

**TURN YOUR CASH INTO GUN FIRE**

By Frank A. Vanderlip.

We fought and won the Spanish war with 150,000 soldiers and a \$200,000,000 bond issue. In men under arms we now have ten times that number. We issued ten times that amount of bonds in the first Liberty Loan. We are proposing to spend and loan to the allies in the first fiscal year of the war \$19,000,000,000. From now until the end of this fiscal year the treasury anticipates needing \$300,000,000 a week—that is, the treasury has got to fight financially a Spanish war every four days. That indicates a money measure of the size of the work, but that is not the real measure. We have just seen that one might have plenty of money, but an empty coal bin. In just the same way the government can have plenty of money, but an unequipped army. This army

cannot be equipped as modern warfare demands if the man power of the country is at the same time called upon to produce all of our ordinary comforts and luxuries. It is plain as two and two that all of us must make personal sacrifices, must give up comforts and luxuries, even necessary expenditures that can be postponed, if there is to be labor and material enough to equip the army in time for it to fight while it will do some good to have it fight.

In war the only effort that is of any value is that which is ultimately translated into gun fire on the field of battle. The gun fire that will win this war cannot be delivered until all America recognizes individual responsibility, until the whole people join in the effort by giving up things that they can do without, so that the labor that would have been employed in making those things can do work that will ultimately result in gun fire. The government has offered

the opportunity to translate at once every one's personal patriotism into the sort of help that will win the war. Forego buying something that is unnecessary; loan the money you would have used to the government by buying \$5 war savings certificates. You will thus have released labor, you will have given credit to the government, you will have acquired the best security in the world, a United States government bond.

**WHY COWS ARE UNPROFITABLE**

Cows may be poor because (1) they lack breeding and individuality; (2) they are underfed; (3) they were bred too young; (4) they lack care and are poorly managed; (5) because of disease, especially abortion; (6) because they are not persistent milkers. Any of these factors or a combination of several of them, is the general reason for low producers.

These conclusions were drawn at the University of Missouri college of agriculture as a result of studying the records of Missouri cow-testing associations. To increase the production of herds, it is evident that records must be kept, and those cows which do not have the ability to produce profitably must be eliminated to give the others a fair chance through proper feed, care and management. Experience has taught that few farmers will keep these records themselves and that the most practical means of getting them is to organize a cow-testing association and employ a tester.

Improvement in dairy cattle increases the actual value per cow; decreases the cost of production and increases the profit to the farmer.

The following are things that go to make good cows: (1) good breeding (good sires); (2) proper development of the heifers; (3) not breeding heifers too young; (4) liberal and proper feeding; (5) accurate records; (6) good care; (7) healthy cows.

**Too Much for the Lawyer**

At a trial in Baltimore a youthful physician was summoned as a witness, and naturally in the cross-examination a lawyer seized the occasion to be sarcastic.

"Are you," demanded the lawyer, "entirely familiar with the symptoms of concussion of the brain?"

The young physician replied, "Yes, sir, I am."

Then the smart lawyer put a hypothetical case before the doctor in this way:

"If my learned friend, Mr. Reid, and myself should bang our heads together, would we get concussion of the brain?"

The young physician calmly replied, "Mr. Reid might."

The number of women employed in munition factories has increased from 3,500 in 1910 to more than 100,000 in 1917, according to a report made to the National League of Women's Service, and 1,256,000 women are engaged in industrial work which is directly or indirectly necessary to carry on the war.

Four tons of shipping capacity are required to transport a soldier, and another ton is necessary for his equipment. In addition, it takes 50 pounds of ship capacity a day to keep him supplied with food, clothing and ammunition.

**AYER LISTS MANY FLOUR SUBSTITUTES**

Says Barley is Plentiful and Asks Housewives to Use It.

Owing to innumerable requests recently received by food administration authorities as to what substitutes housewives are to use in preparing war breads, W. B. Ayer, federal food administrator for Oregon, said that all cereals not containing wheat were included in the list of substitutes, together with barley flour, buckwheat flour, corn flour, potato flour and rice flour, cornmeal, corn starch, corn grits, hominy, oatmeal, rolled oats and rice.

Mr. Ayer says that the housewife is free to choose whatever particular substitute she prefers, the only regulation being the use of a 10 per cent potato substitute, owing to the present condition of the potato market. For the next few weeks, Mr. Ayer says, barley is going to be the most plentiful substitute, and housewives are also requested temporarily to use barley flour. The new corn crop will soon be on the market, however, after which cornmeal will be obtainable, together with a good supply of rice flour.

In making war breads, food experts declare that in using the potato substitute the potatoes should be either mashed or shredded and used cold, in order not to make the bread appear soggy and dark.

**VIOLATORS OF FOOD RULES TO SUFFER**

State Food Administrator Says Must Be Obeyed.

No mercy will be shown the retail merchants of the state who do not abide by the new ruling of the United States food administration in regard to the restricted sale of wheat flour by means of combination sales with wheat substitutes. Word having been received at the state administration office to the effect that some merchants over the state are paying no heed to the individual instructions which have been sent to them in regard to the matter, W. K. Newell, assistant food administrator for Oregon, said:

"As soon as definite and conclusive evidence has been received, showing that a merchant has not complied with the instructions in regard to selling wheat flour in a proportion of one to three with substitutes, he will be unable to buy any further supply from the wholesale dealers. His supply will be definitely and finally cut off and he will automatically have to go out of business as regards the sale of grains. These are the instructions we have from headquarters, and the United States food administration is empowered to do this."

St. Helens dealers, as far as can be learned, are complying with the instructions sent to them the first of the week.

**FARM LABOR AND THE CROP SURVEY**

One of the most far reaching and important undertakings yet made by the government in connection with the war conditions at home is the farm labor and crop survey to be made next week. Everywhere people are making great sacrifices for the country's cause. It is but a small request the government is making when it calls upon the farmers to make this complete and accurate survey of its agricultural needs and resources.

Every farmer in the county will be called upon by some local committee during the coming week to state as best he can a comparison of last year's crop with this year's. He is also to make known his labor needs. The department of agriculture is expecting every county to make a report of 100 per cent of the farmers. Everybody help and the job will be a success.

**FARMERS' CLUB MEETS**

The Quincy Farmers' Club held a good, interesting meeting on January 26. The subject of lime for the soil and the importation of some good, clean potato seed were the principal topics discussed. The farmers resolved to perfect a more permanent type of organization having some definite lines of work as its object. The farms in this community in general are small and only by more co-operative work and community spirit can their local difficulties be overcome. The farmers generally are interested in growing potatoes and the united effort will be made to improve the product of this crop. February 23 was set as the next meeting date and the new organization will be perfected at that time.

For Sale—Six room house and good lot near depot for \$550.00 terms or \$525.00 cash.  
Four room house, good location, fine garden soil. \$1,200, half cash bal. easy terms.  
Five room house and two lots rich soil, well located, \$625. Easy terms. L. R. RUTHERFORD.

**RECEIVES LETTER FROM FRANCE**

Fred Watkins recently received a letter from Al Thompson, formerly sheriff of Columbia county but now a member of the 18th Railway Engineer Corps and stationed in France. Thompson said that France was O. K., but nothing like the good old U. S. A. On account of the strict censorship he could relate none of the army doings, but said if he ever came back he would have some interesting stories to tell. He wished to be remembered to his St. Helens friends.

**ORDINANCE NO. 211**

An Ordinance providing for the purchase of a motor fire truck, by the City of St. Helens, Oregon, for the use of said City; and providing for the payment thereof out of the General Fund of said City.

WHEREAS, the City of St. Helens has now reached such a size and covers such an extent of territory that it has become necessary to provide modern methods for the extinguishment of fires;

NOW THEREFORE, the City of St. Helens does ordain as follows: Section 1. That the City of St. Helens, Oregon, through its Common Council is hereby directed, ordered and required to purchase a gasoline motor fire truck, with the necessary equipment at a cost of not to exceed \$1400.00.

Section 2. That the Recorder be and he hereby is directed and ordered to draw a warrant on the General Fund of said City, in payment of said purchase.

Read the first time Jan. 28, 1918.

Read the second time Jan. 28, 1918, by title only.

Read third time and passed February 4, 1918.

Approved by the Mayor, E. I. BALLAGH, Mayor.

Attest: E. E. QUICK, Recorder of the City of St. Helens, Oregon. 7-1

**NOTICE OF FINAL ACCOUNT AND SETTLEMENT**

IN THE COUNTY COURT OF THE STATE OF OREGON FOR THE COUNTY OF COLUMBIA.

In the Matter of the Estate of John Bochsler, Deceased.

Notice is hereby given that John J. Banzer, executor of the estate of John Bochsler, deceased, has filed his final account as such executor of said estate in the County Court of the State of Oregon, for Columbia County, and that said court has appointed and set Saturday, the 2nd day of March, A. D. 1918, at 9:30 o'clock A. M. of said day, in the courtroom of said court, in the City of St. Helens, in said county and state, as the time and place for the hearing of all objections to said final account and the settlement thereof, and that all persons interested in said estate may appear on or before said date and file any objections thereto.

Dated St. Helens, Oregon, and first published February 1, 1918.

JOHN J. BANZER, Executor of the Estate of John Bochsler, Deceased. 7-5

**SUMMONS**

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF COLUMBIA.

Elizabeth Neuhausen, Plaintiff, vs. J. W. Rogers, Defendant.

To the above named defendant, J. W. Rogers:

You are hereby required to appear and answer the complaint of the plaintiff, filed against you in the above entitled court and cause, within six weeks from the date of the first publication of this summons, and in case of your failure so to do the plaintiff will apply to the court for the relief prayed for in her complaint herein, to-wit: For a decree requiring defendant, within ninety days, to pay to plaintiff the sum of \$263.85, with interest thereon at seven per cent from August 15, 1917, and the costs and disbursements of this suit, and that in the event defendant fails to pay said sum within said time he shall be foreclosed and debarred of all right, title and interest of, in and to the NE 1/4 of the NW 1/4 of the NW 1/4 of S. 32, Tp. 7 N., R. 6 W. W. M., in Columbia County, Oregon, containing 10 acres more or less, and that plaintiff's title thereto shall be quieted, and the cloud created by defendant's contract of sale shall be removed from plaintiff's title to said premises.

This summons is served upon you by publication thereof once each week for six successive weeks, in conformity with an order made by the Hon. S. C. Morton, County Judge, acting in the absence of the Circuit Judge, the first publication being made on the 28th day of December, 1917, and the last publication being

made on the 8th day of February, 1918. ARTHUR I. MOULTON, Attorney for Plaintiff, Postoffice address, 711 Lewis Bldg., Portland, Oregon.

**PROFESSIONAL CARDS**

E. A. ROSS  
Funeral Director Embalmer  
Business Phone 23 Residence R-29  
Bank Bldg., St. Helens, Ore.

WALTER B. FREEMAN  
Violin Teacher  
Deer Island, Oregon

DR. C. E. WADE  
Physician and Surgeon  
Phone 99  
Muckle Bldg. St. Helens, Ore.

S. B. HOSKIN  
Dentist  
Office in Bank Building  
St. Helens, Oregon

DR. L. GILBERT ROSS  
Physician and Surgeon  
Office in Bank Bldg. St. Helens

DR. ALFRED I. PEEL  
Physician and Surgeon  
Masonic Building  
St. Helens, Oregon

DR. S. H. RUSSELL  
Chiropractor  
MRS. RUSSELL, Ladies' Massage  
Moorfield Cabinet Steam Baths  
Hours 9 a. m. to 5 p. m.  
Phone B-126 St. Helens, Ore.

GLEN R. METSKER  
Attorney  
Office in Bank Building  
Phone 17 St. Helens, Ore.

T. S. WHITE  
Undertaker and Funeral Director  
County Coroner  
Phone 54 Residence phone 113-2  
St. Helens, Oregon

E. S. SNELLING  
Attorney at Law  
St. Helens, Oregon

GEO. H. SHINN  
Attorney at Law  
St. Helens, Oregon

J. W. DAY  
Attorney at Law  
Bank Bldg. St. Helens, Ore.

FRED W. HERMAN  
Attorney at Law  
Rainier, Oregon

**LODGES**

The Loyal Order of Moose, St. Helens Lodge No. 1238. Meets the first and third Tuesdays of each month. All visitors cordially invited.  
H. A. COLT, Dictator.  
W. W. BLAKESLEY, Sec.

Mizpah Chapter O. E. S. meets in Masonic Hall the second and fourth Saturdays of each month.  
MRS. LILLA M. CROUSE, W. M.  
JOHN PHILIP, Secy.

Tithicum Tribe No. 52, Improved O. R. M., of Yankton, Ore., meets at its wigwam, second and fourth Saturdays of each month.  
V. G. BRANNON, C. of R.  
EBER BROWN, Sach.

St. Helens Rebekah Lodge, No. 217, meets first and third Thursday of each month in I. O. O. F. Hall. Visiting members always welcome.  
FLORENCE SNELLING, N. G.  
MRS. ELLA ALLEN, Sec'y.

St. Helens Lodge No. 117, I. O. O. F. meets in the I. O. O. F. building, on the second and fourth Saturdays of each month, visiting members are always given a hearty welcome.  
FRED W. CHRISTIE, Noble Grand.  
C. W. BLAKESLEY, Sec.

Avon Lodge No. 62 Knights of Pythias meets every Tuesday evening in Castle Hall, St. Helens. Visiting Knights always welcome.  
EUGENE E. BLAKESLEY, C. C.  
EDISON I. BALLAGH, K. of R. & S.

St. Helens Lodge No. 32, A. F. & A. M. meets 1st and 3rd Saturday in each month. Visiting brothers cordially invited.  
A. L. STONE, W. M.  
E. E. QUICK, Secretary.

**FACE the FACTS**

LET us face the facts. The war situation is critical. Unless the Allies fight as they never yet have fought, defeat threatens. Hungry men cannot fight at their best; nor hungry nations. France, England, and Italy are going hungry unless we feed them.

**Wheat Savings**—They must have wheat. It is the best food to fight on. It is the easiest to ship. We alone can spare it to them. By saving just a little—less than a quarter of what we ate last year—we can support those who are fighting our battles. And we can do it without stinting ourselves. We have only to substitute another food just as good.

**The Corn of Plenty**—Corn is that food. There's a surplus of it. Providence has been generous in the hour of our need. It has given us corn in such bounty as was never known before. Tons of corn. Trainloads of corn. Five hundred million bushels over and above our regular needs. All we have to do is to learn to appreciate it. Was ever patriotic duty made so easy? And so clear?

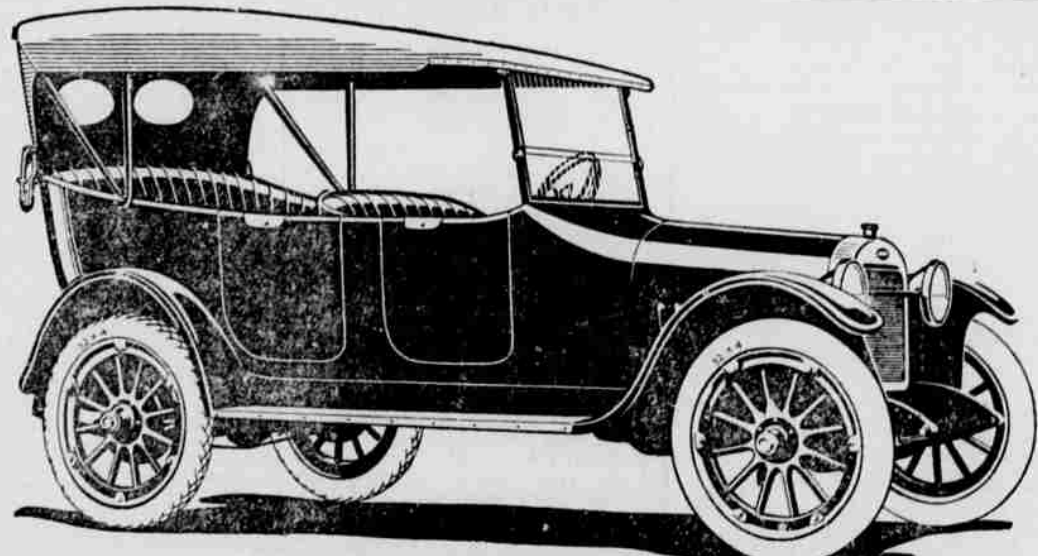
**America's Own Food**—Corn! It is the true American food. The Indians, hardest of races, lived on it. Our forefathers adopted the diet and conquered a continent. For a great section of our country it has long been the staff of life. How well the South fought on it, history tells. Now it can help America win a world war.

**Learn Something**—Corn! It isn't one food. It's a dozen. It's a cereal. It's a vegetable. It's a bread. It's a dessert. It's nutritious; more food value in it, dollar for dollar, than meat or eggs or most other vegetables. It's good to eat; how good you don't know until you've had corn-bread properly cooked. Best of all, it's plentiful and it's patriotic.

**Corn's Infinite Variety**—How much do you know about corn? About how good it is? About the many delicious ways of cooking it? And what you miss by not knowing more about it? Here are a few of its uses:

There are at least fifty ways to use corn meal to make good dishes for dinner, supper, lunch or breakfast. Here are some suggestions:

- |                               |                          |
|-------------------------------|--------------------------|
| <b>HOT BREADS</b>             | <b>DESSERTS</b>          |
| Boston brown bread.           | Corn-meal molasses cake. |
| Hoecake.                      | Apple corn bread.        |
| Muffins.                      | Dumplings.               |
| Biscuits.                     | Gingerbread.             |
| Griddle cakes.                | Fruit gems.              |
| Waffles.                      |                          |
| <b>HEARTY DISHES</b>          |                          |
| Corn-meal croquettes.         | Corn-meal fish balls.    |
| Meat and corn-meal dumplings. |                          |
| Italian polenta.              | Tamales.                 |
- The recipes are in Farmers' Bulletin 565, "Corn Meal as a Food and Ways of Using It," free from the Department of Agriculture.



**THE OAKLAND SENSIBLE SIX IS THE CAR YOU SHOULD BUY**

The Oakland Sensible Six—a motor car that anticipated the present National thrift policy by three years. Upwards of one hundred thousand careful buyers have tested the mettle of this car under the rigorous conditions of everyday service and to every one of them it has delivered an unequalled measure of utility and satisfaction. Come and see this wonderful car, the perfection of a medium-priced high grade automobile.

WE WILL BE PLEASED TO DEMONSTRATE THIS CAR TO YOU  
Touring Car, \$1115 Prices f. o. b. Portland or St. Helens Roadster, \$1115  
L. E. BALLAGH, Local Distributor. Business phone 65; Residence, B-31

**OAKLAND MOTOR CAR COMPANY OF OREGON**

Wholesale Distributors Broadway, Burnside and Park Sts., Portland

THE OAKLAND SENSIBLE SIX WILL NOT BE EXHIBITED AT THE AUTO SHOW. COME TO OUR SHOW ROOM AND EXAMINE THE MODELS DISPLAYED. THEY ARE SHOWN AS THEY REALLY ARE. IF YOU NEED A USED CAR, WE HAVE IT. WRITE TO US.

**St. Helens Lumber Co.**

Wood and Lath  
Electric Lighting

**Lumber Manufacturers**