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Republican
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