

WAR BREAD AND CAKES.

The familiar term "war bread" means bread prepared by combining a minimum amount of wheat flour with other materials for bread making.

Since in the process of manufacturing patent flour, about three-fourths of the mineral salt is lost, it is evident that by milling a larger percentage of the wheat, the food value as well as the positive amount of bread-making material would be greatly increased.

Some of the materials which may be substituted for wheat flour are: corn meal, buckwheat flour, rye flour, soybean meal, vetch meal and potato flour.

Buckwheat flour combines well with wheat flour in any proportion. Soybean meal and cotton-seed meal are both useful in small amounts.

The use of vetch is recommended as a substitute for beans for all who produce it and all others who can easily procure it, as it contains good food properties and is much cheaper than beans, the price of vetch being 4 and 5 cents per pound and that of beans 10 and 12 cents.

Vetch is used as a food by preparing it in the same way as the navy bean, baked or boiled, or in soups, and is considered by those who have tried it equal in flavor to that of the bean.

In preparing the black vetch for cooking in these ways, the dark husk may be removed by soaking it in soda water, and parboiling, when the husks are loosened.

We give the following recipe for Cream of Vetch Soup which will be found to be quite as good as cream of pea or bean soup.

Cream of Vetch Soup—Three cups thin white sauce, 1 1/2 tablespoons cooked vetch, 3 cups water. Crush vetch to pulp, add to hot white sauce. Reheat, heat and serve.

Potato flour, such as has been used abroad, is not generally available in our markets, but boiled, mashed potatoes may be substituted for slightly less than half the flour. Boiled rice may also be used with flour in about the same proportion.

It will be interesting to try the recipe given for potato bread.

Potato Bread—In making this bread it must be remembered that a pound of mashed potatoes contains about 1 1/4 cup of water and starch and other substance about equivalent to those in one cupful of wheat flour.

Three pounds and peeled potatoes (equivalent to about 3 3/4 lbs. water

and 3 cups flour); 2 1/4 level teaspoons salt, 3 cakes compressed yeast, 4 tablespoons water.

The manufacture of old-time graham flour, or wheat meal, which is simply the entire grain cleaned and ground, has been almost abandoned, no doubt because of its perishability. Due to its bran and mineral salt content, flour of this type possess laxative properties, which are often desirable, although the protein of the coarser flours may not be so completely absorbed. Much of the graham flour on the market at present is merely white flour to which bran has been added.

All foods that will give a food value similar to the staples should be utilized at the present time, so that the extra staples may be sent to the allies.

Clean and boil potatoes until they become soft. Pour off water, clean, peel and mash while hot, being careful to leave no lumps. Take 3 lbs. or 5 solidly packed half-pint cups of the potatoes and when lukewarm add to them the yeast, soak in 4 tablespoons of lukewarm water.

Next, add the salt, sugar, and a scant half pint of sifted flour. Mix thoroughly and let rise until very light. To this add the remainder of the flour, kneading thoroughly until a smooth elastic dough. The dough must be stiff as the boiled potato contains much water which causes the dough to soften as it ferments.

Therefore add no more water unless absolutely necessary. Let rise until it trebles in volume. Divide the dough into four parts, mold and place in greased pans. Allow the loaves to rise until double in volume. Bake 45 to 50 minutes.

For Sale at a Bargain. Five-room bungalow and two lots in Whitehead's addition. Fruit trees, chicken park. Water, electricity, gas. Phone 333 or address box 186, Gresham. 81

Used Furniture Bargains. Two bedroom sets, two patent rockers, one cupboard, one box mattress, a lot of picture frames and pictures, and several other articles. For sale very cheap. Apply at Outlook office.—Adv.

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Chas. Cox was injured in an accident at the brick yard on Tuesday. The tendons of his hand were torn, necessitating his giving up work temporarily.

Among the Gresham people to take in the Land Show on the closing day were Mr. and Mrs. George Leslie, Mrs. A. Hevel and daughter and Mrs. R. W. Kern.

The Baptist Mission Circle will meet on Thursday at the home of Mrs. W. R. Kern. The program of the meeting will be published in Tuesday's Outlook.

George Bayne, formerly of Gresham, now of Deschutes, came to Portland to enlist in the navy. He spent Thanksgiving night at the home of Mr. and Mrs. William Childers.

Three of the high school teachers, Miss Calway, Miss Cross and Miss Abright, have rented Mrs. Mary Leslie's house on Main street, which they are furnishing for housekeeping.

Mr. and Mrs. Elmer Hamilton and family are here from Klamath Falls and will probably locate in this vicinity. They are now visiting at the home of Mr. and Mrs. Chas. Cox.

Mrs. L. T. Lusted and Miss Inez Lusted spent Thanksgiving in Lents at the home of Mr. and Mrs. Harry Lusted. Mr. and Mrs. George H. Blackburn of Pleasant Home were also guests.

Mr. and Mrs. George Leslie entertained at dinner yesterday Mrs. Frank Wostell and children, Mrs. Alva Hevel and daughter Vivian. They feasted on a fine fat goose sent for the occasion by Mrs. Orland Zeek of Lebanon.

Word was received a few days ago that Mrs. L. C. Cathey, wife of Dr. B. A. Cathey of Condon, had fallen and broken both arms. A daughter, who is in training at Good Samaritan hospital, was summoned home to care for her mother.

Mr. and Mrs. D. M. Cathey had as guests on Thanksgiving day, their father, W. G. Cathey, Mrs. Maggie Cornutt of Riddle, Oregon, Mr. and Mrs. W. W. Cathey and son Burdette of Seattle, Washington, Mr. and Mrs. C. G. Cathey and son.

Miss Vaughn McCormick, who is teaching in the McMinnville high school, is at home for vacation with her parents, Principal and Mrs. E. S. McCormick. Miss McCormick has as her guest, Miss Lucile Watson, a teacher in the Carlton school.

An Old Man's Stomach. As we grow older and less active, less and less food is required to meet the demands of our bodies. If too much is habitually taken, the stomach will rebel. When a man reaches the advanced age of 85 or 90, you will find that he is a light eater. Be as careful as you will, however, you will occasionally eat more than you should and will feel the need of Chamberlain's Tablets to correct the disorder. These tablets do not contain opium, but strengthen the stomach and enable it to perform its functions naturally. They also cause a gentle movement of the bowels.

GRESHAM LOCALS

Miss Oral Raney spent Thanksgiving in Portland with friends.

Mrs. Mary Preston was the guest yesterday of Dr. A. Thompson and wife.

Mrs. Jennie Hines, a sister of Mrs. O. W. Tarr, as here on a visit from Puget Sound.

Mrs. Jennie Dahlquist is a guest of her brother-in-law, J. C. Peterson at Estacada this week.

Mr. and Mrs. J. F. Jones took Thanksgiving dinner with Mr. and Mrs. F. W. Fieldhouse.

Mr. and Mrs. D. S. Johnson returned last night from Ione, where they have been for several weeks.

Miss Emma Johnson of the Outlook was the Thanksgiving day guest of Mr. and Mrs. H. L. St. Clair and family.

Mrs. E. E. Chipman has returned from Cottrell where she visited for several days with her brother, J. B. Jones and family.

Mr. and Mrs. R. K. Akin and son Russell spent Thanksgiving in Portland, the guests of the former's sister, Mrs. Edward Drake.

Mr. and Mrs. C. E. Rusher and family and Mrs. S. R. Bradford took dinner yesterday with Mr. and Mrs. Robert Lansdowne at Cottrell.

Hally Jones has returned from the Good Samaritan hospital in Portland, where he was operated on for adenoids and tonsils by Dr. Tetheran.

Mrs. C. Merrill and daughter Olive went to Portland for their Thanksgiving, which was spent at the home of Mrs. Merrill's daughter, Mrs. Ella Nye.

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Mr. and Mrs. Frank Gibbs entertained on Thanksgiving day Mr. and Mrs. W. L. Stockton and Henry Morgan of Portland, Merrill Good and Dolly Morgan of Gresham, Hector, Fred and Robert Morgan of Troutdale. After dinner the whole party went to the home of Mrs. Gibbs' mother, Mrs. Jas. Turnbull of Troutdale, where they had supper. A delightful time was reported by all.

The Firemen's orchestra, of Portland, dance in Regner's hall was a big success on Wednesday night. A large number attended from Portland and practically all the dance lovers from this vicinity. The music was of the best by seven first-class musicians. Supper was served in the dining room and the dance lasted until nearly morning.

Mr. and Mrs. Jas. Lawrence and their grandchildren, Lawrence and Marjorie Aylsworth, returned Wednesday evening from Onalaska, Washington, where they had visited for a few days. On their return they were accompanied by Mr. and Mrs. George W. Page and son, who came to spend Thanksgiving with relatives.

W. P. Wonacott and family, of Silverton and C. N. Wonacott and family of Portland, visited with Judge G. W. Wonacott and family yesterday and enjoyed a Thanksgiving dinner of turkey and all the other good things that go with it. The two men are sons of Judge Wonacott and wife.

Among those who are in attendance at the colleges and normal school the following came home for Thanksgiving: From the normal—Marian Robertson, Gladys Michel, Margaret Burke and Hester Thorpe, Bessie Osborn went to Carlton. From Corvallis—Eckford Cameron.

Frederick Honey and his college mate, Howard Shiel of Spokane, Washington, were the guests yesterday of the former's parents, Mr. and Mrs. George F. Honey. The young men, together with four others, drove down from Seattle in a Cadillac. They will return on Sunday.

W. H. Congdon, who went to Portland for a slight operation on Tuesday is at the Good Samaritan hospital, instead of the Emanuel, as reported. Some of his friends are contemplating a visit to him on Sunday. He expects to return home in a week or ten days.

Mr. and Mrs. E. W. Aylsworth entertained at dinner yesterday a family party consisting of Mr. and Mrs. Jas. Lawrence, Mr. and Mrs. George Page and son. Dr. and Mrs. Will Ott and children and Miss Winifred Osborn were callers in the afternoon.

Miss Mildred St. Clair and Miss Mabel Brown left this morning for Woodburn, where they will represent the Gresham Epworth League in the convention of the Salem District League. The convention will hold until Sunday.

The families of H. M. Miller and L. L. Kidder, Miss Mina Gilbert, Dr. J. E. Clanahan and wife and H. M. Worthen took Thanksgiving in Portland at the home of Mr. and Mrs. George Cook.

Mrs. Charity Smith left yesterday for Kenewick, Wash., where she will remain for the winter with her daughter, Mrs. Robert Dorothy.

Guests at the home of Mr. and Mrs. William Thom yesterday were Mr. and Mrs. J. H. Cruickshank and two children of Portland.

Mr. and Mrs. D. M. Roberts and daughter Alice spent Thanksgiving in Portland with Emery Roberts and wife.

Mr. and Mrs. J. A. Palmquist spent the day yesterday in Portland with their son Fred and family.

Mrs. Grace Quick of Mist, Oregon, was in Gresham on business the early part of the week.

Read the Want ads.

Fifty Cents Saved.

The regular price of the Outlook and Evening Telegram one year is \$5.00. During the remainder of this month the combination price at this office will be \$4.50. This is in account of the reduced price on the Telegram during November. Send in your order today.

Attention!

The Farmers' Mutual Fire Relief Association

OF PORTLAND, OREGON

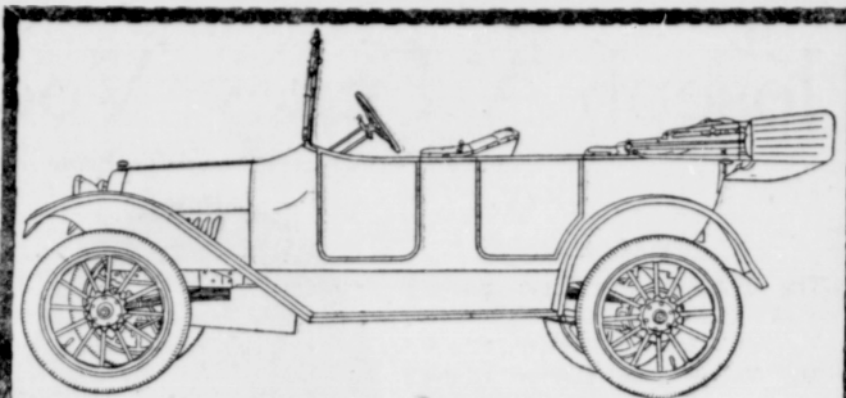
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Gresham Market A. J. W. BROWN, Prop. GRESHAM, OREGON

REPORT OF THE CONDITION OF

FIRST STATE BANK

NO. 135

At Gresham, Oregon, at the close of business November 20th, 1917.

RESOURCES.	
Loans and discounts	\$207,258.77
Overdrafts, secured and unsecured	3.84
Bonds and warrants	32,562.20
Stocks, securities, judgments, etc.	160.00
Banking house	25,000.00
Furniture and fixtures	3,175.50
Other real estate owned	2,550.00
Due from banks (not reserve banks)	919.26
Due from approved reserve banks	50,220.40
Checks and other cash items	134.80
Exchanges for clearing house	45.94
Cash on hand	14,240.62
Total	\$336,271.33
LIABILITIES.	
Capital stock paid in	\$ 30,000.00
Surplus fund	20,000.00
Undivided profits, less expenses and taxes paid	2,999.30
Postal savings bank deposits	3,895.14
Individual deposits subject to check	144,934.46
Demand certificates of deposit	1,169.22
Cashier checks outstanding	5,476.08
Time and savings deposits	127,532.28
Other liabilities	264.75
Total	\$336,271.33

State of Oregon, County of Multnomah, ss. I, C. J. Lundquist, Cashier of the above-named bank, do solemnly swear that the above statement is true to the best of my knowledge and belief.

Subscribed and sworn to before me this 28th day of November, 1917. L. NYSTROM, Notary Public. My commission expires April 8th, 1920.

Correct Attest: A. Meyers, Theo. Brugger, C. J. Lundquist, Directors.



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