

WOMEN ASK FOR RATIONING PLAN

American Women Volunteer to Buy Fixed Amounts of Meat, Bread Flour, Sugar and Butter.

PLAN STARTED IN NEW YORK.

Idea Supplements U. S. Food Administration's New Home Card Now in 10,000,000 Homes.

The women of America, who are anxious to do their great part in the winning of the war, are now, as a whole, familiar with the most important aspects of food conservation. The Home Card, both in its original form and in the revised edition for 1918, which provides for two wheatless days, one meatless day a week, in addition to a wheatless meal every day, has been placed by the Food Administration after a vigorous campaign in 10,000,000 American homes. An intelligent and conscientious observance of the Home Card's requirements is all the Food Administration asks of the housewives of the country.

The Food Administration has had a great many requests, however, particularly from the homes of the well-to-do, that it should issue a worked out plan for a voluntary system of rationing.

This desire for a voluntary ration springs from two causes—first, because it is far simpler for the housewife to save food when she has a concrete working plan by which to proceed, and, second, because the loyal women of America desire, unselfishly, to put themselves on the same basis as the women of the Allied countries. The ration proposed by the Food Administration is almost the same as that adopted in England for voluntary observance. All over the United Kingdom, in hundreds of houses there hangs in the front window a card with the stirring pledge, "IN HONOR BOUND WE ADOPT THE NATIONAL SCALE OF VOLUNTARY RATIONINGS."

The ration recommended by the Food Administration, and adopted first in New York city, whence the idea has spread through the entire country, is the following:

	Weekly Allowance Per Person.
Meat —Beef (fresh, salted, linned and hashed); mutton, lamb and veal (mutton by preference)	2 1/2 lbs.
Butter	1/4 lb.
Cooking Fats (margarine, lard, lard substitutes, vegetable oils)	1/4 lb.
Wheat Flour (for use in cooking gravies, etc., where corn starch, cracker dust or bread crumbs cannot be substituted)	1/4 lb.
Victory Bread (containing at least 20 per cent. of a substitute for wheat flour)	1 1/2 lbs.
Sugar (including all sugar used on the table and in cooking and all sweetmeats and candies, but not that used for canning and preserving)	1/4 lb.

The items listed above are the only ones which are definitely limited. In the case of milk and cream, as much may be used as necessary, and children, of course, must have their full allowance of whole milk. Fish and poultry, any cereal other than wheat, vegetables and fruits and cheese may be used as freely as is desired.

The above ration is in no wise intended to supplant the Home Card, but rather to supplement it. It has been published with the idea that it will be a very real aid to the American woman in her splendid effort to carry out the great food conservation program.



Victory is a Question of Stamina
Send—the Wheat Meat·Fats·Sugar
the fuel for Fighters
UNITED STATES FOOD ADMINISTRATION

Plant a War Garden; Help Win the War.



THIS IS THE WAR GARDEN PLANTED BY WORKERS IN A BIG FLOUR COMPANY

HELPING to increase our export food stocks, war gardens will be planted this year in greater numbers than ever before. Each American family that has a garden plot is being urged to become more nearly self-sustaining by making use of it. This will render a national service by lessening the burdens on our railroads. Fewer carloads of food hauled about the country means more cars of munitions and food sent to seaboard for the Allies.

The United States Department of Agriculture and State Agricultural Colleges have printed leaflets of instructions for gardeners which will be sent upon request without charge.

It was only during the last winter that government experts were able to know definitely how great was the aid of 1917 war gardens. In many sections the potatoes and other vegetables raised enabled the people to escape a threatened famine in certain commodities that were held up on account of the railroad transportation crisis. Approximately 2,000,000 war gardens were planted in 1917—many were failures; but the gardener now knows more about raising vegetables and will do better in 1918.

Administrator's Notice to Creditors.

Notice is hereby given, that the County Court of the State of Oregon, for Tillamook County, has appointed the undersigned as administrator of the estate of Irene Mabel Webb, deceased; and all persons having claims against said estate are hereby required to present them to the undersigned, together with the proper vouchers therefor, at the Todd Hotel, in Tillamook City, Oregon, or to T. H. Goynes, an attorney at law, at his office, in Tillamook City, Oregon, within six months from the date of this notice.

Dated May 9th, 1918.
Edwin J. Webb, Administrator of the Estate of Irene Mabel Webb, deceased.

Administrator's Notice of Hearing of Final Account.

Notice is hereby given, that the undersigned has filed his final account as Administrator of the Estate of Hannah M. Nelson, Deceased; and that the County Court of the State of Oregon, for Tillamook County, has set Saturday the 22nd day of June, 1918, at ten o'clock a.m., at the courtroom of said court in Tillamook City, Oregon, as the time and place for the hearing of objections to said account, and the examination thereof and the closing of said estate, and any and all persons interested in said estate are hereby required to appear at said time and place and offer objections to said account, if any they have, and to the closing of said estate.

Dated May 23rd, 1918.
Axel Nelson, Administrator of the Estate of Hannah M. Nelson, Deceased.

Summons.

In the Circuit Court of the State of Oregon, for Tillamook County.
Mollie Shartel, Plaintiff,

vs.
Mark T. Shartel, Defendant.
To Mark T. Shartel, the above named defendant;

In the name of the State of Oregon, you are hereby required to appear and answer the complaint filed against you herein, on or before the last day of the time prescribed in the order for the publication of this sum-

mons, to-wit: July 4th, 1918, and if you fail to so appear and answer for want thereof, the plaintiff will apply to the Court for the relief prayed for in the complaint, to-wit: for a decree dissolving and annulling the contract of marriage now existing between the plaintiff and the defendant and that the plaintiff have the custody of the minor children, Evelyn, Gordon, William and Paul Shartel, and for such other relief in equity which the Court may deem just.

This summons is served upon you by publication by order of the Hon. A. M. Hare, County Judge of Tillamook County, Oregon, in the absence of the judge of the above named Circuit Court from said county, said order being made and filed herein on the 20th day of May, 1918, and the date of the first publication hereof is May 23, 1918, and the date of the last publication is July 4, 1918.

Johnson & Handley, Attorneys for the Plaintiff.
Address: 107-8-9 I. O. O. F. Bldg., Tillamook, Ore.

Road to Hoppiness.

Be amiable, cheerful and good natured and you are much more likely to be happy. You will find this difficult, if not impossible, however, when you are constantly troubled with constipation. Take Chamberlain's Tablets and get rid of that and it will be easy. These tablets not only move the bowels, but improve the appetite and strengthen the digestion. For sale by Lamar's Drug Store.—Paid Adv.

Best Remedy for Whooping Cough

"Last winter when my little boy had the whooping cough I gave him Chamberlain's Cough Remedy" writes Mrs. J. B. Roberts, East St. Louis, Ill. "It kept his cough loose and relieved him of those dreadful coughing spells. It is the only cough medicine I keep in the house because I have the most confidence in it." This remedy is also good for colds and croup. For sale by Lamar's Drug Store.—Paid Adv.

Notice

All persons having account with me, kindly settle same with Kathleen Mills, at the City Recorder's office in the City Hall. Your prompt attention to the payment of your bill will save you the costs of collection.
Grant Mills.

HELP IN 50-50 WHEAT PROGRAM

Thousands of Retail Grocers Support Food Administration Rules.

SIGN PLEDGE VOLUNTARILY.

New Wheat Saving Program Demanded—Allied Food Shortage Increases—America Must Feed Fighters.

Explaining the United States Food Administration's new 50-50 wheat regulations is a war time task the American grocer has gladly shouldered. Many stores are already displaying their Food Administration wheat saving pledge cards, that they have signed, agreeing to carry out the new wheat program.

Each flour customer is now required to buy one pound of cereal substitute for every pound of wheat flour. The substitute may be of one kind or assorted. This 50-50 sale is made by weight and not by value of the commodities. There is, of course, no regulation demanding the consumer to buy wheat flour at all.

A wide variety of substitutes has been provided: Cornmeal, corn flour, edible cornstarch, hominy, corn grits, barley flour, potato flour, sweet potato flour, soy bean flour, Feterita flour and menis, rice, rice flour, oatmeal, rolled oats and buckwheat flour.

Graham and whole wheat flour constitute an exception to the national regulation. Either of these commodities may be sold at the ratio of three pounds to five pounds of wheat flour—that is, five pounds of graham or wheat flour counts the same as three pounds of the usual wheat flour.

Mixed flours form another exception. Where any flour contains 50 per cent. or less of wheat it may be sold without any substitutes. Where the flour is mixed at the rate of 60 per cent. wheat and 40 per cent. of other ingredients an additional 20 per cent. of substitutes must be purchased by the consumer.

Where necessity is shown specially prepared infant's and invalid's food containing flour may be sold.

That the approved substitutes may be assorted is a fact many grocers and housewives overlooked for a time. For instance, if a customer wishes to buy a 24 pound sack of flour the necessary substitutes might be assorted as follows: Cornmeal, 8 pounds; corn grits, 4 pounds; rice, 4 pounds; buckwheat, 2 pounds; cornstarch, 1 pound; hominy, 2 pounds; rolled oats, 3 pounds.

None of the substitutes should be considered as a waste purchase. There are many household uses for each. The eight pounds of cornmeal can be made into cornbread, corn muffins or used in the baking of wheat bread.

Cornstarch is useful in making custard, thickening gravy or may be used in cake baking. Corn grits fried like mush forms a delicious dish, or it may be used in baking corn bread. Rolled oats are used largely as breakfast porridge or in oatmeal cookies or in making muffins.

Buckwheat flour may be used in bread making, forming an excellent substitute for one-quarter of the wheat flour, but is especially choice in the form of buckwheat cakes for breakfast.

With 11 wheatless meals needed each week in America to provide enough wheat for the allies, the Food Administration believes the substitutes will all be used to advantage.

USE LESS WHEAT.

The allied nations have made further increased demands on us for breadstuffs—demands that Americans are obligated to meet.

In the meantime America's meat supply has been greatly increased for some months to come by the unprecedented shipping to market of hogs that averaged 232 pounds each instead of 203 pounds—the normal.

The United States Food Administration, endeavoring to adjust the international food balance, promptly removed certain restrictions in this country on the use of meat and at the same time asked for a smaller consumption of breadstuffs.

We are asked to observe only one meatless day each week—Tuesday. We will have larger meat stocks for awhile. But our bread ration must be held to a minimum.

In altering its food conservation program the Food Administration emphasizes that the food situation is of necessity, subject to radical changes, caused by crop conditions at home and abroad and by the precarious transportation problem, both in overseas shipping and in America's overburdened transportation system.

The Food Administration will keep the American people fully and frankly advised of each change in the developing situation that they may know definitely the part their food sacrifices play in the world war.

Notice to Creditors.

The undersigned has been appointed executor of the last will and testament of Elizabeth J. Goodspeed, deceased, by the County Court of Tillamook County, Oregon, and has qualified as such. All persons having claims against the estate are required to present the same to me at my residence in Bay City, Tillamook county, Oregon, within six months from date hereof, with proper vouchers.

Dated April 25th, 1918.
Annie Hess, Executrix,
H. T. Botts, Attorney.

Notice to Creditors.

Notice is hereby given that the undersigned has been appointed administrator of the estate of Willis B. Powell, deceased, by the County Court of Tillamook county, Oregon. All persons having claims against the estate are hereby required to present the same, with proper vouchers, to the undersigned at his office in Tillamook City, Oregon, within six months from the date of the first publication hereof.

Dated May 9th, 1918.
H. T. Botts,
Administrator.

Notice of Final Account.

In the County Court of the State of Oregon, for Tillamook County.
In the matter of the Estate of J. S. Stephens deceased.

Notice is hereby given that the undersigned administrator of the above named estate has filed his final account herein and that the above named Court has fixed Friday, May 24th, 1918, at 10 o'clock in the forenoon of said day, at the Court House in Tillamook County, Oregon, as the time and place for hearing objections to said final account.

W. J. Stephens
Administrator of the
Estate of J. S. Stephens,
Deceased.
Johnson & Handley,
Attorneys for Administrator.

Executrix's Notice to Creditors.

Notice is hereby given to all whom it may concern, that the undersigned has been appointed executrix of the last will and testament of John Neiger, deceased, by an order of the County Court of Tillamook County, Oregon, made and entered of record therein on the 30th day of April, 1918, and that she is now the executrix thereof.

All persons having claims against the estate of said deceased, are hereby notified to present them to the undersigned, as said executrix, with the proper vouchers thereof, at the law office of Webster Holmes, in Tillamook City, Oregon, within six months from the date of this notice.

Dated this 2nd day of May, 1918.
Barbara Neiger,
Executrix of the last Will and Testament of John Neiger, deceased.
Webster Holmes,
Attorney for said Executrix and Estate.

Notice of Hearing Administratrix's Final Account.

Notice is hereby given, that the undersigned administratrix in the above entitled estate has filed her final account with the County Court of Tillamook County, Oregon, and that said Court, by an order duly made and entered has fixed Saturday, the 25th day of May, 1918, at 10 o'clock a.m., as the time, and the office of the County Judge for said Court, as the place, for the hearing of said final account.

Notice is further given to all persons to appear at said time and place and show cause, if any there be, why said final account should not be allowed, said administratrix discharged and her bondsmen exonerated.

Dated April 25th, 1918.
Catherine A. Long,
Administratrix of the Estate of Frank Long, Sr., deceased, Tillamook, Ore.

Citation.

In the County Court of the State of Oregon, for Tillamook County.
In the Matter of the Estate of James R. Eldridge, deceased.

To Frank Eldridge, Jennie Van Horn, the heirs of the above named deceased, and all others unknown. Greetings:

In the name of the State of Oregon, you and each of you are hereby cited and required to appear in the above Court at the Court House in Tillamook City in said county and state, on the 24th day of May, 1918, at 10 o'clock in the forenoon of said day, then and there to show cause, if any exists, why an order to sell should not be made as prayed for in the petition herein filed for the sale of the following described property, to-wit:

A tract of land 56 feet wide off the entire west side of the following described tract of land, to-wit: Beginning at a point sixty feet south of the southeast corner of Block 13 in Park Addition to Tillamook City; thence west to the center of Delmonte Street in said Park Addition; thence south to the south line of the subdivision known as Goodspeed's Park; thence east to the west line of lot 4 of said Goodspeed's Park, thence north to the place of beginning containing 4 acres more or less, and including Blocks 18 and 19 of said Park Addition in Section 30, T 1 S., R 9 W. W. M.

Witness, the Hon. A. M. Hare Judge of the above named court, with the

seal of said Court affixed this 23rd day of April, 1918.
Attest: Erwin Harrison, County Clerk
First publication, April 25, 1918.
Last publication May, 23, 1918.

Notice to Contractors.

Notice is hereby given that the County Court of Tillamook County, Oregon, will until 10 o'clock a.m. on June 6, 1918, receive proposals for the construction of the Hunt's bridge approaches, at which time said proposals will be publicly opened and read.

The work is to be done in accordance with the plans and specifications now on file in the office of the county clerk of Tillamook County. Each proposal shall be in a sealed envelope plainly marked on the outside "Proposal to construct the Hunt's bridge approaches," and shall be accompanied with cash, certified check or bidder's bond equal in amount to 5 per cent of the total of the bid, such amount to be made payable to Tillamook County. All proposals shall be made on the form furnished by the County Clerk.

The Court reserves the right to reject any or all bids.
Erwin Harrison, County Clerk
First publication May 16, 1918.
Last publication May 30, 1918.

Summons.

In the Circuit Court of the State of Oregon, for Tillamook County.
W. A. Williams, Plaintiff,

vs.
G. F. Chaphe, and Edith V. Chaphe, husband and wife
Defendants

To G. F. Chaphe, and Edith V. Chaphe, husband and wife, the above named defendants.

In the name of the State of Oregon, you are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before the expiration of 6 weeks from the date of the first publication hereof, and if you fail so to answer for want thereof, the plaintiff will apply to the court for the relief demanded in the complaint, which is, that you be forever barred and foreclosed of all right, title, interest or claim of, in or to the following described real property, situate in Tillamook County, State of Oregon, to-wit: Lot 4, Block 35 of Thayer's Addition to Tillamook (now Tillamook City), unless you pay to the plaintiff within 30 days from the entry of decree in said cause or such other time as the court may fix as reasonable, the sum of \$300, with interest at 8 per cent per annum from August 15th, 1916, the further sum of \$9.75 on account of taxes with interest at 6 per cent per annum from September 1st, 1917, the further sum of \$4.32 with interest at 6 per cent per annum from April 5, 1918, the further sum of \$37.25 on account of sewer assessment with interest thereon at 6 per cent per annum from November 7th, 1917, and the costs and disbursements of this suit, which sums are payable on account of the balance of the purchase price evidenced by promissory note given by you to plaintiff on the purchase of said property and payments for taxes and other liens against said property accrued thereon after the purchase price became fully due and payable and \$100.00 as attorney's fees.

This summons is published in the Tillamook Headlight by order of the Honorable George R. Bagley, Judge of the Circuit Court of the State of Oregon, for Tillamook County. Said order is dated the 6th day of May, 1918, requires publication to be made once a week for six successive weeks and the time for answering is thereby fixed as on or before the expiration of six weeks from the first publication. The date of the first publication hereof is May 9th, 1918, and the last publication June 20th, 1918.

H. T. Botts,
Attorney For Plaintiff,
Residing at Tillamook City, Ore.

Summons.

In the Circuit Court of the State of Oregon, for Tillamook County.
Mamie E. Davis, Plaintiff,

vs.
Calvin S. Davis, Defendant.

To Calvin S. Davis, the above named defendant:

In the name of the State of Oregon, you are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before the 20th day of June, 1918, said date being after the expiration of six weeks from the first publication of this summons, and if you fail to appear and answer said complaint, for want thereof, the plaintiff will apply to the court for the relief prayed for in the complaint, to-wit: For a decree of said court dissolving the bonds of matrimony and cancelling and annulling the marriage contract existing between plaintiff and defendant, and that plaintiff may be restored to her former maiden name, Mamie E. Worthington, and for general relief.

This summons is published by order of the Hon. A. M. Hare, County Judge of Tillamook County, State of Oregon, in the absence of Hon. Geo. R. Bagley, Circuit Judge of said court, which order was made and entered on the 2nd day of May, 1918. The date of the first publication of the summons is Thursday, May 9th, 1918, and the date of the last publication is Thursday, June 20th, 1918, and the number of insertions is seven (7), and the time prescribed for the publication thereof is six (6) weeks, and said seven (7) insertions.

John Leland Henderson,
Attorney for Plaintiff,
Tillamook, Oregon.

USE MORE POTATOES.

HELP consume the 1917 record breaking potato crop. Government experts have estimated that over 700,000 extra acres of potatoes were planted last year. The United States Food Administration is endeavoring to push the nation's big potato stocks into channels of trade and has placed potatoes on the list of substitutes that may be bought along with wheat flour.

Potato soup has become a war dish. Here is a recipe that has been tested by United States Food Administration experts. Ingredients needed are three potatoes, one quart of milk, two slices onion, three tablespoons butter substitute, two tablespoons flour, one and one-half teaspoons salt, one-quarter teaspoon celery salt, one-eighth teaspoon pepper, few grains cayenne and one teaspoon chopped parsley.

Cook potatoes in boiled salted water. When soft run through a strainer. Scald milk with onion, remove onion and add milk slowly to potatoes. Melt the fat, add dry ingredients, stir until well mixed, then stir into boiling soup. Cook one minute, strain and sprinkle with barley.