

**Bread is Our Best Food.**

In the desire to economize housewives may cut down the use of bread because the size of the loaf is decreasing and the cost constantly increasing. This is unfortunate. Bread is our best food. In the diet of most people it is the largest single item. Today flour sells at about the same price as sugar and the flour bill seems appallingly large to those who, for years, have purchased flour at 3 cents a pound. But even at 10 cents a pound flour is cheap food when compared with meats and vegetables. If any attempt to practice economy by using less flour or eating less bread compels the purchase of more meat or vegetables, the expense for food is increased rather than diminished and the family may be less successfully fed.

If we can crowd into the daily diet as much as one pound of good bread a person a day we are certain that the family will not be badly fed. Of course, the bread must be supplemented by fats which are usually supplied by butter and by more lime and iron. The lime, especially for young children, is provided in milk, and fresh fruits and vegetables are rich in iron. If fruits and vegetables are not obtainable or are sold at prices which seem extravagantly high, special care should be taken to use a whole wheat flour or a loaf which contains more mineral matter

and cellulose than the white loaf of the baker.

War bread, made of material more plentiful than wheat flour, may be our staple loaf before we are again at peace. Such a bread is no experiment. It is easily made, it is wholesome and it is nutritious. If we are compelled to use it we need not fear any ill effects. But whether we eat homemade bread or bakers' bread, or war bread, bread should continue to be our dependable food.

There is, in the northern part of Arizona, a wonderful deposit of petrified wood, covering nearly 100 square miles. The trees lie scattered in every kind of position and in pieces of all sizes. One great trunk forms a natural bridge across a canyon forty-five feet wide. There is every evidence that the trees grew beside some inland sea. After falling they became water logged and during decomposition the cell structure of the wood was entirely replaced by silica from sandstone. The silica is either colorless like quartz or shows the beautiful colors of agate and opal.

An employe of the Chinese post-office, having become interested in the gospel by reading the small magazine, Gospel Mail, registered a letter which he wrote to a missionary, because it contained a question which to him was all-important. "What must I do to be saved?"

**PLEASANT VALLEY**

Mrs. A. W. Joy of Bangor, Me., is spending a few weeks visiting at the home of her neices and nephews, the Misses Nina and Judith Joy and Allen and Adams Joy.

Miss Laura Moore, Miss Edna Berke, Miss Winnifred Roman and Miss Judith Joy attended the N. E. A. convention in Portland on Tuesday.

Wm. Kesterson, who has been at home on a short vacation, has returned to his work at the Rodlun & Johnson logging camp near Boring.

Chas. Dalquist is home from Falls City for a few days' visit with the home folks.

Forrest Jenne and G. N. Sager made a trip to Gales Creek one day recently.

Mrs. C. F. Kesterson and son Kenneth, who have been visiting with friends and relatives in this section of the country during the past few weeks, have returned to their home near Kellogg, Oregon.

Mrs. Austin Rolf, who has been the guest of Mr. and Mrs. T. P. Campbell during the past few weeks, returned last Saturday to her home in Oakesdale, Wash.

Levi Rodlun of Gales Creek was a valley visitor on Wednesday of this week.

Farmers are experiencing difficulty in procuring men to help with the hay harvest.

Miss Laura Moore came home from Monmouth to be in attendance at the N. E. A. being held in Portland this week. Miss Moore was accompanied by her friends, Miss Signa Johnson and Miss Ruth Chingren, who are also attending summer school at Monmouth.

Mrs. P. J. Berke and daughter, Miss Eva Berke, have returned from a few weeks' stay at Little Falls, Minn., where they visited with relatives and friends.

E. S. Jenne has a force of carpenters at work on his new barn which he expects to have ready for the new crop.

**PLEASANT HOME**

The Searchlight class of the Pleasant Home Baptist church gave an ice cream social Tuesday evening for the purpose of buying Bibles for the soldier boys. A large crowd was in attendance.

Mrs. McLaughlin, who has lived in Portland for several months past, is now working on her farm near this place.

Albert Quay and Hans Larson have gone to Eastern Oregon to work in the harvest fields.

Rich & Wuner have dissolved partnership in the auto truck business. Mr. Wuner expects soon to join the harvesters near Pendleton.

George Hale's new tractor is attracting a great amount of attention. It works beautifully in cutting hay and will be able to do a vast amount of work in plowing this fall.

Mrs. A. G. Schantin and daughter Margaret and son George, who is principal of the Sutherland school, also Mrs. Otto Wackrow of Creswell, Oregon, were guests today of Mrs. M. Lennartz and daughter Anna.

The social given by the Shining Lights class of the Baptist Sunday School on R. J. Wuner's lawn on Tuesday night was a decided financial and social success. The amount raised will be used for the purchase of Bibles for the soldier boys.

The Methodist Aid society will meet with Mrs. Joseph Manary next Wednesday, July 18. Refreshments will be served and all will be cordially welcome.

The Baptist church Bible school will meet at 10 o'clock on Sunday, followed by preaching and communion service at 11. The young peoples meeting will begin at 7. Don't forget the time and place. Rev. A. J. Ware is pastor.

**SANDY BLUFF**

Alfred Haughlum, eldest son of Gilbert Haughlum, met with quite an accident while hauling in hay for his grandfather, Pete High. The team became frightened and ran away, throwing Alfred under the wagon. He was taken to a Portland hospital. The extent of his injuries have not yet been learned.

A. C. Browning visited the home folks over Saturday and Sunday.

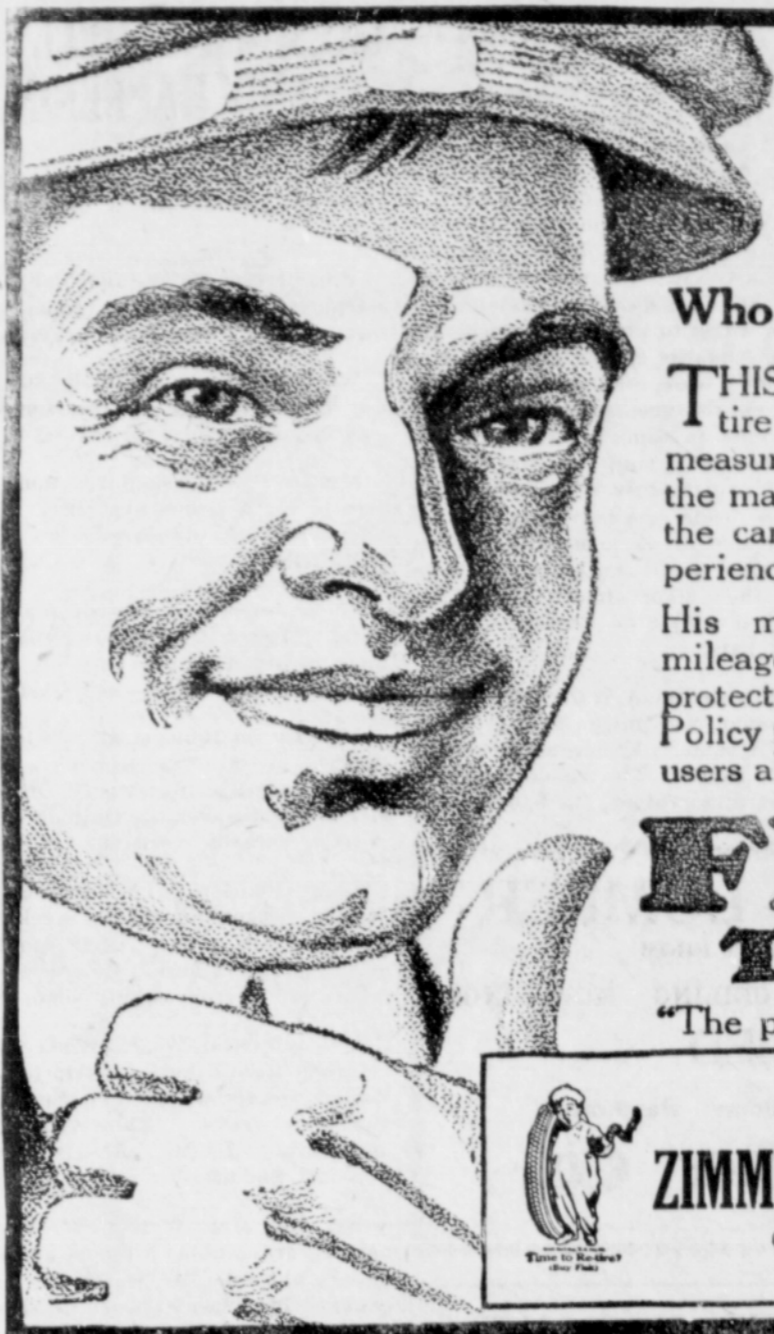
Mr. and Mrs. Jim Matthews, of Linnton, visited over Sunday with Mrs. Matthews' parents, Mr. and Mrs. A. C. Browning.

Carrie Brook is helping Mrs. Douthitt for a few weeks.

Mr. and Mrs. A. J. Ault and children visited at the Government Moorings with Mr. and Mrs. Crose. Mr. Crose is superintendent of one of the government dredges.

Dr. and Mrs. Menzies of Portland were visitors of Mr. and Mrs. Joe Caldo on Sunday.

Attar of roses, which is an oil, is obtained from three species of wild roses: Rose centifolia, R. moschata, and R. damascena. The rose gardens at Ghazipur, India, have long been famous for their output of oil of roses.



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**LUSTED**

Mrs. Mereona and family are visiting with her daughter, Mrs. A. W. Hamilton.

Mr. and Mrs. A. Jackson and son Nelson G. Moulton and family took an auto trip to Welches last Sunday.

Guy Robertson has been excavating for a basement for a new house he building for his mother, Mrs. J. Robertson.

The Ladies Embroidery club met with Mrs. G. Lusted last Tuesday.

Harris Hamilton had the misfortune to cut his right foot severely. Dr. Hughes took several stitches to close the wound and the patient is getting along as well as can be expected, although he will be laid up some time.

Mr. and Mrs. G. Lusted entertained on the Fourth Mr. and Mrs. Arthur Lusted, Mr. and Mrs. J. B. Goff and friends from Portland numbering in all eighteen. They reported a very fine time.

Mr. and Mrs. Fred Erz of Klamath Falls, who used to reside here, called at the home of their nephew, Mat Rauw. They are down on business and will visit relatives and friends before returning.

Floyd and Milton Erz, who are so well and favorably known here, are being congratulated over the arrival of a new daughter and son respectively.

**Stop, Look, Listen!**

There was a little fliover  
That got stalled upon the track  
And the 5:15 came spurting up  
And hit the fiv' a crack.

A shooting star, a lot of dust,  
And, golly, what a row!  
There was a little fliover,  
But I cannot find it now.

The frequency with which an auto "goes dead" or stalls on a railroad track should be a warning to automobile drivers to never attempt to cross in front of an oncoming train.

Many drivers disregard the warning signs and continue at their regular speed, confident of "beating a train" to the crossing if one should happen to be approaching.

Southern Pacific officials say that three times during the last month automobiles have become stalled on railroad crossing tracks with disastrous results.

On one occasion a driver ascended the slight grade leading to the track in high gear, saw the train was closer than he figured, and applied the emergency brake. The result was that he "killed" his engine right on the tracks, and had just time to jump clear of the collision that followed.

The second time, a driver tried to "beat the train," became panicky to the last moment as he topped the grade and pressed the foot throttle down so hard that the flood of gas killed the engine just as it straddled the tracks.

The third time a blowout was encountered when forty feet from the crossing. The driver, who had been trying to "beat the train," slammed on the emergency, left the clutch in and the car "died" in the path of the oncoming train.—S. P. Bulletin.

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**COTRELL**

Mr. and Mrs. Frank Beers, Mr. and Mrs. Freddie Wagner, Mr. and Mrs. Orville Manary and Mr. and Mrs. Wm. Cunningham spent last week at Seaside.

Miss Hazel Goger, who is attending summer school at Monmouth, spent the week end with her parents, Mr. and Mrs. A. R. Goger.

Mr. and Mrs. Hood of Albany are visiting their daughter, Mrs. R. A. Hutchins and son, Guy Hood.

Mrs. Ed. Andre, who has been ill at the Good Samaritan hospital, is much improved and has been at her home for the past week.

Robert M. Cranmer, a chemist of Penn Yan, N. Y., is experimenting with hay as a food for humans. He has had 100 pounds of prime mixed timothy and clover hay ground to the consistency of flour and finds that the hay flour can be used for bread making and other food articles for which flour and corn meal usually are used.

The wound needs no further dressing and the subject of the emperor of the Flowery Kingdom goes on about his business as if nothing had happened. In a few days it is entirely healed, when the surgeon is visited and requested to remove the plaster, and with the plaster comes the fee.

For insurance; automobiles, fire, life or accident, call John Brown, phone 513.

Constipation and Indigestion. "I have used Chamberlain's Tablets and must say they are the best I have ever used for constipation and indigestion. My wife also used them for indigestion and they did her good," writes E. Knight, Wilington, N. C. Chamberlain's Tablets are mild and gentle in their action. Give them a trial. You are certain to be pleased with the agreeable laxative effect which they produce. Obtainable everywhere.

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Men's Work Shoes \$3.50 to \$5.00  
Men's Dress Shoes \$3.50 to \$5.00  
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Boys' Tennis Shoes .30  
Boys' Tennis Shoes .45  
Boys' Shoes \$3.00 to \$3.25

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**BELT'S CONFECTIONERY**

Germans and Austro-Hungarians constitute 31 per cent of the foreign born population of the country. Natives of the two countries in the United States number 4,171,915. Germans alone numbering 2,591,533. The large majority has been naturalized. There are 436,911 German born citizens in New York state. Half of Cincinnati's citizens were born in Germany. The largest percentage of New York city's German born population lives in Queens.

Chamberlain's Colic, Cholera and Diarrhoea Remedy.

Every family without exception should keep this preparation at hand during the hot weather of the summer months. Chamberlain's Colic, Cholera and Diarrhoea Remedy is worth many times its cost when needed and is almost certain to be needed before the summer is over. It has no superior for the purposes for which it is intended. Buy it now. Obtainable everywhere.

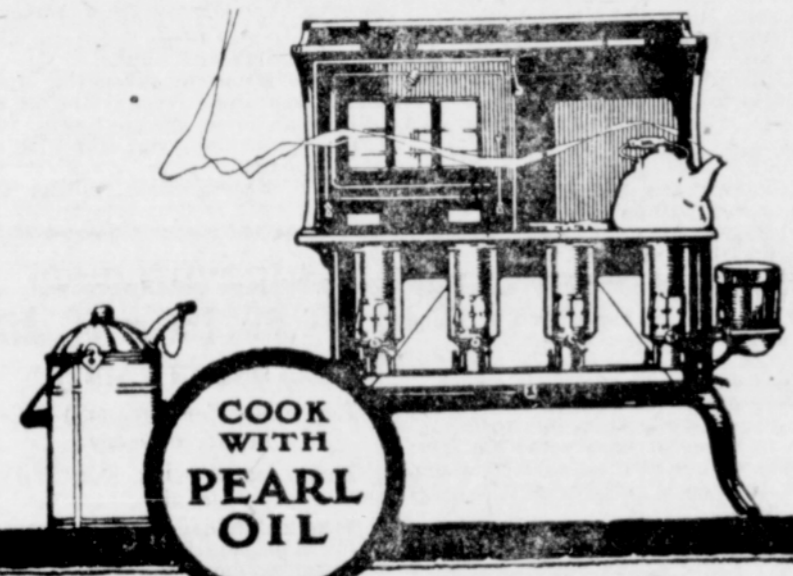


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