Semi-Weekly.

Semi-Weekly.Main summation in the semidary of the semidary o of the mayor as "cunning manipula tions". While The News, at tha patricular time, did not use the say

Tom L. Johnson's ploneer work for three-cent street railway farse has brought forth its latest fruits in betroft, where that rate of fare has just been instituted. The first result will, no doubt, be an increase of application land values, but that applie should have an educational ef-fect in showing the truth that hand-owners reap the benefit of public im-provements and therefore the only just way to raise the monoy needed for such improvements is through taxation of land values. latest uttorings has caused some un rest among those who have hereto fore never given a thought to th cronkedness so considenously. fined by the pill sheet article.

Dr. M. Ashton **Chiropractic Neuropath** Recently, during the writer's ab Spinologist

ing to cast any reflections, we would advise the Evening Shadow's backers to call the rag off for IU

Acute and Chronic Diseases, Chiropractic treatments re-move the cause of disease. Dis-placements of vertibra of the spinni column allow muccles to ontract, which in turn caus tension or a pressure upon the nerves in that particular location. causing some pathological con-dition to exist. By replacing these displacements of the spinal colimn the contractions and pres-ore from the perves are removsit restoring the normal amon of nerve action to the organs parts applied.

In no line of disease do w have better success than in the various diseases which afflict various diseases which afflict womankind. Benefits are prompt-ly shown without the annoyance which they are subjected to un-der the drug treatment and while taking adjustments they wear kimonos, and no part of the body is exposed but the spine.

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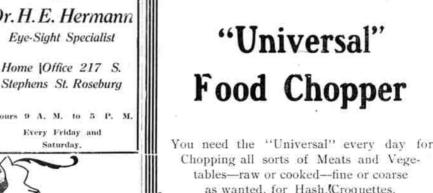


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Recipe No. 1

Hamburger Steak

Chop one pound of lean beefsteak Chop one pound of lean beefsteak two ounces of suct, and one medium sized onion in the Universal Food Chopper, using the medium adjust-ment; senson with salt and pepper, form into four flattened meat balls and fry about one minute on each side until both side are a nice brown. When the steaks are taken out add little water to the sauce and thick-en with a little flour; half a tes-spoonful of beef extract will strength-en it. Pour the whole over the beef-steaks, which have been laid on a hot platter-From the Universal Cook steaks, which have been laid on a platter-From the Universal (Cook Book-one free with each machine

Recipe No. 2

Mince Meat

Cut up lo the Universal Food Chop-per, using the medium cutter, two pounds of lean fresh beef, boiled and poinds of lean fresh beer, bolled and cold, five pounds of apples, parred and cored, two pounds of seeded raisins, three quarters of pound of citron. With the fine cuter pulverize one pound of beef suct, one nutmeg, one tablespoonful of cloves and two of cinnamon. Add altogether with one pound of Sultana raisins, two pounds of currants, two tablespoonfuls of mace, one of alsele, one of fine salt, two and onehalfpoundsofbrownsugar, one quart of brown shorry and one pint of brandy Mix all thorroughly to-gether and stand in a cool place. It will last all winter, Wash the fruit, especially the currants, and sultanas most thoroughly.—From the Univer-machine. machine

Recipe No. 3

Veal Loaf

Use three poinds of raw veal, chop-ped in the Universal Food Chopper with the medium catter, Mix it with four crackers, put through the same cutter, butter the size of an egg, three eggs, three tablespoonfuli of milk, the eggs and milk mixed together, one traspoonful of black pepper, one large tablespoonful of sait and one of size. Mix all well together and from into a loaf. Bake two and one half hours, hasting with butter and water occas-tonally. Good either hot or cold,— From the Universal Cook Book—one free with each mighine. with each machine

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