

Hood River Glacier

ARTHUR D. MOE, Publisher.

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EAT MORE APPLES

Whether a potato famine actually exists in the Northwest or not we are not prepared to say. The exorbitant prices asked by dealers, however, will necessitate the removal of the no longer lowly tuber from many tables.

But we have not noted any great increase in the price of apples. Why not eat more of this fruit? Eat this king of fruits cooked and in the raw state. Let apples take the place of potatoes.

The apple, as old as the Garden of Eden, is just beginning to be appreciated as an important article of diet. Until recently apples have been eaten simply because they are a delicious fruit and because they are considered healthful but just why has never been really understood. Apples contain more iron, necessary to provide red corpuscles, than is obtained from flour, which makes bread the staff of life. Iron is necessary to the body for energy. There is more fuel value in the good ripe apple per pound (285 calories) than in beef, spring beans, eggplant, carrots, tomatoes, squash, canned peas, turnips, oysters, kumois or buttermilk. Calcium is another content of the apple. Calcium is indispensable to the health of the bones and the teeth and all intestinal secretions. Calcium and potassium are found in equal proportions in the apple and both are of real value to the body. Every cell of the healthy body contains potassium, but when food is lacking this necessity is consumed, the body quickly loses its healthy quality. Magnesium, another content of the apple, serves as a phosphorus carrier in vegetable nutrition and without phosphorus there would be no living cell in the body. So you can see that the .03 per cent of phosphorus in a good ripe apple is valuable indeed. It has been found upon investigation that the prevalent malnutrition throughout America is not due to any lack of protein, but more especially to the lack of calcium and phosphorus in the over refined food stuffs so much in vogue at present.

THE OVERALLS FIZZLE

What followers of fads we mortals be. Somebody hankering to "start something" recently organized an overall club. In a week similar organizations were coming into being all over the land. Clerks, students and nuts were emerging blue clad.
It was the avowed purpose of overalls clubs to lower the high cost of living. More than likely it pegged expenses up another notch, for about 90 per cent of the purchasers of overalls donned the denim, not because they were in need of new clothes, but just to be in style. In fact, a hundred per cent of the overalls buyers might have gotten along with wearing their old clothes. The increased denim purchases, however, tended to send up prices for those who wear such garments out of necessity.
The denim clubs might have been waging a real attack on H. C. L. if they had organized for the purpose of buying a few Liberty Bonds.

What's the proper etiquette in such a case? Should one laugh or grunt on learning that H. G. Starkweather has decided to run against George Chamberlain for the U. S. senatorial Democratic nomination? We will pass without comment the announcement that Mrs. Alexander Thompson has shield her Easter bonnet into the ring in opposition to Dr. Esther Pohl Lovejoy for Democratic nomination for representative from the Third District.

Already wisecracks are predicting a June freshet of the Columbia. Some fellow up in Idaho is warning Portland to move out, reporting six feet of snow in high places. Do not let his spring song alarm you. Such a prediction is made annually. We are sorry Indian George is not here to give us the real dope. If somebody will loan us a ouija board we will try to locate him.

Frank Branch Riley and W. L. Finley have been telling easterners of the wonders of Oregon's scenic playgrounds. It is not at all unlikely that we will have more tourists than we have ever had before this summer. Yet the Oregon wilds remain unprovided with the comforts of hotels. And a large percentage of the tourists are going to demand such conveniences.

So successful has been the administration of County Judge Blowers that a committee endeavored to secure his reconsideration of a recent resignation tendered to Gov. Olcott. Judge Blowers, however, declared that his action had proceeded to such a point that he could not gracefully withdraw the resignation.

Divine word gives permission to remove the ox from the ditch on a Sunday. Thus, with Sundays the only recent appropriate days for application of spray materials, orchardists find Biblical justification in working on the day set aside for rest and worship.

Twenty years ago if an outlaw stole a \$20 cayuse a vigilance committee resorted to a hempen rope. As a result horse stealing was not indulged in as one of the favorite sports of beardless youths who itched to do something really devilish. Today, when young toughs want to change climate and environment, they steal a neighbor's automobile and ride as long as gasoline and tires hold out. Professional thieves make a business of stealing motor cars, and their activities cause no more than a ripple of excitement. Today the careful automobile owner has his car insured, and a corporate insurance concern must bear the loss. We might have a repetition of history in the activity of vigilance committees if the loss of cars fell to owners.

While the people of Oregon, along with residents of other commonwealths, are heartily tired of drives, we challenge anyone to find a single objector to the appeal made by the Salvation Army. True charity without ostentation has been the foundation principle of the great Samaritan institution. The willingness of men and women to support the Salvation Army is a wonderful tribute. Ask a returned soldier about the Salvation Army. Just follow his advice.

The Literary Digest informed its readers several weeks ago that it had selected 11,000,000 American voters who would be asked to participate in a straw vote for presidential nominations. To date several members of the Digest force have received three sets of straw vote tickets. The Digest seems eager to have us vote. It is also desired that each voter subscribe to the national weekly. It may be that the Digest will develop some authentic pre-convention dope by the straw ballots, but it is more than likely that the spectacular effort is meant more as a subscription getting campaign.

Have you happened to glance through the pages of a current issue of Sunset Magazine? You will find attractive advertisements of the Canadian Pacific R. R. Co., ready to catch the eye of eastern tourists lingering in the south. One good thing about the advertisements—they will appeal also to the Californians contemplating a summer jaunt. Those motoring to Canada will perforce have to pass through Oregon.

J. W. Foley, a nationally known rhymester, has given us this new one in the Saturday Evening Post:

"To market, to market, potatoes a peck;
Home again, home again—busted, by Heck!"

No doubt J. W. would have made the amount of tubers much smaller if he could have found some measure suited to the rhyme.

Insurance may not prevent theft of your automobile, but it will make you feel easier if a thief picks yours.

Army Discharge Found

An honorable army discharge folded in a case furnished by the Citizens National Bank of Los Angeles and property of Oliver Johnson was found beside the railroad tracks in the O. W. R. & N. yards Monday. It is thought it may have been dropped from a passing train. Johnson, who enlisted from Shreveport, La., has an excellent character according to the discharge.

Reavis' Car Found in Woods

J. N. Griffith, while cruising timber several miles south of the old Moberly road yesterday discovered Postmaster Reavis' automobile, stolen Saturday night. It is evident from the manner in which the car had been concealed that the thieves had cached it in the isolated forest, expecting to return for it when the search of authorities grew cold.

J. W. Crites the other day thought his automobile license tag looked strange. He finally decided that it wasn't his own, and investigation in an automobile register proved the tag to have been issued to H. B. Curick, of Albany. It was learned by telephone that his car was stolen the night before. The thieves entered Mr. Crites' garage and attached his tag to Mr. Curick's car, presumably.

County Field Meef Soon

A new athletic custom will be inaugurated May 8 when an interscholastic county field meet will be held at Gibson field. Teams of all county schools are now training for the meet. Tennis games will also be played between county schools on that date.

Notice to Debtors

Without fear or favor my entire book account will be turned over to my attorney on May 1, and he will proceed to seek collection by process of law.
Dr. F. C. Brosius.

WHITE SALMON.

Rev. S. W. Richards, D. D., of Seattle, has accepted the call of the First Presbyterian church at Trout Lake for the coming year.

Sorter's Garage has purchased the Saxton property across Jewett Ave. from the Colburn Hotel and also the corner lot adjoining Mr. Sorter's house. Plans are being made for the construction of a tile garage on the property. It is to be about 100x125 and modern in every way.

Considerable headway has already been made on the construction work of the new steel bridge over the White Salmon river at the mouth of Gilmer creek by the contractor, the Union Bridge Co., of Portland. The false work with piling standing 110 feet over the river, has been put in and the material for the 110 foot steel span is on the ground.

The bridge will make possible a connection for the Gilmer valley and Camas Prairie district with the proposed hard surfaced Trout Lake road and will be of great benefit and value to the residents and property owners of those sections since it will give them a new outlet that will eliminate many miles of mountain road which is now being used.

BOXING BOUT TO BE STAGED SOON

The Hood River boxing commission, composed exclusively of American Legion members, will stage the second of a series of boxing matches at the Liberty theatre, chartered for the occasion, Thursday night, May 6. Neal Zimmerman and Carl Marten will meet in an eight-round fray.

WOMEN ARE URGED TO STUDY POLITICS

In a recent bulletin of the Oregon Federation of Women's Clubs, women of the state are urged to give serious study to political measures. The bulletin in part follows:

Dear Club Workers of Oregon:

The time is very rapidly approaching when we as citizens of Oregon must cast our votes on the measures to be submitted at the special election. On May 21 several very important bills will be accepted or rejected and it is our duty as thinking women to consider them carefully and vote to the best interests of the people concerned. Let us see the big things as big and vote accordingly.

Since our slogan is Education let us advance the interests of the state by giving careful attention to the educational measures. A young person who loses his chance for educational advancement at a critical time will be handicapped in his preparation for life. Two or four years later, the opportunities which may come for getting an education will do him no good. The executive committee of the State Federation at Portland January 24, 1920, unanimously indorsed the Millage Tax bill for the support of the University of Oregon, the Oregon Agricultural College and the Oregon State Normal School, and it is hoped that federated clubs of the state will ratify this action by giving a heavy vote in its favor.

The General Federation meeting will be held in Des Moines, Iowa, from June 16-23, and the headquarters of the Oregon delegation will be at the Randolph Hotel. The annual meeting of the Oregon Federation will be held in Enterprise, June 23-24-5. An attractive program is under preparation and delightful entertainment will be provided by the women of Enterprise and vicinity.

Very truly yours,

Ida B. Callahan.

Urgent Appeal From Americanization Committee

We have heard from but one or two of the clubs in the state relative to the Americanization program. Every club has been requested to appoint an Americanization Committee. Please let us hear from the chairman of this committee as soon as possible. We may be able to send you helpful suggestions, literature or programs. Make a survey of your district; its needs, conditions, etc., and we shall be glad to help solve the problems arising.

By following out the suggestions of the Political Science Committee as outlined in the March Bulletin you will be laying a solid foundation for Americanization work, for the first step is to inculcate a higher conception of the individual's civic responsibility.

(Mrs. S. L.) Mayme K. Albaugh.

Chairman.

245 E. 13th St., Portland.

Program Committee for Federation Convention Appointed

The State President has appointed the following program committee for the State Convention in June: Mrs. G. J. Frankel, Mrs. John Van Zante, Mrs. Frank M. Taylor, Portland; Mrs. L. E. Bean, Eugene; Mrs. J. H. Dobbin, Enterprise, and Mrs. Chas. H. Castner, Hood River.

Oregon State Library

To the Presidents of Oregon Women's Clubs:

We are again reminding Oregon club women of State Library aids in planning club programs, and the State Library plan for supplying books for club study through local public libraries, where these are organized, and are interested in having help in outlining your program for next year, or if you wish to make reservation of books for next year, this is the time to act.

Our library service is entirely free, except for transportation, and loans are made for the club year, if necessary, though we prefer now to loan groups of books in lots for the program of three months, as the demand has so increased as to make necessary this plan of sharing books. Please let us know what you intend to study next year and send us a copy of your program for our permanent file.

Cornelia Martin, Librarian.

Study outlines available with libraries:

Travel and History—United States, Canada, South America, Mexico and Central America, China, Japan. A year in the Orient. Russia. The Slav peoples. England and Wales. Scotland and Ireland. Holland. Germany. Spain. France. Belgium. Austria. Italy.

History—Modern Italy. France. England. Europe since 1815. The great war. Renaissance Italy. Oregon. A series on American history: First year, Discovery and exploration; Colonial period. Second year, The revolution; Formation period, 1783-1817. Third year, Expansion, Civil war, Reconstruction.

Literature—American literature (through Lowell). Contemporary American literature. English literature.

ture; Twelve famous novels; studies in fiction; Old Testament literature; New Testament Literature; Shakespeare (Many outlines for general programs and single plays).

Drama—Outline course in modern drama. Contemporary drama. Studies in modern plays. Recent successful plays. New Irish drama. Types of drama. Racial types of drama. Also all the courses published by the Drama League.

Art—French art. American art. Mornings with masters of art.

Music—General view. History. Nationalities in music. Modern music. Modern opera. Tone poets. American music. Russian music. German music.

(These are the excellent outlines prepared by Mrs. Wardwell, former chairman of the Music Department of the General Federation of Women's Clubs). Elson's music study program from all nations.

Woman and the Home—Practical course in child rearing. Home economics. Household management. Feeding the family. Dietetics. Food study. Home, school and community life. History of education. Life of primitive woman. Vocational education.

Political and Economic Problems—Active citizenship. Social problems. Questions of the hour. Toward Democracy. Social forces. Present day industries in the U. S. Immigration. Oregon government. Reconstruction. The study of nations.

Other Subjects—Twelve famous women. Psychology.

The Far East is our neighbor and the Orient is politically the most interesting place in the world today. The librarian has recently returned from a journey there and has brought a delightful collection of books on the art and customs of the peoples. She plans to make a new study outline for the year's work covering Japan, China and Korea.

Corriente Club of Portland

The Corriente Club of Portland is a study club with a membership limited to 25, the meetings being held at the homes of the members.

While we are organized as a study club, we have always held ourselves in readiness to respond to all philanthropic calls and patriotic work as far as possible.

Last year we followed the suggestion of our State President that programs be such as to require only the minimum amount of time for preparation so that we might have more time for war work.

We took as our watchword Service and tried to live up to it. A Patriotic Service Committee was appointed to look up and keep the club informed as to where and how we could render the most needed service.

We took part in Red Cross work, the linen drive, Liberty Loan and Thrift stamp sales. Contributed to the magazine fund for soldiers in hospitals, gave \$2.50 to the Garment Guild to be used toward buying sewing machines and other useful things for the women of Northern France.

As a club we belong to the Garment Guild and are expected to contribute two garments each.

After the armistice and war work was not so urgent we took up again some of the work that we as a club had been in the habit of doing.

Bought \$10 worth of material out of which we made garments for the Albetina Kerr Baby Home, gave \$10 to the Scholarship Loan fund, subscribed for the Boys Popular Mechanics for the Boys Industrial School. Sewed during several meetings for the Waverly Baby Home and tried to be of service in all ways that we could.

Instead of having printed year books as usual, each member copied the program for the year so that we might have more money with which to respond to the different calls for help that came to us. We are glad to have our printed year books again this year.

In order to be in accord with the times we revised our constitution and doubled our dues in order to try and do away with the frequent assessments.

We have taken up for our study this year, "After the War Problems."

Mrs. G. O. Jefferson, Pres.

Newberg Wednesday Club

With our club, as with most small literary clubs, war work did not cease and study began with the signing of the

armistice, for we found it difficult to adjust ourselves to routine club work, even had Red Cross work, Victory Loan and similar activities not claimed our attention.

It was March before we resumed our study and then the work was the geography and history of Armenia, Palestine and those Asiatic countries most affected by the world war.

We joined with our Civic Club in Red Letter Day for the Scholarship Loan Fund, assisted in the collection of clothing for the Armenians and have been active in the Albertina Kerr Nursery drive.

With the help of the Civic Club we recently gave a social afternoon for our own women and those of surrounding communities, several of whom we found represented unfortunates clubs. Mrs. Hill was our guest of honor, interesting us in some of the many things which she is interested.

We have so far as possible made our program for this year a reconstructive one and have found the General Federation Magazine an invaluable help in making up this program.

Ethel S. Palmer,

President.

Portland Railroad Woman's Club

The Portland Railroad Woman's Club, as an industrial club, stands for co-operation of the employer and employee. Our membership numbers 25. All eligible and members must be naturalized or native citizens.

Our year's program coincides with the State Standing Committees. We have preceded our State President's recommendations in regard to consolidation of departments, the Industrial and Literary and Library departments being the most active last year.

In spite of the epidemic we were able to keep up with our special study of American History without violating the health law. Our activities liking to that of other organizations in thrift and community service, we stand 100 per cent in loyalty, every member holding from \$200 to \$1200 in bonds.

Our motto is Harmony in Interest for Higher Activities.

Oregon first, always.

Mrs. Hattie Keyzer.

McMinnville Woman's Civic Improvement Club

The Woman's Civic Improvement Club of McMinnville, like all the rest, did the patriotic work that fell to us to do, and for the time being set aside our regular club programs.

The Patriotic Committee conducted a baby weighing contest, as requested by the government, 74 babies being weighed and measured.

In January we were instrumental in conducting a series of lectures by Dr. Janet Reid, who was sent by the government. These talks were to women and girls and were well attended. The lectures were of much benefit to the girls, as they instructed in the care of their health.

We gave to the soldiers' hospital and library funds, and in fact met every patriotic demand. Our club was the first to subscribe for magazines for the soldiers. Our membership was one hundred per cent Red Cross.

During the Western Consumers' Week we gave a home products dinner, assisted by Mr. A. G. Clark, of the Associated Industries of Oregon, in honor of our Commercial club.

In September the Membership Committee conducted a drive for new members and more than doubled our membership.

This year we expect to go back to civic work and have plans for improvement in our park and city in general.

At our September meeting a local physician gave a lecture on public health. At the October meeting A. G. Clark lectured on woman's part in the industries of Oregon and a local citizen talked on home civic questions. We plan for lectures of interest for each meeting during the coming year.

Redmond Woman's Club

During the war the Woman's Club became the Woman's Club Auxiliary to Red Cross, maintaining sewing room and surgical dressing room. Every drive was liberally supported and Liberty Bonds purchased. With the election of May it resumed its regular activities as a civic organization, since which time it assisted with the Junior Literary Club in raising the quota for

Everybody Economize

Nobody knows just how long the high prices for clothes are going to last; these prices are due to so many different causes all along the line, from the raw wool to the finished product. The high cost of clothes isn't our fault, or yours, or any one person's fault; it's everybody's fault. It springs from causes that started long ago.

HOOD RIVER
OREGON

The PARIS FAIR

HOOD RIVER
OREGON

We've been telling you how to reduce the high cost of Clothes—Buy

Hart, Schaffner & Marx Clothes

They are all wool, guaranteed, and look better and stay looking better, and you save because you have to buy fewer clothes.

Let us help you reduce the high cost of clothes. We are prepared to do this and can supply your every requirement at any price you wish to pay.

Our Line of Suits for Boys

Will please you in Style, Fit, Quality and Price. We can help you economize in this Department as well as all others.

You will find you can always do better at this store.

Y. W. C. A. carry-on work. The district trebled its quota.

The Club has taken over the library under a library committee; sold Chattanooga tickets to amount of \$252.90; has charge of U. of O. Woman's building fund and raising funds for Kerr Baby Home; has charge of Woman's department in local potato show and offers prizes to the domestic art classes in Redmond Union high school.

Membership 48.

Oda F. Roberts, Sec.

Commercial job printing at the Glacier office.

FOR SALE

For Sale—8 room house, just painted, four lots, fine garden spot, running water. I am leaving for California on May 30 and will sell at a bargain on time to right party. Call at 129 Columbia St. or Phone 3164. F. P. Jones, April 29th.

For Sale—Two good milk cows. Tel. 394. April 29th.

For Sale—Pepperless and Setted Gem potatoes for planting. Call or write C. L. Thrift, Hood River, Ore. Delivery. April 29.

For Sale—Clark seedling strawberry plants. W. J. McKee, near Struck Corner, on West Side. April 29.

For Sale—A light team of horses. Weight about 1650 each. Frank Hanel, Tel. 512. April 29th.

For Sale—1000 Jersey boar. Call Odell 55. May 30.

For Sale—Two-ton Federal truck, or will trade. Odell 55. John E. Plog. May 30.

For Sale—Cheap—Two second hand cars, one 1914 weight about 1500 each. Good for selling, have too many horses. Anton Overend, R. D. No. 2. April 29th.

For Sale—A pure bred Jersey cow. Gentle 1408 Taylor. Phone 253. M. D.

For Sale—A horse and buggy. Phone 478. W. G.

For Sale—I have a few sacks of American Wonder and Barabank one piece drop seed potatoes for sale, each only at 75¢ per pound at Ranch, 2 1/2 miles south of Parkdale. Timothy Newell. Phone Odell 3122. M13

For Sale—100 acres of 65 miles southeast of Parkdale, good house and barn, between 7 and 8 acres cleared, water piped to house, free irrigation water. For \$1600. W. M. Keeling, R. D. 3, Hood River, Ore. M17

For Sale—Eggs for setting, from thorough bred Black Minorca, S. C. Phone 202. April 29.

For Sale—Pure bred year old Holstein bull, also girl's bicycle. Call Odell 2342. R. E. Callison, Parkdale, Ore. M6

For Sale—7500 Clark seedling strawberry plants. John Cooper, Parkdale, Ore. Tel. 417. April 29.

For Sale—1914 Ford touring car, newly painted, A-1 condition, electric starter, Meyers spray machine, large triple tank, two gears, free triple spray machine. Phone Grove 447. Tel. 428.

For Sale—Seed potatoes, Setted (Gem) choice. W. H. Corey, phone 777. M21F

For Sale—10000 Clark seedling strawberry plants, nicely trimmed and delivered to destination. Collins Knoll, phone Odell 385. M18

For Sale—The best home in the city, both as to location and view, 3 1/2 acres within half mile of good shopping point, 12 acres in good bearing orchard, 12 acres of fine soil, fine view, fine spring. Price, \$11,000. House of five rooms and six lots. Price, \$11,000. W. A. Wood, on the Heights, phone 1922. M20

For Sale—One 2 1/2 wagon with rack; one rubber tire truck; one surrey; set of light harness; two light single harness. A. A. Hukari, tel. 328. M21

For Sale—At a great bargain, 1 team horse, weight 3000 lbs. sound and true, will work any place. Will sell only if desired, or will trade for cattle, spring or automobile. W. H. H. Bros., phone Odell 17. M22

For Sale—3-in. Milburne Wagon with 5000 lb. springs and apple rack. Triple Bean sprayer, 200 gal. tank, 2 gears, 2 mile spreader. E. R. Pooley, phone 681. M23

For Sale—Chester White Pigs, registered, good as meat, also bred sows, priced to sell, if taken at once. Bonanza Fruit Stock Farm. Phone 948. M24

For Sale—7 Passenger, Studebaker, five good tires, two brand new; perfect condition, \$75. Terms. Other good second hand buys. 821-Judd-Overland Co. The Cascade Garage. M25

For Sale—4 room house, large pantry, large wood house, light and water, sewer connection. 3 nice lots, graded streets and sidewalk. H. C. Ditzel, tel. 3124. M26

For Sale—One 1/2 acre incubator, used one season, good as new, for \$20. Call today. 875 Avalon Poultry and Fruit Farm, Sherman J. Frank. Phone 548. M27

For Sale—Barred Rocks. O. A. C. strain, setting eggs, \$1.20 per setting of 15. Mrs. Max L. Moore, tel. 203. M28

For Sale—Twenty acres on Deer Flat, ten acres bearing orchard twelve year old apple trees, ten acres unimproved choice land. Phone or write, C. R. Compton, Deer Ore. M29

For Sale—Pure bred Togenburg Buck Jonathan L. Johnson, 1227 W. Sherman street. M30

For Sale—Fire wood. Leave orders at Apple's grocery store. M31

For Sale—Five room house on Heights, also Oakland plans. Mrs. G. F. Stranahan, phone 3175. M32

For Sale—6 weeks old pigs. T. J. Miller, tel. 388. M33