

1,716,000,000 Pounds of Flour Saved

if each of our 22,000,000 families use this recipe instead of white bread.

One loaf saves 11,000,000 pounds; three loaves a week for a year means 1,716,000,000 pounds saved!

Enough to Feed the Entire Allied Army

Corn Bread with Rye Flour

1 cup corn meal	1 teaspoon salt
1 cup rye flour	1 cup milk
2 tablespoons sugar	1 egg
5 teaspoons Royal Baking Powder	2 tablespoons shortening

Barley flour or oat flour may be used instead of rye flour with equally good results. Sift dry ingredients into bowl; add milk, beaten egg and melted shortening. Stir well. Put into greased pan, allow to stand in warm place 20 to 25 minutes and bake in moderate oven 40 to 45 minutes.

Our new Red, White and Blue booklet, "Best War Time Recipes," containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. H, 135 William St., New York

FOOD WILL WIN THE WAR

PINE GROVE

Mrs. Mary Wells is visiting her son, Warren, and family at Aloha, near Beaverton, Ore.

Mr. and Mrs. Elmer House went to Portland last Friday and returned Sunday.

Mr. and Mrs. Roy Mans are guests at the Malley home for a short time.

W. D. Hood and family from Weiser, Ida., have moved into the J. G. Jarvis house recently vacated by J. B. Davis.

Mrs. C. T. Robert and daughter, Imogene, are in Salem visiting among friends.

A prenuptial shower was given Miss Joy Mason recently at the home of Mrs. S. R. McDonald.

Mrs. William Moore left early Saturday morning for Portland in response to the sad message of the death of her mother, Mrs. Johnson.

Miss Edith Gowland came up from Portland Saturday afternoon for a visit with her sister, Mrs. Walter Wells, returning Tuesday morning.

Several of the high school students from Pine Grove attended the party given by the freshmen class in Hood River Friday evening.

The interesting and instructive lecture and views on Monday evening of last week by Prof. Finley and Leroy Childs drew a good audience and gave much pleasure to all.

The Red Cross will meet as usual Thursday of this week.

Next Sunday morning regular services will be held at the church at 11 o'clock. Sunday school at 10 o'clock.

Joe Vannier was home on a furlough last week.

Wanted—Yellow and White shelled Corn suitable for milling. Must be well matured, clean and dry. Phone Kelly Bros., 1401, for prices. ml4

PINE GROVE SCHOOL

Howard Blackman and Dale Fike have each sold \$10 worth of Thrift stamps, thereby becoming members of the Junior First Rainbow Regiment. Other pupils are contemplating working to join the Second Rainbow Regiment.

March 22 is the time appointed for the next meeting of the boys' and girls' club.

The girls of the four upper grades, including Mrs. Steele, are quite enthusiastic over the prospects of taking manual training lessons in the near future, under the instruction of J. W. Smith, who is instructor in manual training. Mr. Smith has promised to organize the class.

Our school aims to be one of the first of the county in contributing towards the various war movements. At the present time its members have purchased \$125.75 of Thrift stamps. They paid into the Junior Red Cross a 100 per cent membership dues and volunteered Red Cross work. The Y. M. C. A. Drive and Armenian Relief drive met very hearty support.

Many Hear Dr. Banks

A large crowd was at the Congregational church Wednesday evening of last week to hear Dr. Louis Albert Banks, noted minister and author, who gave his lecture, "Making Uncle Sam Safe for Democracy."

Dr. Banks, who showed himself a most loyal American and a strong supporter of the administration, called the attention of his audience to the great food problem. He declared that the great war was going to be won by food. Dr. Banks declared the governmental rules that permit the utilization of cereals and foodstuffs in the manufacture of beer.

BELMONT

Mrs. Will Metcalf and daughter, Priscilla, left Wednesday to visit her cousin, Mrs. Edythe Hill, and family at Moro, Ore.

Mrs. G. L. Taft entertained for a few of her most intimate friends at her home last Tuesday.

Mrs. Elmer Isenberg and daughter, Lois, left Saturday morning for Clackamas, called there by the death of her aged grandmother.

H. T. Regnell spent the week end here with his family. Mr. Regnell is employed at the Cutler Bros. factory in Portland. Mrs. Regnell expects to move to Portland in the near future.

March Isenberg spent the week end with Mrs. Isenberg, who is a patient at the Good Samaritan hospital in Portland. We are glad to hear she is on the road to recovery.

G. L. Taft had the misfortune to get a heavy fall last Tuesday and in consequence is laid up with a sprained ankle.

Mrs. George Graber and family are enjoying a visit with her mother, Mrs. Fisher, of Portland.

The young matrons' club of Belmont entertained their husbands Saturday evening at the home of Mrs. E. J. Nicholson, Sunnybrook farm.

Mr. and Mrs. Will Metcalf celebrated their wedding anniversary on March 9 with a card party.

Mrs. W. G. Somerville spent Tuesday afternoon at the home of Miss Emma Jones, in Barrett district.

Mrs. M. P. Isenberg spent Thursday in Hood River at the home of S. W. Arnold and family.

Mr. and Mrs. A. D. Ramsey, after spending the winter in Long Beach, Cal., are at home ready to begin spring work.

Mr. and Mrs. Earl Thomas have moved into the Burns Jones residence on the Belmont road, and will make their home there for the present.

PARKDALE

W. M. Cooper was a Hood River visitor last week.

G. M. Kirkpatrick went to the Lower Valley last week to work with the telephone company.

A. B. Coulter was a Portland business visitor a few days of last week.

L. B. Gibson was up from Hood River Friday night to attend the community dinner given at McIsaac's hall.

Miss Florence Pifer spent the week end at her home at Hood River.

A. M. Kelly was a Hood River caller Saturday.

An event of interest was the community dinner given at McIsaac's hall Friday night at 7 o'clock. Six long white tables were arranged about the hall, each in company of a matron who helped the guests to find their places at the tables. Each table was waited on by four white capped girls. The waitresses were: Miss Nelson, Miss Pifer, Florence Craven, Mildred Van Noy, Marian Wyatt, Gladys Aubert, Zella Kelly, Florence Everson, Grace Newell, Elsie McConn, Blanche Hough, Hallie Puddy, Millicent Goodlander, Frances Duggett and Alma Kitebell. The tables were decorated with pine wreaths and yellow daffodils. The hall was also decorated with the pine branches. Following the dinner a business meeting of the church was dissolved, followed by reports of the Parkdale and Mount Hood Sunday schools. Addresses and toasts were given by Rev. W. H. Boddy, Mr. Seeley, of Portland, Prof. Gibson, of Hood River, and Prof. Hough, which were all greatly enjoyed. Mr. Runyon then sang, "Mother Macree," which was much appreciated. The entire valley was well represented, and everyone appreciated the work of the different committees, who did so much to make this dinner a success.

Mr. Seeley, of Portland, addressed the Mount Hood congregation Sunday morning at 11 o'clock. Quite a number

from here attended. In the evening Mr. Seeley spoke at the Parkdale church.

L. T. Beal received word that his little son, Bobbie, who is still in Ohio with Mrs. Beal, was suffering from pneumonia, but was improved at the writing. Also the baby, Paul, was having the measles.

Mrs. F. H. Blagge, of Hood River, and C. Peuhl, of Condon, were guests at the J. M. Demmon home Saturday afternoon.

The Endeavor will give a stunt show at McIsaac's hall Friday evening. Admission 10 and 25 cents. Proceeds to go toward the fund for the steptop.

Ray Sutton returned home last week from Portland, where he has been most of the winter.

R. B. Cunliff came up Sunday from Dec, where he has been working for several weeks.

Stanley Shere and Miss Tollman, of Hood River, spent the week end here.

The Liberty Loan committee met at the manse with Rev. Boddy Monday afternoon.

Thursday night of this week a pre-Easter-midweek meeting will be held. All the members are asked to attend.

Ladies' Auxiliary meets with Mrs. J. M. Demmon this week. Election of officers will be held, so all are requested to be present.

Rev. Boddy addressed the grange Wednesday night at Sheldrake's on the government of Germany.

Mr. and Mrs. Clyde Perkins spent Sunday at Henry Tomlinson's.

Preparations are being made for an Easter program.

The grade school is doing Red Cross work and have a large red cross placed on the front of the school house.

MOUNT HOOD.

Roy Blagge is pruning on the Tobey place south of Parkdale this week.

Miss Martha Bechen was here from The Dalles last Tuesday evening for a meeting of the home economics club. The subject for discussion was "Home Gardening and Poultry Raising."

Miss Amy Johnson entertained company from Baker, Ore., over the week end.

Cecil Kitchel spent Saturday and Sunday at Hood River.

Mr. and Mrs. M. H. Craft, of Middle Valley, spent Sunday with Mr. and Mrs. W. T. Wyatt.

Quite a few from this side attended the church supper at Parkdale last Friday evening.

Mr. Seeley, of Portland, preached at Mount Hood Sunday morning.

The Red Cross met on Tuesday for an all day session.

We have several cases of pink eye in our neighborhood.

Adolph Patreux and family moved into the house recently vacated by Mrs. Irene Uhler, who with her daughter, Jessie, has moved to Washington.

Mrs. E. C. Miller is much improved in health at this writing.

Mrs. Charles Shaw, who has been ill with the grip, is able to be up and around.

Mr. and Mrs. Walter Gregory and daughter, Carol, of Parkdale, spent Sunday at the D. R. Cooper home.

Miss Dorcas DeWitt spent the week end at her home at Hood River.

Frank Hanel made a trip to Odell Friday afternoon.

Mr. and Mrs. W. T. Wyatt entertained friends from Alberta, Canada, several days last week.

CENTRAL VALE

The community supper will be held Saturday evening, March 23, at Wain's apple house. All are requested to bring a Hoover meal, which will be eaten at the regular supper hour.

A. C. M. Sheppard, of Walla Walla, spent Sunday with his mother, Mrs. Job Sheppard.

Lloyd Moss, of Portland, came up to their ranch Sunday.

Mrs. K. For, of Hood River, and Mrs. E. J. Weisner, of Idaho, spent Thursday with Mr. and Mrs. C. E. Fuller.

Miss Emily Fletcher was a week end guest of Misses Frances and Harriet Fuller.

Horace Gikerson came up from Vancouver to spend Sunday with his parents, Mr. and Mrs. F. E. Gikerson.

The Mothers' Club meets Thursday with Mrs. H. J. Chevon.

HEIGHTS NEWS

Private Eugene Laddersaw, of Fort Stevens, is on a furlough and visiting at the home of his father-in-law, E. Slutz.

Mrs. Eleeta Bryant was quite ill for a couple of days, but is now better.

W. H. Taft arrived home from his winter's sojourn in California last week.

Bert Stranahan has his house on Taylor street rented again.

Mrs. A. Hayes is making an extended visit in Vancouver, Wash., and at Portland.

J. H. Gill is helping in Taylor's store this week.

It begins to look like summer to see so many spading up their garden and sowing seeds.

Mr. Messinger and his sister have returned from Nebraska, where they took their mother for burial and remained through the winter visiting friends and relatives. They will soon go to California.

Expression From Mrs. Hunt

Editor Glacier: I believe every genuine mother would deplore the idea when their sons are sent into the service of their country that they might cultivate those evils, viz., wine, beer and tobacco, as a food saving proposition. No such mother but what would gladly give her share if need be that her dear ones might be supplied with the necessities of life, those things which give health and strength, and see eliminated all those destructive agencies.

I fear our government will have a good deal to answer before the war closes. Right makes might. We see no valid reason for supposing that the warring nations should not lay claim to more righteousness for all must admit sooner later that Christianity and humanity are so closely allied as to join in the appeal for a larger effort towards those principles which exalt a nation.

J. A. Hunt.

Despondency Due to Constipation

Women often become nervous and despondent. When this is due to constipation it is easily corrected by taking Chamberlain's Tablets. These tablets are easy to take and pleasant in effect.

The Glacier office carries Butter paper.

MOSIER.

From The Bulletin

Mrs. Orpha Gibson was a Hood River visitor on Saturday.

C. A. Hage spent Saturday afternoon in Hood River.

Mrs. D. W. Hudson was a Hood River visitor Saturday afternoon.

Frank Middlewart was in Hood River this week.

Ken W. Veatch spent Wednesday afternoon in Hood River.

C. L. Joy was in Hood River and The Dalles this week on business.

Ford Repairs and Accessories for all cars at Chown's.

E. L. Root was in Hood River on business the first of the week.

Miss Marion Wood was a Hood River visitor Monday afternoon.

Mrs. June Rhodes was a visitor in Hood River the first of the week.

John Strahn spent Monday in Hood River.

J. M. Maddon was in Hood River the first of the week.

John Elder was in The Dalles on business the first of the week.

Leslie Root was in Hood River Tuesday morning.

Arthur Kuhn was attending to business matters in The Dalles Tuesday.

W. A. Marsh was in The Dalles on Tuesday.

Jas. Piercey went to Portland on business Wednesday.

Henry Dunsmore was in Hood River Sunday afternoon.

Jas. Cherry made a trip on Tuesday to The Dalles.

Miss Della Burton was a Sunday afternoon visitor in Hood River.

Mrs. Wm. Johnson was visiting in The Dalles on Saturday.

Jas. Cherry made a business trip to The Dalles last week.

C. C. Carpenter was attending to business in The Dalles Friday.

Ernest Evans was in Hood River the latter part of last week.

J. K. McGregor went to Portland last Friday to spend a few days.

R. W. Simpson spent Saturday in The Dalles.

Lee Hunter was in Hood River between trains yesterday morning.

W. W. Vinegar was a visitor this week in The Dalles and Hood River.

Mrs. Jessie Simmons was a visitor in Hood River this week.

Mrs. J. E. Proctor and her two little daughters, Dena and Dora, were Tuesday afternoon visitors in Hood River.

Ed. Wood, O. W. R. & N. detective, was here Sunday to spend the day with his father, G. K. Wood.

Dr. H. L. Dumble was called up from Hood River the first of the week on professional business.

Mr. and Mrs. Ray Bailey were visitors the first of the week in Hood River.

Miss Vera Olsen left yesterday for Portland where she plans on making an extended stay.

Miss Blanche Ross has been suffering this week with a slight attack of appendicitis.

Two additional telephones have been installed recently. The new patrons are Arthur Kuhn and H. Nicklin.

Harold Sherman, who has been employed on the Maydale orchard tract, is now at Lehigh Fruit Farm.

Mrs. Jas. Cherry and little daughter, Doris, were visitors yesterday morning in Hood River.

Dr. Fred Thompson was here yesterday morning from The Dalles on a professional call.

Miss Lenora Hunter, local postmistress, reports that the sale of Thrift Stamps here has attained an aggregate to date of \$577.35.

Mrs. Ben Sellinger and her sister, Miss Elsie Carlson, and brother, Alex Carlson, were visitors in The Dalles on Saturday.

Mrs. Dudley Piercey and little son, Kenneth, were here last week visiting at the home of her mother, Mrs. J. E. Higley.

D. F. Konno and wife, accompanied by the latter's mother, arrived last week from Portland and will spend the summer on the McGargar ranch.

Highway Engineer J. A. Elliott was here yesterday from The Dalles looking after the work on the Dry Creek route.

J. Mosier made a business trip to The Dalles Wednesday, returning in the evening from Hood River where he had gone on No. 17.

F. Yackie came up yesterday for a short visit with relatives. For the past two months he has been employed at St. Johns, with the Peninsula Iron Works.

Mrs. J. E. Higley has received a card from her son, Leo, who left here a short time ago, announcing his safe arrival in France. Young Higley is with a company of engineers.

Friends here have received word that Carroll, the little son of Mr. and Mrs. G. P. Morden, who are spending the winter in Portland, has been critically ill for the past several days.

Mr. and Mrs. D. W. Hudson, Mr. and Mrs. W. A. Husbands and Mrs. Frank Ginger went to Hood River Tuesday to attend the funeral of Mrs. W. A. Stark.

Mrs. C. G. Nichol and her daughter, Mildred, spent Monday afternoon in visiting in Hood River. Mrs. W. L. Holly, mother of Mrs. Nichol, accompanied them.

Wm. N. Akers, who came up from Portland Tuesday to be present at the funeral of Mrs. W. A. Stark, came up to Mosier that evening for a stay on his ranch.

J. T. Davenport and little daughter, Cora Marie, went to The Dalles yesterday for a visit with Mr. and Mrs. Geo. Krauss, who are the parents of his wife.

Mrs. W. J. Wollam returned yesterday to Hood River after a visit here at the home of her mother, Mrs. J. P. Carroll. She was accompanied to Hood River by Miss Edna Wright.

A. M. Roop, who has been seriously ill, is now improving considerably, and was able to ride to town and back home again yesterday with his stepson, who had been here visiting.

The following articles which were made by the members of the local chapter of the Red Cross, were shipped last week to the parent chapter in The Dalles: 1200 gauze wipes, 5 sweaters, 6 pairs of socks and 4 suits of pajamas.

Alex Carlson was here over the week end visiting with his parents, Mr. and Mrs. C. J. E. Carlson. Young Carlson is employed at Oak Point, Wn., where he is scaling cars for a logging concern.

Lee Evans, Jr., who has been employed at the Foundation Co. ship yard in Portland, was here Sunday for a visit with relatives and friends. He was accompanied by Private Ralph Conley, who is stationed at Vancouver Barracks.

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