

THE ONION JOINS THE ARMY RANKS

The Food Administration Urges Use of This Old Friend.

INTRODUCES THE PATRONION

State Has Oversupply of Onions and Housewives Are Asked to Use Them As War Measure.

The onion has joined the ranks of the military. It has become a Minnesota war measure! Permit us to introduce the Patronion! Fall in behind this leader and put the Hun on the run with an onion!

Miss Mildred Weigley, home economics director for the federal food administration for Minnesota, is urging the housewives of the state to make generous use of this somewhat belittled vegetable friend. Miss Weigley's advice is given for three reasons:

Minnesota just now has more onions than it can handle unless rather immediate use is made of them.

The caloric value of onions is high; therefore, they are good food.

Increase in their consumption adds to the saving of other foods which may be shipped to the Allies, or must be shipped to us.

"There are more onions in many sections of the state than can be stored through the winter," says Miss Weigley. "With our present food situation we cannot afford to let one ounce of food go to waste if there is a possible way of using it. Three to four medium onions, or one-third cup of scalloped onions will give as much food value as two small baking powder biscuits or two slices of Victory bread or two tablespoons of sugar. They may be prepared in many attractive ways. Here are some of the varieties of onion dishes:

Scalloped Onions with Cheese.
Cut boiled onions in quarters. Put in a buttered baking dish and cover with a white sauce. Sprinkle top with grated cheese, cover with bread crumbs and bake in oven until crumbs are browned.

Stuffed Onions 1.
Remove skins from onions and par-boil 10 minutes in boiling salted water to cover. Remove part of centers. Fill cavities with a mixture of left-over meat and onion and bread crumbs. Season with salt and pepper and moisten with cream. Bake in a moderate oven until onions are soft.

Stuffed Onions 11.
Peel large onions and remove a portion of the inside. Put in a sauce pan, cover with boiling water and let boil six minutes. Drain and stuff with left-over meat, which has been ground. Place onion in pan on thin, narrow slices of fat salt pork. Pour around one cup meat or chicken stock or one cup milk and bake until onions are soft. This takes about 35 minutes. Remove onions to serving dish, thicken and season stock and pour over onions.

Glazed Onions.
Peel small onions and cook in boiling water 15 minutes. Drain, put in buttered baking dish, add highly seasoned stock to cover bottom of dish and 2 tablespoons corn syrup. Bake until soft, basting with stock in pan.

Public Eating-Places Warned.
Public eating-places are warned by A. D. Wilson, federal food administrator for Minnesota, that they must comply with the new war program for public eating-places as issued by the United States food administration, or take what may become very serious consequences.

This warning is issued on the basis of investigations by food administration inspectors which show that many restaurants and hotels are not complying with the regulations in spite of the fact that the general orders issued from Washington have been published in the newspapers, and have been sent directly to all public eating-places in the state.

Mr. Wilson believes that most of the proprietors of hotels and restaurants and other public eating-places are ready to cooperate. He says, however, that if such places do not cooperate the food administration will be compelled to use drastic methods.

Take Care of Animals.

The need of careful feeding and comfortable housing of animals and poultry is urged upon farmers by the food administration. More than a million tons of foodstuffs, to be shipped overseas, must comprise meat, fat and poultry products. The farm is the source of American food and the wise use of animal feeds which produces maximum results from the feed consumed, is the basis for this food. Meat, milk and poultry products all must be saved in large quantities this year. Scarcity of feeding stuffs of all kinds has become so great in Great Britain that the Board of Agriculture is encouraging road-side grazing. The labor side of the question is met by the part-time employment of children. Already the scant supply of milk is imperiled. This is due to the fact that pasture and grass land has been plowed for vegetable and cereal production. Present conditions in America, where land is more abundant, emphasize the need of maintaining not only livestock but also an abundant supply of coarse grains and forage. One hundred and twenty million Allies and 105,000,000 Americans must be fed. The starving of other nations also are looking to Americans for food. Peace will add millions to these millions.

SPRUCE GROVE

Spruce Grove Red Cross chapter shipped nine more pairs of socks. This makes nineteen pairs.
Ray Paskewitz has a relapse of the "flu" and has been sick a week

and is no better.
We have had several days of damp, rainy weather, which puts the roads in a very bad condition.
At the Thomas Knutson home on Wednesday.
Philip Hawkins has been on the sick list the last week.

Acid-Stomach Victims Sickly, Weak, Unfit, Depressed

Maybe you have an acid-stomach and don't know it! There are millions of such people—weak, ailing, tired, worn out and "all in" before the day is half gone—listless and indifferent to their surroundings—often with aches and pains all over the body—woefully lacking in physical power and mental vigor—pale, emaciated—just dragging out a weary existence. Nine out of every ten of these people are unconscious victims of acid-stomach.

Thousands upon thousands of people who are subject to attacks of indigestion and biliousness; who are nervous, melancholy, mentally depressed, who suffer from rheumatism, lumbago or sciatica—yes, even many of those who have cancer, ulcer or cancer of the stomach—if the trouble is traced to its source, it will often be found to be just acid-stomach. For these are only some of the ailments that are caused by what the doctors call superacidity, which is another name for sour or acid-stomach.

What you want to know above all else is how to quickly rid yourself of excess acid. A wonderful modern remedy called EATONIC literally wipes it out. It does the work easily, speedily and naturally. It makes the stomach pure, sweet, cool and comfortable. It helps you get full strength out of every mouthful of food you eat; and unless you do get full strength from your food you

cannot enjoy robust, vigorous health. You eat to LIVE. Your life depends on the strength you get from your food. There is no other way.

EATONIC is in pleasant-tasting tablet form—just like a bit of candy. We urge you—no matter what you have tried—take Eatonic just one week and find out for yourself how wonderfully improved you will feel. See how quickly EATONIC banishes the immediate effects of acid-stomach—heartburn, belching, food-repeating, sour, gassy stomach, indigestion, etc. See too, how quickly your general health improves—how much more easily it is digested—how soundly you sleep—how nervousness and irritability disappear. And all simply because by taking EATONIC you have rid your stomach of a lot of excess acid that has been holding you back and making your life miserable.

EATONIC is absolutely harmless. It can be taken by the most delicate. Tens of thousands of people who have used it are enthusiastic in its praise.

This wonderful modern remedy is absolutely guaranteed so you run no risk in giving it a trial. Obtain today—a big 50c box with our positive guarantee that if you are not pleased in every way, you get your 50c back. You know your drug-gist—and you can safely trust him to make this guarantee good.

Ford
THE UNIVERSAL CAR

We are authorized Ford sales and service dealers and this is your certainty of competent workmanship, and the regular Ford prices, when you bring your Ford cars here for such replacements and repairs as may be necessary from time to time. You are sure also, of getting the genuine Ford materials with Ford low prices—sure that when we take care of your Ford car that you will get the full limit of satisfactory service from it. Drop in and see us.

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Where Society Brand Clothes are made

Fall Overcoats

Our overcoats carry the Society Brand Label

This means they not only give you the protection essential to good health, but that they have the premier style, the wear that goes with good material and the workmanship that makes their style permanent.

In shades, texture and price, our line covers a wide range. Better look it over if you want an overcoat that will prove a paying investment.



Shawitch Bros.
THE QUALITY STORE



Equipment for the Thanksgiving table

The Thanksgiving dinner calls for complete dining room equipment. When the table is set with bright silver and sparkling glass, its appearance adds much to the pleasure of the meal.

The use of casseroles and baking dishes adds to the attractiveness of the table and the deliciousness of the food.

You will find at Barker's the equipment you need for perfect serving of the Thanksgiving dinner.

STERLING TEASPOONS, set.....	\$5.50 to \$12.00
SOUP SPOONS	10.00 to 25.00
PIE SERVERS	1.50 to 4.50
CAKE BASKETS	4.00 to 7.00
BREAD TRAYS	3.25 to 10.00
CASSEROLES	3.50 to 7.50
CUT GLASS SHERBETS, set of six.....	3.50 to 7.50
WATER PITCHERS	2.00 to 15.00
NAPPIES	1.00 to 6.00
CARVING SETS	3.00 to 16.00
GAME SCISSORS	2.50 to 6.00

Barker's Drug & Jewelry Store

217 Third Street

PHONOGRAPHS

KODAKS



You Are Going to Eat Turkey Thanksgiving Day

Turkey Roasted in Self Basting Roaster is food for the Gods---and Americans.

Is there a Reed Roaster in your kitchen? If not you are wasting food every day in the year. Economic conditions demand conservation of food.

Open pans and cheap covered roasters waste a big part of every roast. The Reed roaster gives you all the roast, substance and savor and makes money for you by saving meat.

We have Reed roasters in all sizes. Make your dinner an economic success by roasting your turkey in a self-basting Reed roaster.



PYREX

Pyrex ware is made of clear glass, scientifically put together so that it will stand sudden heat changes.



Pyrex ware is easy to clean and will not glaze or flake. It is smooth both inside and outside. Food is baked and served in the same dish. When you use Pyrex ware for cooking and baking, you save fuel because Pyrex absorbs intense heat. We have in stock bread pans, pie plates, cake dishes, custard cups and cocottes.



CARVING SETS

We have a splendid variety of carving sets at a wide range of prices. When you buy a carving set from the Given Hardware Store, you are satisfied that it is dependable merchandise.

Given Hardware Carving Knives cut when you expect them to

Given Hardware Co.

Your money back if you want it