

Mac Says:

We've Moved!

into the building formerly occupied by the Mellinger Hdw. By so doing, we hope to better serve our many patrons with an enlarged stock, and a more centrally located Store

Christmas and Holiday Gifts

We have them on display. Call to look them over, while on your shopping trips. BEST WISHES OF THE SEASON

MAC'S PHARMACY



When Business is Good

SATURDAY night is a mighty good time to ask yourself this question: "Is our community sending more money out of town than is coming in each week?" Of course the only safe answer is "NO!"

This means that we folks in this neighborhood must patronize local supply men and merchants if we expect our town to prosper and "stay on the map."

Frankly, it means that every citizen will find it most profitable to read the advertisements in this paper every issue, and to follow their good advice.

Our advertisers are all personally interested in this town—and in YOU. They are helping you build a better home community. When business is good, their profits are being shared with you in an endless chain of co-operative betterment.

Read the Ads in this Paper and save yourself money by trading at home

How Butter Fat in Milk Is Broken Up

Do you know what the word homogenization means?

Ninety-eight out of 100 housewives to whom the question recently was put admitted they couldn't answer. Can you?

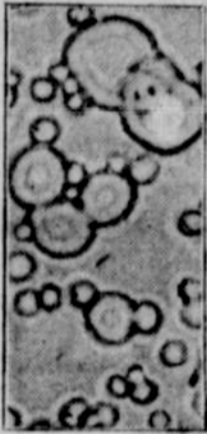
But here it is explained by Miss Meta H. Given, food authority doing research work at the University of Chicago.

"Homogenization," says Miss Given, "is the name of the process which breaks up butter fat in evaporated milk into tiny particles so they blend evenly with the solids. Homogenization causes the butter fat globules to adhere to the albumin and the casein of the milk. In the process, milk is forced through countless numbers of openings at a pressure of around 3,500 pounds.

"In addition to preventing a cream and skim milk line, this breaking up of fat contributes to smoothness and perfect blending of foods such as cream sauces, soups, ice cream and in baked products.

"It also has a digestive advantage for those who have difficulty in assimilating milk. Many pediatricians recommend evaporated milk as a baby food, although, like other substitutes for the natural supply, it should not be considered as a food complete in itself. Addition of orange or tomato juice, barley water or lime water are important in providing adequate diet for the infant.

"All authorities recognize that normal mother's milk is the best food for infants, but this natural milk is frequently inadequate in quality and quantity. Scientists say cow's milk is the best substitute. But cow's milk must be modified and supplemented with other foods. The fat in mother's milk is in homogeneous suspension and being flocculent forms small curds in the stomach, but the fat in cow's milk is in relatively large globules, forms large tough curds in the stomach and is much harder to digest. In evaporated milk the fat is broken up by homogenization and the curds softened until in size and digestibility they resemble natural infant food."



Fat Globules in Raw Milk.



Globules After Homogenization.

Globules in relatively large globules, forms large tough curds in the stomach and is much harder to digest. In evaporated milk the fat is broken up by homogenization and the curds softened until in size and digestibility they resemble natural infant food."

CHARGE IT

By THOMAS ARKLE CLARK
Dean of Men, University of Illinois.

HOWARD was broke, he said, and needing money badly. It was not only that he was broke, but he was seriously in debt.

"The trouble with me," he said, "is that my credit's too good. All that I need to do when I see a suit of clothes or a silk shirt or a blazer in a shop

window is to go in and charge it. The hardest thing for a young fellow to understand is that when he charges anything it ultimately has to be paid for."

When I was a young chap on the farm it was the custom to have a running account at the grocery store in the village and at the dry goods store. When any one of the family wanted some article of clothing, or mother wanted groceries for the table, all we had to do was to go into the store and order it. Father paid the bill at the end of the year.

The trouble with the system was that the bill was always larger than he or any one of us had suspected. There was much discussion before the bill was paid. There were many items we had all forgotten about, and the price always seemed larger when the bill was to be paid than when the original charge was made. We came to see that the merchant who carried the charge never did so for nothing. We paid in the end for more than the credit was worth. We learned that the cheapest and the safest way is to pay cash for what you buy.

Baldwin wandered into my office a few days ago so old and broken, so gray and wrinkled, that I scarcely knew him. He walked with a cane, and he carried the stick not for show, but because he needed to bear his weight upon it. And yet Baldwin was not really an old man. He had been a gay youth prodigal of time and money. He was strong and healthy and prided himself that he could stand any sort of physical and mental dissipation. He worked all night often, he ate more than was good for him; he smoked and drank heavily; he could get on with very little sleep, and he seemed for years to show very little ill effects from his uncertain habits.

It was only another case of running a charge account, however. Nature always asks for a final settlement in such cases, and she piles up compound interest. Baldwin was only paying his charge account which had been running for so many years.

Gregory in his junior year was having trouble with his studies. He worked harder than he had ever done, he admitted, but he was not getting on. The college was getting more rigid, he claimed, the instructors were piling on the work as never before. The real facts were that Gregory was only settling his charge account—with interest as always. He had loafed during his first two years, he had charged his intellectual accounts, and now he was having to carry himself while paying the old debt.

It is so always. Whatever we charge mental, moral, or financial, we shall ultimately have to pay with added interest.

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DIPPING INTO SCIENCE

Old Songs

The lyric for Annie Laurie was inspired by a beautiful woman of that name about 1700. An earlier familiar rhyme in song, however, was "Three Blind Mice," 1699, while "Sing a Song of Sixpence" is said to date back to the sixteenth century. Others not so well known were written even earlier.

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ANNOUNCEMENT.

In the future the Bank of Vernonia will be open the second and fourth Saturday evenings of each month from 6:30 to 8 p. m.

The bank will not be open evenings on the Saturday when there is no pay day at the mill. Bank of Vernonia.—Adv.

Nourishing Drink for Children



BABIES and children, the same as adults, grow weary of being fed the same food in the same way each day. It is true that most children take naturally to milk, but that does not mean that they must be fed it ad nauseam. On the contrary, that is the very thing to be avoided.

Pediatricians advise consumption by children of a quart of milk a day in one form or another. This does not mean skim milk, but whole milk, for the skimmed product is lacking both in butter fat and the essential food element known as vitamin A, which is found in butter fat. Many mothers do not appreciate that removal of cream from the top of a bottle of milk results in skim milk.

In evaporated milk, a product recommended by many leading doctors for the use of infants and children and which is simply pure cow's milk sterilized in cans and with sixty per cent of the water removed, there is no cream line. The milk in the top of a can is the same as it is in the bottom of the container. This results from a process called homogenization, in which the fat globules in the milk are broken up into such microscopic bits that they remain in homogeneous suspension. Every drop of homogenized milk has a buttery taste because it contains butter fat. For this reason, in evaporated milk, there is none of the flat taste one finds in drinking from the bottom of a bottle of market milk.

In order to avoid feeding the baby or child plain milk three or four times a day, many authorities recommend the use of a mixture of fruit juice and milk, a highly palatable and refreshing drink.

Following is a recipe worked out by experts for an orange-milk drink:

Mix in a fruit jar ¼ of a cupful of orange juice, ¼ of a cupful of evaporated milk, three teaspoonfuls of sugar, ½ teaspoonful of lemon juice and a few grains of salt. Shake well before serving.

We have been delayed a week in our moving, but we will positively open in our new quarters on Monday, December 21st. Don't forget the new location—on the corner across from the bank and on your way to the postoffice. Our goods will be of even higher quality than they have been in the past and we will also carry much more of a variety. This is your new bakery—you have made it possible and we want you to come in and visit us whether you buy or not.—Vernonia Bakery.

Mistress—"So your matrimonial life was very unhappy. What was the trouble? December wedded to may."

Chloe Johnson—"Lan's sake, no mam. It was Labor Day wedded to the Day of Rest."

Have you considered Fruit Cake as a Christmas gift? Our Fruit Cake is of the highest quality and your friends will appreciate it. Send some to the folks far away—time only increases its goodness and it is easy to pack and mail.—Vernonia Bakery

Appropriate Christmas Gifts for Men

Petersen's Popular Prices

REITHNER'S

The Leading Store of Vernonia. Personal Service and quality Goods.

SPECIAL SALE

on Ladies and Children Coats, Ladies and Childrens Dresses

We wish you all a Merry Xmas and a Happy New Year. Anything you buy at Reithner's will be new. Little, Tall, Large or small, we have Gifts for all

REITHNER'S