

HOOD RIVER GLACIER

When subscribers desire a change in address this office should be notified promptly...

Subscription, \$1.50 Per Year.

KEEP IN TOUCH WITH THE BOYS

We have noticed by the numerous touches in letters from boys recently how much the letters and other bits of news cheer those boys in France.

Overseas, where American soldiers are facing the enemy, a letter from home is most welcome. It is the strongest tonic.

War work secretaries in the Y. M. C. A. hubs overseas state that the hardest thing they have to combat is homesickness.

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USE POTATOES INSTEAD OF BREAD

Bread Must Be Saved—Potatoes Contain the Same Nutrients. How many potatoes are you eating? This is a question the Food Administration wants every loyal American to ask himself or herself.

Domestic science experts have figured that one ordinary baked potato equals in nourishment one thick slice of wheat bread.

Potatoes are valuable in the diet of the sick. They can be eaten with benefit by people suffering from dyspepsia, anemia, diabetes, Bright's disease, cardiac affections, intestinal troubles, constipation, hyperacidity, arthritis, gout, liver complaints, etc.

"Potatoes are healthful. They improve the general tone of the system by their wholesome action on the digestive organs. They are easiest on the stomach of all vegetable foods.

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New Summer Coats and Dresses for Ladies

The largest and best assortment in the city. We have just received a new lot and invite you to look them over.

New Bungalow Aprons. Made of good grade Percale and Gingham. Well and neatly made and a splendid assortment of patterns to choose from.

New Crepe Kimonos. A new lot just opened up. We know we can please you in quality, style and price.

Children's Slippers, 89c. These are truly big bargains. There are Slippers and Oxfords in this lot that are worth \$2.50 a pair.

Children's Rompers

A dandy line of these, made of good grade Chambray Gingham. Colors, Blue and Tan, trimmed with red. The suit 50c

Men's Hats, \$1.98. Now is a good time to secure a good felt hat. A bunch of drummers' samples that include values up to \$3.50 each, your choice \$1.98

Dress Shirts for Men, 50c. Attached collars, light colors only. Regular \$1.00 values, your choice while they last 50c

Gossard Brassiers, 79c. These are regular \$1.50 values, made of good grade all-over lace. Your choice 79c

Men's Suits. We are offering some exceptional values in Men's Suits that will mean a big saving to you to buy now, even though you are not quite ready.

HOOD RIVER OREGON The PARIS FAIR HOOD RIVER OREGON

A-POWERFUL AID. When you feel sluggish and nervous, tired and indifferent, you have the first symptoms of declining strength and your system positively needs the special nutritive food- tonic in

SCOTT'S EMULSION

to replenish your blood power, enliven its circulation and bring back the snap and elasticity of good health. Scott's Emulsion supplies Nature with the correct building-food which is better than any drugs, pills or alcoholic mixtures.

For Sale. The following: 1-horse swivel-handle steel beam 8-in. plow, 1 Single Harness, 1 Double Harness, 1 Mandt Single Wagon, 1 Disc, 1 Buggy, 1 Hack, and an Exceptional Bay Mare weight about 1400 lbs.—kind, gentle and in fine condition.

KIMBALL BROS. Telephone WAUKEE KIMBALL, No. 5409.

SOCIETIES

IDEAL LODGE NO. 107, I. O. O. F.—Meets in Fraternal hall, every Tuesday night. Wm. H. Hignett, N. G., J. H. Johnson, V. G., Geo. W. Thomson, Secretary.

HOOD RIVER CHAPTER NO. 25, O. E. S.—Meets second and fourth Tuesday evening of each month. Visitors cordially welcomed. Mrs. J. O. McLaughlin, W. M., Miss Ada Poole, Secretary.

HOOD RIVER CAMP NO. 7362, M. W. A.—Meets in K. of P. hall every 1st and 3rd Wed. of each month. Jas. Hull, V. C., W. T. Fincher, Clerk.

LAUREL REBEKAH LODGE NO. 81, I. O. O. F.—Meets first and third Monday each month. Mrs. A. L. Dyer, N. G., Mrs. A. L. Vincent, Secretary.

KEMP LODGE NO. 101, I. O. O. F.—Meets in Odd Fellows hall every Saturday night. Visitors cordially welcomed. W. L. Carnes, Sec'y; W. H. Bucher, Treas.

HOOD RIVER LODGE NO. 34, W. O. M. W.—Meets at K. of P. hall on the first and third Tuesdays of each month. Mrs. Mattie Nicholson, Clerk.

WAUCOMA LODGE NO. 30, K. O. P.—Meets in K. of P. hall every Tuesday night. Jasper Wickham, M. of P., Fred W. Jindon, C. C., T. F. Johnson, M. of F.

EDEN ENCAMPMENT NO. 48, I. O. O. F.—Regular meeting second and fourth Tuesdays of each month. T. F. Snyder, U. P., Geo. W. Thomson, Scribe.

HOOD RIVER CHAPTER NO. 27, R. A. M.—Meets first and third Friday nights of each month. Geo. H. Gaster, H. P., A. D. Mos, Secretary.

MT. HOOD COUNCIL NO. 8, R. S. M.—Meets in Masonic hall every third Tuesday in each month. W. P. Laraway, T. I. M., D. McDonald, Recorder.

FOR SALE

For Sale—Two fresh milk cows. Call 4141. For Sale—A Jersey cow and calf, price \$85. See Ben H. Lutz. For Sale—A wagon with basket apple rack. No reasonable offer refused. Call 5591.

For Sale—A fine light perfect saddle horse. Hamiltonian Kentucky bred. Will sell or trade for good family cow. W. S. Kestner, phone 5482.

For Sale—One of the best Jerseys, 19 years old, fresh April 1st, gives 1 gal. of very rich milk a day, very gentle, \$200. J. J. Knapp, 514, out on west side meadowland. For Sale—A good pony, 7 years old, also good fat, wt. 200 lbs., bred and saddle, \$100. Call in person or phone 456. J. A. Downey, 318.

For Sale—A 1917 Maxwell Touring car, like new, with extra wheels. Phone owner, 411. For Sale—A 1917 Maxwell Touring car, like new, with extra wheels, 1917. \$1000. For Sale—A 1917 Maxwell Touring car, like new, with extra wheels, 1917. \$1000.

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EAT CORN SAVE WHEAT. The firing line is now in your kitchen. Knock out the breadline at your table.

By Mrs. Robt. J. Burdette. The firing line is now in your kitchen. Knock out the breadline at your table.

It has been said that the Revolutionary War was won by men fed on hardy puddings. In other words, corn meal mush. Let it be written in history that the winning of the present war was made possible by the United States eating potatoes.

The manner of eating, the time of eating and even the kind of foodstuffs eaten are largely a matter of habit. We do not desire to break ourselves entirely of the habit of eating or life would not prove worth living, but it can be made to prove better worth living if we change some of the habits.

Suppose we cure ourselves of the hand-eating habit and see if we do not consume less bread. If you were to put your bread and butter on your plate and eat it with a knife and fork it would reduce the amount of bread eaten at once.

In some of the Oriental countries men carry strings of bright red wooden beads that are known as "conversation beads," and they seem unable to talk unless they have them in their hands to play with and pass from one hand to the other.

We seem to need something in our hands at table or we feel the meal is incomplete and that something is usually bread. Forget this habit and save wheat. If you must continue the hand-eating habit, hold a hot potato.

How to Increase World's Bread Rate. With famine creeping through Europe, and every nation struggling to produce enough food to sustain life, the American farmer has a duty that he can not shirk.

America must supply bread to starving peoples. No matter what other crops are raised, more acres should be devoted to bread grains. "Do your bit, Mr. Farmer," says a Food Administration bulletin. "Success depends upon you in this world war."

West Point is on a food-conservation basis, and the health of the cadet corps is better than ever. All bread used is composed of 46 per cent wheat flour 45 rye, and 10 per cent white bolted grain flour; and many cadets consider it superior to the former white bread.

Sugar consumption has been cut down, needless days and meals are rigidly observed, and the reduced amount of meat has been beneficial to health. A lesson from a reliable source.

Taking it From Babies. "Every ounce of wheat products in excess of six pounds per month that you eat, Mr. American Citizen, is that much literally taken from the mouths of the starving women and children of France," says a Food Administration bulletin.

The armed allies may go without wheat, but these innocents will actually die unless we give them of ours in generous proportion. Victory bread is received with hearty approval. But don't be satisfied to use it on a wheatless day or a wheatless meal, because it isn't wheatless.

FOOD WILL WIN THE WAR. O. P. HOFF, republican, for State Treasurer. Read The Political Puff, pages 26-27, election pamphlet. P.d. ad.

For Butter Labels printed in accord, ance with Dairy and Food Laws, call at this office.

For One Year Without Cost. You can store your Liberty Bonds in our fire-proof, burglar-proof vault for safe-keeping. This service is available for every subscriber to the Third Liberty Loan in this community.

FIRST NATIONAL BANK. Member Federal Reserve System. HOOD RIVER, OREGON. "Banking is Cooperation"

THE HIGHLAND MILLING CO. Manufacturers and Dealers in all kinds of Poultry and Stock Feeds. We extend a cordial invitation to the orchardists of the Hood River Valley to visit our new plant, now open at the foot of State Street.

J. P. & L. B. APLIN. Proprietors. Telephone 1751. HOOD RIVER. If we charged an admission fee it would be worth it to see the splendid display of all that is new and good in seasonal shoes.

J. C. JOHNSON—"THE SHOE MAN". "STAR BRAND SHOES ARE BETTER". String Beans. Now is the time to plant. We have the seed at 15c per pound as long as it lasts, seed paid for out of first lot of beans delivered.

HOOD RIVER CANNING CO. Now is the time to buy your Spring Plants. Plenty of Geraniums, Heliotropes, Salvia, Lobelia, Zinnias and hundreds of other different kinds of plants. Cabbage, Tomato, Pepper, and Egg Plants 15 cents per dozen.

HEIGHTS GREENHOUSE. Geo. Haslinger. Tel. 3393. We are offering some exceptional values in Men's Suits that will mean a big saving to you to buy now, even though you are not quite ready.