

ROYAL Baking Powder

is the greatest of modern-time helps to perfect cake and biscuit making. Makes home baking pleasant and profitable. It renders the food more digestible and guarantees it safe from alum and all adulterants.

THE APPLE IS AN EXCELLENT FOOD

(By J. A. Husick, M. D., in Portland Journal)

By far the most common fruit food is the apple. The apple is adapted, perhaps, more than any other fruit to a great variety of uses in the household. It is most frequently used raw, but is also employed in making pies, puddings and pastries of different kinds. Fully four-fifths of the ripe fruit is water and one-fifth solid material. About 15 per cent of the apple consists of nutritive materials. There are very small quantities of protein and fat, both not exceeding one per cent, while more than 14 per cent of the ripe fruit consists of carbohydrates in the form of sugar. The food value of the apple, therefore, depends almost entirely upon this sugar. The flavor of the apple is determined by both the quantities of sugar contained therein as well as by certain ethereal oils, and by a substance which is common to most fruits, known as tannin. Tannin in the pure form is harmful to the system, but in the apple the quantity is so small that it produces no ill effects whatsoever.

On the contrary, physicians and hygienists are agreed that the apple is a very beneficial food to eat in that it tends to promote a vigorous digestion. There are several points to be remembered, however, in regard to the healthfulness of apples. The fruit may prove injurious when eaten either in the unripe state or in the condition when it is overripe. The green apple is well known for its power to upset the digestive system. The overripe apple, besides losing in nutritive value and in flavor, is apt to harbor injurious germs and eggs of insects. It is also well to remember that in the modern methods of apple cultivation a poisonous spray is employed to destroy parasites injurious to the apple. For this reason it is wise to peel the apple before eating or at least to wash its outer surface well.

Measured by the cost of producing them the apple is perhaps the cheapest article of diet. In many rural districts the apple is allowed to fall and rot because it does not pay to pick it. Artificial commercial conditions make the fruit much dearer than it should be. The fruit should be eaten to a much greater extent than it is at present, because it is nutritious and wholesome.

Notice to Water Users

All land owners in the East Fork Irrigation District are notified to make their written applications for irrigating water for the season of 1913 as soon as possible. Applications are in the hands of Supt. J. W. McDonald, or may be found at the office of C. R. Bone, President, corner of 3rd and Oak Sts., Hood River, Ore.

We keep in stock a full and complete line of numbers and variety stamps. The Glacier Stamp Works.

The Last Old Soldier

(By A. H. McGregor)

Say, boys, you heard what the newspapers say? One and fifty old soldiers a day. Footsore and dreary, dropped out at last back on the road where the column has passed.

Every seven days—keep the number in mind—Another full regiment lagging behind. We bid them good-bye with a tear and a song.

And the column keeps steadily marching along. Every three weeks another brigade. Back in the quiet old church yard is laid.

One look at the spot where they peacefully sleep. And each at his place in the column must keep.

Sixty days a division forever at rest. No picket thrown out, no foe will molest. And let it be morning, at high noon or night.

The column moves onward—is soon out of sight. Every six months a full army corps goes into camp on the furthestmost shore.

No break in the column—the evening is damp. But mind, boys, we'll soon be in camp. An army each year, and weary, I ween, Sleeps 'neath the sod with the grass growing green.

An army complete, fifty thousand strong. And the column is still slowly moving along. Soon there will be but an invalid corps. Of an army that numbered two million or more—

A division, brigade, then a regiment small. Too feeble to note when a comrade shall fall. At last but a company, then a platoon. A few stragglers left; then, soon, oh,

They will read this small item: "The news comes today That the last old soldier has just passed away." —Contributed.

Per Capita Wealth Increase

(From Portland Telegram)

Have you got a cent more in your pocket than you had a year ago today? You ought to have if you have your fair share of Uncle Sam's pelf.

Also, if you are in on the proper "cut up," you should have a grand total of \$34.46 in your pocket or bank roll, where you had only \$34.45 a year ago. So says the latest dope from Washington, where figures are always right and figures never lie.

By the same sort of rapid-fire calculation there ought to be in good hard

iron dollars in the city of Portland exactly \$9,170,357.36, based on the latest directory population of 556,116. The per capita of money in circulation is, as aforesaid, \$34.46, and that includes every man, woman and child in the United States, but there is apparently something wrong with these numbers, for a canvass, just completed among 16 persons within easy reach at noon today showed that their grand total pile was \$7.50, where it should have been \$541.35—and they didn't all bet on the ball game either.

Dr. Bronson Receives Flood Pictures

Dr. Malcolm Bronson has received from Hamilton, Ohio, a number of views showing the destruction the flood wrought in that beautiful Ohio city. The water rose very rapidly and residents were driven into the second stories of their homes before they could even save enough provisions to last them during the time they were imprisoned.

The home of Dr. and Mrs. Skinner, the parents of the flood, was in the pathway of the flood. They received a report that the water was raising very rapidly and rushed into their basement to save some articles. It was not thought necessary to take anything from the first floor to the second. When they did realize that the water would enter the first floor rooms, Mrs. Skinner only had time to save a box of crackers and a roll of butter, and this formed their sustenance for several days. The water came within a foot of the second story of the large residence.

Clean Up

Hood River is to have a clean up week, beginning next Monday and lasting the entire week. The city council and the Woman's club are to cooperate and the few whose yards and vacant lots are not in apple-pie order are to be given the opportunity to have them so. Teams will be provided to haul away all rubbish, that cannot be burned, the last three days of the week. It is urged that rubbish be ready on Thursday morning.

Many citizens keep their rubbish cleaned up at their own expense and each party having rubbish hauled will be charged a nominal fee by the driver, which will be much cheaper than if done by individual orders. Any rubbish that is left at the end of the week which is unsightly or unsanitary will be cleaned up by the city authorities at the expense of the property owner.

Signed, E. O. Blanchard, Mayor.

Heights Team Wins

The Heights baseball team met the White Salmon team Sunday and won, the first game played this season, by a score of 4 to 1. It was the Heights' game throughout, although the White Salmon team did get dangerous in the fourth inning, and again in the ninth, at which time they ran over their one run. The Heights team is expecting a good season this year and challenges all comers.

Following is the lineup according to position: The Heights: Hall, Hart, Tate, J. Thomas, Rood, Koonz, Moore, Carson and Matthews; utility, I. Thomas. White Salmon: Neal, Overbaugh, Clatterbos, Nelson, Kreps, Paulson, Everett, Hamilton and Talbert; utility, Wary.

Railroads Streets Completed in Pocatello

Railroad paving has been laid in Pocatello on East and West Center streets and North and South Main streets and will be used in paving South Arthur avenue and the three streets connecting that thoroughfare with South Main street. Before the paving question was decided in Pocatello, the city made a careful study of the paving material in use in different cities and finally chose bitulithic as being the one paving material which seems to meet all the requirements of present service and wearing quality.

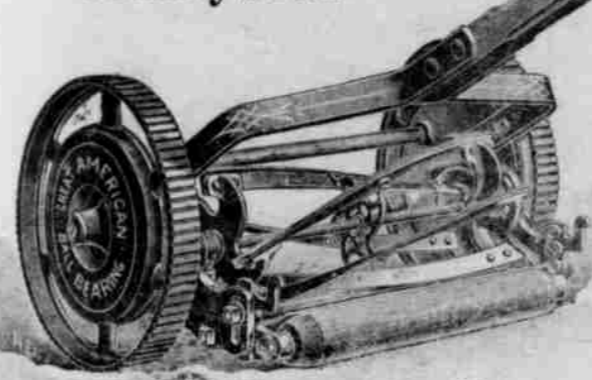
School Warrants

Holders of warrants issued by school district No. 7 are hereby notified that all outstanding registered warrants are called for payment and interest thereon ceases April 24, 1913. School District No. 7, W. C. Reck, Clerk.

Don't Chew Your Grass Off! CUT IT Slick and Clean with a MONEYBACK - DRAWCUT - MOWER

The old pushcut action is completely reversed. Every defect is corrected in the Drawcut. Cutting Edge Cannot be injured by nails or stones, and is positively self-sharpening. This is the greatest improvement ever made in lawn mowers.

Closer Cutting Easier Running Self-Sharpens "Moneyback"



No Higher in Price than ordinary kind as LOW as \$6.50

Extra High Wheel Larger Sizes \$9.45 UP

\$2.75 Here's a hummer for a Low Priced Mower, a good serviceable 16-inch machine, sells in many stores for a dollar more. Mighty practical for ordinary use. Many have paid more and got less. It's a Bargain

Let us remind you that we're Headquarters for Seeds Lawn and Spray Hose Sporting Goods Fishing Tackle

E. A. FRANZ CO.

STORE INAUGURATES UNIQUE SAVINGS PLAN

The Beagle Mercantile Co. will on May 2 and 3 inaugurate a unique savings system, called "Tad's System." Upon procuring the name and date of birth of any "tad" born since January 1, 1910, a deposit of one dollar will be made in the Hood River Banking & Trust Co., and regularly entered to the credit of the tad in the Tad's pass book.

The pass book with a miniature bank will be delivered to the parents in the name of the tad, and thereafter the depositor will receive discount checks on all purchases of merchandise made from the mercantile company, by the parents, relatives and friends of the tad.

The funds so accumulated will insure the tad, when it arrives at the age of sixteen years, a competence which will enable it to enter into business life, or better still, secure an education. These deposits belong absolutely to the tad, and in case of death, may be withdrawn by the parents or legal guardian. In addition to the discount checks from the merchant, you also use the miniature bank for pennies, nickels, dimes, etc., all of which is deposited to the tad's account.

The regular interest as allowed on other savings accounts will be paid by the bank. The tad's system is not limited to children born since Jan. 1, 1910, but any child under 16 years of age may have the same opportunity by depositing the initial \$1. May 2 and 3.



Geoffrey O'Hara, recently appointed by the Interior Department at Washington to record the travel songs and music of all American Indians, began his work in New York City last week by taking his first phonographic records of the songs of the Blackfoot Indians from Glacier National Park, Montana. Secretary of the Interior Lane took advantage of the presence of the Blackfoot Indians in New York, where they came to attend the Travel and Vacation show as guests of Louis W. Hill, chairman of the Board of Directors of Great Northern Railway. He sent Mr. O'Hara on to New York, from Washington, to begin his laborious task with these Indians. During the stay of the red men in New York, Mr. O'Hara had them sing into phonographs and the records will be sent on to Washington to be put in the government archives, therefore preserving for all time the music of the original Americans, who are rapidly passing to the Happy Hunting Ground.

The accompanying picture shows the Indians singing to the phonographs under the direction of Mr. O'Hara.

The Indians could hardly grasp the idea at first of how they could sing into a tin horn and thereby record their music. After the first song had been sung, however, the reproduction was given them in a few minutes and the music of the operation was bewildering to them. They thought it was the most wonderful of all the wonders they have seen, since their invasion of Greater New York. Mr. O'Hara had them sing daily to his phonograph, while the Indians were in New York and he is arranging to visit Glacier National Park early this summer and complete his records of the Blackfoot tribe there.

Through the Interior Department arrangements were made to take these records privately in an out of the way loft, second floor of 61 West 37th Street. Mr. O'Hara is a tenor singer and writer of songs of some note. Several of his musical friends prominent in the musical world in New York City and are very much interested with him, in the rhythm of the Glacier Park Indians' love songs. There is one song in particular which the Glacier Park In-

dians sing, in which these musical critics find considerable merit. This is a song descriptive of the Blackfoot Indians' love of his home environment. This is a song which they always have sung when they left the shadows of the Rocky Mountains and rode far over the prairies either on hunting expeditions or to fight the Sioux. Big Top, the Indians' interpreter, says, "His people always sing this song because when they go away from the mountains their hearts are lonely and it makes them think of 'Home, Sweet Home.'" Mr. Louis W. Hill, chairman of the Board of Directors of the Great Northern Railway, who has done much for the Indians of the West in an educational way, both in agriculture and travel, is very much interested in Mr. O'Hara's work and has arranged to accompany him personally on his visit to the Glacier National Park reservation in Montana during the early summer. Mr. O'Hara will take his phonograph with him and make records right in the tepees of these Indians in their own environment.

From the Manger To the Cross

A Reverent Moving Picture Life Story of JESUS OF NAZARETH Reproduced in Authentic Locations in Palestine and Egypt 5 Reels KALEM'S BIBLICAL MASTERPIECE 5000 Feet



In presenting to the public this wonderful representation of the life of Christ, we wish to point out a few interesting facts in connection with its production. The tremendous undertaking entered upon by the producers of this great film, containing about eighty thousand photographs, has required about eight months of artistic industry, the employment of specialists in authoritative research, forty actors, hundreds of supernumeraries, droves of sheep and a caravan of camels—a kaleidoscope procession—no effort nor expenditure has been spared to achieve the realization of a high ideal.

For the pictures representing the flight into Egypt and these early scenes were actually pictured under the shadow of the Sphinx and Pyramids. One notes particularly in these pictures the wonderful grouping of the crowd. This success is entirely due to the religious effect which the play had upon the dwellers in the Holy Land.

GEM THEATRE Thursday, April 24 ADMISSION 15c and 25c

Electric - Theatre

Friday, April 25 One - Day - Only

RICHARD III

5000 Ft. of Film--5 Reels--128 Scenes

Most Stupendous Shakespearian Classic Ever Produced

FREDERICK WARD IN TITLE ROLE

ADMISSION - 10 CENTS

SEE DESCRIPTION IN ANOTHER COLUMN

W. F. Laraway

Doctor of Ophthalmology

Over 30 years' experience.

Eyes Tested and Glasses Ground



Reference: Over 2,000 fitted in Hood River, U.S. A