



### Fatigue

#### A Menace to Progress

In every line of human endeavor it's the same story—the pace is getting swifter—competition fiercer. To conquer one must not only have the brains, initiative and vision but the energy and endurance to "put it over," as well. Fatigue is a merciless handicap. According to Dr. Harrington of the Massachusetts Industrial Bureau, "fatigue comes on more quickly from eye strain than from any amount of muscular work." Most of us—70 per cent—suffer from eye strain—unknowingly. Know—don't "guess" where you stand. Consult us.

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### SHORT STORIES OF TOWN AND COUNTRY

Mr. and Mrs. Eph Young have returned from a sojourn at Wilcox Springs.

Sam McMurry and wife and son, Henry, celebrated at Albany.

Miss Dorothy Fitchard has returned from Eugene where she has been attending Oregon U.

Mr. and Mrs. Claude Hubbard of Portland were here for the Fourth. Together with the J. E. Hubbards and their guest, Mrs. Minnie Johnson of San Francisco, the party celebrated "blackberrying".

Miss Madeleine Kreamer passed the Fourth in Salem.

Mrs. Frank Miller left Monday for Denver, Colo., where she will visit an aunt, Mrs. Miller.

Mr. and Mrs. O. L. Foster Fourthed in Albany.

Mr. and Mrs. O. A. Kreamer were joined here Sunday morning by Mrs. Harvey Douglas of Canby. The party motored to Eugene to visit Mrs. Richardson, the mother of Mrs. Kreamer and Mrs. Douglas.

The regular monthly service at Calvary Presbyterian church next Sunday morning, July 10, at 11 o'clock, with preaching by the pastor, Dr. H. Chas. Dunsmore. A cordial invitation is extended to all.

### Carrier Delivery Awaits Putting Up Mail Boxes

Postmaster Wood is in receipt of the following letter: Post Office Dept., Washington, D. C.—Postmaster, Independence: In view of the findings of the inspector who recently made an investigation at your office, it has been decided to authorize the establishment of village delivery service with one carrier, when advised by you that houses have been properly numbered and suitable private mail receptacles secured by the prospective patrons. Hubert Work, First Assistant, N. B. Get your boxes ready.

#### USED "CANNED" SPEECH.

Lady Edmund Talbot, wife of the lord lieutenant of Ireland, probably is the only woman who has ever used a talking machine in electioneering. When Lord Edmund was a candidate for parliament some years ago, he fell ill and was unable to meet his speaking engagements. He delivered an address into a gramophone, which Lady Edmund, who was touring the Chichester constituency for him, took upon the platform and operated, so that his speech was made in his absence.

#### FLAW IN EINSTEIN'S THEORY.

Einstein's theory that space may not be of infinite extent seems to have obtained indorsement by many eminent physicists. Nevertheless it would appear that, if this idea be accepted, the cosmos is not to be regarded as alarmingly shrunk. For Einstein's own opinion is that a ray of light traveling 186,000 miles a second would require 100,000,000 years to make a complete circuit of its outer limits. — Philadelphia Ledger.

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### PUTTING MORE MILK IN FOOD OF FAMILY

Numerous Dishes Are Enumerated by Home Specialists.

Milk Toast, Cream Soups, Creamed Vegetables, Fish and Scalloped Dishes Are Favored—Recipe for White Sauce.

Milk toast, cream soups, creamed vegetables, creamed fish and scalloped dishes are all good ways of putting more milk into the daily food of the family, say home economics specialists in the United States Department of Agriculture. The milk for all of these is thickened into a sauce, thick or thin. To make the sauces, melt the fat, stir in the flour, add the milk gradually, and cook until thickened, stirring constantly unless a double boiler is used. All measurements are level in these recipes.

**Thin White Sauce.**  
1 cup milk 1/2 teaspoon salt  
1 tablespoon flour 1/4 teaspoon pepper  
1 tablespoon fat

**Medium White Sauce.**  
1 cup milk 1/2 teaspoon salt  
2 tablespoons flour 1/4 teaspoon pepper  
2 tablespoons fat

**Thick White Sauce.**  
1 cup milk 1/2 teaspoon salt  
3 tablespoons flour 1/4 teaspoon pepper  
3 tablespoons fat

For milk toast and with vegetables use the thin sauce. For scalloped or creamed vegetable and meat dishes use the medium sauce. The chief use for the thick sauce is as a binding material in croquettes and loaves.

#### BALANCED RATIONS FOR MAN

Fruits, Vegetables, Whole Grains, Milk, Eggs, Butter and Nuts Are Most Healthful.

How many human beings eat balanced rations? The best foods for health and strength are fruits, vegetables, whole grains, milk, eggs, butter and nuts, with meat in moderation. Heavy meat eating, artificial sugars, white flour, polished rice, peeled potatoes—these are said to create acidosis which is the forerunner of many serious diseases.

### CLUB GIRL'S WORK RESULTS IN BUILDING NEW HOME FOR FAMILY



Home Demonstration Agent Assisting Girls' Club Members in the Construction of a Garden Spot.

(Prepared by the United States Department of Agriculture.)  
Three years ago Irene Garner of Madison county, Ala., joined a girls' gardening and canning club. Each year since she has cleared a good profit on her work. She gave this to her parents on condition that they build themselves a new home as soon as possible. The time before they decided on the step seemed long to the little club girl, but meanwhile she kept industriously at the club work and followed her leader's instructions. Soon the results of her efforts became apparent in the home. Then she persuaded her father to take up newer lines of development on his farm, and last year he built the modern, attractive country home which had been promised her.  
Irene learned from her club leader how to finish floors and woodwork and how to paper a wall. Then she and a small brother put the lessons into practice, and the whole interior of the house was finished by their efforts.  
Her own room she furnished with a quaint old suite of furniture which she made over. The rag rug on the floor she made herself as well as the curtains at the window. Little money was expended, but much taste and ingenuity were put into the room.  
Besides being an expert gardener and canner, this Madison county girl can embroider and sew, can cook nicely, and serve a properly-balanced meal. Last but not least, she finds time to be a leader of her community in all social affairs.

#### WAY TO POLISH SILVERWARE

After Soaking in Sour Milk Wash in Warm Water to Which Ammonia Has Been Added.

It is not necessary to rub all morning polishing the silverware. Next time soak it for three hours or longer in a pan of sour milk. Wash in warm water to which a small amount of ammonia has been added, and polish with a clean chamamois cloth. Shining silver makes the dinner-table look doubly attractive.

#### SOLE OF SHOES WATERPROOF

Place in Melted Mixture of Eight Ounces of Vaseline and One Ounce of Beeswax.

You can save leather and make your shoe soles fairly waterproof by placing the soles for 15 minutes in a melted mixture of eight ounces of vaseline and one ounce of beeswax. The mixture should not be hotter than can be borne by the hand.

#### WAY TO HEM STRAIGHT EDGES

Run Corners Together With Needle and Thread Before Putting Goods in Hemmer.

When you have a number of straight edges to hem—towels and like—run the corners together with needle and thread before putting the goods in the hemmer. This will make a continuous hem and avoid the trouble usually experienced in starting the hem neatly.



Always remove stains before washing, as soap fixes them.

A pinch of sugar or a little vinegar will make the stove polish stay on.

A salad made with chopped cabbage, grated raw carrots and chopped peanuts is delicious.

An asparagus stalk is edible only as far down the stem as it will snap easily between the hands.

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