

PROFESSIONAL COLUMN

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Physician & Surgeon
Office in Odd Fellows Building.
HEPPNER, OREGON

Dr. N. E. WINNARD
Physician & Surgeon
Office in Fair Building
HEPPNER OREGON

A. D. McMURDO, M. D.
Physician & Surgeon
Office in Patterson Drug Store
HEPPNER OREGON

Dr. R. J. VAUGHN
DENTIST
Permanently located in the Odd Fellows building, Rooms 4 and 5.
HEPPNER, OREGON

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Office on west end of May Street
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S. E. NOTSON
ATTORNEY-AT-LAW
Office, Roberts Building, Heppner

Office Phone, Main 643
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HELP IN 50-50 WHEAT PROGRAM

Thousands of Retail Grocers Support Food Administration Rules.

SIGN PLEDGE VOLUNTARILY.

New Wheat Saving Program Demanded — Allied Food Shortage Increases—America Must Feed Fighters.

Explaining the United States Food Administration's new 50-50 wheat regulations is a war time task the American grocer has gladly shouldered. Many stores are already displaying their Food Administration wheat saving pledge cards, that they have signed, agreeing to carry out the new wheat program.

Each flour customer is now required to buy one pound of cereal substitute for every pound of wheat flour. The substitute may be of one kind or assorted. This 50-50 sale is made by weight and not by value of the commodities. There is, of course, no regulation demanding the consumer to buy wheat flour at all.

A wide variety of substitutes has been provided: Cornmeal, corn flour, edible cornstarch, hominy, corn grits, barley flour, potato flour, sweet potato flour, soya bean flour, Feterita flour and meals, rice, rice flour, oatmeal, rolled oats and buckwheat flour.

Graham and whole wheat flour constitute an exception to the national regulation. Either of these commodities may be sold at the ratio of three pounds to five pounds of wheat flour—that is, five pounds of graham or wheat flour counts the same as three pounds of the usual wheat flour.

Mixed flours form another exception. Where any flour contains 50 per cent, or less of wheat it may be sold without any substitutes. Where the flour is mixed at the rate of 60 per cent, wheat and 40 per cent, of other ingredients an additional 20 per cent, of substitutes must be purchased by the consumer.

Where necessity is shown specially prepared infant's and invalid's food containing flour may be sold.

That the approved substitutes may be assorted is a fact many grocers and housewives overlooked for a time. For instance, if a customer wishes to buy a 24 pound sack of flour the necessary substitutes might be assorted as follows: Cornmeal, 8 pounds; corn grits, 4 pounds; rice, 4 pounds; buckwheat, 2 pounds; cornstarch, 1 pound; hominy, 2 pounds; rolled oats, 3 pounds.

None of the substitutes should be considered as a waste purchase. There are many household uses for each. The eight pounds of cornmeal can be made into cornbread, corn muffins or used in the baking of wheat bread.

Cornstarch is useful in making custard, thickening gravy or may be used in cake baking. Corn grits fried like mush forms a delicious dish, or it may be used in baking corn bread. Rolled oats are used largely as breakfast porridge or in oatmeal cookies or in making muffins.

Buckwheat flour may be used in bread making, forming an excellent substitute for one-quarter of the wheat flour, but is especially choice in the form of buckwheat cakes for breakfast.

With 11 wheatless meals needed each week in America to provide enough wheat for the allies, the Food Administration believes the substitutes will all be used to advantage.

USE LESS WHEAT.

The allied nations have made further increased demands on us for breadstuffs—demands that Americans are obligated to meet.

In the meantime America's meat supply has been greatly increased for some months to come by the unprecedented shipping to market of hogs that averaged 232 pounds each instead of 203 pounds—the normal.

The United States Food Administration, endeavoring to adjust the international food balance, promptly removed certain restrictions in this country on the use of meat and at the same time asked for a smaller consumption of breadstuffs.

We are asked to observe only one meatless day each week—Tuesday. We will have larger meat stocks for awhile. But our bread ration must be held to a minimum.

In altering its food conservation program the Food Administration emphasizes that the food situation is of necessity, subject to radical changes, caused by crop conditions at home and abroad and by the precarious transportation problem, both in overseas shipping and in America's overburdened transportation system.

The Food Administration will keep the American people fully and frankly advised of each change in the developing situation that they may know definitely the part their food sacrifices play in the world war.

WOMEN ASK FOR RATIONING PLAN

American Women Volunteer to Buy Fixed Amounts of Meat, Bread Flour, Sugar and Butter.

PLAN STARTED IN NEW YORK.

Idea Supplements U. S. Food Administration's New Home Card Now in 10,000,000 Homes.

The women of America, who are anxious to do their great part in the winning of the war, are now, as a whole, familiar with the most important aspects of food conservation. The Home Card, both in its original form and in the revised edition for 1918, which provides for two wheatless days, one meatless day a week, in addition to a wheatless meal every day, has been placed by the Food Administration after a vigorous campaign in 10,000,000 American homes. An intelligent and conscientious observance of the Home Card's requirements is all the Food Administration asks of the housewives of the country.

The Food Administration has had a great many requests, however, particularly from the home-s of the well-to-do, that it should issue a worked out plan for a voluntary system of rationing.

This desire for a voluntary ration springs from two causes—first, because it is far simpler for the housewife to save food when she has a concrete working plan by which to proceed, and, second, because the loyal women of America desire, unselfishly, to put themselves on the same basis as the women of the Allied countries. The ration proposed by the Food Administration is almost the same as that adopted in England for voluntary observance. All over the United Kingdom, in hundreds of houses there hangs in the front window a card with the stirring pledge, "IN HONOR BOUND WE ADOPT THE NATIONAL SCALE OF VOLUNTARY RATIONINGS."

The ration recommended by the Food Administration, and adopted first in New York city, whence the idea has spread through the entire country, is the following:

	Weekly Allowance Per Person.
Meat—Beef (fresh, salted, tinned and hashed); mutton, lamb and veal (mutton by preference)	2 1/2 lbs.
Butter	1/2 lb.
Cooking Fats (margarine, lard, lard substitutes, vegetable oils)	1/2 lb.
Wheat Flour (for use in cooking gravies, etc., where corn starch, cracker dust or bread crumbs cannot be substituted)	1/2 lb.
Victory Bread (containing at least 20 per cent. of a substitute for wheat flour)	1 1/4 lbs.
Sugar (including all sugar used on the table and in cooking and all sweetmeats and candies, but not that used for canning and preserving)	1/2 lb.

The items listed above are the only ones which are definitely limited. In the case of milk and cream, as much may be used as necessary, and children, of course, must have their full allowance of whole milk. Fish and poultry, any cereal other than wheat, vegetables and fruits and cheese may be used as freely as is desired.

The above ration is in no wise intended to supplant the Home Card, but rather to supplement it. It has been published with the idea that it will be a very real aid to the American woman in her splendid effort to carry out the great food conservation program.

USE MORE POTATOES.

HELP consume the 1917 record breaking potato crop. Government experts have estimated that over 700,000 extra acres of potatoes were planted last year. The United States Food Administration is endeavoring to push the nation's big potato stocks into channels of trade and has placed potatoes on the list of substitutes that may be bought along with wheat flour.

Potato soup has become a war dish. Here is a recipe that has been tested by United States Food Administration experts. Ingredients needed are three potatoes, one quart of milk, two slices onion, three tablespoons butter substitute, two tablespoons flour, one and one-half teaspoons salt, one-quarter teaspoon celery salt, one-eighth teaspoon pepper, few grains cayenne and one teaspoon chopped parsley.

Cook potatoes in boiled salted water. When soft run through a strainer. Scald milk with onion, remove onion and add milk slowly to potatoes. Melt the fat, add dry ingredients, stir until well mixed, then stir into boiling soup. Cook one minute, strain and sprinkle with barley.

LEXINGTON MAN PLANS FINE NEW HOME THERE

W. F. Barnett, Well Known Merchant Will Build Modern Residence —Doherty Home Burns to Ground in Sand Hollow.

W. F. Barnett and family were in Portland last week, where they went to look over plans for a modern residence which they plan to build in Lexington in the near future. Mr. Barnett has been contemplating this progressive move for some time and when his plans have fully materialized, Lexington will have one more modern dwelling to add to the attractiveness and prosperous appearance of the town.

The farm residence of Barney Doherty, prominent Umatilla and Morrow county sheepman, burned to the ground at Sand Hollow last Wednesday, a week ago. Just how the fire started, is somewhat of a mystery, although it is believed that the blaze first started in the ceiling of the first story, where a stove pipe passed through. Mr. Doherty's daughter was the only one present at the time and she was unable to save anything from the house.

The Red Cross auction sale and dance was held last Thursday at Leach Hall and a neat sum was realized. Mr. Taylor is entitled to a great deal of praise for putting the affair over and Lew Holmes went after the money in rapid fire manner, by officiating as auctioneer. The stuff sold included some pigs, which were donated by patriotic Lexington citizens. The dance was an enjoyable affair.

Mr. and Mrs. Frank Evans motored to Heppner last Saturday afternoon. Mr. Evans going up to receive work at the dentists.

Howard Lane has bought a "bug" auto from E. J. Starkey of Heppner and expects to use the same in his business round and about Lexington.

Howard Lane was a Heppner business visitor last Saturday.

Misses Cecile Scott and Leona Leach motored to Ione Sunday.

S. J. Ritchie, north Lexington farmer, has purchased some land from J. T. Knappenberg.

Mrs. W. O. Hill is enjoying a visit from her mother, Mrs. John McFerrin of Portland.

The Lexington schools closed for the term last Friday.

Billy Corson went to Ione Sunday.

Red Cross Auxiliary Organized at Pine City.
A Red Cross Auxiliary was organized with 15 members at Pine City last Wednesday. The organization work was in charge of Mrs. Phill Cohn and Mrs. S. W. Spencer of the Morrow County chapter. Mrs. Carlson was made chairman and Mrs. Tom O'Brien vice chairman. Mrs. Percy Jarmon is secretary and Mrs. Will Howard, treasurer.


Dinner in Honor of Ralph R. Justus.
Mrs. T. J. Matlock entertained at dinner one evening last week at the Matlock farm home on Hinton creek for Ralph R. Justus, who has been home on a furlough from Camp Fremont, Cal. Those present were Mr. and Mrs. D. O. Justus, Mr. and Mrs. Nels H. Justus, Ralph R. Justus, Miss Ethel Casey and Mr. and Mrs. T. J. Matlock. Mr. Justus, who is enlisted in the field artillery will report back to camp for duty the last of this week.

Good Game of Base Ball Brings Money For Red Cross at Ione.
The Ione baseball diamond was the scene of an interesting and closely contested game between the married men of Ione and the single men last Sunday afternoon. The receipts of the game were given to the Ione Red Cross.

The game opened up well for the single boys and they never allowed their opponents to score throughout the 8 and a half innings of rapid playing. Bob Neill of Heppner was in the box for the singles and the swift ones he landed over were too hot for the old married stiffs and 14 of them whiffed the air. Neill also held his opponents down to two hits.

Johnson was in the box for the married men and pitched a remarkable game up to the seventh inning when he showed signs of weakening and the unmarried backs opened up with some real fire works. Nicholson, who played second base for the singles, slammed out a home run. The final score was 9 to 0. A large crowd attended the game. Washburn officiated as umpire.

Mr. and Mrs. Earle Ingle of Portland were visiting during the week at the home of Mr. Ingle's mother, Mrs. Hattie Kinney in this city. Mr. Ingle is in the employ of the O. W. R. & N. Co. and his wife will be best remembered by friends here as Miss Lilah Hicks.



The Farmer's Share

Live stock is marketed from farmer to consumer at a lower cost than almost any other farm product.

The United States Department of agriculture reported in 1916 that the farmer gets for his cattle "approximately two-thirds to three-fourths" of the final retail price paid by the consumer for the resulting beef.

Under normal conditions, the farmer's share of retail prices of various farm products is approximately as follows:

Butter	71 per cent
CATTLE	66 2/3 to 75 per cent
Eggs	65 per cent
Potatoes	55 per cent
Poultry	45 per cent
Fruits	35 per cent

The difference between farmer's price and retail price represents the necessary expenses of packing, freight and wholesale and retail distribution.

Swift & Company not only performs the manufacturing operations of preparing cattle for market in its well-equipped packing plants, but it pays the freight on meat to all parts of the United States, operates 500 branch distributing houses, and in most cases even delivers to the retail butcher. All this is done at an expense of less than 2 cents per pound, and at a profit of only about 1/4 of a cent per pound of beef.

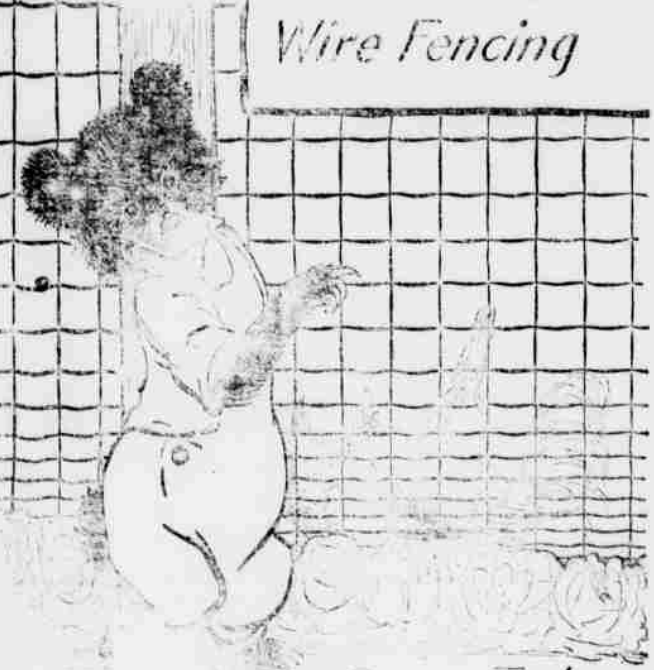
Large volume of business and expert management, make possible this indispensable service to the live-stock raiser and to the consumer, and make possible the larger proportion of retail prices received by farmers.

Year Book of interesting and instructive facts sent on request.
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Wire Fencing



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WE HAVE THE WIRE FENCING YOU NEED TO KEEP "OUT" CHICKENS AND CATTLE OR TO KEEP THEM "IN." IT IS GOOD WIRE FENCING, HEAVY AND STRONG, AND PRICED LOW.

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