

Fewer Eggs are required with ROYAL BAKING POWDER

In many recipes the number of eggs may be reduced with excellent results by using an additional quantity of Royal Baking Powder, about a teaspoon, for each egg omitted. The following recipe is a practical example:

Chocolate Sponge Roll

- | | |
|----------------------------|---------------------------------|
| 1/4 cups flour | 2 tablespoons melted shortening |
| 1/2 teaspoon salt | 1/4 cup hot water |
| 1 cup sugar | 1 teaspoon vanilla |
| 2 eggs | 2 teaspoons Royal Baking Powder |
| 2 squares melted chocolate | |

The old method called for 4 eggs and no baking powder

DIRECTIONS—Sift flour, baking powder and salt together three times. Beat whole eggs. Add slowly sugar, then boiling water slowly; add next vanilla, melted chocolate and melted shortening, without beating. Sift in dry ingredients, and fold in as lightly as possible. Pour into large baking pan lined with oiled paper, and bake in slow oven twenty minutes. When done, turn out on a damp, hot cloth, spread with white icing and roll.

Booklet of recipes which economize in eggs and other expensive ingredients mailed free.

Address ROYAL BAKING POWDER CO. 135 William St., New York

NOTICE TO CONTRACTORS

Sealed proposals, addressed to the County Court of Columbia County, Oregon, and endorsed "Proposals for Improving the following roads in Columbia County, Oregon, to wit: In Road District No. 8, Fish Hawk Road above A. M. Berg's, Sta 12 to 38; North Bank Road, at Fish Hawk School; North Bank Road, east to Highway; North Bank Road, east from Nelson's; Lower Nehalem Road, in Sec. 14, T. 6 N., R. 5 W.; Upper Nehalem Road, Specification No. 1, near Oak Ranch Bridge; Upper Nehalem Road, Specification No. 2, below Burt's place; Upper Nehalem Road, Specification No. 3, near Robt. Lindsay's; Upper Nehalem Road, Specification No. 4, near Robt. Lindsay's; Upper Nehalem Road, Specification No. 5, near Forest Hill place; Upper Nehalem Road, Specification No. 6, near Ruddiman's place; or such of the above mentioned roads as the Contractor may elect to bid upon, will be received by said Court until 2 o'clock P. M., June 9th, 1917, and not thereafter, and at that time will be publicly opened and read.

All proposals must be made upon blank forms, to be obtained from the Roadmaster at his office at St. Helens, Oregon, and must give prices proposed, both in writing and in figures and must be signed by the bidder, with his address.

Plans and specifications are on file and may be examined in the office of the County Clerk and also at G. E. Farnsworth's, at Vernonia, Ore.

Each bidder shall deposit with his bid a certified check, cash or a surety bond, for an amount of at least five per cent of his bid, payable to the County Clerk, which shall be forfeited to the County in case the award is made to him and he shall neglect, fail or refuse, for a period of five days after such award is made, to enter into a contract and file the required bond.

The right is reserved to reject any and all bids.
R. S. HATTAN, County Judge,
A. E. HARVEY, Commissioner,
JUDSON WEED, Commissioner,
H. E. ABBY, Roadmaster,
23-2 A. F. BARNETT, County Clerk.

ARE YOU TROUBLED WITH CATARRH?

If so, you should try a bottle of MUCU-TONE, the great catarrh remedy. It contains no opiates or narcotics and the use of it will not hereafter produce the drug habit. We recommend that all you who suffer with catarrh try a bottle of this wonderful remedy. It comes in 50c and \$1 sizes. Sold and recommended by Plaza Pharmacy, St. Helens.

A little want ad in the St. Helens Mist will bring results.

Always trade in your home town

PORTLAND MARKETS

Cattle—There was a very small run of cattle on the market Monday, and with a light demand, prihes were mostly on a steady basis. One lot of strictly fat heavy steers brought \$10.50, which was the top, while a lot of half fat Idaho steers brought \$10.15. A carload of 1950 pound feeders went to a coast butcher at 10 cents, which practically made up all the trade in the beef steers. Strictly fat cows brought \$9 to \$9.25, with medium to good cows from \$8.50 to \$9. Ordinary dairy breed cows sold from \$7.50 to \$8, with thin offgrade cows from \$5 to \$7. Best heavy bulls brought \$8, with ordinary heavy ones bringing around \$7. Good light bulls sold from \$7 to \$7.75, with thin Jersey bulls bringing from \$5 to \$6. Prime light veal calves are bringing from \$9.50 to \$10, with heavy ones from \$7.50 to \$8.50.

Hogs—Hog prices advanced another 10 to 15 cents, establishing a new record top of \$16.25. There was only a light supply with a very good demand. The bulk of hogs sold at \$15.90 and \$16, with a couple of loads going at \$16.10. Pigs sold mostly steady, while some buyers were paying 50 cents higher, the bulk selling at \$13 and \$13.50.

Sheep—There was one lot of sheep on the market consisting of shorn yearlings and ewes. Best yearlings in the lot brought \$7, while the ewes were weighed straight at \$9.25. Receipts are extremely light.

COURSE IN TESTING AND GRAIN GRADING

For Farmers, Warehousemen, Millers, Elevators and Others.

Grain grading, testing and inspection will be given six solid days of lecture and laboratory work at the Oregon Agricultural College, June 7 to 13 inclusive. The work will be of such a character as to familiarize grain men with the variety characteristics of the principal grains of the Pacific northwest, and with the grain grade requirements of the new grading laws. Apparatus will be provided and each student will have an opportunity to make standard weight per bushel determinations, standard moisture tests on wheat, corn and other cereals, hardness tests, gluten tests, both for wet and dry gluten, purity tests, smut tests and washing tests. The laboratory work will not only familiarize the student with the grade

requirements, but will give him actual experience with the manipulation of the apparatus. Lectures will be given on the grades and on the market characteristics of the varieties, handling of grain in bulk, sampling of grain for the making of tests, uses for different kinds of grain, movements of grain, the feature of the grain trade will be discussed, both from the educational and practical standpoints. Inasmuch as the new official federal grain standards for wheat have just been issued, and the grades for corn were issued some time ago, and the Oregon legislature has adopted the federal grades as far as they apply to state conditions, this course will be of great advantage to all who are interested in the production or marketing of grain. It will also demonstrate the importance of uniform federal grades for the United States.

Persons desiring to take advantage of the course should write to the Oregon Agricultural College for information so a reservation for a place in the course may be made.—G. R. Hyslop, professor of farm crops.

The 1915 olive crop of California is estimated to have produced 1,000,000 gallons of oil and 1,800,000 gallons of packed olives.

Sweet clover usually will respond to applications of fertilizers and manure.

CONTRACTING HOUSE MOVING

Cement and Concrete Work a Specialty
CHARLES REAM
St. Helens, Oregon

J. N. HIBBARD AUCTIONEER

Farm and Stock Sales a Specialty
Anywhere — Any Time
Charges Reasonable
RIDGEFIELD, WASH.

PANDORA CORONADO GRAND CIGAR

10 Cents
BANKERS' HAVANA
3 for 25c
You'll enjoy these luxury smokes.
ASK YOUR DEALER

Your Printing

Your business is judged by its quality as a man is judged by his clothes.
—
No "smudge" work at the Mist—
We do class Printing.
—
Reasonable prices for High Class Work.

CENTRAL SHOE SHOP

is again open.
REPAIRING Promptly and Satisfactorily done at Right Prices
J. MILLER



JUNIOR A Dress-up Watch

THE small, thin Junior at \$2.50 is a watch a man need not feel backward in taking from his dress suit pocket.

Not only is it small and neat, but it has a solid nickel case which can't turn brassy. Comes also in the popular gun metal finish. \$2.50

VON A. GRAY Jeweler St. Helens, Oregon

Walk Through Our Bakery



and examine the way we do things, how we buy our flour, etc., the kind it is, how we store it, handle it, mix it, bake it, and then you will be convinced that there is no more cleanly Bakery to be found. You will then know that you can rely absolutely on the purity and wholesomeness of every loaf of bread you buy here, also rolls, cake, and fancy breads. One visit will convince you.

St. Helens Bakery
J. E. Ramsey Phone 95

E. W. KETEL

St. Helens, Ore.
Contractor - - Builder
ESTIMATES, PLANS
Cement Work a Specialty
Phone Connection

H. M. TERRY

THE MOTOR TROUBLE MAN
Expert Machinist. Bring your auto troubles to me. Marine work a specialty. Shop at St. Helens garage.
Phone 57
PRICES ALWAYS REASONABLE

Mortgage Loans On Improved Farms

at the lowest rates and on long time. Repayable in such installments as the borrower may wish. Liberal prepayment terms arranged. No commissions charged. Loans closed promptly. Mortgages purchased.
WM. McMASTER
701 Corbett Bldg.
Portland, Oregon

ST. HELENS ROUTE via Willamette Slough THE PEOPLES BOAT

STR. AMERICA
Leaves Portland daily - 2:30 p. m. (Sunday 1:30 p. m.)
Arrives St. Helens - 6:00 p. m. (Sunday 3:30 p. m.)
Leaves St. Helens - 6:15 a. m.
Arrives Portland - 10:15 a. m.
H. HOLMAN, Agent
Makes all way landings. Wharf foot Alder street. Phones: Main 8323, A-4204.
FRANK WILKINS, St. Helens Agent.

\$25,000 EXPENDITURES IN COOS POWER LINE

A. L. Martin, manager of the Oregon Power Co., received orders to proceed at once with his plans for building an extension power wire to Coquille.

The improvement will cost \$25,000. The power wire will be run from the central plant at the C. A. Smith mill to Coquille.

Mr. Martin also received orders to build a system in Eastside where the company recently was given a franchise. This will mean an expenditure of about \$4,000.

Always trade in your home town.

TRY OUR WANT ADS

For Sale—Two yearling colts at \$10 each; 10 head of work horses at \$10 to \$100 each; 6 heavy draft horses at \$150 to \$250 each; 50 acres of ryegrass and vetch green feed for milk cows for sale, the use of the dairy barn with 30 stanchions will go with it. Frank L. Smith, Smithshire, Scappoose, Oregon. 23-2

For Sale—A fine, gentle Holstein bull, \$65. W. B. Freeman, Deer Island, Ore. 23-3

For Rent—Modern house, partly furnished. One block from postoffice. Apply at Mist office. 23-1

For Rent—Furnished housekeeping rooms, bath, toilet, hot water, garden spot. For sale, 5 swarms of bees, cheap. Mrs. W. D. Moyer, St. Helens. 22-2

For Sale—Two fresh cows. P. C. Jacobsen, Bachelor Flat, Phone 106-F-12. 22-2

I have ten acres of logged off land I want cleared. Apply to A. A. Markkanen, Yankton, Ore. 22-3-x

For Sale—All or part of my farm of 40 acres in West St. Helens. Write or call on S. S. Way, Houlton, Ore.

For a job of masonry or plastering, see L. E. Gulker. Phone 106-8 or address Warren, Ore., R. F. D. 22-12

For Rent—Four-room furnished house. Inquire of Mrs. Peter Felton. 22-2

Wanted—People to know I am running a car for hire. My motto in safety first. Phone A-32 or 64. H. J. Southard. 14-4f

For Sale—S. C. R. I. R. eggs for setting, of new pure strain. Prices reasonable. Mrs. J. W. Allen, St. Helens, Ore.

For Sale—Cheap, a 5-passenger Cadillac automobile; has delivery body as well as touring body; car is in good condition. H. M. Terry, St. Helens Garage, Phone 57. 13-1f

For Sale—One O. I. C. boar nine months old. S. Vincent, Houlton, Ore.

For Sale—Fine modern home, excellent location, with beautiful river view. A bargain. Reasonable terms. See Columbia County Abstract Company about this at once.

Money to Loan—We have \$500.00 and \$1,000 to loan on good farm land security. Long time, reasonable rates. Columbia County Abstract Company.

For Sale—One fresh milk cow; five heifers; will be fresh in three weeks. One good work mare. Seed oats and vetch mixed, ready to seed. Dave Coons, Phone 108-6 Bachelor Flat. 19-1f

For Sale—"Seed Oats." C. O. Dahlgren, Warren, Ore. Phone 102-7. 20-1f

I want to buy all the beef and stock cattle you have. Market price paid; cash. Geo. Wilson, St. Helens, Oregon. Phone D-98. 20-1f

Dairymen, Attention—I have for sale several acres of green clover. Will sell this at reasonable price. Geo. Wilson, St. Helens, Oregon. Phone D-98.

HATCHING DURING MAY AND JUNE

The Necessity of Producing an Extra Pound of Poultry.

(By E. E. Richards, President of the American Poultry Association.)

Before another hatching season, the great United States will, no doubt, be in the deepest throes of the world's most cruel war and no one can foretell the countless thousands that may be crying for bread. It is up to the United States, the world's greatest, richest, and most resourceful nation, to not only look after the welfare of her own citizens, but to give aid and assistance in supplying food to countless thousands of suffering humanity in the torn and stricken war zone. The great agricultural resources of America must prepare to assume this burden. Every acre, nook and corner must bear its share. It is lucky that in poultry we can produce the cheapest and most quickly produced meat of all the various sources of our meat supply. Here we have an opportunity of producing an extra one hundred million pounds if the American farmer, the fanciers and breeders will give their attention to hatching during the months of May and June.

It is a well known fact that the available supply of meat products is today the lowest in our country, per capita, in the history of the United States. In order to meet the extremely dangerous condition, we have within ourselves a wonderful opportunity of adding what may prove to be a world-wide cry for food. Let us all join enthusiastically in the propaganda of helping in the probable time of need, by putting forth now every effort to meet the demand that is sure to come for quantities of food stuffs.

For the past twenty-four months we have been killing the goose that has been laying the golden egg, and with the hue and cry of costly feed, poultry and all meat products have been soaring far above all the usual estimates as to the relative cost of production, and the selling price. The margin of profit on the production of eggs and poultry for meat is far in excess of the percentage of profit in normal times. But aside from the question of profit, we Americans must look at the situation from a philanthropic and a humanitarian standpoint and each and every one "do his bit" to meet an exigency that seems inevitable. Let us all try to be a factor in the production of an extra hundred million pounds of poultry meat, which is less than one pound additional for each man, woman and child in the United States.

The United States department of agriculture has just issued an estimate that upwards of seven hundred millions of dollars is the annual tribute paid by Americans to the garbage can. Why not convert this into feed to produce poultry and eggs.

Every home can have a self-supporting and profitable flock in the back yard by converting the offal from the table and kitchen into the very choicest of poultry feed. Why such an astounding waste, an utter extravagance that costs us nearly \$7 for every man, woman and child in the United States? Let every home have a neat poultry house and a few well kept, profitable fowls.

It is not unusual for the fanciers to quit hatching with April. Let me urge that hatching be continued during the months of May and June and also during July in a large part of our country. Let the old hen do her part—fill up the incubators—keep them going through May and June—the results will be worth while.

A little want ad in the St. Helens Mist will bring results.

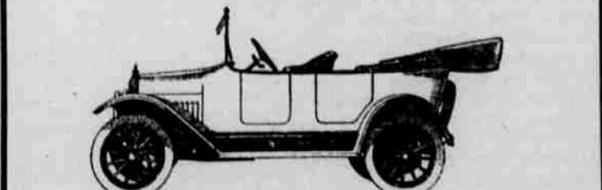
WAISTS

Ladies, have you seen those Beautiful Waists we have on display? A complete line—the very latest patterns—\$1.50 up.
Also a large assortment of Children's White Dresses. Come in and inspect them.

M. ROSENTHAL

Maxwell

A High Grade Complete Automobile.
The cheapest car to run ever made; costs only \$6 to \$8 per month.



We have six of these cars on hand. Buy now and save the 5 per cent raise which will soon come.
Ask for a demonstration of this wonderful car.
Price at St. Helens, \$755.00

Independent Auto Co.

S. HEUMANN, Prop.

PURE FOOD BAKERY
WEST ST. HELENS, OREGON
WILL DELIVER BREAD HOT FROM THE OVEN TO YOU
PASTRY OF ALL KINDS AND FANCY CAKES A SPECIALTY
Ask for Pure Food Bread at the leading grocers:
A. T. Kibian, Perry & Graham, A. S. Harrison, Williams & Hall Co., Italian Importing Co., Oscar Erickson, Warren Ore., Bread and Pastry, Central Confectionery, W. H. Brower, Prop.

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